



2016  
FALL ISSUE

# THE CO-OP COMMONS

NEWSLETTER OF THE FOOD CO-OP, PORT TOWNSEND, WA

## PRESERVE LOCAL

What are you doing this fall to preserve local?

Learn how two guys tackle a big canning job—60 lbs. of fresh albacore tuna!

Read the article on **page 15** by Ian Carver, our Marketing Manager.



## WHAT'S INSIDE

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"If you ask me, that's reason enough to keep a kitchen at the center of a family's life, as a place to understand favorite foods as processes, not just products."

—Barbara Kingsolver, *Animal, Vegetable, Miracle: A Year of Food Life*

# Why Be A Co-op Owner?

## CONNECT

with community and support neighboring farmers & producers.



## SAVE UP TO 20%

through our special order program. Ask at the Member Services Desk for details.



**TAKE 10 % OFF** most products at our twice yearly Member Appreciation Days.

## SPECIALTY DIETS

We have many options, including gluten free, vegan, and vegetarian, if you require special foods or supplements.



**LOCAL**  
Support our local food system.



**THE FOOD CO-OP**  
YOUR COOPERATIVELY OWNED  
GROCERY STORE



## MEMBER DIVIDENDS

Each year the board determines if we can distribute a member patronage dividend—in cash, a store credit, or a donation to a local nonprofit.

## GIVE BACK

while you shop. Your co-op donates to local organizations.

## TOUR THE STORE

Let us introduce you to the unique products our Food Co-op offers.

## INVEST IN A COOPERATIVE ECONOMY

After an initial fee, pay as little as \$2 every month you shop until you've accumulated \$100 in your account. \$100 of your \$105 investment is fully refundable, and there are no other fees.

## Have A Voice

Your Co-op card is honored at most other Co-ops

**25% OFF**  
Better World Club roadside assistance for cars & bikes

Run for office

Member Dividends

Member Appreciation Days

## How It Works: DEMOCRATIC VOICE

Every member has an equal vote. The Food Co-op is run for the benefit of its member-owners and our community.

## ASK YOUR CASHIER FOR A MEMBER FORM.

A \$5 one-time nonrefundable fee provides you with a member number and 2 membership cards (designated owner/voter and one household member). You may share the membership with other household members, even visitors to your home from out of town.

## Co-Owner BENEFITS

**THE CO-OP COMMONS**  
Quarterly Newsletter of  
The Food Co-op  
[www.foodcoop.coop](http://www.foodcoop.coop)  
[info@foodcoop.coop](mailto:info@foodcoop.coop)  
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OPEN DAILY 8am-9pm

Cover photo: by Ian Carver  
"Cans of tuna about to get sealed up in the pressure cooker"

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Submissions from the community are gladly accepted. Please drop off articles for consideration at The Food Co-op c/o The Co-op Commons or email [info@foodcoop.coop](mailto:info@foodcoop.coop). Include your contact information. Submissions may be edited for length or content.

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

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# Member or Owner— Is There A Difference?

KENNA S. EATON  
General Manager

We are often asked “what is the difference between being a member of the Co-op and being a shopper at any other store, like Safeway or Costco?” The answer is simple; at those places you are truly just a member, but here you have become an owner. When you decide to become a member of the Co-op you literally own a piece of the business. You may not know that we hold that investment in your name as part of that legal accounting which is why, as one of my staff recently put it so well “...we seem picky about the details of opening, using and closing a membership.”

So being a consumer owned cooperative actually makes us a very different kind of business, one that, in addition to having a different type of ownership structure also has a shared set of values and principles, and that sets us apart from all the others. In fact those principles are shared by all cooperatives, and they include (under principle #3 Member Economic Participation) patronage dividends: the economic benefits of a cooperative operation are returned to the members, reinvested in the Co-op, or used to provide member services.

In 2014 our members voted to add patronage dividends\* into our bylaws, a basic cooperative benefit that we hadn't been taking advantage of. This year's dividend—our first ever—allocated over \$300,000 in profits back to members with a payout of 50% [the other 50% we're holding on to for a while to reinvest into our business]. When members received their dividend this year, they were super excited—indeed how often is it that a store where you shop shares its profits back with its shoppers, its members, the owners?

We also know that most of our members joined the Co-op not to take advantage of dividends but because they simply wanted to buy what we sold—

and if you didn't join us, you were charged a 10% surcharge at the register. This requirement has been true since pretty much anyone can remember. And for many in our broader community that surcharge is a real barrier to shopping here, as it feels alienating, like they are being kept out of a club to which they aren't welcome. It also means that, not only is there a barrier to shopping at the Co-op, but we feel unaffordable, and even downright rude when we ask them for 10% more when they do shop here. Ouch!

It turns out that we are part of a dying ilk- a co-op that levies a surcharge. In fact there are only 2 co-ops, including us, across the country that still continue this practice. And for good reason: with the product we sell being available elsewhere now [including Safeway and Costco!] more and more people are going elsewhere to shop. So for that, and other reasons we are considering removing that requirement and make our Co-op more accessible to a larger segment of our community.

But what would that change mean, both to our Co-op and to you, our current members? This fall we will be analyzing both the benefits and the potential risks. We will be holding conversations with our board, we will be sending out a survey to you that includes a query about the benefits of being a member, and we are hoping to hear back from you about what you truly value about being a member of The Food Co-op. As a member if you have comments or suggestions you would like to share, please drop me a line either through the customer comment box or via email: gm@foodcoop.coop. I welcome your thoughts as part of our Co-op community. Thank you, both for your support and for your insights!

\*Have burning questions about dividends? Read more about patronage dividends on page 7.

## Principles (2007)

The Port Townsend Food Co-op, whose owners voluntarily and consciously co-operate for the common good, acts to create social and economic change and improvement within the larger community.

In the spirit of this cooperative endeavor, we affirm and promote our mission by:

- providing healthful, environmentally responsible and socially accountable food, products, packaging, nutritional information, and education.
- functioning as a member-owned cooperative, using a broad-range of opportunities for member volunteerism, participation, and involvement.
- creating a model for economic, social, and environmental justice, sustainability, democracy, and integrity.
- generating an engaging workplace through the cultivation of the principles of trust, fairness, transparency, democracy and cooperation.
- supporting local farmers and the development of regional food production systems and emphasizing seasonal availability of local and regional products.
- operating in a transparent fashion to engender trust in all aspects of cooperative governance and operations so that member votes, opinions, and concerns are heard and weighted fully.

We affirm the necessity of continuous effort and persistent application of these principles, adding to them the Rochdale Principles of 1844, as revised by the International Co-operative Alliance Congress in 1966 and updated in 1995, to sustain a healthy and viable cooperative and to accomplish our mission.

# CO-OP STAFF

## ANNIVERSARIES

### 13 YEARS

Mark Verheecke

### 12 YEARS

Eric Rymer

Andrea Dahdah

Scott Marble

### 11 YEARS

Marcia Atwood

### 10 YEARS

Peter Petrenchak

Josh Madill

### 4 YEARS

Juli Valentine

Linda Deleo

### 3 YEARS

Adam Mallory

Crystal Maher

### 2 YEARS

Steph Burgess

### 1 YEAR

Cristi Christensen

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.

## HEARTY THANK YOU

Employees may be nominated by managers, team leaders, peers, or Co-op members for exceptional work performance, customer service, efficiency, or supporting another team.



May  
Skylark Beck



June  
Cameron Boyd



July  
Andrea Dahdah



Meet Morgan Carrico, our new Grocery Manager.

**PASSIONS:** Morgan is very passionate about his family, food, (being vegan) and photography. He got into photography as a way to express himself and that is uniquely his. He enjoys going out with his Cannon DSLR camera and is looking forward to getting his house fully unpacked so he has time to start shooting around our beautiful city as well as the peninsula. His passion for food and being vegan came from learning about our food systems. Once he learned about it, he took off into our lifestyle.

**SOMETHING YOU MAY NOT KNOW ABOUT MORGAN:** "I was raised in a foster home. It is the best thing that could have happened to me. It taught me a lot of structure and I wouldn't be the person I am without it. I volunteer a lot with foster programs and would like to do more now that we are not bouncing around so much."

**FAMILY:** Morgan has been married for nine years to his wife Jae. He has three daughters, Isabel 17, Lily 14 and Talula 9. He describes each of his daughters as having very distinct personalities that always keep life interesting.

**PLACES LIVED:** Morgan was born and raised in Tucson, AZ and lived there for 33 years. From there he moved to Austin, TX for two years and then Orlando, FL for a year

## SPOTLIGHT

### MORGAN CARRICO

Grocery Manager

before moving to Port Townsend. "We really loved Austin and would probably have stayed if it were not for the severe allergies. The have a great food scene there, especially for vegans."

**GOALS:** Some of Morgan's goals are to finally master the grocery manager position and to raise his family in a safe environment. I would like to buy a house in the next few years. I have never owned a home, it would be nice to have a place of our own.

**MUSIC:** Morgan is a huge music fan. He started collecting vinyl while he was living in Austin. He started out listening to mostly punk, favorite band is "Operation Ivy." He also likes grunge, stuff like Nirvana and Pearl Jam. He took his family to Experience Music Project immediately after moving here. He also enjoys Jazz, something that started with Myles Davis. "My mom ruined country for me," he said.

**MOVIES:** "I like most anything by Quentin Tarantino. I watch most anything, I find myself watching a lot of Pixar now. I can quote a lot from Finding Nemo. I really like movies that have a strong message."

**PREVIOUS JOBS:** "I worked for Trader Joe's for almost 15 years, mostly in management positions. I also worked for Home Goods for about a year in Tucson and for a gas station for about three years while going to school. The gas station was my first job, it didn't pay much but gave me good hours to allow me to go to school."

# For the Love of the Berry

Ian Carver, Marketing Manager



When it comes to something as simple as blueberries, most of us don't really think twice about what we are buying, where it came from, and what went into bringing it to us. You go to the store and pick up a pint of fresh or a bag of frozen berries and go about your day. This was the extent of my energy given toward blueberries, at least until I had the opportunity to visit Dave Howat (a.k.a. Blueberry Dave) and his wife Teri at Dungeness Meadow Farm in Sequim. The beautiful 2.3 acre picturesque farm is one of a handful of certified organic blueberry farms on the Olympic Peninsula. It boasts four unique varieties of blueberries, those being Duke, Reka (from New Zealand), Blue Crop and Spartan, each type of berry bringing its own unique qualities. Qualities that Dave seems to love a lot.

"I never get tired of eating blueberries, I have them on everything," he said.

So what is the big deal about being certified organic and why should I care where my blueberries come from? To answer these questions you have to first understand what it means to be certified organic. More than likely, you have seen the USDA ORGANIC logo on products you buy, but not many people know just what the producer or farmer went through and continues to go through in order to bring you a product that you can feel confident giving to your family.

Being USDA ORGANIC certified means that foods are grown or processed according to federal guidelines. A few of the guidelines a farmer must follow address things such as soil quality, pest and weed control; along with the use of any additives. This means that farmers must rely on natural substances and physical, mechanical or biologically based methods to produce a healthy and viable crop. However, following these practices alone will not get them certified. It takes three years of following these practices to even be considered for certification growers have to prove their plants and soil have recovered from any non-organic practices used prior.

With all the effort required to be certified organic, it seems like a lot of work for a couple who started their farm as a hobby after they retired. Dave discussed how it takes several hundred hours a year of pruning plants, pulling weeds, running and tending irrigation lines fed by the Dungeness River, fertilizing; then maintaining all of the other aspects of running a business in order to maintain their organic certification. Yet, talking with Dave and Teri you quickly realize that this operation has become much more than a hobby, it is a way of life.

Dave and Teri's passion for growing goes beyond a sustainable business model, it seems to be almost spiritual for Dave. "I love things growing. When I come out here in the field, I am at peace," mentioned Dave. The tranquil peace Dave described was hard to see while I was there, given the overwhelming sense of excitement and enthusiasm radiating from the two of them for having a chance to share a part of their lives they love so dearly. Dave wants his customers to have a similar experience during a visit to their farm. He wants them to feel the happiness and peacefulness of being outdoors on a beautiful day, surrounded by blueberry bushes with bright, flavorful fruit being framed by the Olympic Mountains in the background.

"This is a unique place, there aren't very many organic u-pick blueberry farms on the peninsula," said Anastasia Bergren, a local customer of Dungeness Meadow Farm.

After a few years of production issues, Dungeness Meadow Farm is having what Dave calls a breakout year for their crops. With a high yield this season, the farm is going to be able to go beyond u-pick and supply some of the surrounding retailers with their delicious blueberries. One such location is, of course, The Food Co-op. Dave is very excited to be supplying the Co-op again.



Teri and Dave (Blueberry Dave) Howat on their blueberry farm, Dungeness Meadow Farm in Sequim, WA.

"I have worked in Port Townsend on and off my entire career, so to be able to offer our product at The Food Co-op is very important to me. I want to be able to bring a quality product to Port Townsend, the people in that area truly appreciate good food," said Dave.

Supplying a quality product that is truly certified organic is only half of the equation to the Howats. The knowledge that what they do is appreciated and loved by their customers is the other half.

"Happy customers are the best thing to me, the customers are so appreciative of what we provide," said Teri.

If you want to have the same experience I did, contact Dungeness Meadows Farm around July 2017 to find out when they will be open for U-pick, or you could simply come down to the co-op next summer and pick up a few pints.



Dave Howat explains some of the processes that he uses to cultivate certified blueberries with Brendon O'Shea, Local Cultivator at The Food Co-op.

# Farm Direct: Helping the Co-op to Flourish

Laura Llewellyn, Produce Manager

Did you notice that back in August we got new signs in the produce department? I hope that you have been able to tell more easily what is what and how much it costs. Additionally we have aimed to develop a sign system that communicates a lot of information. You may have noticed the logos located at the bottom left-hand corner of the sign. They symbolize Certified Organic, Local, Farm Direct, Fair-trade and Wild Crafted.

Farm direct is a brand new classification. It is a term that I came up with to highlight the relationships that we have with our growers. Farm direct is defined as produce purchased directly from the farmer. These could be farmers located locally as well as regionally.

Locally we purchase directly from 20+ different growers. Additionally there are many farms located all over Washington, Idaho and even a farm in Hawaii that we buy directly from. Over the years these relationships have grown and changed. This year we have bought from Tonnemaker Hill Farm, River Valley Organics, Edible Acres, Sunnyslope Ranch, Brownfield Orchard, PDQ Farm, McGreevey Organics, Cloudview Ecofarms, Gibbs Organic Farm, Bow Hill Farm, Kola Kai Organic Farm, Windy Meadows Nursery, Uprising Seeds, Great Northern Garlic and Grand Teton Organics. They have supplied us with cherries, apricots, peaches, nectarines, melons, tomatoes, peppers, eggplant, apples, pears, garlic, ginger, turmeric, pumpkins, plant starts, seeds and seed potatoes.

The heart of Farm Direct is our local farms. We will always buy anything that we can get locally first and regionally second. Currently most of our regional relationships have been based on

## Our Other Farm Direct Suppliers

- Bernice's Figs • Big Barn Farm • Colinwood • Doug Behrenfeld
- Lazy J Tree Farm • River Run Farm • Serendipity Farm
- Solstice Farm • Wildwood Farm • Brownfield Orchard
- Bow Hill Farm • Edible Acres • River Valley Organics
- Sno-Valley Mushrooms • Sunnyslope Rance • PDQ Farms
- Kola Kai • Essential Blooms • Anne's Flowers • Corona Farms
- Short's Family Farm • E&M Seeds • Uprising Seeds
- Windy Meadows Nursery • Grand Teton Organics

the fact that we can't get certain items locally, or not in enough quantity to meet the demand.

Over the course of a week Cha (the Produce Team Lead) and myself directly call, email and text about 15 farmers on average. With 1-3 deliveries per week per grower, that's a total of something like 30 orders going out and deliveries coming in. It's a lot to coordinate.

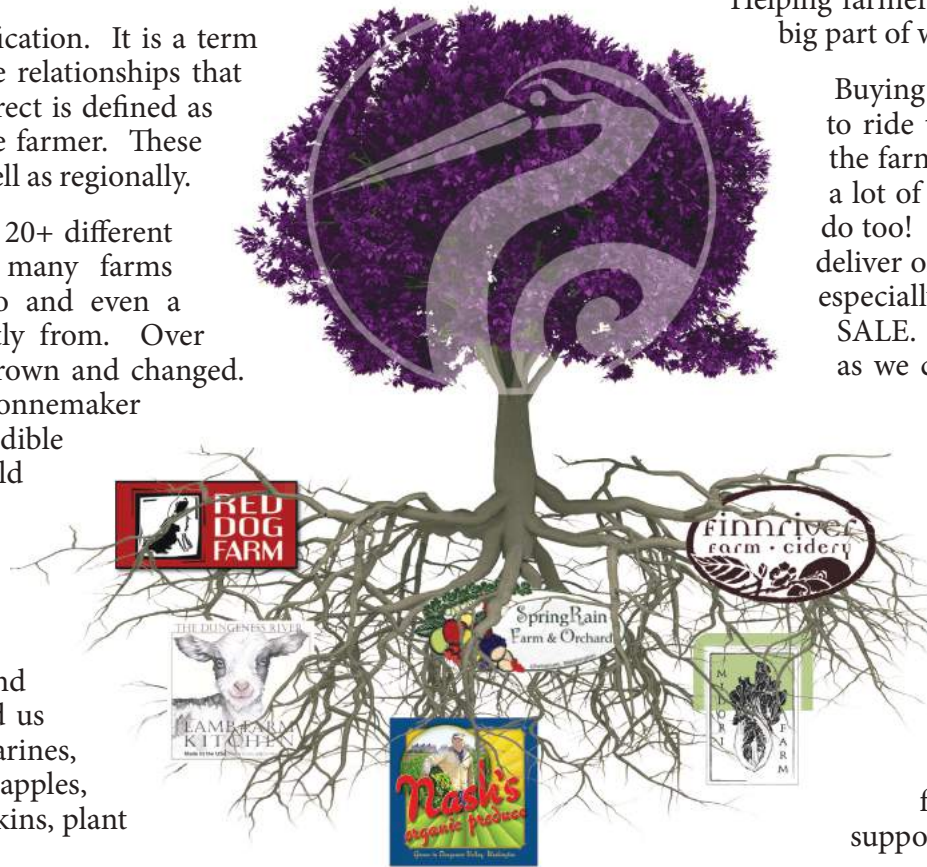
Helping farmers sell as much produce as we can is a big part of what we both love about our jobs!

Buying directly from a farm means we also get to ride the wave of seasonal produce. When the farms have it, we have it! When they have a lot of it, we buy a lot of it and we hope you do too! Most of our regional growers can only deliver once per week. So we have to stock up, especially when we want to put something on SALE. It's pretty exhilarating to buy as much as we can literally fit in our cooler, pass the deal onto you all and then watch it disappear out the door!

Why is Farm Direct important? When we buy directly from the grower, both regionally and locally, it cuts out the middle man. It also provides the opportunity for us to really get to know the grower.

In turn, for you to get to know the grower. It's these relationships that really create a healthy and thriving food system. A system that is worth supporting.

Look for the logo and the farm name on a sign next time you're shopping!



Local product from Jefferson, Clallam, Kitsap, Island or Mason county

Certified organic



Farm of origin

Products purchased directly from our farmers

# Patronage Dividends Revisited

Kenna S. Eaton, General Manager



In July of this year we distributed our first ever patronage dividend- yay us! The overwhelming majority of members who received their dividends were thrilled, more than a few were taken by surprise

and/ or somewhat confused. Questions abounded. Those questions came mostly from customers at the register, but we also fielded a few phone calls and emails.

Mainly your questions were:

- Why am I only getting half of the dividend? Also stated as, why is the Co-op keeping half of my dividend? Which was by far, the most often asked question.
- Who determined the amount and how was it factored?
- When will the next Patronage Dividend come out?
- How do we choose who we want to donate to?

Great questions which I'll do my best to answer, but first here's some interesting facts:

As of 8/14/16, we have distributed \$135,006 or 86.45% of the total distributed dividends. Members have until the end of 2017 to use or donate their dividends before it is deemed donated to the Food Co-op. Of that amount, \$4,530 has been donated to the three non-profits chosen; The Food Bank, Center Valley Animal Rescue and Dove house, which were the top three chosen by members through a survey. At the end of each month we distribute the donations collected during the month equally, and in fact, mailed each of them a donation of \$1,246.30 for July donated dividends. Our thanks to those of you who made that choice.

To answer your question regarding how we calculated the amount of the

dividend and how it was administered- here is what happened. In April I made a recommendation to the board that we declare a dividend of the entire amount of profit we made for the 2015 business year: \$312,766. The law says we must distribute at least 20% and we can go as high as 100%. I recommended that we hold back 50% to help grow our equity and distribute 50%. The board voted and agreed to my proposal. Each member has an account with which we track your purchases, in dollars, and each of you was allocated a portion of the total dividend based upon your shopping [patronage]. Of that amount we distributed half to you in July and we will hold on to the other half to help improve your Co-op. It is possible that in the future we may decide we no longer need that money, at which time we will give you back the other 50%--no matter where you live or if you are still a member or not. We are legally obligated to tell you all of this information even though it does tend to make things more, not less, confusing.

We will repeat the same cycle next year. When we close our books on 2016 I will, again in April, make a recommendation that the Board, in turn, will vote on. If everything goes as planned the dividends should happen annually in July. Please be prepared though that the date may change and the amount of the dividend we distribute can be as little as 20% of the total declared. This is one of the unique ways in which Co-ops can build their capital and save towards future expansion, remodeling or other big needs.

As this was our first year declaring a dividend some folks thought it would be fun to offer members a chance to donate their dividend. But who to? So we came up the idea of conducting a survey, asking you to 'vote' on your favorite from 3 years' worth of Beans 4 Bags recipient. The timing got a little crunched somewhere along the line so we were unable to administer the survey before distributing the dividends. Live and learn. We'll do better next year.

The full Sustainability Report 2015 is available on our website. Click on the image at [www.foodcoop.coop](http://www.foodcoop.coop)

## 2015 ANNUAL SUSTAINABILITY REPORT





STAFF

PICK

# What We Love at The Food Co-op



**Dave loves Dante's Inferno. coffee!**

His favorite whole bean coffee for a kick start is local Port Townsend Brewing Company's Dante's Inferno.



**Sara loves green shakes!**

"I've really enjoyed Left Coast Raw Green Shakes, they taste good and are nutritious!"



**Cha loves pears!**

"Tonnemaker Hill Farm's Red Pears are local to Washington, and grown in Royal City. They'll be around the store for the autumn, and are very flavorful."



**Caitlyn loves Anca's tiramisu !**  
This local artisan is a magician with anything sweet!



**Linda loves cookies!**

Her favorite is lemon chip sprouted cookies by Livin' Spoonful—raw, vegan, and gluten free!







**Juli loves Sour Ale!**

**Juli loves Sour Red Ale!**  
:“It sounds strange, but Sprinkles Hibiscus Sour Red Ale is really quite good. It’s dark pink with a honey aroma, but it carries the sour beer flavor.”  
Shortly after, Juli faked guzzling from the bottle—we just know it must be good!



**Jan loves SeaRich Omega 3 Oil!**

“This fish oil is delicious and comes in 3 flavors, Coconut Lime, Grapefruit or Lemon Meringue. It has 40 servings of 4,370mg each! What a deal!”



**Katy loves organic coconut oil!**  
This buttery organic superfood is a good replacement for butter—try it on popcorn!



**Eric loves Popcorn!**

“It’s so hard to pick just one item, but I think GH Cretors Chicago Mix Popped Corn is tasty!”



**Dorothy loves fizzy coffee!**  
This beverage is sweet and bubbly with an espresso kick! Yum!

**John loves the soup and sandwich combo from the deli!**  
Try a teeny panini and a bowl from our choices of daily soups.



**Adam loves turnovers!**  
These locally made hand pies are savory or sweet —try them both!



**STAFF**

**PICK**



"Like flour tortillas now hold more than beans, injera is filled with possibilities."

# Learning to Speak Injera

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

After my first Ethiopian restaurant experience I was hooked, and determined to cook Ethiopian food at home. But the spongy flatbread injera, that catches all the delicious stews and sauces, befuddled me. I wish I would have had this recipe then, because I failed, and failed, but each time came closer.

Finally, I buckled down and worked until I'd mastered it. I watched videos, read recipes, went back into bubbling kitchens and talked with cooks...and at each turn I began to speak injera a little better. It seems simple and straight forward now because we make delicious injera all the time. I let go of trying to ferment it without a starter, or it being poured in a circle.

I can't tell you how long I practiced that one. Mine work dandy by using a crepe spreader, and I don't even try to make them as big as the restaurants do. The most important part about making injera is the ability to make it often, and it is delicious!

Injera hold up well to being filled, and have a delicious texture and flavor. They're a whole food, easily digestible and if made without barley, are an easy homemade gluten free food.

## ANATOMY OF INJERA

The bottom of the injera is smooth, while the top is porous. The bubbly openness of the top is superb for catching the sauce of whatever is scooped up. I like to tear off a small piece of injera and use it to pick up stew foods, beans or eggs and vegetables. They also make a nice treat spread with raw honey and rolled up.

Injera belongs to a lineage of world batter flat breads that include dosas and crepes.

It's traditionally made with 100% teff flour, but teff is expensive so many other grains are used, regional variations of injera use mixtures of teff, wheat, corn, barley, and sorghum.

## Sidonie's 8 Reasons To Use This Version Of Injera

1. I wanted to create a recipe that would allow injera to become a local everyday bread.
2. It really deserves this place because of its excellent flavor, versatility, outstanding nutrition, digestibility, and its ease of making and keeping.
3. I like to pair sorghum with potato, because sorghum is a dry tasting flour and potato starch wet, and together they balance out well.
4. I added flaked barley because sorghum, barley and teff are all traditional to injera and flake barley is easier to buy than flour or to grind my own.
5. I choose to add my gluten free firm levain for quicker (overnight) and reliable fermentation of the batter, but 1/2 cup of any sourdough starter will work.
6. Add baking soda to the batter before cooking to create plenty of bubbles for the top of the injera.
7. Putting a lid on and steaming the injera without flipping helps create the spongy texture.
8. Using a 1/3 cup of batter makes a nice portion size.

# How To Make Injera

*Makes a little more than a quart of injera or about 12-14 flat breads using 1/3 cup batter each*

## Special Equipment

crepe spreader, crepe pan

These are nice to have if you make injera often but you can also use a cast iron griddle and the back of a big spoon.

## Day Before Ingredients

1 cup teff flour  
1/2 cup barley flakes  
2/3 cup sorghum flour  
1/3 cup potato starch  
2 tablespoons flaxseed measured and then ground  
1/2 cup firm levain (sourdough starter)  
2 cups filtered water

## Next Day Ingredients

1 teaspoon salt  
1 teaspoon baking soda  
1 cup water  
Extra water and 1/4 teaspoon increments of baking soda if you make injera in more than one session.

## In The Evening

In a food processor:

Grind barley flakes into a fine meal

Add other flours and ground flaxseed

Spin until combined

Crumble 1/2 cup firm levain into Food Processor with flours (Or 1/2 cup regular sourdough starter)

Spin for 1 minute

Pour into a mixing bowl

Add water and stir

Cover and set in at room temperature until fermented about 12 hours.

## Next Day

The batter should taste pleasantly sour and look puffed

Mix salt and baking soda with 1 cup water and mix into batter

The batter should be the consistency of thick cream.

You can always add more water a little at a time as needed until right pourability is attained.

## Cooking

Heat cast iron crepe pan on low for 10 minutes

Move up to medium heat

Set oven to warm and a dish to hold injeras

Every time you cook an injera you will lightly butter the griddle

I use Nit'r Qibe Ethiopian Spiced butter

Measure out 1/3 cup of batter

Pour the batter into the center of the buttered crepe pan

Holding the crepe spreader upright turn in a circle spreading the injera thinner with each turn. You can also make batter thinner and turn the pan itself.

Cover the crepe pan with a large lid and set timer for 1 minute.

After one minute the injera will have lots of bubbly holes, and be spongy on top

Put it in the oven, no need to turn it over.

Repeat for next bread

You only need to make as many as you will eat in a meal because the batter will keep refrigerated for 3-4 days.

If you use more batter later, and like lots of bubbly holes, add 1/4 teaspoon baking soda in water to the batter and stir. After the batter has sat a while,

it might need a little more water to retain the thick cream consistency.



Sidonie Maroon is a local chef, culinary/ arts educator and food writer. She writes the food blog [A Blue Dot Kitchen](http://www.abluedotkitchen.com).

[www.abluedotkitchen.com](http://www.abluedotkitchen.com)

A complete collection of the recipes used for The Food Co-op's recent Ethiopian cooking class is on her blog under recipes, world food, Ethiopian.

Everything you'll need to go with your injera and make a Local Ethiopian Feast is included. All of the techniques and recipes for keeping making and keeping a gluten free sourdough are also on the blog.

Look for Sidonie's upcoming Co-op classes this fall and winter).

# How Fair Trade Mercantile Can Change Lives

Myra Grace, Marketing & Outreach



As a co-op member and customer, you may know we have a large selection of mercantile items available in the store. We carry many kitchen items, cleaning supplies, containers, scarves, clothing items, baskets, cards and more.

What you might not know, is the thought and care that our mercantile buyer, Crista, has put into choosing products that are not only beautiful, but socially responsible as well. Crista spent her time before the Co-op in marketing and design, and her eye for quality shows. She has been with the Co-op for over 12 years, and her commitment to keeping with our principles is clear: "When I choose items, I want to feel good about bringing them into the store, make choices that help communities and support other types of cooperatives."

When I asked Crista to tell me about our Fair Trade mercantile suppliers, she became very excited. "Some of our suppliers change people's lives!" I was surprised to hear this, but after reading some articles that she sent me, I quickly realized that our suppliers are doing much more than that. I asked to have a longer conversation about the



Top: Gamesh Himal's Power of 5 Education program for young women  
Above: A women's knitting cooperative through Andes Gifts



Alaffia basket weavers in Ghana

relationships the Co-op has built, and when I came to Crista's office she greeted me with, "Can you believe the great things our suppliers are doing in the world?"

After talking to Crista it became clear that supporting suppliers that give back is important. It aligns with philosophy and values that cooperatives support. Every chance she can, Crista has worked hard to ensure that we continue to carry Fair Trade items. "It's a political issue in some respect," Crista said, "we're nurturing and supporting people who are doing good things in the world. Choosing items that are Fair Trade goes a long way."

So, what is Fair Trade? I'm glad you asked.

Fair Trade means many things. It means the people making the items are paid a fair wage and given healthy working conditions, while producers receive a fair price when they bring their products to market. It means that the producers are working to decrease their emissions and prevent further climate change. Fair Trade is a simple way to support the people who are growing and making the things we love, to build a better future for themselves, their families and their communities.



A woman at a loom in Peru –SERRV



Producers with Andes Gifts showing off their work



Conscious Connections provides schooling sponsored by Ganesh Himal

Here is a little bit about some of our mercantile suppliers (all part of The Fair Trade Federation):

**African Market Baskets** has been importing baskets for 25 years from the upper East region of Ghana. They employ about 10,000 weavers. They give back by providing school supplies for the weavers' children, organizing and funding health care for the weavers and their families and have built a community weaving center that serves two villages. The Food Co-op carries mini-baskets from African Market Baskets.

**Alaffia** is perhaps most widely known for their commitment to education in African communities. They've been able to distribute over 7,000 bicycles to help children get to school, they've helped over 23,000 children with school supplies, built more than 1,800 school benches and constructed 10 schools.

Alaffia is also making a difference in

other areas with their reforestation project, and maternal care clinics. They have planted over 53,000 trees and provided care to over 3,500 women. Alaffia has been giving back to their communities since 2003, and they continue to set higher and higher goals. The Food Co-op carries Alaffia Baskets and body care products

**Andes Gifts** represents artisans of over 40 knitting co-operatives and 80 family based knitting groups. They've successfully raised the standard of living for over 2,000 Peruvian and Bolivian women since 1999. They empower women who would otherwise have had to move to cities away from their villages and customs, to become factory workers. They feature beautiful hand crafted scarves, gloves and hats, finger puppets, as well as other knitted items that the co-op carries seasonally.

**Ganesh Himal Trading** has been working with producer groups in Nepal and practicing

humanitarian assistance to those in need after the April 2015 Nepal earthquake. The Food Co-op carries a great selection of Ganesh Himal items, including passport bags, purses and bags.

**SERRV** has partnered with 55 small-scale artisan cooperatives in 25 countries. They've been around for over 67 years and are one of the founding members of the Fair Trade Movement. They fund education for about 150 children each year, and hundreds of work skills and training opportunities for underprivileged people. Their mission is to eradicate poverty and help artisans and farmers to thrive. The Food Co-op carries many items from SERRV, most of those being kitchen items.

For more information check out: [www.fairtradefederation.org](http://www.fairtradefederation.org) or [www.fairtrade.net](http://www.fairtrade.net)

Fair Trade principles since 1984. They started a non-profit called "The Conscious Connections Foundation" which funds college scholarships, sponsors schooling for children, built a medical clinic, and provided

# LET FREEDOM REIGN

Ian Carver, Marketing Manager

## Why did the chicken cross the road?

My guess is so it could be raised on the SpringRain Farm and Orchard. All jokes aside, I recently had an opportunity to visit John Bellow and Roxanne Hudson, owners of SpringRain Farm and Orchard, to gain a better understanding of what it means to buy certified organic pasture-raised chicken.

The 26-acre farm, located in Chimacum, WA sits on prime agricultural land. However, the beautiful property I saw during my visit is the result of years of conservation efforts for the Chimacum Creek that runs through the middle of the property. Since starting the farm in 2008, they have planted over 3100 native trees and sectioned off parts of the land strictly for native inhabitants. The large scale conservation efforts are part of John's vision for the farm, that vision being to have lots of diversity all working together.

The diversity John works so hard to achieve is realized through more than their conservation efforts. The farm produces 12 varieties of small berries, 50 varieties of apples, 27 varieties of pears, 12 varieties of heirloom tomatoes and year round salad greens. The produce they

supply to the community is only half of the magic that takes place at SpringRain, they also raise rabbits (which when certified, will be the first certified organic rabbit in the state), ducks, turkeys and of course chickens.

I asked John what got him into raising and selling organic, pasture-raised chickens. He mentioned that they had started with chickens as a way to supply the local community with organic, farm fresh eggs. Selling the whole birds came after, when they needed something to do with the retired egg laying hens, so they started selling stewing hens to the community. The demand for the stewing hens led him to pursue raising and selling meat birds. The breed John decided to raise is known as a Freedom Ranger and is considered to be very well suited for pasture-systems. So in the case of SpringRain Farm and the age old question of what came first, it is safe to say the egg was first.

The chickens play a larger role on the farm than simply being a delicious and healthy choice for your dinner. Tying back to John's dream of a holistic farm approach, the chickens do two things to benefit the rest of the farm. First is that the chickens are very efficient as a natural pest control method for the organic fruits and vegetables grown on the farm. Second is that the chicken waste and by products are used in the farms USDA approved compost as a primary ingredient for the fertilizer that goes back into the plants on the farm.

Now that I had a good idea about how the farm operated, I wanted to know why someone should choose their chicken over a competitors.

Bellow said, "The combination of the quality (organic) feed we use and the fact that they are able to spend their days in the fresh air and sun, along with the birds being able to supplement their diet with natural feed (plants and insects) create a bird with superior flavor and texture."



John with newly arrived baby chickens

He went on to say that "our chickens taste like chickens are supposed to taste, with muscle tone that creates a better texture and mouth feel."

SpringRain Farm and Orchard was an amazing experience that I won't soon forget. I can honestly say that I have a new found respect for what it takes to run a small family farm and for the quality products they provide to the community. Supplying the community is something that John and Roxanne feel very passionate about.

"Supplying The Food Co-op is great because our goal is to supply our community," said Bellow. I recommend you stop by our meat and seafood department. SpringRain chickens are available all year at The Food Co-op.



Weighing in the chickens.

# Food Co-op Seafood Sustainability Policy

All of our fresh, frozen, and canned seafood meets the following guidelines.

- Monterey Bay Aquarium (MBA) Seafood Watch best choice or good alternative, (green or yellow) <https://www.seafoodwatch.org>.

Or

- Marine Stewardship Council (MSC) certified, also recommended by Seafood Watch, <https://www.msc.org>.
- For those species either not covered by MBA or not from MSC certified areas, for example, some sardines and anchovies, we support small community fisheries.

We may stock some farmed shellfish, for example, oysters & mussels, which meets Seafood Watch best choice or good alternative.

Seafood Watch quick reference guides are available at the canned fish and the fresh meat case.

We will continue to collect information and monitor certifications and origins, to be incorporated in an annual review of this policy.

February 2016

# Can Do!

Ian Carver, Marketing Manager

In the spirit of Co-op month and the do-it-yourself attitude that cooperatives foster, I felt it would be fun to write about a topic that tends to be under utilized in this day and age. I am referring to canning and preserving food, a process that can be very important up here on the Olympic Peninsula if a natural disaster were to hit and cut off supplies for any given length of time.

I was planning to learn how to can and show you the process myself, but as luck may have it, my brother Ben Carver told me he was headed over to West Port, WA to pick up 60 lbs. of whole Albacore tuna to can. As much as I wanted to experience the process myself, I decided to take a backseat and let someone with some experience show me how it is done.

Ben said he started with 60 lbs. of fish, but after filleting and trimming you end up with about 30 lbs. of solid meat to can. He decided to use ½ pint jars which will hold about a ½ lb. of fish each. This would make close to 70 jars by the time it is all done. That is enough fresh canned tuna for a few families over the coming months and yes, some of it would be coming home with me.

So let's get down to the process. Ben said the first and most important step in canning anything is to clean, clean and you guessed it, clean some more! Make sure the jars, lids and all materials involved have been cleaned and sterilized before starting. Once you have your jars and equipment clean and your fish prepared (cut into usable size pieces), you can start the canning process.

The process begins with adding a small amount of organic olive oil (about a tablespoon) to each jar. Then comes the fish, (about ½ lb.) cut into



two or three small pieces. Once the jars are filled with the olive oil and fish, you add about half a teaspoon of canning salt to each jar. Be sure to use canning salt and not table salt as it doesn't have all of the additives you find in table salt. Sprinkle the salt over the top of the fish. At this point you can decide if you want to be creative with some of your jars. Ben chose to add jalapeño slices to a few jars and smoked sea salt in a few others, the rest were just plain.

*"You can add all sorts of fun things to it, that is the great thing about canning your own food,"* said Ben.

Once all of your jars are filled, it is time to clean again. Ben recommends adding a few tablespoons of white vinegar to a few cups of water. This solution will be used to wipe the rims of each jar to make sure they have no food scraps left on them that would prevent a good seal.

*"If there is anything on the rim you won't get a good seal, this is a very important part of the process,"* mentioned Ben.

Ben recommends keeping the lids in a pot of warm, but not too hot, water while you are filling the jars. This will help soften the seal on the lid and create a better seal down the road. With that said, it is time to place the lids on the jars. This is a relatively simple step: place the sealing lid on each jar and tighten the ring down as to not allow the sealing lid to fall out of place during the cooking sequence. The ring should be just a little past finger tight.

With all of your jars ready, it is time to place them in the pressure cooker. Be sure to place the canning rack in the cooker and fill with water to the level specified in your specific cooker's

## CANNING CONTINUED...

instruction book. Once the water and canning rack are in place, simply place the jars in a circular fashion around the cooker and stack offset, meaning not directly on top of each other. Your cooker will specify how many jars will fit so be sure to follow those guidelines. Then seal the lid on the cooker and place on your heating source.

By the way, tuna will produce a strong smell while cooking so it is recommended you do this step in a well ventilated area or outside.

Once on the heat source you will bring to a boil until steam is coming out of the vent tube. Once you have steam coming out, wait 10 minutes and place the weighted pressure cap on the steam port. This will allow the pressure to come up to our cookers recommended 11 psi of pressure. At this point it is time to do one of two things because you have about an hour and 40 minutes of cook time. You could continue prepping more jars for your next batch if so required, or sit back and enjoy your favorite beverage. Since my brother was doing all the work, I decided to enjoy a beer from Port Townsend Brewery that I picked up from the Co-op early that day.



Finished tuna, ready to be stored

After the allotted time has passed, remove the cooker from heat and let cool sufficiently. Remember, even if the gauge reads 0 psi there will still be a lot of very hot steam in the cooker when you open it, so open with care and hand/arm protection! The last thing to do is remove the jars from the cooker and set aside at room temperature. As the jars cool you will begin to hear them pop as they seal, make sure all jars have sealed before storing for any length of time to prevent spoilage and contamination.

This may seem like a lot of work and time for tuna, or any other preserved food for that



Ben removing the lid of the pressure cooker



Ben slicing the tuna to the correct size



Ben adding lids to the jars and placing them in the pressure cooker

matter, but the benefits tend to outweigh the cost. Ben said, "I really enjoy canning my own food because I like to know what is going into it. I know the quality and care of what I am making and I know exactly what my family is eating. Plus you get a lot more for your money." Remember, every canning device is different, so refer to your canner's instruction manual before starting.

If you are interested in learning how to can and preserve your own food, or are a seasoned pro, remember that The Food Co-op has most of the supplies you need to have a great canning season.