

NEWSLETTER OF THE PORT TOWNSEND FOOD CO-OP



CO-OP COMMONS

TILTH

2015 Spring Issue

INSPIRE

FRESH



Co-op Evolution 4
Meet Sierra 5
Safe Seed Pledge 13

Lather Up! 15
Pamper Your Pet 16
How Sweet It Is! 17





PORT TOWNSEND
FOOD CO-OP COMMONS

Quarterly Newsletter of the
Port Townsend Food Co-op

www.foodcoop.coop
info@foodcoop.coop
www.facebook.com/PortTownsendFoodCoop

414 Kearney St.
Port Townsend, WA 98368
360-385-2883

OPEN DAILY
Mon-Sun 8am-9pm

MISSION STATEMENT

Seeking to uphold the health of our community and world, Port Townsend Food Co-op, a consumer cooperative, serves our membership by making available reasonably priced whole foods and other basic goods and resources by means of our life affirming democratic organization.

PRINCIPLES

1. Voluntary & Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy & Independence
5. Education, Training & Information
6. Cooperation Among Co-ops
7. Concern for Community

MEMBER-OWNED

- no annual fees
- one time \$5 sign-up fee
- \$2 payments every month you shop until \$100 capital investment achieved = a paid-in-full membership!

EDITORIAL STAFF

Kathie Meyer, Managing Editor
kathie@foodcoop.coop
Mindy Dwyer, Graphic Artist
mindy@foodcoop.coop

SUBMISSIONS of interest to the community are gladly accepted. Please drop off articles for consideration at the Co-op c/o Food Co-op Commons or email info@foodcoop.coop. Include your contact information. Submissions may be edited for length or content.

Printed using recycled paper and vegetable-based inks.

Opinions expressed in this newsletter are the writer's own and do not necessarily reflect Co-op policy or good consumer practice.

At the Table

KATHIE MEYER, Managing Editor & Outreach/Education/Marketing Manager

I never miss lunch. Breakfast and dinner may fall by the wayside, but lunch? *Never*. I give my mother credit for this because, once I started going to school, she made a lunch for me to take almost every day. Every morning, lunch appeared without fail in a brown paper sack with my name written on it in her beautiful cursive handwriting.

Inside the bag, there were almost always the same things individually wrapped in waxed paper which I ate in the same order: a hardboiled egg cut in half and sprinkled with salt and pepper, a peanut butter and jam sandwich, and homemade cookies. I always wanted potato chips though, so sometimes I would try to trade the cookies with a willing classmate. Occasionally, there was a homemade brownie instead of the cookies. I never traded those.

Like the chips, I wanted something other kids had that I did not, namely a lunch box, an expense my mom thought somewhat frivolous. Finally, one year, an aunt and uncle presented me with a Monkees lunch box for my birthday which is right before the beginning of the school year.

These things, I'm sure, are why I jumped right on board when Hope Borsato asked the Food Co-op to participate in revamping the Port Townsend School District lunch menu. For those of you who haven't yet heard, the Food Co-op has so far made a one-time donation of organic polenta to the schools and is selling carrots on a regular basis to the schools' kitchen at the wholesale cost. We'll do more once we figure out the best way to spend our limited budget, but the plan is to use some money for a much needed small industrial kitchen appliance.

We are pleased that other businesses are also participating: Pane d'Amore, Key City Fish Company, Mt. Townsend Creamery, Dharma Ridge Farm, and Jefferson Healthcare. It shows the strength of what can happen when we move forward together.

But how, you might ask, do the kids like it? Seth Rolland recently wrote to Hope Borsato to say, "One

of the best endorsements of your changes is that my older son who has not eaten a school lunch in years is now choosing school lunch 2-3 times a week."

Teachers and parents like it too. When teacher Benjamin Dow's blog post (<http://iserotope.com/teacher-voices-benjamin-dow-2school-lunch-revolution-in-port-townsend/>) was shared on social media, the "likes" and "shares" reached a level I have never seen before in the nearly three years I have managed the Food Co-op's Facebook page (www.facebook.com/PortTownsendFoodCoop). Those are pretty strong endorsements, and we appreciate Seth and Benjamin taking the time to write their thoughts. We appreciate those who have spread the word, too.

Somewhere, I'm sure, there is a study that says what you eat as a child becomes your menu as an adult. Even now, I like to start lunch with a hard-boiled egg. And lunch is only right for me as long as there are three courses. What is also only right is that every child in our schools has tasty, healthy, and preferably local, food to eat for their mid-day meal.



"He can inspire a group only if he himself is filled with confidence and hope of success." – Floyd V. Filson

SPINNING OUR WHEELS

KENNA EATON, Food Co-op General Manager

While the Co-op is lucky to be blessed with a great central location or, as it was once described to me, as being “at the intersection of Main and Main,” I think we can all agree that parking at the store can be challenging even during the best of times.

Every day of the week we may receive deliveries from many of our over 200 vendors in a variety of truck sizes from petite to mammoth. Then there are the services: repairmen, propane trucks, window washers and groundskeepers. About 1,300 people shop at the Co-op every day, most of them drive, though many ride their bikes, use the bus, or even walk. It all adds up to one very well used Co-op and parking lot.

The Co-op sits on a site that is just about one acre; our property line angles back into the hillside and is bordered on three sides by undeveloped “rights of way” plus Kearney St. Then there’s a lovely walking trail down to the Co-op from Scott St., and another one across the hillside on Gaines St. However there’s limited room for us to grow or expand our parking lot on this site except up, and that apparently is neither cost effective nor feasible.

So what are the alternatives? Shoppers could car pool with friends and neighbors, and this would have the added benefit of making shopping more fun too. Thankfully the bus stops right in front of the Co-op six days a week, and it’s a great price to boot. Then there is riding your bike which is always fun although not without challenges (bike lock,

panniers, lights, etc.). Even so, we have enough people riding bikes that this year we will add one more covered bike rack that is 7 feet deep, to accommodate the cargo bikes several of you use. It will be placed on the south side of the building which we feel is a little bit safer route for cyclists to use.

We have made several changes to our parking lot lately. We have added a new handicapped parking slot at our south entrance and modified the double handicapped parking at the north entrance to one space with access pad. The second slot that was once next to it has now become a regular parking spot.

And how about home delivery? We have been researching this possibility too, and hope to offer that service to our members sometime late in 2015 or early 2016. We know though that it’s not quite the same as visiting your friendly Co-op to choose your own fresh head of lettuce.

Truly, most folks are conscientious about when they choose to drive, making sure they use their rigs wisely and don’t waste trips. But despite smart trips and the above alternatives, we still see a lot of cars. And we still need to be able to accommodate all the different choices our members make. After all, we love our members, and want to see you even more often. Naturally, we want to grow wisely and not at the expense of our environment. So how would you improve our parking lot? Why not drop me a line at gm@foodcoop.coop, and let me know your favorite solution? Positive ones only, please!

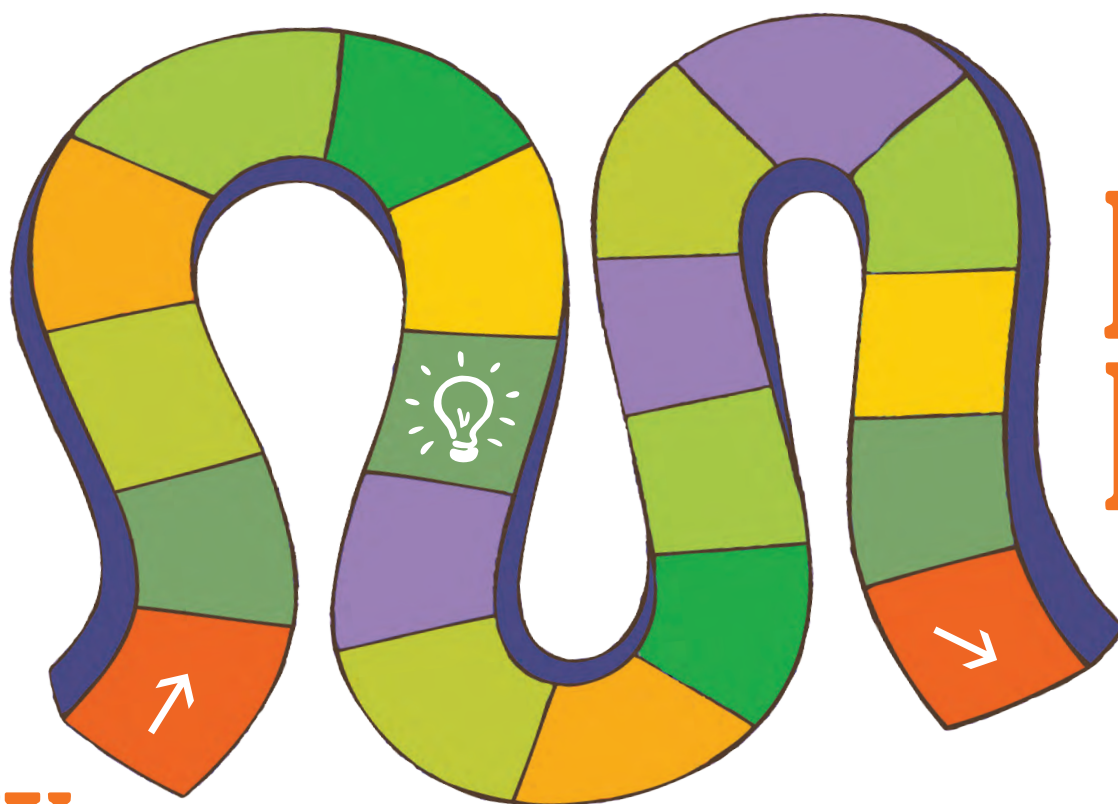


AVOIDING THE CROWD

While some of our customers like the Co-op because of its social aspect, others just want to get in and out with as little interaction as possible. There is nothing wrong with that; being an introvert is kind of “in” these days.

If you want to shop when the store is least busy, we suggest you come see us before 11am or after 6pm. If you must shop during the day, come around 2pm. Those are the times you are least likely to run into those who want to chat, and you are most likely to have your pick of the parking lot.

“Good actions give strength to ourselves and inspire good actions in others.” – Plato



Facilities Evolution

JANET WELCH, Board President

We know that our site and building are constrained, and over the years the problems have mounted. Last year, we considered a plan for a modest expansion which would add 2,500 square feet to enclose the receiving area and open up 1,500 square feet on the retail floor. With building improvements like moving the compressors, changing the walk-in coolers, removing the floor tiles, and adding about seven parking spaces, the estimated price tag neared the \$2 million mark.

The price tag seemed high for a short-term fix, so we decided to take a thorough look at our options, our members' desires, and our needs. Should we stay or go? Do we love the site enough to overcome its problems? What are the pros and cons of moving?

Asking the Members

In January, we held a member meeting, and the discussion was as full as the room as members discussed facility qualities, envisioned dreams, and wrestled with tradeoffs. Location was a central topic. A spacious new store with ample parking, wide aisles, and products for every taste would probably have to be located (because of zoning codes) on Sims Way or up by Goodwill. That would put it in the mill path smell, it was noted.

There is no denying that people love our location. It is close enough to walk or bike to and proclaiming the values held dear in our town, member appreciation for our location enabled us to look at "the squeeze" a bit differently.

We then asked the membership for more input in an online poll. Over 700 members chose their top five facility qualities and generated many insightful comments. Ample space for local, bulk, and produce as well as the receiving area topped the list, along with a central location accessible by bike, bus, or walking. Energy efficiency and modest scale were also favored. Find the poll results on the Co-op's web site at www.foodcoop.coop and type "evolution" in the search box.

Finishing Phase 1

In late March, the Board and General Manager met to refine the list of essential facility qualities. We will use that list to guide our evaluation process. At this point, we have completed Phase 1!

Starting Phase 2

In Phase 2, we'll begin to consider options. What we know already is that all options come with tradeoffs: retaining a modest scale reduces options for expanding products and/or departments; having a gathering place requires extra parking; a new facility could double our monthly mortgage expense; staying in our location doesn't protect us from flooding; new construction is not as energy efficient as staying in place, etc.

We'll gather information and engage in many conversations as we decide which options remain open and which ones should be eliminated. The amount of information and depth of discussion required will ratchet up as we go along the process. Do we want to support a second store or another facility to take pressure off the existing store? What can we do about limits in the city's stormwater capacity? What are our projections for long-range growth and positioning, as supermarkets move more into organic products? Sorting through those questions is a daunting task.

When we narrow to a short list of options, we will do an in-depth analysis on them to verify financial feasibility and congruence with our Strategic Plan and longer-range visioning. We'll come to the members for more input.

When a final option is chosen we will again come to the membership for a member vote to approve the expenditures. If approved, we'll be on to Phase 3, construction, and Phase 4 which is completion.

Whew!

"Should we stay or go?"

Janet Welch
Food Co-op
Board President

"A farmer is the man who, in a ploughed field, stoops without thinking to let its soil run through his fingers, to try its tilth." – Whittaker Chambers

Sierra

Cashier



favorite things to do

sewing
knitting
cooking
bike riding



music

She listens to ALL KINDS OF MUSIC.

the art of tattoo

With every tattoo comes a story, and Sierra's begins with a birthday and a pair of birds on her wrists. The gorgeous colorful drawings that followed are rich with symbols, if you are lucky to get a glimpse of them.

passions

For the first time, Sierra has a separate room for sewing.

Something you might not have known

Sierra lived and travelled around Israel as a high schooler.

life is good

Sierra is in love, and loving life in an old 1895 farmhouse with a garden!

all time favorite book
Grapes of Wrath



loves her job
What Sierra loves about being a cashier is access to great food, interacting with customers, and working with awesome staff.

family
Sierra grew up in California, but when she visited a friend in Port Townsend, she knew she wanted to live here.

places she has lived & worked
Alcatraz Island, Haight Street, Yosemite Park



hearty thank you winners

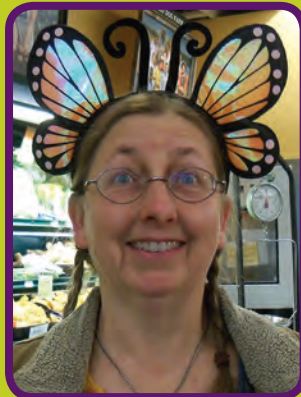
anniversaries April, May, June



Mike



Brendon



Deborah

Employees may be nominated by managers, team leaders, peers, or Co-op members for exceptional work performance, exceptional customer service, significant cost savings, efficiency or productivity, or supporting another team. Of the nominations, one staff person is chosen each month.

- 16 Years**
Virginia Carpentier
- 14 Years**
René Tanner
- 12 Years**
Susan Sjoland,
Estelle Giangrosso
- 11 Years**
Cristine Rutledge, Tricia Tyler
- 10 Years**
Yvonne Cleveland, Greg Turner
- 9 Years**
Seth Hager, Kevin Terry
- 7 Years**
Kristina Dosey

- 3 Years**
Nicholas D'Andrea
- 2 Years**
Phuong Ngo, Aaron Feit,
Clayton Lemessurier-Watson
- 1 Year**
Charles Harris, Rachel Williams,
Michael Elder, Deirdre Milligan,
Patricia Kane, Jennifer Ennis

Anniversaries are calculated from date of most recent hire for paid employment and may not reflect previous years of employment or work as a volunteer.

"I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'" – Phyllis Diller

Staff Picks

UNCLE MATT'S
Orange Juice
w/Pulp

"...tastes like
Florida in a
glass!"

- Deirdre/Food
Services
chill case



RAWMIO
Hazelnut & Fig
Raw Chocolate
Bark

"Organic,
gourmet,
smooth and
delicious, great
for Paleo diet!
Yummy!"

- Jan/Wellness
raw foods pillar



**CO-OP
KITCHEN**
Live Fudge

"If you miss
grandma's
fudge, but are
interested in
a healthy but
equally delicious
version, this is it!
Creamy, dreamy,
and rich, this
piece of heaven is the holidays all
over again."

- Marty/Front End
Grab-n-Go case



Spirits

Visit our wine
department
in aisle 3, beer
cooler across
from meat case
and a collections
of ciders in
the produce
department!

FINNRIVER
Abbey Ale
750 ml.
Produce dept.



NO-LI POSER
Multi-Grain
Pale Ale
6 pack



ROGUE
Sriracha
Stout
25.4 oz.



NINKASI
Devil Oregon
Rye Beer
22 oz.



STONE
Delicious
IPA
6 pack



FIELD
Pale Ale
6 pack cans



**KENNEDY
SHAW**
Auntie Meredith's
Picnic Blend Dry-
Floral-Crisp!
750 ml.



ITAMI
ONIGOROSH
Special Dry Sake
6 oz.



New



**LIBERTY
LOTION**
High CBD
Wellness/
Section 6



**They Love
Sunshine
Daydream**



**The
Other One**
74%
Dominican Republic
Gran Cru
Dark Chocolate



TAZA
Stone Ground Chocolates
Vanilla (50%), Salted Almond
(40%), Cinnamon (50%), Guajillo
Chili (50%), Cacao Puro (70%)
2 discs-2.7 oz./Checkstand #1
aisle 1

LILLI BELLE
Chocolate
bars



PAINTED HILLS
Beef Bacon USA
12 oz./Freezer



FIELD ROAST
Apple Maple
Breakfast Vegan
Sausage
9.31 oz./Freezer

**GOOD
CHOICE
GREAT
PRICE**



HEMPLER
Bacon Ends
by the lb./meat case



"Good tilth brings seeds, ill tilture weeds." – Thomas Tusser

New

New Flavors!
KETTLE BRAND POTATO CHIPS
 Red Curry & Roasted Garlic (5 oz.)
 Peppercini (8.5 oz.)
 Chip aisle



COCONUT DREAM
 Lowfat Yogurt
 Plain, Vanilla, Blueberry, Raspberry, Strawberry,
 6 oz./Chill



CHUCKANUT
 New York Cheesecake
 Strawberry Cheesecake
 By the lb./Grab-n-Go



Clean

FULL CIRCLE
 Dustman & Brush Set
 Flip Scrubber Sponge
 Microfiber Duster
 Mini Brush & Dustpan
 Mop and Mop Refill
 cleaning supplies/ aisle 5



BOW HILL
 Rubel
 Frozen
 Blueberries
 3 lb. & 10 oz.
 Freezer case



Local



BOW HILL
 Organic Pickled Blueberries
 Sweet and savory - garnish salmon, duck, artisan cheeses, lox, salads, grains, curries, squash soup, root vegetables, and ice cream! 4.5 oz. & 12 oz./ Deli display

Garden



MIDORI FARM
RED DOG FARM
 Organic plant starts

SHORT'S FARM
 Magical Soil & Compost
 1 cu. ft. bag/
 North door



UPRISING SEEDS
SEED DREAMS
OATPLANTER FARM SEEDS



SEQUIM PRAIRIE
 Star Worm Tea
 Qt. & Gal./North door

DOWN TO EARTH
 Bulk amendments are outside the north door. Buy as little or as much as you need. Ask for assistance if you are not sure what to buy.

BULK AZOMITE
 Remineralize your soil!



"A good teacher can inspire hope, ignite the imagination, and instill a love of learning." – Brad Henry

Tractor Loan Pulls Mt. Spirit Forward

The Food Co-op is pleased to announce Denise Joy of Mountain Spirit Herbal Company as the first recipient of a pilot micro-loan program for local producers. Denise used her \$4,000 loan to purchase a much-needed Kubota tractor for her business.

“She’s a proven producer,” said Co-op General Manager Kenna Eaton. “We worked out terms that were reasonable for both of us, and we love investing in our community.”

Last fall, Denise had launched an Indiegogo campaign asking for donations to make the tractor purchase. At the time, she wrote:

“When I was a very young woman, I was very fortunate to have my great-grandmother teach me the family tradition of working with herbal medicine. With great pleasure I move into my 30th year as an herbal farmer and maker of medicine. I am proud to make fresh products in small batches. I am an earth-based company and have the pleasure of stewarding seven acres of mostly cedar forest and wetlands. I have chosen to keep my life and dreams simple. The products I make reflect these choices. Most of my fresh-made products come from my gardens and the surrounding land.

“I intend to continue to create herbal products from herbs grown on my land in Port Townsend. In order to do this I will need the help of farming equipment. I do most the farming myself to insure the highest quality for use in the herbs which have helped our community’s well-being. I use organic farming techniques. As I get older, there are tasks I can no longer manage by hand.”

When the campaign was over, the total of donations, slightly over \$2,500, fell short of her \$13,000 goal. The Co-op contributed \$250 to the campaign.

Deb Shortess, one of the Co-op’s



WSU Landworks representatives broached the loan idea with Denise after Denise attended a Landworks meeting to explore her next move. Later, Denise pursued the loan with General Manager Kenna Eaton.

“I don’t think words can describe what this means to me,” said Denise. “It has opened up areas that would take me months to complete and now I can complete [tasks] in a day or less.”

The donations and loan only covered the cost of the tractor, but no attachments. Denise said she also needs to add a tiller, backhoe, and a box scraper. She is still accepting donations for those purchases on her web site at <http://mountainspiritherbals.com>. No amount is too small, she said.

Mountain Spirit Herbal Company products are found in the Co-op’s Wellness Department.



Look For the Logo

Shopping at The Food Co-op now makes more sense than ever. To help you stretch your food dollars further, we have lowered our prices on 60 of our bestsellers — items that fit everyone’s pantry. Our new price program, “Centsibles,” is a sensible list of whole food and other goods at a good price.

This program is an expansion of the former Co-op Staples and “Every Day Great Price” price programs, two programs which are now discontinued. Look for the Centsibles logo throughout the store because it makes “cents” to save.

Check out the Centsibles brochure in the rack between the public restrooms or ask any staff person for more information.



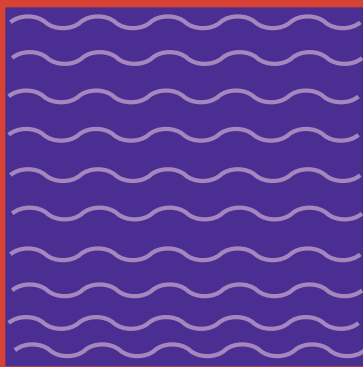
“People should think things out fresh and not just accept conventional terms and the conventional way of doing things.”
– R. Buckminster Fuller

ELECTIONS 2015 GUIDE



Voting Period: May 1-14

There are two candidates and two seats available. Only active members are eligible to vote. Ballots will be NOT be mailed to members.



Four Easy Ways To Vote:

1. On May 1, if the Co-op has your email address on file, we'll email you instructions and a link to the Board vote.
2. If we don't have your email address, you can go to The Co-op website, click the VOTE button, and follow the instructions.
3. If you prefer paper to computers, you can fill out a paper ballot at the store. Look under the Board's board for ballots and envelopes. Put your ballot in an envelope, sign it, write your member number on it, then deposit ballot in the red box.
4. Alternatively, you can print a ballot off at the Co-op website and mail it in, with your name, member number, and signature on the outside of the envelope (our address is 414 Kearney St.). You can also drop the envelope into the red ballot box at the store.

Questions?

contact Rachel at boardassistant@foodcoop.coop or 379-5798



VOTE for Board Candidates May 1-14.

Henry M. Werch



For the last three years as Board vice president, I've witnessed the Co-op's sustained growth in membership, popularity, and potential, yet I recognize the pitfalls that can undermine this success. As a continuing member of the Board, I would like to continue to play an active role in guiding the Co-op through the challenges of inevitable change and the need to be fully accountable to its owner members, as long as I am able.

As is generally known by the Board and elsewhere in the community, my wife and I will be moving to Portland prior to the end of my three-year term, if reelected. If our Board recruitment efforts succeed in attracting two or more additional highly qualified candidates, I will consider withdrawing my candidacy rather than forcing a competitive election process.

Why would you like to serve on the Board of Directors?

I would like to continue my director's role as long as I am able, so that I can contribute as much as I can to the current examination of the Co-op's Strategic Plan and mission in Port Townsend, and how marketing plans and market position can support them.

Describe your interests, experience, and expertise that may contribute to the Board's activities.

As I stated in my previous application, my business and community experience with young growing organizations has focused on sustainability, controlled growth, and fiscal responsibility. As a 16-year board member of a \$45 million community credit union that grew to \$145 million, I worked to maintain controlled and principled growth. Both credit unions and food co-ops are challenged daily by temptations to veer from principles, both must focus on sustainability, and both must be fully responsible to their owner members.

What experiences have you had contributing to successful group efforts?

I am particularly proud that in my first year on the Board, I contributed to the writing and adoption of the Co-op's first successful Strategic Plan. In these last two years I assisted in the successful efforts to forge an active and collegial Board, capable of overcoming individual differences in order to achieve a unity of voice and purpose.

The Strategic Plan's first long-range goal is Market Position, and it includes the following strategy: Develop a long-term plan for our facility and location. What do you think should be considered in developing such a plan?

The first consideration should be sustainability, so any substantial financial investment or relocation must be evaluated in terms of short- and long-term cost, triple bottom-line impact, and both current and future member acceptance.

How would you encourage greater member-owner involvement in elections, member-owner forums, and meetings?

As a board and committee member, I actively supported the Co-op's entry in e-mail polling and elections. I believe that in the Port Townsend community, all communication efforts find themselves in a highly competitive environment, so I will continue to support aggressive outreach via all means available: electronic, print, and personal in-store and in-community, to maximize member-owner involvement.

Peter Bonyun



I have been member of The Food Co-op since at least 1980 and have served on the Board once during that time. I suspect that over 80 percent of our family food budget is spent at the Co-op. This indicates, I think, that I am a strong and loyal supporter of the Co-op. I have not always agreed with some decisions. On a few occasions, over the years, I have felt that our Mission and Principles have been compromised. I have voiced my concerns to the Board and will continue to do so. Food is political, and decisions will not always be popular. My personal goal will be to work collaboratively toward refining existing policies, where indicated, and crafting new ones that fully honor our Mission and Principles.

FOOD

Partnering Growers, Producers & Our Community

CONNECTIONS



Annual Meeting Sunday, May 31, 3-6pm

Meet Our Guest Speakers: Beth Robinette & Joel Williamson

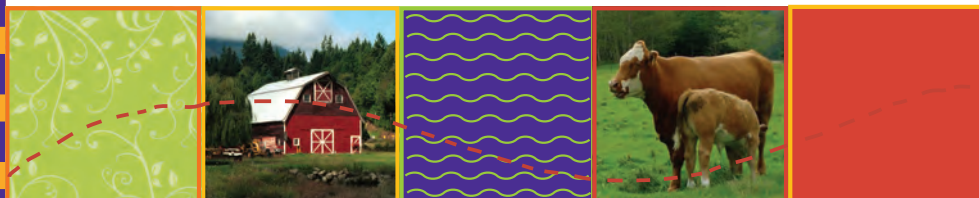
“When I think about ‘local food system rock-stars,’ I think of Beth.” says Rachel Williams, the Food Co-op’s board assistant, who attended Bainbridge Graduate Institute (BGI) with both Robinette and Williamson.

“Beth is one of the most passionate, intelligent, hard working and inspiring people I know working on building healthy local food systems from the ground up. I’m very excited about what she and Joel are doing with Local Inland Northwest Cooperative (LINC) Foods, and I can’t wait to have them share their successes and vision with our co-op community here in Port Townsend.”

Beth Robinette and Joel Williamson are the co-founder of LINC Foods, a co-op that distributes food from member farmers in the Spokane area to restaurants, school districts, and university food service.

Since launching in the summer of 2014, membership has grown from 13 to 28 farmers and producers. They have provided local food to all of the area school districts, and Gonzaga University Food Service is an enthusiastic customer.

Beth is a fourth-generation rancher managing Lazy R Ranch where her family uses holistic management practices to raise grass-fed beef. Joel is also an area native with roots in agriculture. They met while earning master’s degrees from Bainbridge Graduate Institute at Pinchot and decided to work together to launch LINC Foods. They recently won a \$25,000 award through a business accelerator program at the University of Washington called the Jones Foster Business Accelerator for their great work with LINC.



Why would you like to serve on the Board of Directors?

I would like to serve on our Board for the aforementioned reasons, and also because I want to give back to a community that has supported me so strongly for 35 years. We are approaching a time of critical changes. I wish to be part of that decision making process.

Describe your interests, experience, and expertise that may contribute to the Board’s activities.

I have a very diversified background. I have been a retail business owner, licensed contractor, and a county employee successfully interfacing with the public in a challenging position. I am told that I express myself well and contribute constructively to group processes.

What experiences have you had contributing to successful group efforts?

My experience in group process includes a former term as a Food Co-op Board member. I have also served on the Board of Homeward Bound, a community land trust. For nearly 10 years I was an actively participating member of Blue Heron Builders Cooperative, managed through consensus. My training in dynamic facilitation gave me the opportunity to co-facilitate a Wisdom Council for the Jefferson County Department of Community Development.

The Strategic Plan’s first long range goal is Market Position, and it includes the following strategy: Develop a long-term plan for our facility and location. What do you think should be considered in developing such a plan?

In developing a long-term facility plan, I would first consider a location that is both centrally located to Port Townsend and sufficiently higher in elevation to be removed from the tsunami zone. I would favor building a new structure designed to be a cooperative grocery store, the footprint of which would contain adjacent spaces available for community education and future expansion. These spaces could be leased out until needed and would provide an additional income stream. Adequate parking and accessibility to public transportation is essential.

How would you encourage greater member-owner involvement in elections, member-owner forums, and meetings?

Encouraging greater member involvement in the affairs of the Food Co-op might start with a more extended initiation process for new members. Rather than just providing a pamphlet of facts with some history and copies of our Mission and Principles, a new members orientation meeting would take place once a month. This more structured introduction, “Food Co-op 101,” would inform new members of the significant differences between a conventional grocery store and The Food Co-op, emphasizing not just the rights, but also the responsibilities of cooperative ownership.

ANNUAL MEETING

Sunday, May 31, 3-6pm
Northwest Maritime Center



Local Food System=
Better food
for the community
More profit for
LOCAL
businesses



Meet Beth & Joel
Eastern Washington
Food Heroes

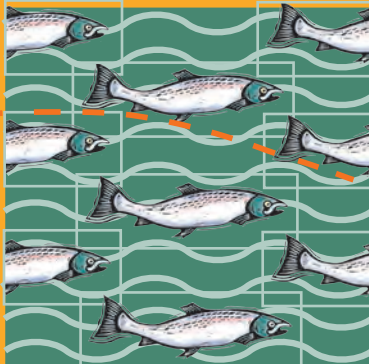
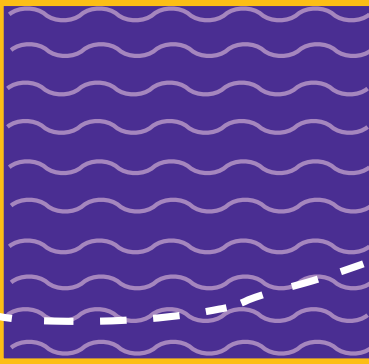
LINC Foods



Locally Grown. Community Bound

Local Inland Northwest Cooperative

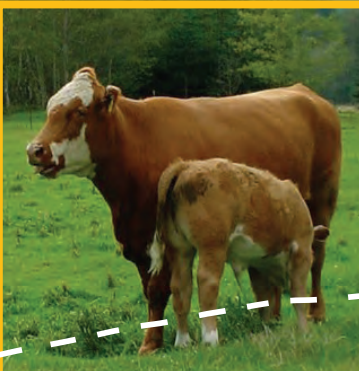
Building community,
health & wealth
CREATING
infrastructure
for a local food system



Beth runs the Lazy R Ranch, her family's fourth-generation grass-fed beef operation. She is particularly interested in sustainable food systems.

3-4pm

Board Member David Wayne Johnson outlines our local food connections
G.M. Kenna Eaton & Board President Janet Welch report on the state of the Co-op in 2014



4-5pm

Guest speakers
Beth Robinette & Joel Williamson
co-founders of LINC Foods

Joel grew up working on his family's rose-growing farm. He hopes to bring together local money with local businesses, creating a strong community and a more just society.

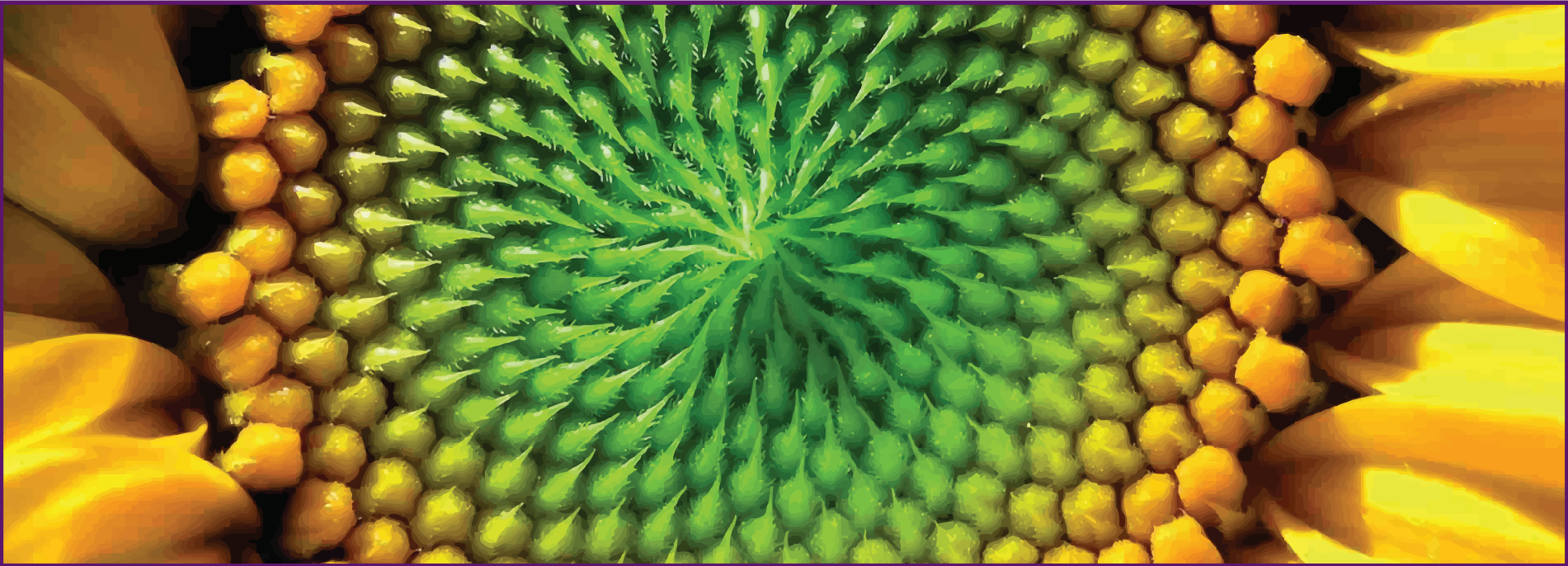
FOOD CONNECTIONS

Partnering Growers, Producers & Our Community



5-6pm

Questions, conversations, and local treats.



LOCAL FARMERS TAKE PLEDGE

The state initiative to label genetically modified food had failed. And so had a request at the county level to ban GMO crop. In response, late last year, Linda Davis of Chimacum's Solstice Farm and Jadyne Reichner of Oatsplanter Farm in Port Townsend, sent a letter to all county farmers, about 70 total, asking them to consider an alternative to government regulation of genetically engineered food.

"With the failure of food labeling initiatives, we see an opportunity to shift the action from the ballot box to the ethics of our farming community," wrote Davis and Reichner. "We also see an opportunity to shift the effort from food to seed. In our opinion, no one is better at food, seed and action than farmers!"

The letter continued with this proposal: "[The Safe Seed Pledge] is a voluntary promise to not buy, sell or trade genetically engineered seeds or plants. It is not a legally binding document but a voluntary assurance that informs others of your farming principles. Since its origin, more than 300 seed companies have signed the pledge and are included on a seed resource list kept at the CRG website.

"Join us in 'plowing the ground' for a farming community free of genetically engineered seed. Please sign and return the enclosed pledge."

"I am so unbelievably pleased with our farm community."

**Linda Davis
Solstice Farm
Chimacum**

"It was a time when genetic engineering was beginning to threaten our food supply by leading us away from diversity and pushing us toward an enforced monoculture, genetic uniformity, while steadily expanding ownership of humanity's food supply," said Teitel. "I had just co-authored *Genetically Engineered Food: Changing the Nature of Nature*, and had learned of agro-chemical companies' plan to have us focus the debate on food safety and not the seeds.

"Seed is essential to our food supply. Rather than argue about who has ownership, we should pledge to care and save seeds as a core value of our existence. By taking this pledge, companies publically promise to save something that can't protect itself. The Safe Seed Pledge creates an ethical relationship between seed and people."

The Safe Seed Pledge was created in 1999 as collaboration between the Council for Responsible Genetics and coalition of seed catalogue companies. Martin Teitel, PhD, served as the Executive Director of the Council for Responsible Genetics at the time.

As the letters came back to Davis and Reichner, they were pleased to get an enormously positive response. Of the farmers who received the letter and were still farming, 52 farmers put political debates aside and signed a pledge to not knowingly buy or sell genetically engineered seeds or plants. As consumers of local produce and seed, both wholesale and retail customers now have more information about what they purchase.

"Their answers confirmed a steadfast respect for the health of our agricultural landscape and the community members who consume their produce," said Reichner.

"We had almost no resistance," said Davis. "I am so unbelievably pleased with our farm community."

Of the farmers who signed the pledge, most have chosen to be publically listed, however some have not. Soon there will be a sign displayed at both their farm and the markets where they sell indicating they are a part of the Safe Seed Pledge. The Food Co-op is providing the funds to manufacture the signs.

To read the entire letter and see the list of farms, go to www.plowingtheground.blogspot.com. Those interested in extending the pledge in Jefferson County, may want to consider signing as a gardener, community garden, or business.

The Food Co-op has signed this pledge.

"You may have a fresh start any moment you choose, for this thing we call 'failure' is not the falling down, but the staying down." – Mary Pickford



SIDONIE WILSON, F.E.A.S.T. Culinary Studio

My new definition of the perfect spring afternoon is being with a best friend and dipping our fingers into a crunchy, delicious bowl of red cabbage kimchi speckled with caraway seeds and strips of orange zest.

“What?” you say. “I understand good friends, spring afternoons, even eating with your fingers, but kimchi doesn’t have caraway seeds or orange zest.”

That’s what I thought. In fact, I thought I knew all about kimchi. Years ago I’d bought a jar, which sat forlorn in my fridge after the first forkful when I’d decided I didn’t like the stuff, because it was too hot. Then last year my neighbor brought me a jar of her homemade kimchi. I fell in love – it was zesty, complex, flavorful, and not too hot. I knew I’d have to make my own.

Her recipe was what we think of as kimchi: Napa cabbage, ginger, garlic, salt and Korean chili powder. I soon found an online tutorial, and made my own. It was wonderful, but we still aren’t to the caraway seeds.

What I’ve learned since my first batch, with experimentation and research, is that kimchi isn’t a recipe. It’s an easy, safe, wildly healthy, and versatile pickling technique. Korea alone has more than 160 foundational styles of kimchi.

The Chinese characters for kimchi literally mean “salted vegetables.”

I use a salt brine technique to “kimchi” my vegetables, and this allows me to make small batches with diverse ingredients and flavors right on my countertop. They are ready to eat in five days, and will keep refrigerated for a year.

All kimchi involves four processes: brining, flavoring, fermenting, and storing. Try this recipe at least once, and then use the same process and ratio of weights and measurements to set off on your own and experiment with different vegetables, flavors and add-ins.

So far, I’ve brined cabbage, mustard greens, kale, raab, dandelions, nettles, carrots, beets, apples, cranberries, and parsnips. Just about everything that comes out of the garden is a possibility.

The flavoring pastes are also up to your imagination. Koreans use some beef broth, mushroom broth, sea food, fish sauce, and of course garlic, ginger, and peppers in their batches. But tarragon, dill, caraway, fennel, onions are also legitimate ways to go.

“The shorter the chain between raw food and fork, the fresher it is and the more transparent the system is.” – Joel Salatin

BASIC CABBAGE KIMCHI

Ingredients:

- 3 tablespoons plus 1 teaspoon sea salt (I like to use the brand Real Salt)
- 6 cups filtered water (without chlorine)
- 2 pounds Chinese cabbage (one large head) cored and cut into 2-inch squares (reserve two whole outer leaves)
- 6 scallions cut lengthwise into 2-inch pieces
- 1 ½ tablespoons minced fresh ginger
- 1 ½ tablespoons minced fresh garlic
- 2 tablespoons Korean ground dried hot pepper
(or other mildly hot ground chilies; I toast and grind my own dried pasilla or negro chilies.
I also toss seeds into the ferment.)

STEP 1: BRINE

Dissolve 3 tablespoons salt in 6 cups water. Put the cabbage into a large bowl and pour the brine over it. Weight the cabbage down with a plate and a heavy bowl. Let it brine at room temperature for 12 hours.

STEP 2: FLAVOR

Drain the cabbage and reserve the brine. Mix the cabbage with the flavor ingredients including the 1 teaspoon of salt. Massage these into the cabbage while thinking good thoughts. Koreans have a word for this, “son-mat,” which means: the taste of one’s hands. It refers to all the vibes that come through our hands while making kimchi or cooking in general.

STEP 3: FERMENT

Pack the mixture into a two-quart jar, cover it with some of the reserved brine, leaving a few inches of head space. Lay in the whole cabbage leaves over it. Use a smaller mason jar set inside the larger jar to weight down the cabbage so the brine completely covers it. This keeps it from spoiling. “Under the brine doing fine” is the maxim to remember. Keep a large bowl under the jar to catch any spills. Let the kimchi ferment in a cool spot, at no higher than 68F, for 3-6 days or until the kimchi is as sour as you like.

STEP 4: STORE

When the flavors are right, take the jar weight out and cap it. I like to put it into smaller jars. Please leave head room, and don’t cap it too tightly, because it can build up pressure. Store it in the fridge; the flavors will deepen over time, and it’s good for about a year.

Koreans eat kimchi at every meal, including breakfast. They also use it to cook with from pancakes to stews. Besides being a probiotic, kimchi increases the availability of minerals and vitamins in the vegetables. But best of all it’s delicious!
Makes about 1 ½ quarts

BUNNY'S BATH 101

The Chemistry of Soap Making

KATHIE MEYER, Outreach/Education/Marketing Manager

After a long day of hard work, or maybe hard play in our mountains, rivers, and lakes, it's heaven to come home to a hot bath. One of our local producers, Lyn Faas of Bunny's Bath (It's OK to call her "Bunny" too), knows how to make that soak even more luxurious.

Earlier this year, a few Co-op staff went on a field trip to see Lyn's production space located in her house near the airport. The workshop is wedged in between the attached garage and rest of her home. It is a fairly narrow space, perhaps meant as a laundry room, yet there's a lot that goes on here.

Although her work area can get warm on a sunny day, she doesn't open the window as she has to keep everything as sterile as possible. Sanitation is crucial. "Anytime you have a product with water in it, there is the potential for microorganisms to grow."

"Soap making is the chemistry. The rest [face products, etc.] is cooking," Lyn said. She should know; She has both a bachelor's and master's degree in materials engineering from Purdue University and spent her career as an environmental chemist for the federal government.

Our visit to Bunny's Bath was a crash course in soap making although the bulk of Lyn's secrets are organized in large three-ring binders representing her intellectual capital gathered over 11 years of being in business.

Liquid soap is a hot process. Lyn uses a custom-made jacketed boiler that she calls "Big Bertha" to make her liquid soap. "You want it to be a paste, and then you want to cook it which is why it has a heated jacket of [distilled] water around it. You want it to cook until the whole chemical reaction has gone to completion," she said.

Often, she said, customers want to know if there is lye in the soap because they are afraid of putting it on their skin. Yes, she puts lye in her soap, but it is all gone by the time you lather up. It's like musical chairs, she explained. "If you think of the chairs as all of the little molecules

of oil, and the lye as all the little people going around looking for a chair, you want to make sure there are more chairs than there are people looking for chairs so that everybody has sat down. All the lye has reacted chemically attached to oil, and there's no lye left in it."

A few years ago, the Dept. of Ecology wanted her to submit a hazardous waste plan for handling lye waste. She wrote them back and explained how there isn't any lye waste. She also uses potassium sorbate as a preservative to prevent mold, however it is "pretty natural" and approved by Eco-Cert.

Lyn stirs the oil, water, and potassium hydroxide in the boiler with an industrial-size immersion blender. This takes about 20 minutes until it eventually becomes a paste.

Once the soap is paste, water is added to dissolve and dilute it. The mixture sits overnight until Harry, Lyn's husband, "pinches Bertha" meaning that he pinches the water and paste to get it into smaller pieces. This gets the dissolving process going, and the soap is diluted just enough to not clog up the pump.

Bar soap is a cold process, and again Lyn has figured out her own way of doing things. "I don't cure my soap; I don't think they are ill to begin with," she said with a wink.

Why do other people cure their soap and when she doesn't? "There are people who believe there is still some reaction going on, like wine aging.



Lyn Faas of Bunny's Bath uses a custom-made jacketed boiler and industrial-sized immersion blender to process her liquid soap products. *Photos by Kathie Meyer*

BUNNY'S BATH - CONTINUED ON PAGE 18



ROUND UP FOR FARMS

650 acres of farmland in Jefferson County, including Red Dog Farm, SpringRain Farm, Finnriver Farm and Cidery, Sunfield, Boulton Farm, and many more. They now have projects in the works that would double that acreage.

You can help ensure Jefferson County farmland continues to be available for agriculture and affordable for farmers by asking your Co-op cashier to "round up for farms" at check out. This small but meaningful act helps enormously in maintaining the vitality and economic well being of our local sources of healthy food.

You can help save the land and preserve farms in Jefferson County just by asking your Food Co-op cashier, "Please round up for farms," each time you check out at the store. With one press of a button, the register software will add your donation of spare change to bring your amount up to the next highest dollar. When you "round up" for farms, you support Jefferson Land Trust's work protecting local farmland.

Jefferson Land Trust has helped the community preserve over

"To succeed, you need to find something to hold on to, something to motivate you, something to inspire you." – Tony Dorsett

Fresh Inspirations

FOR YOU & YOUR PETS



DR. ANNA MARIA GARDNER
HOLISTIC VETERINARIAN

As spring approaches, and we all start to look forward to fresher foods, more sunshine, and time outdoors, the same applies to our companion animal friends. It is a time to look for ways to cleanse the body, and for exercising and inspiring ourselves with and through our dogs and cats. Things we can do include these suggestions which require, of course, that all changes be made slowly, with your veterinarian's understanding, and assumes there are no special health needs.



Dr. Anna Maria Gardner is a holistic veterinarian, who is certified in acupuncture and homeopathy. She uses diet, homeopathy, acupuncture, nutritional supplements, Western and Chinese herbs and flower essences as part of her holistic approach. She lives in Jefferson County with her daughter, two dogs, seven cats, 15 chickens, a donkey, horse, two ducks, one goose and a very ornery parrot. She can be found on the web at www.petsynergy.com or through email at drgardner@petsynergy.com, or by phone at 360-796-3749.

- ♥ Add a little fresh raw meat to the diet, either local organic, or a raw frozen pre-prepared food. Start slow and research the benefits.
- ♥ Add some steamed, puréed, or juiced vegetables to the diet. Cats love zucchini, and dogs like a variety of vegetables, staying away from onions, garlic, peppers, or avocado.
- ♥ Consider changing both cats and dogs to a grain-free, ideally a more raw food-based diet, starting with slow changes which aid the healing process.
- ♥ Start with an exercise regime, slow walks for dogs and playing with your cat more can really help with muscle and joint fitness, immune system health, and bonding for both of you.
- ♥ Get out and play with your pet. Get some toys and play in the yard. See if your cat likes to walk on a harness, and above all include some fun in your animal friend's life. You both will benefit.
- ♥ Consider a detox program and healing regimen for your cats and dogs, incorporating some veterinarian approved herbs and homeopathic remedies to cleanse and detox.
- ♥ Look ahead at some natural methods of flea and tick control, treating your pet and the environment with natural and safe products.
- ♥ Add some essential fatty acids like good quality fish oil to the diet, or consider adding a little coconut oil or olive oil instead.
- ♥ Get out and swim. If you have access to a safe spot, it is good for both of you.
- ♥ Resolve to use more natural and holistic ways of treating minor ailments.
- ♥ For health issues, consider switching or including acupuncture in your healing regime.
- ♥ Think about adding some chickens to your place. They cleanse the dirt, provide fresh, sustainable local eggs, eat bugs, are a wonderful asset to your garden, and happily eat healthy leftovers as well.

"I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning." – J. B. Priestley

Once in 100 Years

OSA'S CORN BREEDING PROJECT TAKES ITS OWN SWEET TIME

KATHIE MEYER, Outreach/Education/Marketing Manager

It was a feast fit for kings and queens, but royalty is only relative depending on who sits at the head of the table. In this case the bloodline that binds us together is organic, as we attended Organicology, an annual conference held in early February in Portland, Ore., for farmers, truck drivers, retail staff, and others up and down the organic food supply chain. These are the people who get up at dark-thirty nearly every day, rain or shine, and keep healthy food coming to you and your families.

Course after course, the food came and we ate several dishes, family-style, all of them Northwest fare and ingredients including line-caught marbled Chinook salmon, Makah Ozette potatoes, and kale and cabbage from Nash's Organic Produce. Lane Selman, director of the Culinary Breeding Network at Oregon State University, took two years to plan this meal. Dinner started with an appetizer course of Midori Farm hot root slaw and ended with mounds of a special sweet corn ice cream that glistened like pearls in long-stemmed martini glasses. Of all the dinner courses, this was my most anticipated. Not because I love ice cream (which I do), but because the Food Co-op has funded in part the development of this particular corn. In addition, I helped harvest it from Nash Huber's farm in Sequim in October 2014 with Micaela Colley, the executive director of Organic Seed Alliance (OSA), and Laurie McKenzie, OSA's Pacific Northwest Research and Education Associate.

It isn't that OSA is going into the ice cream business. Rest assured, this Port Townsend non-profit is still on track with organic seed breeding. The aim here is to develop an organic, i.e. non-genetically modified, open-pollinated sweet corn seed which can tolerate the Pacific Northwest's colder soil and short growing season. The critical need for this specific type of sweet corn presented itself when Seminis Vegetable Seeds, Inc., bought the "Temptation" variety of sweet corn seed. Seminis is a Monsanto-owned company, and since Monsanto/Seminis is also marketing a GMO "Temptation II" seed, it is expected that

"Temptation" will be discontinued, at some point in the near future, leaving the GMO seed as the only option for sweet corn with these traits.

OSA doesn't have any farmland of its own, so that's where Nash Huber and other farmers such as Minnesota's Martin Diffley come into this story. When John Navazio, Ph.D., formerly a senior scientist with OSA and now with Johnny's Selected Seed, heard of Martin's frustration with seeing good cultivar

seeds getting discontinued, he took the dilemma to University of Wisconsin-Madison agronomy professor Bill Tracy, and the project was born.

You may remember Martin as the husband of Atina Diffley, author of *Turn Here Sweet Corn*, the Port Townsend Public Library's 2014 Community Read book. The book detailed the Diffley's struggles to find farmland of their own to keep instead of lose to development or the threat of a Koch brothers oil pipeline. If you read the book, you already know the Diffleys prevailed. What you might not know is that Martin has been working on the sweet corn project with OSA on his land in Minnesota. Involving different farmers in seed breeding is called "participatory breeding," a practice strongly advocated by Navazio. At the conference, the Diffleys, Nash and his wife Patty, Navazio, Tracy, Micaela, and Laurie all had a taste of the sweet corn ice cream too.

That corn seed, the one that grew into an ice cream ingredient, has been seven or so years in the making.



Left to right: Laurie McKenzie, OSA Research and Education Assistant; Nash Huber, Sequim farmer; Micaela Colley, OSA Executive Director. Photos by Kathie Meyer



The 2015 Organicology Conference Ark of Taste dinner featured sweet corn ice cream using some of the corn harvested from Huber's farm in October.

SWEET CORN - CONTINUED ON PAGE 18

"Sex is good, but not as good as fresh, sweet corn." – Garrison Keillor

SWEET CORN - CONTINUED FROM PAGE 15

“There’s nothing fast about seeds,” said Andrew Still, co-owner of Adaptive Seeds, at one of the Organicology intensives.

“Every locale really needs a plant breeding program,” said another panelist, Frank Morton, owner of Wild Garden Seed. “Large corporations are only breeding for certain locales.”

Frank looks a lot like “Doc Brown” in the 1985 movie “Back to the Future.” It is easy to picture him as a scientist. He encourages the audience to cross a red radish with a long, white icicle radish by growing them in two containers, side by side, and letting them go to seed. Insects will take care of the cross-pollination, so all you have to do is plant the resulting seed and see what you get. The way he eggs us on to do it feels kind of subversive and revolutionary. I don’t even like radishes that much, and I think I’m going to try this.

Usually, these days, commercial sweet corn seed is a hybrid, and those seeds will not produce the same plant, so more hybrid seed must be purchased year after year. But this sweet corn is open-pollinated, fueled by the wind, and the seed can be saved and planted the next year with the assurance of getting the same plant over and over. According to Tracy who is incidentally the last public sweet corn seed breeder in the U.S., there hasn’t been a new variety of open-pollinated corn in about 100 years.

It’s not that easy to breed an open-pollinated corn variety though. Corn needs to be set aside about two miles away from any other corn, and at least 200 plants or more must be grown.

The Minnesota corn at Diffley’s was eventually named “Who Gets Kissed,” a nod to an old-time corn husking party tradition where the person who got an occasional red ear got to kiss the person of their choosing. “Who Gets Kissed?” is now available commercially through High Mowing Seeds, a 100 percent organic seed company based in Vermont.

The corn grown on Nash’s farm was 90 different crosses and breeding lines. Maybe you tasted some of that corn drenched in chimichurri sauce made by Arran Stark at the Food Co-op’s October 2014 Member Appreciation Day when Micaela and Laurie served some to customers outside the Co-op’s north entrance. “Some of it was the same material that was used in the breeding of ‘Who Gets Kissed’ with some additional material as well,” said McKenzie. “The corn we harvested in October was a mashup of all of those 90 lines combined. It’s not a new variety yet, but it’s the start of one!”

“We will likely have another trial similar to the one we had last year at either Nash’s or the Brown Farm again this year. It’ll be really exciting to see how it looks.”

“A finished variety ready for farm production will take several more years,” said Colley. “OSA plans to continue breeding with Bill Tracy and local farmers over at least the next four years. We will also share seed of the breeding population with locals as soon as we can, maybe by spring 2016, in hopes that others can start testing and sharing seed in our county. We look forward to continuing to partner with the Food Co-op.”

So far, the Food Co-op has contributed \$7,000 to this project. In exchange for the Co-op’s support, OSA is allowing the Food Co-op to run a member-owner contest to name this new sweet corn variety something representative of its uniqueness to our region.

BUNNY’S BATH - CONTINUED FROM PAGE 15



I think all that is happening during that time is that the scent is going away. Water and essential oils evaporate over time. The soap shrinks during curing, and the wrappers get loose.”

With bar soap, she said, “You don’t mix [the oil and water] as long because you don’t want it to be a paste. Only mix it to the consistency of a thin pudding.”

Lyn has also learned that some scented oil will “seize up” and accelerate the soap from a liquid to a solid. Bay rum is an example of this, and once it is added, she needs to be quick with stirring and pouring it into the freezer paper-lined molds which Harry made for her. She then covers the molds with a blanket to keep the heat in and chemical process going. The next day she cuts it into bars with guitar string and stamps her Bunny’s Bath logo into it.

“I don’t cure my soap.”

Lyn Faas
Bunny’s Bath

When the process is finished, Harry also helps with labeling and delivery. Her bay rum and lime scented men’s soap is “hands down the most popular soap I make,” she said.

As for her face products, she said, it’s like making mayonnaise because it’s holding oil and water together. It’s not any chemical bonding.

“The soap is really the chemistry part.”



“Leadership is based on a spiritual quality; the power to inspire, the power to inspire others to follow.” – Vince Lombardi

April

Check www.foodcoop.coop/calendar for a more complete listing of Co-op events, meetings, and classes.

Tues. April 7, 5:30–8:30pm/Board of Directors Meeting/Co-op Annex

Wed. April 8, 5:30–6:30pm/Food System Development Committee/Co-op Annex

Tues. April 14, 5–6:30pm/Board Development Committee Meeting/Clay St. Office

Sat. April 18, 2–3:30 pm/Co-op Cooking Class: Comforting Relief from Taxes/The Market Kitchen

Sat. April 18, Main Street Program Earth Day Clean-Up

Tues. April 21, 6– 8pm/Board Work Session/Co-op Annex

Sat. April 25, 1–5pm/ Beach Clean-Up/Check in at Co-op/return to Co-op for a \$5 store coupon



May

Sun. May 10, Mother's Day

May 1-14, Food Co-op Board of Directors Voting

Tues. May 5, 5:30–8:30pm/Board of Directors Meeting/Co-op Annex

Wed. May 6, Walk A Mile in Her Shoes/Downtown/Dove House/Sexual Abuse Awareness

Tues. May 12, 5–6:30pm/Board Development Committee Meeting/Clay St. Office

Wed. May 13, 5:30–6:30pm/Food System Development Committee/Co-op Annex

Fri. May 15, Bike to Work Day

Sun. May 17, Rhody Run

Sat., Sun. May 23, 24, PT Artisan Food Festival/PT Community Center

Sun. May 31, 3–6pm/Food Co-op Annual Meeting/Local Food Systems Guest Speakers/NW Maritime Center



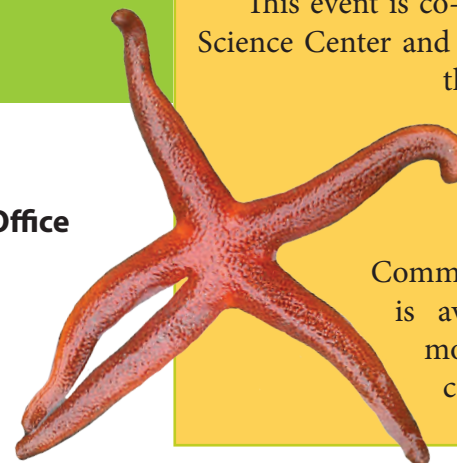
June

Sun. June 21, Summer Solstice

Tues. June 2, 5:30–8:30 pm/Board of Directors Meeting/Co-op Annex

Tues. June 9, 5–6:30 pm/Board Development Committee Meeting/Clay St. Office

Wed. June 10, 5:30–6:30 pm/Food System Development Committee/Co-op Annex



SATURDAY APRIL 25 1-5pm

PORT TOWNSEND FOOD CO-OP
414 KEARNEY ST

BEACH CLEAN-UP

CHECK IN AT CO-OP
TO GET YOUR GEAR (LAST CHECK-IN AT 4PM)

CHOOSE YOUR BEACH
RETURN TO CO-OP
TO WEIGH IN & RECEIVE YOUR \$5 COUPON

DRAWING 5PM
TWO \$25 STORE CARDS - MUST BE PRESENT TO WIN

CARPPOOL OPTION FOR MORE INFO
360 643-0821 OR
360 385-2883

Port Townsend Marine Science Center
Inspiring Conservation of the South Sea

Beach Sweep

Saturday, April 25, from 1 to 5pm

In honor of Earth Day, collect garbage from local beaches and you'll receive a \$5 Co-op coupon. Meet outside the Co-op anytime between 1 and 4pm where volunteers from the Marine Science Center will give you instructions and the supplies you need. Then head out to any local beach to pick up trash. The event runs until 5 pm, but the last sign-in is at 4 pm. After you've collected a nice bag of trash, return to the Co-op, where volunteers will help you sort your trash for recycling and give you your coupon, good toward a deli meal or your purchases at the Co-op. (PLEASE NOTE: No change back if you don't use the entire amount.) A drawing of participants' names will win two lucky people a Co-op store card for \$25 each.

This event is co-sponsored by the Marine Science Center and the Food Co-op through the auspices of S.U.R.F., the staff Sustainability Resource Fellowship, and MEC (the Board's Member Engagement Committee). Some carpooling is available each hour. For more information email coopboard@foodcoop.coop.

"Breakfast is always the best time for something juicy, sweet and fresh -- it just feels like the right way to open the day." – Yotam Ottolenghi

Cheapskate Gardening

USE COMMON HOUSEHOLD ITEMS & WASTE

Use cinnamon as a rooting hormone. Plant stems dipped into it will also kill fungus and bacteria.

Use Epsom salts for plants that need magnesium.

Use fish entrails for plants such as rhubarb that like nitrogen.

Put crushed eggshells at the bottom of planting holes for tomatoes, eggplant, and peppers to protect your plants from blossom end rot which is caused by calcium deficiency.



MAKE YOUR OWN FERTILIZER

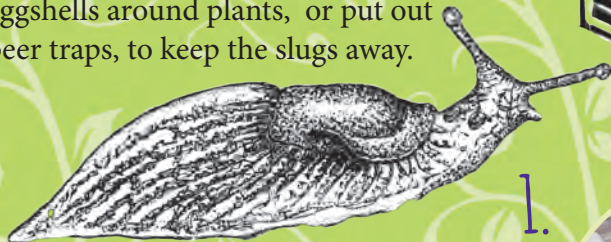
by composting. There is hardly anything more satisfying to a gardener than using compost you made yourself.



COLLECT RAINWATER!

FORGET SLUGGO!

Put used coffee grounds or crushed eggshells around plants, or put out beer traps, to keep the slugs away.



MAKE YOUR OWN SEEDLING POTS

out of newspaper, egg cartons, or empty toilet paper rolls.

To fold the newspaper origami-style, see: <http://tinyurl.com/pj3zuym>.



SWAP

seeds, plants, and harvested crops with your friends and neighbors.

SAVE

your own seed!