

NEWSLETTER OF THE PORT TOWNSEND FOOD CO-OP



CO-OP COMMONS

CREATE

2015 Summer Issue

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RIPE



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At the Table

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

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](http://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.

People I have cooked for say I'm a good cook, but the truth is I'm a pretty shy about doing it. I have to reach a certain comfort level with someone before I can make them dinner. The idea of someone showing up at my house unexpectedly and whipping up a meal for them strikes a bit of terror in my heart. The only thing I can make with absolute confidence that it will taste good is pie. Everything else? I'm never that certain.

As stereotypical as this may sound, I think men are much easier to cook for than women although cooking for my friend Theresa has gotten to the point where I am not the slightest bit nervous about it. She's always happy with whatever I make as long as I don't put in any cilantro.

But I think you know what I mean. Some women can be a little on the nasty side about someone else's cooking. For example, I once was told by a group of women who were planning a potluck "not to worry" because they didn't do "competitive potluck." This turned out to be a bit of a falsehood. At the event, one of them pointed at my scalloped potatoes, curled her lip, and asked, "What is that??!"

I don't hang out with that crowd anymore.

I am in awe of people who can cook at any moment in time for a crowd no matter how large. The person I know presently who has this talent is the Co-op's board secretary, Lisa Barclay. If you came to our Annual Meeting in May, you may have tasted her Carrot Curtido Salad, a recipe Lisa developed on her own. Lisa and Monica LeRoux, another board member, feed me and my department staff often when we meet with them, and the meal is always a delight. I used to think the reason I wasn't a confident cook is because I haven't raised children and therefore have not been forced to cook meals every single day. But Lisa doesn't have kids either, so that theory doesn't hold water. She has told me that she reads a lot of cooking publications, and her cookbook collection is pretty extensive, although so is mine.

I brought up my "potluck paralysis" (as I have begun to call it) when the Co-op hosted World Wide Knit in Public Day in June, and one woman told me that she picks out three

or four dishes before the "potluck season" begins and rotates them through her party circuit. I might have to try that. For starters, I'm going to use Lisa's Carrot Curtido Salad recipe. It's simple. It's delicious. And I'm positive that, even though Lisa says "it's a seat-of-the-pants" dish, it's pretty fail-safe.

I'm printing the recipe here because the main ingredients are local, and you may want to try it too. My goal is to one day get the lemons on my Meyer Lemon tree to ripen, grow my own cilantro, and use some sea salt that was made in Clallam County so I can claim a teensy carbon footprint when I make it.

MIDORI FARM CARROT CURDITO SALAD

- 1/2 cup Midori Curtido (or more if you are particularly fond of fermented veggies)
- 1 cup shredded Midori, Dharma Ridge, or Nash's carrots
- juice of 1/2 squeezed lemon
- pinch of salt
- sprinkle of chopped cilantro, if desired

Mix all of the above.

"It is best with fresh lemon, freshly squeezed," says Lisa. "It keeps fine for a couple of days, but you might want to add a touch more lemon before serving."

See you all at the next potluck! I'll be the person nervously eyeballing the food table to see how many of you dish up my salad.



"Education must be not only a transmission of culture but also a provider of alternative views of the world and a strengthener of the will to explore them." – Jerome Bruner

MORE GLASS, LESS PLASTIC

KENNA EATON, Food Co-op General Manager

I love our bulk department. It is one of my favorite places to shop in our store, and over the past four years has gotten better and better. Now we are excited for our latest upgrade – and a step back in time – to having sanitized, recycled glass jars for our members to use when shopping. At no charge!

When I first started work at food co-ops, back in the 80s, glass jars were always available for re-use. Sometimes they were clean and sometimes not so much. Sometime in the next decades, the health department stepped in and told us we could no longer offer these reused containers to our customers, and we sadly complied with the law. Over the years, we had member requests and questions: “Why couldn’t we offer these containers as an alternative to plastic?” Finally, we thought, “Why not ask the health department one more time and see what they say?” The good news is that they have reversed their previous position and have given us permission to bring back reused glass jars. Still, there are lots of caveats designed to keep us healthy that we must meet, but we are happy to comply!

Of course this article wouldn’t be complete without a huge “shout out” to our staff who worked hard to determine what needed to be done to first gain health department approval and then followed up with creating a robust system that will keep that approval.

Starting sometime in July, you will be able to drop off your clean, wide-mouth glass jars with screw-on lids at a designated spot at the Co-op. We will re-wash, sanitize, dry, re-lid (is that a word?), and label before making them available for re-use. You, the shopper, will find a shelf of pre-weighed and sanitized jars for re-use in the bulk department, and all you have to do is fill ‘em up (with food only), write the PLU code on the label, and carefully place them in your shopping basket before heading to the check-out line.

Finally, another great addition coming to our bulk department this summer, is a handy tote bag cleverly designed to hold six quart jars without fear of breakage. Made in Seattle by Misty Mountain Manufacturing, the same company that makes our canvas bags with our logo, it’s a super cool and awesome addition to anyone’s bag collection. Time to bulk up everyone!



BE A 'JAR SAVER'

Jars contributed to the “Jar Saver” program must:

- Be glass – Mason jars are what most often come to mind, but other jars such as those which held spaghetti sauce are fine too. Please only donate jars that once held food in them.
- Have screw-on lids
- Be rinsed and clean
- Have labels removed
- Have a wide opening; no bottles with “necks,” please
- Be dropped off outside the store in the parking lot area by the receiving dock
- Pick up recycled, sanitized jars inside the store in the bulk food section for your use and write the PLU # on it after filling with the product of your choice. Please use the recycled jars for food items only.

Did you know the Co-op has over 600 items that can be purchased in bulk? Buying bulk items saves the environment because it sends less packaging into the waste stream. It saves you money as it is often that bulk items cost less than the packaged item on the shelf. Using recycled jars will save the Co-op money, too, because we’ll buy less plastic containers than ever before. Thank you in advance for helping us make the Jar Savers program a success!

“Everywhere the grain stood ripe and the hot afternoon was full of the smell of the ripe wheat, like the smell of bread baking in an oven. The breath of the wheat and the sweet clover passed him like pleasant things in a dream.” – Willa Cather, *O Pioneers!*

THE 'NEW NORMAL'

JANET WELCH, Board President

The General Manager and the Board of Directors recently attended a national conference about the intense competition in the healthy foods market that has become the “new normal.” We went to learn about how co-ops can regain relevance where organic food is concerned when co-ops now sell a mere two percent of purchases of those products.

Many sessions presented information on how to fight for market share. The intense competition from mainstream stores and new “fresh and natural” grocers was universally viewed as a threat to co-ops, complete with Powerpoint images of dragons and sumo wrestlers.

What responses did they suggest? Besides identifying and attracting “target shoppers” and careful “branding,” presenters emphasized cutting costs. Cost cutting addressed efficiencies, staffing, and prioritizing just one of our “triple bottom line” objectives of people, place, and profit. Guess which two get de-prioritized?

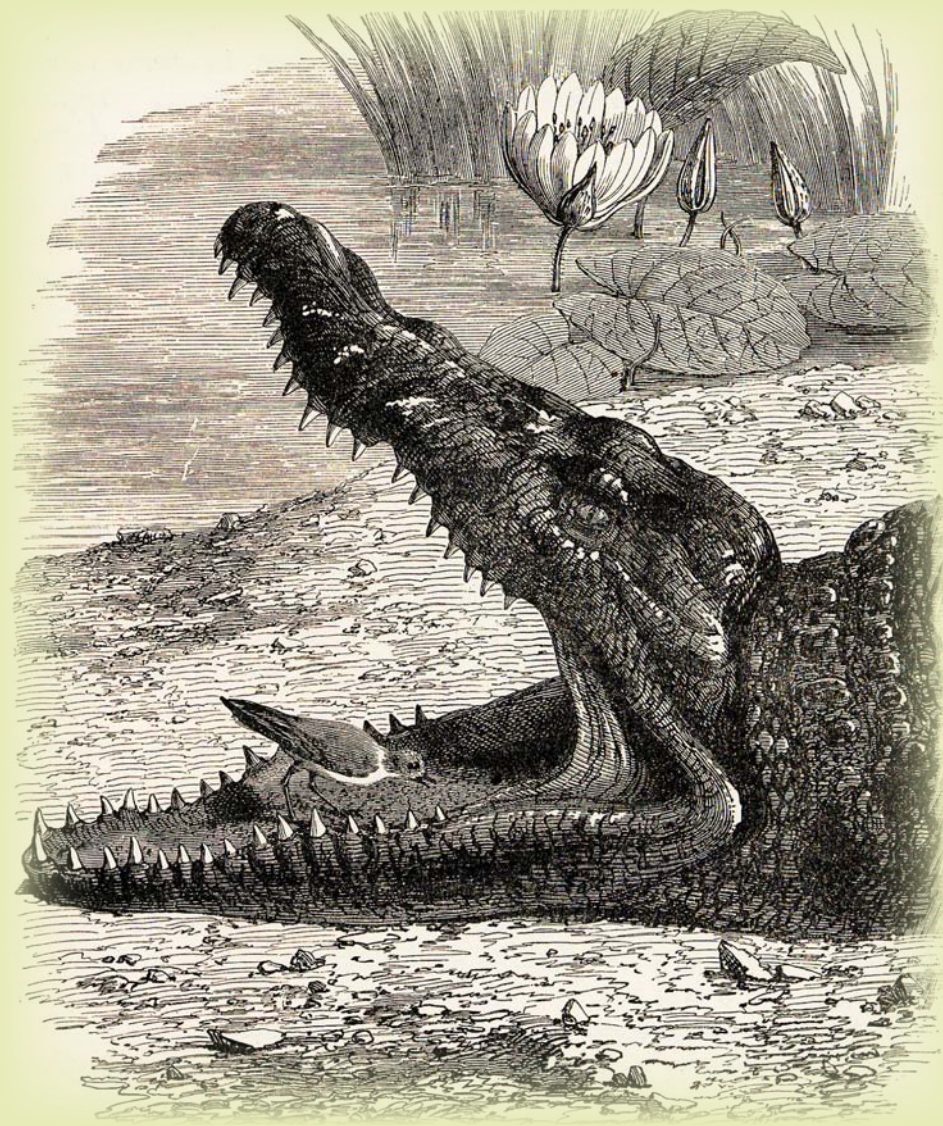
Our group mulled on the different ways this information could be interpreted. Isn't the widespread growth in sales of healthy food a good trend? And, conversely, what value is a co-op that must survive by abandoning its focus on mission and a triple bottom line?

It started with co-ops. Co-ops created the market for healthy food. We set out to change the world, and we did. Now we must think about ways that we can again position ourselves at the cutting edge in our mission of supporting the health of our community (and the world) by providing healthy, affordable food and creating a sustainable and healthy food system.

One conference session was about the P6 Program, named after the sixth Rochdale Principle, i.e. “cooperation among cooperatives.”

“Real relationships between producers and consumers strengthen our food system and make it less susceptible to supply interruptions, politics, and price pressure.”

*– Janet Welch
Board President*



The program creates equitable relationships between farmers, producers, retailers, and consumers rooted in cooperative principles and values. It promotes products grown or produced locally or internationally by small farmers/producers and cooperatives. Joining the P6 movement is one thing that would truly set us apart from the competition!

What can co-ops start now?

With 6,000 active members, many of whom are passionate about this co-op, there must be other ideas. Let's bring them to the fore.

We won't win a David and Goliath battle for Costco's domination of sales of organic food. We can, however, do something about our food supply becoming increasingly controlled by multi-national producers and retailers. Family

farming and producer cooperatives can feed us, but only if we support them. Real relationships between producers and consumers strengthen our food system and make it less susceptible to supply interruptions, politics, and price pressure.

Even in our little corner of the peninsula we aren't immune to the competitive “new normal.” What needs to be decided is whether we'll heed the advice to fight for the scraps or to step back into the lead and change the world...again.

“Your passion is measured by the difference between your willingness to take actions and your desire to quit. When your desire to quit outweighs your willingness to persist, you are ripe for failure!” – Israelmore Ayivor

HER JOB

As bookkeeper, Kristina is responsible for accounts payable and supervises the cash handlers. The best part of her job is the work environment along with the great people. She likes that all tasks are done in-house, not outsourced, and is afforded the "big picture" in her job position. This was how she was trained in Germany, and she is happy not to simply perform one isolated task. She also helps with Fjellman Fight Club, her fiance's martial arts company.

Kristina

Finance Department

GOALS

She'd like to be able to travel to Germany more often, and teach her daughter the German language.

WORK IS WHAT YOU MAKE IT

Kristina has had many jobs, and has a strong work ethic. "Work is work, and your personal life is your life," she says. "Work is what you make it, no matter the task, you bring joy to it with the people you work with."

PASSIONS

Brazilian jiu-jitsu is her newest practice. Her mentor Rich Kiesel teaches old school ethics in his training. There is no gray area in jiu-jitsu, it is a "yes or no," there is no hesitation, you must be "present." This training has made a positive effect on her personal life. She feels centered, assured, calm and focused, it has strengthened and unified her body and soul.

SOMETHING YOU MIGHT NOT HAVE KNOWN

Kristina speaks three languages and, though she grew up in Germany, she is half Croatian and feels a real connection to that side of her family.

PLACES LIVED

Kristina was the first one in her family to come from Germany to the states. New Jersey was the first stop, then El Paso, and on to Washington State.

MUSIC

She loves all kinds of music but is most at home with the old-school grunge and music of the 90s.

MOVIES

Hers is a ComicCon family; they love Marvel movies and anime!

FAMILY

Veda is her pride and joy - a capable, strong 13-year-old daughter. She is creative and knows what she wants, just as Kristina had hoped to prepare her daughter to make decisions on her own. Veda is breaking new ground as a young girl in wrestling and excels in math and science!

FAVORITE THINGS TO DO

Kristina loves to explore, take day hikes, go on outings, try new foods, visit new places, all the while enjoying time with her daughter and her fiance, and finding that good work/life balance.

OTHER JOBS

Germany requires companies to provide three-year internships for college-age students. Kristina learned economics, business and health insurance administration - skills that she could take into the world. She worked for Washington Mutual when she came to Port Townsend and saw a good opportunity when the Co-op had a bookkeeping job position open.

A Hearty Thank You

Mindy Dwyer

Katy Morse



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 usually chosen each month.

Anniversaries

July, August, September

- 24 Years**
DEBORAH SHORTESS
- 20 Years**
LIZ LINDSTROM
- 14 Years**
WALTER HARRIS
JOSEPHINE HOLMSTEDT
- 12 Years**
BRENDON O'SHEA
- 9 Years**
HANK WALKER
KATY MORSE
- 8 Years**
TRACY NICHOLS
- 7 Years**
PHILLIP BLAIR
JAN TOBIN
- 5 Years**
BARBARA LYTLE

- 4 Years**
ADAM CARTER
- 3 Years**
KATHIE MEYER
- 2 Years**
PATRICIA FERRY
FERNANDO CONILL
- 1 Year**
CAROL TABLER
MICHAEL SLATER
SIERRA CASH
LAUREN DAVIS
JONATHAN FREUND

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.

Goodbye



Ruth Bascom retired from the Co-op after 25 years of employment. Thank you Ruth, you will be missed!

"We must use time wisely and forever realize that the time is always ripe to do right." - Nelson Mandela

Staff Picks

New!



G.H. CRETORS Popped Corn
 "...so cheesy! Only three ingredients, and it is the best popcorn ever, hands-down!"
 - Hank/Grocery (*chip aisle*)



SEATTLE CIDER Dry Hard Cider
 "Really crisp and refreshing! Some ciders are too sweet, but this one is nice and DRY!"
 - Mike/Grocery (*beer cooler*)



BUBBIES Sauerkraut
 "I never liked sauerkraut until I tried Bubbies, and... it's so good for you! Now I buy sausages just to eat kraut!"
 - Charlie/Front End (*chill case*)

SIX STRAWBERRIES
 Popsicles
 Chocolate Dipped Peanut Butter
 Matcha Green Tea
 Strawberry
 Strawberry Rhubarb Pie
 Mixed Melon
 Caffe Vita Latte
 Peach Lemonade
 Fudge
freezer



DUNGENESS RIVER LAMB FARM
 Organic Fruit Spreads from their farm!
 Strawberry, Spiced Apple (Jonafree-Melrose apples), and Raspberry Butter
aisle 6

DUNGENESS RIVER LAMB FARM
 Organic Hummus
 16 oz. glass
chill

FIELD ROAST
 Vegan Chao Slices
 Great flavors! Coconut Herb w/ Black Pepper, Creamy Original w/Chao Tofu, Tomato Cayenne
cheese case



PROPER BRITISH BACON
 Pork Sage Sausage
freezer



QRUNCH
 Organic Quinoa Burgers
 Original & Spicy Italian
freezer

HILARY'S
 Meat-free Burgers
 Black Rice, World's Best Veggie, Adzuki Bean w/ Green Chili & Cumin
freezer



CO-OP KITCHEN
 Falafel
deli case



FOLLOW YOUR HEART
 Vegenaize
 Soy-free & Reduced Fat
freezer

"Time to open up a new chapter in life, and to explore a larger center." – Lillian Russell

Unique!



GRACE HARBOR
Fresh Goats Milk
Pasteurized
chill



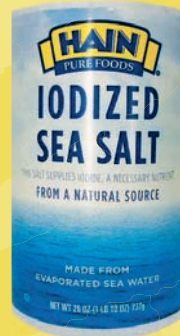
COBB'S
Raw Salted
Chocolate Peanut
Butter Cups
grab-n-go case



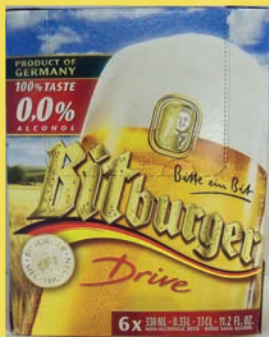
MULUK
Hats from Portland
south door mercantile



BOB'S
Gluten-Free
Oat Flour
aisle 5



HAIN'S
Sea Salt (Iodized)
aisle 5



BITBURGER beer
100% taste,
0% alcohol
11.2 fluid oz. box
beer end cap



GHOSTFISH
Watchstander
Stout
"The first all
gluten-free
brewery in WA.
Full bodied like a
stout should be!"
beer cooler



**BOULEVARD
BREWING COMPANY**
The Sixth Glass
Quadruple Ale
4 pack/12 oz. bottles
beer end cap



PURIFIED
Drinking Water
1 liter box
drink cooler



**WALLA WALLA
VALLEY**
Chances R
2012 Red Wine
aisle 3/wine



JOSEPH MELLOTT
Sincérité
2013 Pinot Noir
aisle 3/wine

"Trust yourself. Create the kind of self that you will be happy to live with all your life.

Make the most of yourself by fanning the tiny inner sparks of possibility into flames of achievement." – Golda Meir



Stalking the Wild Pineapple Weed

KATHIE MEYER, Outreach/Education/Marketing Manager

Step outside. There's more there than you may have imagined for we are blessed to live in a place of abundance.

Nancy Slick knows this as well, or better, than most people. On Saturday, June 20, she taught a Food Co-op class to share her knowledge of edible plants found growing in the wild. Nancy learned what she knows from books and her grandmother, an adopted Hopi. "She was adopted by Hopi traditional leader David Monongye whose portrait hangs between Martin Luther King, Jr. and Gandhi in the United Nations Building," she said.

Before we got started on our "walkabout," Nancy showed us a collection of potted plants she had collected for discussion.

"This is Oregon Grape. There are two varieties that grow here, a tall one and a short one. It's almost like a holly leaf though a holly leaf is just one leaf by itself. You can eat the leaves, flowers, and the berries. The berries are not very pleasant."

Next to the Oregon Grape sample is salal which Slick said has kind of a mid-range flavor and can be used in tea. "The salal [plant] also has a berry that's edible. That berry is a thick, blackish blueberry, and it's got much better flavor than the Oregon Grape. The Oregon Grape really is quite sour."

Two things that are important about wild edibles, said Slick, is that, sour or not, in a survival situation, you eat it anyway. Secondly, they are very high in mineral content. "Farms have been so over-farmed for so long, it has sucked the minerals [out of the soil.] Grandmother thinks that is the primary cause of disease – the lack of minerals."

"There is no fruit which is not bitter before it is ripe." – Publilius Syrus

TOOTH OF THE LION

Slick started her own study of wild edibles with dandelions, the name which is French for "tooth of the lion," referring to the deeply serrated leaf edges.

She pointed to a dandelion and says, "At the top of the root where the leaves are attached? That little nub right there? If you go out and collect a bunch of dandelions, and you put the roots in a pile, put the nubs in a pile, put the leaves in a pile, and put the flowers in a pile, and cook them up in some butter and some salt? That little pile of nubs will taste exactly like artichoke hearts."

The root holds more sugar in the winter. As the season goes on, the sugar is drawn up into the leaves and the flower. This is why the leaves are more delicious in spring.

"The flowers make great wine and they also make a great syrup and dandelion cotlet. "I commonly use [dandelion syrup] instead of maple syrup."

It takes an astonishing amount of dandelion petals to make a cotlet which requires four cups of petals. She measured it once, and a cup of dandelion flowers is 70 flowers.

As for the English Lawn Daisy, Slick told us that "normally, you don't eat the compound [yellow] part of the daisy. Especially if you have allergies. However, I have taken the smaller flowers, coated them with egg white, put them upside down in sugar, and then covered it in sugar. Then dry them on a rack, and you have candied flowers you can put on a dessert. You probably have seen candied pansy flowers on cakes [too.]"

Pineapple weed, she said, makes a great tea; it's in the chamomile family. "When you see it, rub it, and it smells like pineapple."

"My mom has it growing in her driveway," said one student.

“Pineapple weed can grow in all sorts of disturbed areas, particularly where there is low quality, compact soil,” Slick said. “One should assess the specific location. For example, I have it in my gravel driveway, but it is in a part of the drive that is off to the side and up by a fence where vehicles don’t travel and only rarely park. So, for me, I would harvest it.

“I have seen it growing in areas of bare lots where people might turn their vehicles around to park elsewhere. I would harvest that too. You might also see it on hiking trails or fair grounds.

“I would not harvest it from an area that gets heavy vehicle traffic, or along railroad tracks, where creosote run-off could contaminate it.

“The rule of thumb is to just be cautious about heavy traffic and chemicals. Some people might prefer to never harvest it from even lightly trafficked areas. Particularly where there may be diesel traffic, which emits a heavier exhaust that could contaminate soil more quickly. If one is considering harvesting it from an area that might get some traffic, consideration should be given to whether the area has heavy traffic, whether it is an area where vehicles might be sitting idling exhaust into the plants, whether it is in a low-lying area where parking lot run-off could settle during a rain, and whether it is an area that could have been sprayed with chemicals. Those are things to avoid, though one might, with no other source of a highly desirable plant, consider digging up the whole plants and transplanting it at home, then harvesting the seeds to plant in a desirable location to use those offspring for foraging.”

STUDY TO BE SURE

“Most plants won’t hurt you, by far most the majority of plants are fine. But the ones that can hurt you will kill you,” Slick said.

She doesn’t teach mushroom courses because of the danger of setting someone off with not enough information, she said.

“The general rule with berries – *general* – is black or blue, always edible; red, most of them edible; white, poisonous.”

One student points out that deadly nightshade berries are dark purple. Slick again emphasizes that hers is a

general rule and to use a guide and study it. She recommends any book by Euell Gibbons, *Northwest Foraging: The Classic Guide to Edible Plants of the Pacific Northwest* by Doug Benoiel, and *Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places* by Steve Brill and Evelyn Dean. Brill was once arrested by undercover New York City park rangers for eating a dandelion in Central Park and has an extensive foraging web site at: <http://www.wildmanstevebrill.com/>.

We hardly got two feet on the walkabout when Slick pointed out sow thistle and hands out leaves for everyone to taste. We eat our way up and around the hill behind the Co-op and into Kai Thai Lagoon Park. It was like a smorgasbord hidden in plain sight and truly a new twist on experiencing nature.

If you missed the class, don’t worry because Slick will be scheduled to teach this one again and some others in the future. For example, she may hold a session on how to make Cream of Thistle Soup. When the zombie apocalypse arrives, you’ll be more than ready and eating very well!



Above: Pineapple Weed. Below: Oregon Grape.



“We must go beyond textbooks, go out into the bypaths and untrodden depths of the wilderness and travel and explore and tell the world the glories of our journey.” – John Hope Franklin

THE GMO INGREDIENT SURVEY



DEB SHORTESS, SIPS Manager

The PRC (Product Research Committee) has put together a reference binder with the results of our GMO ingredient survey. The binder can be found at the Board's board at the front of the store. It does not contain information on all sections of the store yet. We will add those sections as they are complete. We will also update the binder as new information becomes available.

Please let Deb Shortess know if you have comments or questions. You can reach her at 385-2883 ext 106. You are also welcome to attend PRC meetings, held the second Tuesday of each month at 3pm at the Co-op Annex, 2482 Washington St.



Concerned about GMOs?

GMOs or Genetically Modified Organisms are made by forcing genes from one species, such as bacteria, viruses, animals, or humans, into the DNA of a food crop or animal to introduce a new trait.



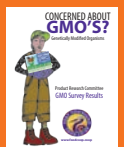
Look for the Certified Organic Seal -- organic products do not include GMOs



Look for the Non-GMO Project Seal



Look for the red dot on the shelves for manufacturers that have not responded to our questions



See the Co-op's Product Survey (binder at the front of the store)



Go to www.NonGMOshoppingGuide.com

Co-op Vendor News

Grounds for Change has been recognized on the B Corp's "Best for the World" list for the third consecutive year. This year, Grounds for Change was also recognized on the "Best for Community"



and "Best for Environment" lists which highlight companies in the top 10 percent of those categories. The Best for the World honorees are recognized for creating the most overall positive social and environmental impact. The Best for Community honorees are recognized for creating the most positive community impact. The Best for the Environment honorees are recognized for creating the most positive environmental impact.

Grounds for Change is a family-owned and operated specialty coffee roasting business located in the Poulsbo. The mission of Grounds for Change is to support social equity and environmental sustainability through fair-trade, organic, shade-grown coffee. All of the coffee roasted at Grounds for Change is certified fair trade and organic. Grounds for Change is a member of 1% for the Planet, through which well over one percent of gross annual revenues are donated to environmentally focused non-profits. As a certified B Corp, Grounds for Change has joined a community of businesses worldwide that choose to formalize their commitments to the highest environmental performance and social accountability standards set and assessed by the rigorous B Impact Assessment and Ratings System. Learn more at www.groundsforchange.com.

Townsend Bay Soap Company

has changed hands. The new owner is Anna Yates, and the company has moved to Sequim.

Currently they are making small changes to the company – minor changes in the ingredients, said Liz Lindstrom, Wellness buyer.



"Forget about trying to compete with someone else. Create your own pathway. Create your own new vision." – Herbie Hancock

B VITAMINS: Why We Need Them & Where To Get Them

JAN TOBIN, Wellness Manager



The human body needs 13 different vitamins to survive and thrive, and B-group vitamins account for eight of those 13 vitamins. B vitamins are extremely important for everyone since they have a direct impact on everything from your heart, mood, weight, and digestion.

Though they're naturally found in food, because they're water-soluble, most B vitamins are excreted more quickly from the body than vitamins that are fat-soluble (vitamins A, D, E, and K) are. The only exceptions to this rule are vitamin B-12 and folate, which are stored in the liver.

The B-complex vitamins are actually a group of eight vitamins, which include:

- thiamine (B1)
- riboflavin (B2)
- niacin (B3)
- pantothenic acid (B5)
- pyridoxine (B6)
- cyanocobalamin (B12)
- Methyl folate
- biotin

B vitamins are easily destroyed during the cooking process, or when combined with alcohol, which denatures their structure. Highly-processed foods are lower in natural B vitamins because of the intense production methods, which deplete the natural stores found in the foods directly. This is one reason B vitamins are often added back into foods (such as in fortified cereals) to make products more nutritious for consumers, or to market them as healthy choices.

A poor diet will quickly lead to a B vitamin deficiency unless a supplement is taken, therefore eating a nutritious, well-balanced diet is the easiest and most healthy way to obtain enough of this critical group of nutrients. The only exception is vitamin B12 in which supplement is recommended for everyone. Since it is obtained from a bacteria in the soil, vitamin B12 is often depleted due to the conditions of our soil today which is the result of our intense agricultural system.

A B vitamin deficiency can include many serious health issues such as: anemia, fatigue, depression, constipation, poor digestion,

heart problems, confusion, poor memory and concentration, poor skin, hair and nails, irregular heartbeat, moodiness, lack of appetite, and anxiety.

SEEDS

All seeds, including hemp, chia, flax, sunflower, sesame, pumpkin, and grain-like seeds such as quinoa, millet, teff, amaranth, and buckwheat are packed with B vitamins. Though none contain vitamin B-12, they all have some of the other B vitamins included, namely vitamin B6. Ancient grain-like seeds also have high levels of vitamin B1 (thiamin), vitamin B2 (riboflavin), vitamin B5 (pantothenic acid), and vitamin B9 (folate). Chia seeds are also a great source of biotin, which is the B vitamin associated with clear skin, healthy hair, and strong nails.

VEGETABLES

Asparagus, broccoli, leafy greens, sweet potatoes, and onions are all excellent sources of vitamin B6. Leafy greens, lettuce, asparagus, broccoli, artichokes, leeks, cauliflower, and green beans are also a great source of folate.

FRUIT

Avocados, tomatoes, bananas, dates, figs, and squash are all excellent sources of vitamin B6, which assists in nervous system function. These fruits are also rich in vitamin B5, which plays a crucial role in converting food to energy (primarily carbohydrates).

BEANS & LEGUMES

Green peas, chickpeas, lentils, black beans, pinto beans, kidney beans, and edamame contain almost every B vitamin (except vitamin B12). They're also a good source of fiber, so they will digest more slowly, which could help the B vitamins be absorbed a little easier.

GRAINS

Grains are also some of the best sources of all B vitamins except vitamin B12. They're also a good source of fiber, potassium, and magnesium. Oats, barley, wheat germ, and wild rice boast some of the best sources of B vitamins, though all of them contain larger amounts of Bs than many other foods.

MEAT, DAIRY, EGGS

B vitamins, especially B12, is naturally found in animal products including fish, meat, poultry, eggs, milk, and milk products. Vitamin B12 is generally not present in plant foods, but fortified breakfast cereals are a readily available source of vitamin B12 with high bio-availability for vegetarians. Some nutritional yeast products also contain vitamin B12.

OTHER GOOD SOURCES

Nutritional yeast, spirulina, almonds, cashews, peanuts, fortified non-dairy milks, fortified soy products, and fortified cereals are all other great sources of most of the B vitamins. Though some people debate spirulina being a good source, many spirulina products' nutrition panels shows it to be a good source of vitamin B12. However, most health advisers still suggest you take a vitamin B12 supplement just to be safe.

"Believe that life is worth living, and your belief will help create the fact." – William James

CELEBRATING RELATIONSHIPS

DEB SHORTESS, SIPS Manager

We work hard to cultivate our local relationships and tell those stories. We analyze how we measure up to previous year's local and Washington purchases, sales and other metrics. This is an important part of what we do. We also have other vendor relationships that are not as easy to quantify. I want to take a moment to tell you a bit about six vendors that we have been purchasing from for more than 25 years.

Glorybee Foods in Eugene, Ore., is celebrating their 40th year in business. Glorybee is a family-owned company that began in a garage, focused on honey and beekeeping supplies. Beekeeping as a hobby turned into a successful business selling honey and high quality ingredients for retail and wholesale manufacturers, bakers, and restaurants. This year the leadership of Glorybee changed over to the second generation.

Glorybee has grown over the years, enlarging their warehouse space several times and offering more products. Their truck comes every week to deliver a pallet. This was true in years past as well. In fact, we see the same driver each week that delivered to us years ago in our Uptown location.

Wildtime Foods was founded in Eugene, Ore., in 1981 with a bicycle and a granola recipe. Now they produce several granolas and trail mixes. You see these products in our bulk department as the Grizzlies brand. Their products are made in small batches and by hand because these people care more about food than they do machines. There is positive energy as well as a little music infused in every batch.

Wildtime does not use a distributor. They ship us freshly made product each week or as often as we order. We also purchase some bulk dried fruit and nuts, ingredients that they use for their products. One of our current staff members was a sales representative for Wildtime before they became a Co-op employee.

John Gunning who owns Gunning Family Farm & Colinwood Farm has been an advocate for local agriculture since I have known him. John has mentored several farm managers at Colinwood. In the early 1990s, he worked to raise awareness of local food by marketing his products at QFC locally and at Seattle and Bainbridge stores. He helped to start our very successful farmer's market. His vision

has continued to evolve and adapt to the current landscape here in Jefferson County.

Nash Huber, owner of Nash's Organic Produce, farms in Clallam County and is another strong advocate for local agriculture. Nash has a farm store and sells product to many local and Seattle stores. They deliver to Port Townsend twice a week now. It wasn't so easy to get product when we were the only customer. Sometimes we ordered through Sunny Farms wholesale. Often an employee would pick up product to bring to Port Townsend. Other times we had to do without.

Nash has diversified in many ways with organic seed production being a focus. We offer grains, flours, beans, pork, as well as produce from Nash's.

Down to Earth Distributing is another business located in Eugene, Ore. Their business initially focused on mercantile and household supplies and has grown to include gardening supplies, including soil and amendments. This is our supplier for the bulk soil amendments that we offer. Down to Earth sends a truck our way once a month. You may also see them around the county, because they now deliver soil to several of our local farmers.

Mountain Spirit is celebrating 30 years of business this year. This is a local Port Townsend business owned by Denise Joy. Denise is both a farmer and producer. She grows many of the herbs that she uses to produce her herbal tinctures, salves, and wide variety of other products. We continue to expand the number of Mountain Spirit products available at the Co-op. Denise is also a teacher. She mentors interns and students, some who travel from out of the country to learn from her.

These relationships are all important because we have grown together and contributed to each other's success over the years. Our relationships also have triggered other connections. As our dedicated local farmers grew and needed soil amendments, Down to Earth was able to provide those products and thus contribute to our local produce that we offer for sale here at the Co-op. Similarly, several local businesses purchase products from Glorybee, either direct or through us.

It is, as they say, a pleasure doing business with them.

"The best way to predict the future is to create it." – Peter Drucker



Pasta Frolla

The Pastry Dough That Builds Crust Confidence

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

Summer pies, tarts, and quiches elevate to ceremony the fruits and vegetables of the season. Made with love, they help us to remember to remember. They connect us with our heritage, family and friends, and the spirit of giving.

Yet, I don't know how many times I've heard otherwise confident cooks say, "I don't do dough, too scary." I want this bad belief to disappear. Pastry isn't scary. It's just a skill. But once learned, well, it's as easy as pie.

I was lucky. I conquered pie dough at age 8 through the placebo effect. As my mother showed me how to cut Crisco into bleached white flour, making the fat the size of small peas, she also informed me that we made the best pies, and we had always excelled at baking pie, therefore I would be a great pie baker. I believed her, and that was that.

Pasta Frolla is not only a delicious pastry dough, it's also an easy, fool-proof beginner's dough. Pasta Frolla is an Italian short pastry and is the basic dough of Italy. Pasta means "paste" or "dough" and frolla means "tender." It's a must-have in your baking repertoire because with this one simple dough you can make fruit pies, savory vegetable tarts, creamy quiches, and all kinds of cookies. It's not the American Pie ideal of the flaky crust, however. Instead, it's supposed to be light, buttery, tender and shortbread-like. It's also the easiest pastry dough to make gluten-free. Mine are made with a combination of two parts sorghum flour, one part potato starch, and xanthan gum (one teaspoon for every three cups of flour).

These are the golden guidelines for pastry in general. Follow, and you will succeed.

1. If you can, use a food processor. It makes pastry so easy! It cuts the butter in swiftly without working the flour too much. I dice my chilled butter into small pieces, throw them on top of the flour mix in the processor, and pulse 6-12 times or until it looks like coarse crumbs.
2. Always use butter! Always use unsalted butter. Always use chilled, very cold, but not frozen, butter.
3. Keep any added liquid cold. There is a theme here -- cold, cold, cold.
4. Gather the dough into a round, flatten, and wrap. Chill the dough in the fridge for at least 30 minutes; an hour is even better before rolling.

Pasta Frolla can be rolled out, or pressed with your palm and fingers. It's great for all sizes of pie or tart tins. If well wrapped, it freezes well, too. Thaw it in the fridge, and roll it out chilled. Any cracks or tears can be easily squished back together. It has a touch of sweet in it which makes a lovely contrast in a savory pie. The traditional savory pie it's used for is Pizza Rustica alla Napoletana. You can find Nick Malgieri's version at www.nickmalgieri.com.

Pasta Frolla

- 2 cups flour (whole wheat pastry, or a gluten-free mix)
- 1/3 cup whole cane unprocessed sugar (I use the Rapunzel brand, because I love the flavor)
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1 stick (4 ounces) cold, unsalted butter cut into eight pieces
- 2 large eggs, lightly beaten

Put all the dry ingredients in the work bowl of a food processor. Pulse to mix it together. Add the chilled butter, pulse 8-12 times until it looks like fine cornmeal. With the machine running, add the eggs, and process until the dough forms a ball on the blade. Remove the dough from the processor. Form into a fat-flat disk, wrap and chill for an hour or until needed.

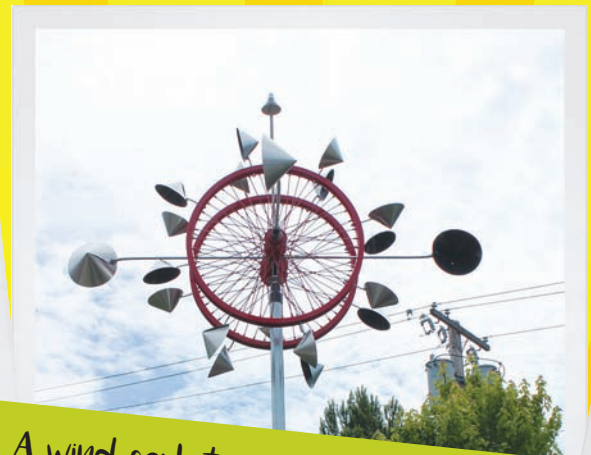
The dough can be made up to three days ahead, if wrapped well, or it can be frozen up to a month. Thaw still wrapped in the refrigerator.

Makes enough for one 9-inch lattice topped pie. Follow the basic forming and baking instructions for any favorite fruit or savory pastry recipe. It's a versatile dough, so experiment and have fun!

Recipe adapted from *Baking with Julia: Savor the Joys of Baking With America's Best Bakers*, by Dorie Greenspan and Julia Child.

"Every story I create, creates me. I write to create myself." – Octavia E. Butler

Food Co-op Scrapbook



A wind sculpture called "Venusian" made by Port Ludlow artist Craig Sparks was installed in our garden area.



Women from the Co-op staff and board participated in the Habitat for Humanity Women Build.

Every year, men from the Co-op staff participate in the Dove House "Walk A Mile in Her Shoes" event.



The Food Co-op received an Outstanding Achievement Award for 2014 from the Jefferson County Health Department!



Our Annual Meeting speakers, Beth Robinette and Joel Williamson, from LINK in Spokane drew a crowd of 100 to hear them speak.

USAPears.org awarded The Food Co-op the first place prize of \$1,000 in our store category for this pear display created by the Marketing & Produce departments.



We love being a part of this community!

"To create something exceptional, your mindset must be relentlessly focused on the smallest detail." – Giorgio Armani

JULY

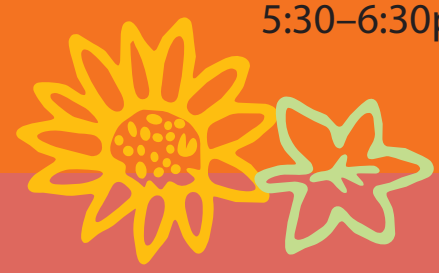
- Tuesday, 7 Board of Directors Meeting @ Co-op Annex 5:30–8:30pm
- Wednesday, 8 Food System Development Committee @ Co-op Annex 5:30–6:30pm
- Tuesday, 14 Board Development Committee Meeting @ Clay Street Office 5–6:30pm



AUGUST

- Tuesday, 4 Board of Directors Meeting @ Co-op Annex 5:30–8:30pm
- Tuesday, 11 Board Development Committee Meeting @ Clay Street Office 5–6:30pm
- Wednesday, 12 Food System Development Committee @ Co-op Annex 5:30–6:30pm

Friday, 14-Sunday, 16 Jefferson County Fair



SEPTEMBER

- Tuesday, 1 Board of Directors Meeting @ Co-op Annex 5:30–8:30pm
- Tuesday, 8 Board Development Committee Meeting @ Clay Street Office 5–6:30pm
- Wednesday, 9 Food System Development Committee @ Co-op Annex 5:30–6:30pm

Saturday, 19 Jefferson County Fiber Tour



Tuesday, 15 Co-op Financial Literacy Study Group @ Co-op Annex 6:30-8:30pm
 Presentations: short tutorial from The Business Guides; CCMA Fiduciary Responsibility workshop, Open Book Management by Co-op staff, Q & A. Contact Monica le Roux, Board Member, at 643-0821 or mon.le.roux12@gmail.com with any questions or to RSVP.



Saturday, 19-Sunday, 20 Jefferson County Farm/Fiber Tour



SAVE THE DATES!
 SEPT. 19&20
 JEFFERSON.WSU.EDU

FARM TOUR 2015

VISIT YOUR LOCAL WORKING FARMS!!
 DAIRY ✿ PRODUCE ✿ LIVESTOCK ✿ FIBER
 LAVENDER ✿ WINERIES & CIDERIES!
 FUN FOR THE WHOLE FAMILY!



"We have an unknown distance yet to run, an unknown river to explore. What falls there are, we know not; what rocks beset the channel, we know not; what walls ride over the river, we know not. Ah, well! we may conjecture many things." – John Wesley Powell



Refresh Yourself With Un-Lemonade

Blackberry Sage Cooler

Ingredients

5-8 sage leaves
6-10 blackberries
5 tablespoons of granulated sugar
2 cups cold water
1 freshly squeezed lemon
2 cups sparkling water
crushed ice

Directions

Bring the water and sugar to a boil over high heat just until sugar dissolves. Crush the sage leaves with the back of a spoon and add to the syrup mixture. Set aside to let the sage infuse for 15 minutes and then remove the herbs.

Meanwhile purée the blackberries and lemon juice in a blender and then strain the mixture through a fine strainer.

To serve, place a tablespoon of the blackberry purée in the bottom of a glass, add a tablespoon of the sage syrup, and top off with 8 ounces of club soda.

The California drought is taking its toll on lemons and valencias especially. We will spare you the awful details, but the word is to expect smaller fruit with a less than beautiful appearance in the near future.

It seems like a good idea then to explore some other ideas for refreshing fruit drinks other than the usual citrus types we're so used to. Berries are a wonderful idea as are cucumbers, kiwi, peaches, and watermelon. You can experiment yourself with combinations and ratios, but if you're looking for some fresh ideas you don't have to dream up yourself, here are some to try:

Strawberries & Coconut Water Melange

Ingredients

1 cup coconut water
1 cup strawberries hulled and sliced
3 Tablespoons sugar syrup or agave nectar

Directions

To make the sugar syrup, boil sugar and water together in a ratio of 1:3 sugar to water, and boil in until it thickens to a runny syrup consistency. Store in a jar for all future cocktail making. It pretty much lasts forever.

Measure one cup coconut water. Add strawberries and sugar syrup; blend with a blender. Serve with loads of ice.

Raspberry Swizzle

Ingredients

frozen, unsweetened raspberries
vanilla ice cream
sparkling cider

Directions

Layer a few spoonfuls of slightly crushed raspberries with vanilla ice-cream scoops in a frosty glass. Pour sparkling apple cider over the top, swizzle all together, and enjoy!

Watermelon Peach Spritzer

Ingredients

½ gallon/64 oz. lemon-lime soda
frozen sliced peaches
watermelon, cubed
ice cubes

Directions

Put about five frozen peach slices in the bottom of each glass. Also add about five pieces of cubed watermelon to each glass as well. The amount of fruit you can add will depend on your glass size.

To each glass also add 2 ice cubes. Then fill up each glass with the lemon-lime soda. Stir each glass to mix the fruit throughout the drink. If desired, place a piece of watermelon on the rim of each glass.

Do you follow the Port Townsend Food Co-op on Pinterest? The above recipes are more can be found at: <https://www.pinterest.com/ptfoodcoop/>