



2016
SPRING
ISSUE

THE CO-OP COMMONS

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

WHAT'S LOCAL

April—Kales, Raab,
Stir Fry Mix, Pea
Shoots, Water
Cress, Leeks, Tulips,
Peonies
May—Baby Bok
Choi, Carrots,
Mizuna, Salad Mix,
Radishes, Spinach,
Mixed Flower
Bouquets
June—Beets,
Cilantro, Leaf
Lettuce, Garlic
Scapes, Broccoli,
Turnips



WHAT'S INSIDE

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If you want to be incrementally better, be competitive.
If you want to be exponentially better, be cooperative.





Why Be A Food Co-op Member-Owner?

Membership makes you an owner in a cooperatively run local business.

THE CO-OP COMMONS
 Quarterly Newsletter of
 The Food Co-op
www.foodcoop.coop
info@foodcoop.coop
www.facebook.com/PortTownsendFoodCoop

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

OPEN DAILY
 Mon-Sun 8am-9pm

MISSION STATEMENT
 Seeking to uphold the health of our community and world, The 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.

- COOPERATIVE 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
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SUBMISSIONS of interest to 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. 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.

Printed using recycled paper and vegetable-based inks.

Cover photo by Sidonie Wilson

LOCAL
 Support our local food system.

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.

BEST VEGETARIAN
 food in 2015, as voted in the Port Townsend *Leader!*

INVEST IN YOUR COMMUNITY
 \$100 of your \$105 investment is fully refundable. Pay as little as \$2 every month you shop until you've accumulated \$100 in your account. There are no other fees.

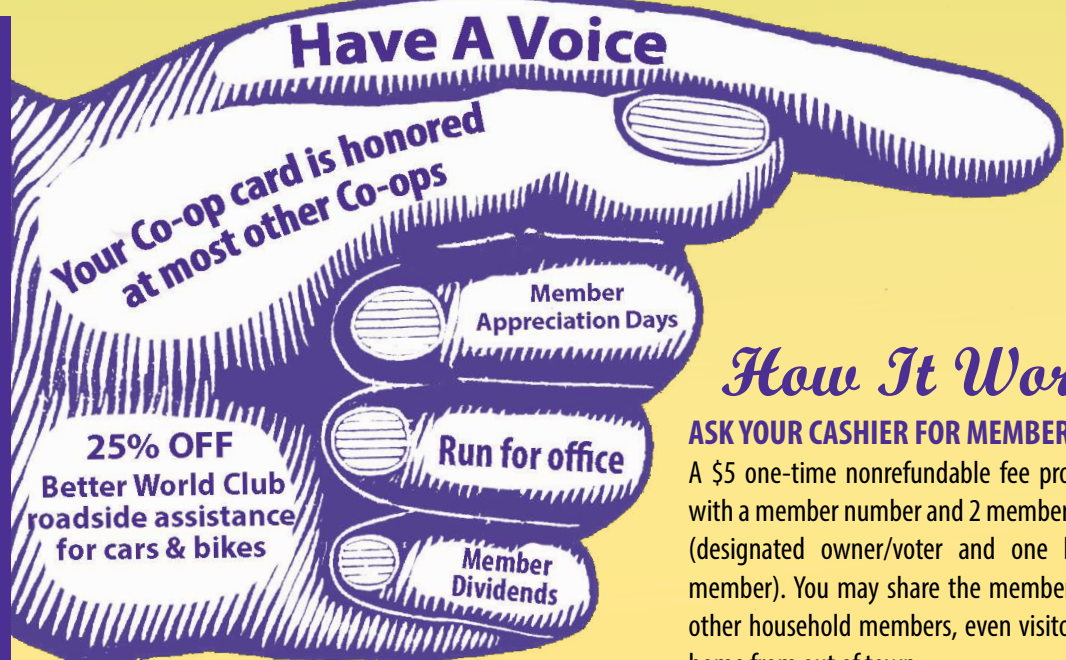
SPECIALTY DIETS
 If you require special foods or supplements, we have many options including gluten-free, vegan, and vegetarian.

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

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

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

Member-Owner BENEFITS



How It Works:

ASK YOUR CASHIER FOR 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-op TO Co-op

KENNA S. EATON
General Manager

I was excited to read the cover story in the February 24 issue of *The Leader*, featuring our newest co-op in town: Peninsula Homecare Cooperative. I've been following their story since first hearing about them just under a year ago and was pleased that they were now officially open. Cooperatives are a wonderful form of business ownership, popular throughout the world as a low-cost way for people to join together to own their own business.

A co-op exists primarily for the benefit of its members, but we also want to improve our local as well as our greater community, and the seven cooperative principles set out by the International Co-operative Alliance (ICA) help co-ops do that. In this issue of *The Commons*, we are focusing on cooperatives and our cooperative principles. Here I'm interested in Principle Six—cooperation among cooperatives: *Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.*

How many businesses do you know that operate under a set of principles? Actually, probably more than you think. Cooperatives are all around us, from credit unions (which are cooperative banks) to agricultural co-ops (think Ocean Spray cranberries), from electricity to insurance.

The Food Co-op is a consumer co-op, meaning we belong to our customers. The University Of Wisconsin Center for Cooperatives conducted research on the economic impact of cooperatives, concluding:

Retail food cooperatives have introduced numerous consumer-oriented innovations, and have fought to retain retailing practices that provide the consumer competitive value and service. Since the 1930's, cooperatives have pioneered nutritional labeling, open dating, unit pricing, bulk sales, informative advertising, consumer education, and innovative institutional structures. They have also consistently been in the forefront of consumer protection through selective merchandising and boycotts, political lobbying, and ongoing consumer education.

Turns out that, in addition to changing the face of food labeling and consumer education, co-ops have an important “multiplier effect,” the economic impact of a business on the local economy. Research has found that grocery cooperatives have a local economic multiplier of 1.6, compared to conventional grocery stores at 1.36. This means that for every \$1000 spent at a co-op, the economic impact rippling through the community is \$1600.

The Food Co-op is itself a member of buying cooperatives, plus we buy from cooperative producers and support the growth of other co-ops. We think working together leverages the power of cooperatives to build a more sustainable and just economy, one that aligns with our values. So what does this mean on a daily basis?

Locally, we work with and support the growth of co-ops like Sunshine Propane and the newly formed Peninsula Homecare Cooperative I mentioned above. It also means that at the Food Co-op we give priority to cooperative suppliers like Organically Grown Co-op (OGC), an employee- and grower-owned company that supplies the Pacific Northwest with certified organic produce. Frontier Herbs, based in Norway, Iowa, is a cooperative that sells dried herbs and related products to businesses across the country.

We purchase from Frontier Co-op, but since we are also a member-owner of this company, we benefit in another way—a portion of their profits comes back to us as patronage dividends. We also buy from many producers like Equal Exchange, a for-profit, Fairtrade worker-owner cooperative distributing organic coffee, tea, sugar, bananas, avocados, cocoa, and chocolate. Plus we are members of larger cooperative organizations, like the National Cooperative Grocers, in essence a buying club of food co-ops working together to reduce operating costs.

So from local to regional, from national to international, we work with other co-ops to change the face of the economy—what an impressive global impact we can have by shopping at our local co-op!

CO-OPERATIVE
PRINCIPAL



COOPERATION AMONG CO-OPS: COOPERATIVES SERVE THEIR MEMBERS MOST EFFECTIVELY AND STRENGTHEN THE COOPERATIVE MOVEMENT BY WORKING TOGETHER THROUGH LOCAL, NATIONAL, REGIONAL AND INTERNATIONAL STRUCTURES.

COOPERATING

to Expand our Circle of Influence

JANET WELCH, Board President

In his book *Seven Habits of Highly Effective People*, Stephen Covey distinguishes between what he calls a Circle of Concern and a Circle of Influence. The circle of concern includes our many concerns about human misery on the other side of the planet, species extinction in our backyard, the health of a parent, or whether our favorite sports team makes it to the finals. The circle of influence includes the more limited array of things we have the ability to influence, inevitably a smaller circle than the circle of concern.

The boundaries aren't clear, of course, when we send off petitions asking for world peace and climate action. Often we'll never know if our concern has translated into influence. We keep trying, though, because it is very empowering to expand one's circle of influence, to make a meaningful difference about things we are concerned about.

The circle of influence is alive and well at The Food Co-op. When members choose—for example—the bulk lentils grown by the hardworking people at Timeless Seeds in Montana, that choice strongly impacts the decision to continue to offer that product. That effect is compounded when hundreds of members buy those lentils and empower Timeless in their vision of sustainable soil health. The circle of influence expands even more if co-ops work collectively to help tip the scales back in favor of farmers like Timeless rather than the world of big ag.

Using influence for the greater good

We all know that there is power in numbers. Big grocery chains use the collective purchasing power of their shoppers to influence legislation (think funding to fight GMO labeling). There is a difference, however, between the corporate chains and co-ops. While the objective to use influence may be similar, the key difference is how it is used. It is the bottom-line profit, not the empowerment of the shopper, that is a corporate store's final goal. Co-ops, however, exist for the benefit of their members, not the other way around. Besides simply selling beans to a member, co-ops empower their members to make positive change in the

world. The intention is subtly but profoundly different, as is the result.

The circle of influence ripples through the co-op and through the industry. Individuals at all levels contribute to the empowerment of others and increase their circle of influence.

How does the circle grow?

- Members make product choices that adhere to their values (and inform management when product choices don't reflect their values).
- Co-op staff provide information that enables members make those informed choices (e.g., members know which lentils are grown by small farmers, which products probably contain GMOs, where the product was grown).
- Store buyers make the extra effort to provide farmer-direct alternatives to big ag products.
- The board establishes priorities and holds management accountable for "speed and direction" toward our objective to strengthen the food system.
- Co-ops around the country collectively influence the National Cooperative Grocers (the NCG is our national purchasing organization).
- The NCG negotiates with the biggest distributor, UNFI, to provide products that adhere to those values.
- The NCG pushes for legislation that protects consumers and small farmers.
- And so on....

Many of these things are being done now, and we can always do more. The most important thing to remember is how, as members, each of us can hugely expand our circle of influence. We expand the circle of influence of our fellow members, staff, management, the board, and further up the chain, with something so simple as reaching for a product on the shelf.

Maybe the image of influence is less like a circle after all, but rather more like the expanding wave from a single drop of water.

STAFF anniversaries

17 years
VIRGINIA R. CARPENTIER

15 years
RENÉ TANNER

13 years
ESTELLE GIANGROSSO

12 years
CRISTINE RUTLEDGE
TRICIA TYLER

11 years
YVONNE CLEVELAND
GREG TURNER

8 years
KEVIN TERRY, SETH HAGER

6 years
KRISTINA DOSEY

4 years
NICHOLAS D'ANDREA

3 years
PHUONG NGO

2 years
RACHEL WILLIAMS
MICHAEL ELDER
ADAM MALLORY

1 year
ANDY DAHL, MYRYA GRACE
ANGELA MASON
SEAN CONWAY
LIAM CANNON
KAYDEE SHORES

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.

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



Rob Robbins



Tammy Franklin

STAFF SPOTLIGHT Julie

HUMAN RESOURCES MANAGER

"I am motivated by work that is meaningful and that contributes to a caring and healthy community. I appreciate the opportunity to work with others who feel the same."

ABOUT JULIE

She is from a 3rd generation PT family (4 generations are PTHS alumni). Much of her extended family still lives in this area, and Julie is very excited to be here again.

PAST JOBS

Julie's career was built around nonprofit work, community service, and jobs that focus on relationship building.

TRAVEL

"I have experienced travelers from around the world by hosting people through my job with the YMCA. Some visits were quite long and it was a great way to get to know people from other cultures. One day I would like to do some travelling, but honestly, if I could live anywhere, it would be right here in PT."

PASSIONS

She is passionate about helping people and organizations be successful. Her beliefs lie in the potential for people to make a difference in the world. Continuous learning is important and she strives to learn something new every day from people she meets.

MOVIES

Julie is a fan of Bollywood movies from India (she is a "Filmi" in Bollywood slang). She loves the campy melodrama, the music, and the extravagant song and dance routines!

WE DIDN'T KNOW

Julie plays the fiddle! Her grandfather's fiddle is her most treasured possession, and she hopes to dust it off and get inspired by the vibrant music community here in PT. She is also good at trivia - especially the science and history questions - and she attended flight school! On Julie's bucket list is to visit every state in the union.

LOVES TO READ!

Julie has hundreds of books on her Kindle, but her favorite topics are sci-fi and fantasy. Julian May is a favorite author, and one of her all-time favorite books was *The Time Traveler's Wife*.



Julie's Picks

"I am thinking spring training, baseball type foods right now. Go Mariners!"



NEWMAN'S OWN SPELT PRETZELS

I learned spelt is an ancient grain that I didn't know too much about (these are addictive).



HIMALAYAN BUDDHA POPCORN

is heavenly!



NATURAL BREW DRAFT ROOT BEER

is for anyone who loves full-on root beer flavor!



PROPER BRITISH BACON

OK, if I was going to have a burger at a ball game, I'd add this wonderful uncured smoked pork loin bacon!



KANZI APPLES

Even at a ball game you gotta have something healthy - and you can't get much more healthy

and tasty than this! Try slices of apple on crackers with Co-op Brie and some of the bacon from above (thanks to Andy in produce for inspiring this idea)!



Co-op Power

—How We Changed the World

LISA BARCLAY, Board Member

I love the story of the foundational cooperative, the Rochdale Society of Equitable Pioneers: in 1844 a group of impoverished weavers, including one woman, pooled their few pennies to start a tiny store so they wouldn't be gouged by the shopkeepers, and it quickly grew, spreading across England and then the world. This story is mostly true, except they weren't all impoverished, they weren't all weavers, there were no women (at first—there soon were, despite draconian British law on women's rights), and they charged the same prices as other shops. And they weren't the first co-op.

Don't worry, this isn't revisionist history—the Pioneers didn't have much money, they did include women in the movement, they charged fair prices, and they succeeded where many had failed before them. But just like when Rosa Parks took that seat at the front of the bus, there was a lot more going on behind the popular story.

You could say that the Rochdale Society of Equitable Pioneers was not a seed but rather a flower that grew from the vigorous social movements of the time. The Pioneers were veteran Owenites and Chartists, working for a fairer society where people had their economic and political futures in their own hands. But they weren't just ideologues; the Pioneers combined ideas with practicality, and they started small, meeting a specific need in their community.

The Pioneers were aiming for a more equitable world, but they started by selling unadulterated food at a fair price. They didn't give credit and they didn't sell at cost because that had sunk previous cooperative stores. Instead, they charged the same price as other shops (which prevented price wars) and gave back the surplus to their members—the beginning of the patronage dividend. They called it the cooperative dividend.

The Society also required substantial financial investment from members because the Pioneers knew capital was needed to compete with the moneyed classes (no bank was going to lend them money). The Food Co-op's member equity requirement is \$100. Imagine having to contribute three months' wages. The Pioneers did so, a bit each week.

Another hurdle was that people didn't initially recognize or like unadulterated food. Foodstuffs had been tainted for so long that

people didn't know what pure food tasted like. In addition to using false weights, shopkeepers routinely mixed flour with ground beans or even ground bones; tea with metal shavings; sugar with salt; cocoa with dirt. Members had to learn to appreciate the taste of good food.

Originally, the Pioneers had comprehensive plans to create Utopian self-sufficient cooperative communities, but by the time they had enough money and clout, the world had changed: society had improved in many ways, and people weren't looking to withdraw from it. In the meantime, though, cooperative societies had accomplished a lot—building homes, creating cooperative workshops, initiating an adult education system, establishing cooperative wholesale and distribution businesses, as well as cooperative banks and insurance, teaching the tenets of democracy to a generation of leaders, spreading cooperation around the world.

In the United States, cooperatives have ranged from granges to credit unions, from shipbuilding to cranberries; some are consumer co-ops, some worker, and some are a mixture. Co-ops rise when there is a need. In the nineteenth century, farmers banded together to oppose the manipulations of the railroad monopolies. During the Great Depression, the unemployed formed mutual aid societies—the largest was in Seattle, the Unemployed Citizens League. In the late 60s, co-ops were organized using federal grants to bring good food to poor areas, and in the early 70s, people looking for whole foods unavailable in traditional grocery stores, or for an alternative to the capitalist economic system, set up food co-ops and collectives.

Since Rochdale, the world has changed a great deal, but we still want good food at a fair price. Now the issue of tainted food revolves around industrial agriculture, not cheating shopkeepers, and today we consumers must bring small farmers and producers into our circle of economic fairness and community. There is still a need and there is still the Co-op to fill it. I'm excited to see what we do next.

See David Thompson's *Weavers of Dreams* for a history of our cooperative beginnings, John Curl's works for a history of co-ops and collectives in America, and Brett Fairbain's articles on the philosophy and structure of cooperatives.

CO-OPERATIVE
PRINCIPAL

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AUTONOMY & INDEPENDENCE: COOPERATIVES ARE AUTONOMOUS, SELF-HELP ORGANIZATIONS CONTROLLED BY THEIR MEMBERS. IF THE CO-OP ENTERS INTO AGREEMENTS WITH OTHER ORGANIZATIONS OR RAISES CAPITAL FROM EXTERNAL SOURCES, IT IS DONE SO BASED ON TERMS THAT ENSURE DEMOCRATIC CONTROL BY THE MEMBERS AND MAINTAINS THE COOPERATIVE'S AUTONOMY.

COOPERATIVES IN OUR FOOD COOP

WORKER CO-OPS

- **Equal Exchange** (coffee)
- **Sunshine Propane**
- **Once Again** (nut butters)

OTHER CO-OPS

- **Pachamama** (owned by family farmers)
- **Frontier Co-op**, includes Frontier, Aura Cacia, & Simply Organics (owned by wholesale customers)
- **Country Natural Beef** (owned by ranchers)
- **La Riojana** (owned by grape growers)

CREAMERIES

- **Cabot Creamery** (cheese)
- **Darigold** (dairy products)
- **Organic Valley** (meat & dairy)
- **Tillamook** (cheese)

MAIN INGREDIENTS SOURCED FROM CO-OPS

- **Equal Exchange** (coffee, tea, we got EE avocados a month ago, chocolate, some dried fruit & nuts)
- **Alaffia** (shea)
- **Divine** (chocolate)
- **Blue Diamond** (almonds)
- **Fog Woman** (Café Feminino coffee)
- **Café Mam** (coffee)
- **Alter Eco** (quinoa, rice, chocolate)
- **Maggie's** (cotton clothing & co-operative gin in Nicaragua)
- **Pachamama** (coffee)

Fun Fact

The Romantic poet Lord Byron was Lord of Rochdale, but he sold his manorial rights to finance revolution in Greece rather than work for change at home.



UPTOWN CO-OP



EARLY PIONEER



ROCHDALE CO-OP



EQUALITY COLONY



PORT ANGELES



ROCHDALE PIONEERS



CO-OP BEFORE



CO-OP AFTER

Radical Co-ops— Our Utopian Origins

Port Angeles has cooperative roots. In the mid-1880s, the fledgling Puget Sound Co-operative Colony chose young Port Angeles, then a town of 400, as the site for their collective community. The colony bought 25 platted blocks on the east side of town plus 200 acres of timber, built the first sawmill in the area, and quickly doubled the town's population. The cooperative colony did not last many years as a collective, but it accomplished much, including building the Opera House, homes for colonists, and the first office building in town, spurring the growth of Port Angeles and the Clallam County. Gradually, the collective east side of town merged with the "regular" part to the west, becoming the Port Angeles we know today.

Another cooperative land venture on Puget Sound was Home, an anarchist colony on Von Geldern Cove begun in 1896 "to assist its members in obtaining and building homes for themselves and to aid in establishing better social and moral conditions." They believed strongly in individual freedom (although the issue of nudity split the community). In 1898 they began a newspaper, *Discontent: Mother of Progress*, which soon brought notoriety as well as accusations of obscenity from the federal government. The colony lasted until 1921, but factions eventually caused its dissolution.

The Equality Colony of Skagit County, begun in 1897, was intended to be the first colony in an extensive cooperative commonwealth. Initially, the communal colony did well and even implemented trail blazing improvements like the eight-hour work day. Eventually, though, ideological disputes divided the colonists, and when difficulties arose from theft and arson, the colony folded.

On Whidbey Island, the Free Land Association, established in 1899, centered around a cooperative store. The dividends from the store could be used to purchase small tracts of land—hence "free land." Although decentralized—the colony was not a collective and colonists owned their land—Free Land was oriented around cooperative ventures and its members shared a radical spirit. Over time, though, Freeland became an ordinary village.

New Co-op!

The newest co-op in our community is the Peninsula Homecare Cooperative (PHC). Formed in the new year, PHC is composed of 12 experienced caregivers working together in a democratic structure that allows them to share in the growth, challenges, and prosperity of the business they own. PHC joins Sunshine Propane, Blue Heron Construction, and the Shipwrights Co-op as a worker-owned coop, helping shape local employment.



Argentine Cooperative Wine— Good & Tasty

Argentina's La Riojana is a farmer-owned co-op of over 500 members, most with less than seven acres of vines. The arid climate of northwest Argentina enables the farmers to forgo chemicals, while sheep eat the weeds and fertilize the vines. Buying direct—co-op to co-op—allows us to offer high-quality wine at an amazing price—\$6.99—and still pay a Fairtrade premium. Most of the co-op members farm organically but not all are certified, so part of the premium goes to get organic certification. The Fairtrade proceeds also help fund La Riojana's community programs. So with La Riojana wine, we can help support a fellow co-op, and get great wine to boot!

MORGANICS & MYSTERY BAY

Whidbey Island's Pauline Morgan makes organic jams, jellies, marmalades. No added manufactured juices and no canning. Serve Morganics Pepper Jelly with Mystery Bay Chevre on crackers or Pane d'Amore bread for a quick and tasty appetizer. Mystery Bay Farm is a small family farm on Marrowstone Island which grew out of Rachael Van Laanen's dedication to sustainable farming.



THAIFUSIONS

Sriracha

Family made in Seattle with mom Toi's recipe in small batches. Slightly sweet.



TEECCINO

Organic Dandelion Dark Roast Tea Bags
Caffeine-free coffee alternative to enjoy hot or cold, nutritious for kids, low-calorie smoothie base. Provides sustainable income for rainforest communities.



RED BOAT

Fish Sauce

Only two ingredients: anchovies and salt, no additives. Fermented, not processed. "First press" only. Highly recommended by chefs and food periodicals.



THRIVE

Try Greens Hornet Tonic Alchemy or add Hurricane Vegan Raw Protein to your morning smoothie. Made on Whidbey Island.



VOTING PERIOD May 2-15

There are four candidates for four seats, three 3-year terms and one 2-year term. Only active members are eligible to vote. Ballots will NOT be mailed to members.

FOUR EASY WAYS TO VOTE:

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

Questions?

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

CO-OPERATIVE
PRINCIPAL

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DEMOCRATIC MEMBER CONTROL: COOPERATIVES ARE DEMOCRATIC ORGANIZATIONS CONTROLLED BY THEIR MEMBERS—THOSE WHO BUY THE GOODS OR USE THE SERVICES OF THE COOPERATIVE—WHO ACTIVELY PARTICIPATE IN SETTING POLICIES AND MAKING DECISIONS.

2016 Voting Guide

**Cake with the
Candidates**

**Wednesday,
April 27,
7:00pm**

The Food Co-op
Dining Room

**Stop in
to meet
your board
candidates.**



ELECTIONS

We asked our candidates to choose from the following questions:

- Why would you like to serve on the Board of Directors?
- Describe your interest, experience, and expertise that may contribute to the Board's activities.
- What experiences have you had contributing to successful group efforts?
- What do you think should be considered in our long-term facilities plan?
- How would you encourage greater member-owner involvement in elections, forums, and meetings?



Marcia "Marty" Canaday

I was raised on one of the earliest certified organic farms in Kansas. My seven siblings and I planted, weeded, and worked together for success. I guess you might say we were a mini cooperative; all for one and one for all. Having been with true member-owned food co-ops since age 19, I value the democratic control of our Co-op, and how The Food Co-op thrives and innovates while encouraging membership and empowering its members.

I wish to positively uplift my community

through the medium of our Co-op, while serving my fellow members. Organic produce is part of the fabric of my life, and I work to forward GMO labeling and fair trade. Having tied myself to the Co-op through employment, I know that this investment of my time will keep our Co-op vibrant into my children's future as well. I want the opportunity to help keep our Co-op financially healthy, as well as continuing to foster the important relationship between the Co-op and our member-owners.

My experience as a school volunteer, business owner, and president of Bethany College activities council have sharpened useful skills to bring to our Co-op's board. I have real-world experience in the concerns of local farmers, GMO laws, and organic labeling. I still garden and raise small livestock to better empower my own family. My local interests are my own garden on our land, boating, home schooling my children, and sea glass.

As a previous business owner, I understand the value of planning for the future while allowing Co-op leadership the freedom to do their best work on our Co-op's behalf. In addition to having owned a cake shop in Kansas for 12 years, I volunteered significant hours over a decade as a volunteer and various chairs for Sacred Heart Catholic School in Emporia, Kansas. I worked in groups to make our fundraiser successful and eventually chaired the event. This giant event has given me vast experience in group planning, working together for success, and how long-range planning unfolds. (I was chair its 40th year) I managed over 400 volunteers.

Our long-term facilities plan should consider if a bigger place with more parking will actually increase sales sufficiently to warrant the expenditure. Also, insufficient parking for customers and none for employees of the store is a negative for member-owners and employee-owners alike. Our grocery department night-time stock storage issue is also problematic. It would be convenient to have The Food Co-op all under one roof or within the same block.

Have "Involvement Opportunities" be worth Involvement Points. Attendance at elections, forums, and meetings are worth points. The points may potentially be used for a price discount at register or a higher dividend percentage. Another option is to place monitors visible to those still awaiting checkout to notify of our next member-owner "Involvement Opportunity."



Monica le Roux

My family moved to Port Townsend in 1988, in time for me to attend 6th grade here. In 1995 I graduated from Port Townsend High School, and moved to Seattle to attend the University of Washington. Having spent 7 years in Seattle, and 3 on the East Coast, I returned to Port Townsend in 2006, and settled happily in to work at William James Bookseller, and eventually the Rose Theatre as well. I ran for the Co-op Board in spring of 2013, and was elected in May of that year. I was fortunate enough to be able to purchase a home in January of 2014, which has enabled me to feel like my roots finally have an anchor. I look forward to seeing what might come next!

I feel like my work on the Board of Directors this last three years has been both productive and immensely satisfying. It's been a huge learning curve as well—it's only in the last year and a half that I could truly say I've found my footing. These next three years are going to be crucial to the evolution of our organization, and I would like to continue to contribute my time and experience to our upcoming discussions and decisions.

I am deeply interested in the health of our local food system, in food security during challenging times, and in financial stability in an economic climate that I believe may become increasingly difficult. My time on the Board and the education pieces we've participated in—workshops and conferences—have given me what I believe to be a good grounding in Co-op governance. I am also two-thirds of the way through completing a certificate in bookkeeping, which has been very useful in providing a greater depth of knowledge in financial matters.

I believe that I have learned a great deal about teamwork and collaboration in my last three

years on the Board. This has only reinforced what I've learned in various other situations in my life: in the past, as a member of the crew of the sailing ship *Adventuress* and others, and now, participating in the management of the *Rose* with a wonderful group of people.

I think that whatever [facilities] option we choose, we need to commit to it wholeheartedly for success to be assured. If we are to pledge serious time and resources to a project, it should be one that serves our current and future member-owners' needs well, that links us more thoroughly to the greater community, and that can be sustainable for the longer term—preferably the next 15 to 20 years.

The best way I've seen to make involvement rise is to give member-owners issues to care about and a clear way to participate—well advertised, accessible locations for physical meetings, and on-line options for those who have difficulty making it to a meeting in person. Clarity in the process is crucial as well—for more complex issues, who will be making the decisions, which types of decision will be made, and on what timeline?



David Wayne Johnson

I have been a resident of Port Townsend since August 1998, have worked as a Planner for Jefferson County since 2003, and been a Co-op member since 2005. Like many of you, I moved to Port Townsend because it had everything I wanted in a community, and I wanted to settle in a place that I could serve and contribute to, while enjoying all it had to offer.

I have been serving on the Board as the Treasurer since May 2013 and would like to continue that work, since it seems like I have just gotten a good grasp of the work, the people, and the organization. There is much more to be done.

I'm interested in health through organic foods and supporting the local food system economy by chairing the Co-op Board's Food System Development Committee and drafting the committee's report, "The State of Our Local Food System."

With few exceptions, my work on the current Board and as a Planner for the County require that I function, make decisions, and implement work as a team member instead of as an individual. Working together for successful Annual Members Meetings is always rewarding.

We are currently working on this [our facilities plan], and several sites and scenarios are under consideration. As the Treasurer my function would be to advise the Board on how to finance any expansion of our facilities in the short **and long term. Obviously, cost-effectiveness will have to be balanced with the overall needs of the members.**

We need a campaign to more fully develop the "Co-op Culture," not just for our organization, but for promoting a cooperative economy on a local, state, national, and global level. This would require being very clear and definitive about the benefits of a co-op over the corporate business model, and incentives for participation, especially among our youngest members.



Owen Rowe

I have always identified strongly with collaborative and cooperative ways of working. As a Port Townsend resident off and on since 1997, I see The Food Co-op as one of the centers of our unique culture. Helping steward this resource so that it can grow and thrive

for future generations is one of the most meaningful ways I can think of to give back to PT.

Having served by appointment since November 2015, I find that the issues, the process, and the people are perhaps the most engaging show in town. There are some huge decisions coming up about facilities and market position, and I want to see them through. I am not tied to any specific plan of action, but I am tied to completing the process in an open, collaborative, and above all imaginative way.

I am a writer and translator, an arts and education organizer, and a systems thinker from my years in the software business. For many years I have served as a board member, volunteer, or staff in arts, culture, and community organizations. I currently serve on the PT Arts Commission and the Friends of the PT Library board, and work at Jefferson Community School.

Whether on a work team or as part of a community organization, I feel most of service in two contexts: when digging into the details of a chosen project, and when debating the most (seemingly) abstract and philosophical issues of mission and strategy. I work to see that our end result is both in alignment with our highest callings, and accurate to the pixel. Either the whole forest with all its interconnections, or the intricate mechanisms of a single tree: not much in between.

[Our facilities plan should consider] the sustainability of our community and our Co-op in the long term--20, 50, or 100 years. As a community-owned business, we have an obligation to think inclusively about issues of food security and access, cultural and agricultural sustainability, and resiliency in the face of climate change and corporate capitalism. The Co-op is physically and culturally one of the centers of PT, and both aspects must be maintained; a thriving Co-op can and should be one of the key indicators of a thriving PT.

Considered broadly, [member involvement] is what attracted me to join the board in the first place. I think the Co-op could do a better job creating value (not just monetary) around participatory, cooperative ownership, and demonstrating the benefits of belonging in building community and relationships. I think membership itself should be one of our core products. The attraction of elections, forums, and meetings should be the opportunity to collaborate with friends and neighbors, not some motivating issue or advantage to claim.

CELEBRATE THE CO-OP

AT THE PALINDROME



WE'RE ALL COOPERATORS HERE The Food Co-op's Annual Meeting Sunday, June 5 3-7pm

- 3pm** Meeting with Board President Janet Welch & General Manager Kenna Eaton
- 4pm** Guest Speaker David Thompson—Our Cooperative Past & Future
- 5-7pm** Old-Time Music & Veggie Paella



Special Guests

Local cooperatives, more than you ever knew existed. Come find out who they are and what they do.

Play Co-op Bingo for a chance to win a Food Co-op gift card.

Snacks:

The Paella House will serve veggie paella and salad.

Cider and wine will be available for purchase from the Eaglemount tasting room.

Check out the Ride Share board at the front of the store to arrange car pools to the Palindrome.



Meet Our Guest Speaker: DAVID J. THOMPSON

David Thompson lives and breathes co-ops. He grew up near Rochdale, England, the home of the Society of Equitable Pioneers, usually considered the birthplace of the modern consumer co-op. After emigrating to the U.S. in the 1960s, he became immersed in the civil rights and anti-war movements. Seeing the immense numbers of people gathered in marches and rallies, David realized that if they worked together in cooperatives, they could change the world. Since then, he's been involved in many kinds of cooperatives in many countries—from helping found a cooperative bank in the U.S. to working to get blacks into cooperatives in apartheid South Africa to helping cooperatives behind the Iron Curtain to building cooperative housing. Maybe he could give Port Townsend some tips on cooperative housing!

Today David is president of the Twin Pines Cooperative Foundation, which collects and distributes grants to cooperatives all over the United States. One of its most interesting campaigns—Give Where You Live—creates individual co-op funds, enabling co-op members and shoppers to make donations to an endowment that in turn donates to local nonprofits.

David is also a prolific writer on co-ops, including *Weavers of Dreams* about the founding of the modern cooperative movement as well as innumerable articles. And he even makes time to write short fiction. At the annual meeting, he will tell us about the history of cooperatives as well as the wealth of opportunities for cooperatives in the future.



LOCAL BEEF

Chimacum's Westbrook Angus and Short's Beef

We're the only place on the Quimper Peninsula to find local beef that has been freshly ground. The best way to cook ground beef is in a cast-iron skillet with a little oil. Do not form patties with your hands—just spoon out a few ounces into the pan, flatten it with a spatula, salt it, when crisp, flip. Toast a bun, spread your favorite condiments, and enjoy!

3 CO-OPERATIVE PRINCIPAL MEMBERS' ECONOMIC PARTICIPATION: MEMBERS CONTRIBUTE EQUALLY TO, AND DEMOCRATICALLY CONTROL, THE CAPITAL OF THE COOPERATIVE. THIS BENEFITS MEMBERS IN PROPORTION TO THE BUSINESS THEY CONDUCT WITH THE COOPERATIVE RATHER THAN ON THE CAPITAL INVESTED.

DO YOU HAVE A FAVORITE HAND-PICKED PRODUCT AT THE FOOD CO-OP?

Tell us about it on facebook.com/PortTownsendFoodCoop or write a suggestion about how to use your favorite products. We love local recipes and are collecting the best to post on our website.



REUBEN'S BREWS

A small, family-owned brewery in Ballard, with lots of awards to its credit.



SAN JUAN VINEYARDS

An earthy, spicy cabernet with a "nice bit of forest floor." Yvonne Swanberg's wines are made from grapes grown on San Juan Island and eastern Washington.



PURE LOVE

Made by an Olympia couple dedicated to making chocolate everyone can enjoy--dairy-free, Stevia sweetened, soy-- and gluten-free.

LIVIN' SPOONFUL

Sprouted Crackers, made by a Portland couple, are raw, vegan, and gluten-free.



Bee Connected

The Community in Your Garden

GINGER META, Olympic Run Ranch

Plants
sold at The
Food Co-op are
NOT treated with
neonicotinoid-based
insecticides



Good Food

Healthy Communities

MINDY DWYER & LISA BARCLAY

“WE CAN’T SAVE THE WORLD BY OURSELVES. WE NEED A STRONG, HEALTHY COMMUNITY, AND IF HALF THAT COMMUNITY ISN’T STRONG OR HEALTHY, WE CANNOT DO IT.”— JEANNETTE MARTENS

Jeannette Martens is passionate about people and food. She believes a strong community requires healthy people, and good health requires good food. To that end, many of her varied interests and endeavors center around food in some way, from starting Hungry Elephant (a locally sourced vegan food cart at the Farmers Market) to creating edible landscapes for Port Townsend residents, from serving as residential chef for a permaculture design school in Hawai’i to earning a degree in holistic nutrition consulting. Even organizing Port Townsend’s “March Against Monsanto” relates to food. Today Jeannette runs the Dove House Healthy Meals program, teaching how to cook healthful meals with ingredients that are readily available.

While Jeannette loved cooking for people at the Farmers Market and the permaculture school, she believes that education—teaching people to cook for themselves—is the best way to make a lasting difference. She approached the Food Bank about giving cooking demonstrations, but clients don’t usually stay long enough to attend a class or demonstration. Dove House, with its large kitchen and live-in residents, turned out to be a better fit.

The next hurdle was funding. Dove House runs on grants, and it didn’t have money to spare, so Jeannette set out to raise the money herself. Dove House could cover the cost of the staff who by law need to be present, but \$3900 was needed to fund the program for six months. Jeannette wrote a grant letter and approached local businesses. Word spread, and soon she had enough for a six-month pilot program.

At Dove House Jeannette tries to create a nurturing space where the women and kids feel comfortable joining in if and when they want. Kids love to help cook, but they don’t always want to

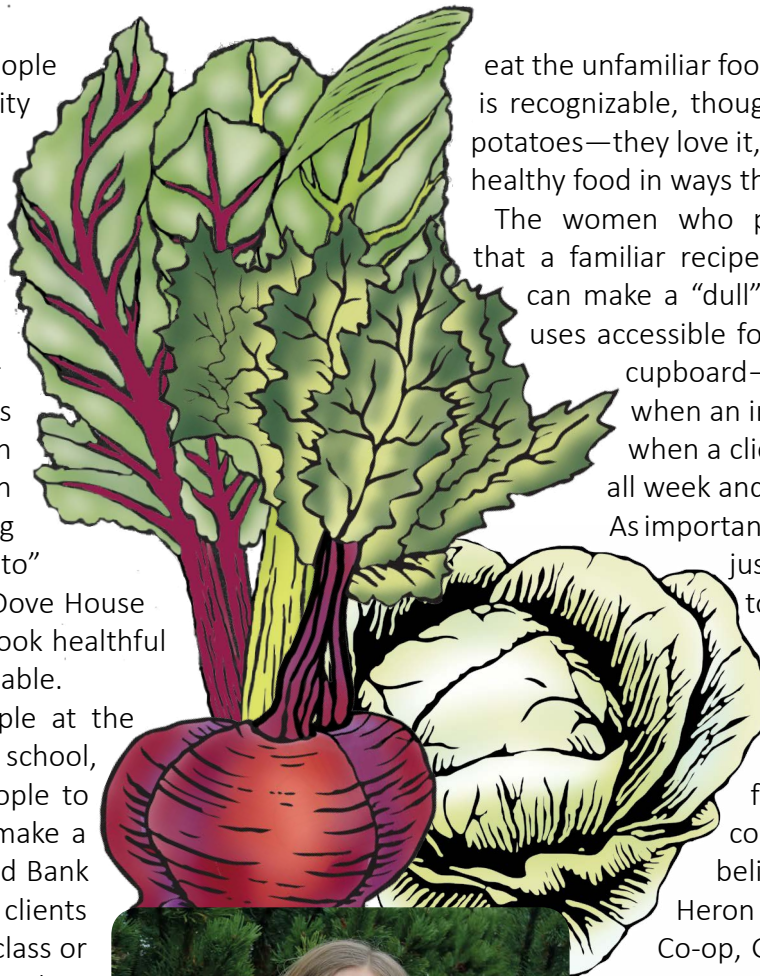
eat the unfamiliar food—all the meals are vegan. If the food is recognizable, though—say chili or Thanksgiving mashed potatoes—they love it, vegan or not. The trick is to give them healthy food in ways they can recognize and enjoy.

The women who participate are frequently surprised that a familiar recipe can be made vegan or that spices can make a “dull” food like lentils delicious. Jeannette uses accessible foods and spices—what’s right in their cupboard—and demonstrates how to substitute when an ingredient is not available. She’s happy when a client confides that she ate the leftovers all week and feels the difference.

As important as good food is, Jeannette’s goal is not just to feed Dove House clients, not even to teach them how to feed themselves, but to make them feel that they are cared for, to let them know they are an important part of the fabric of our community. And she’s grateful for the many local businesses that contributed funds, showing they too believe in this shared community: Blue Heron Construction, Dogs-a-Foot, The Food Co-op, Glow Skin Care, Pane d’Amore, Petals, Prosper Natural Health, Wallyworks, and Wright Away Delivery.

The pilot program is ending, and Jeannette and Dove House are looking for ways to generate further funds. They plan a cookbook based on the meals as well as a monthly Farmers Market booth to tell people about the program and to sell the cookbook as a fundraiser. Jeannette is also thinking of ways to expand the program, possibly with concise health and wellness sessions.

If you are interested in donating to this exceptional program, please check out the Dove House Healthy Meals Facebook page or <https://www.razoo.com/us/story/Dove-House-Meals-Healthy-Nutrition-And-Cooking-Skills>.



Jeannette Martens
HNC, Plant-based Culinary Instructor

A *Real* Jersey Connoisseur



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

Do you realize how lucky we are to have fresh Jersey milk available at the Co-op? I've downed glasses of our local Dungeness Valley Creamery milk daily for 15 years. It's a wild love affair that's grown into a committed relationship. When I lived closer to Sequim, I'd drive out to the farm weekly, visit the Jersey cows in the field, watch milking time, and take bottles of fresh milk home. I've grown accustomed to the rich, sweet, floral taste, the thick layer of cream that settles on the top, and can't drink "regular" milk anymore. It tastes cooked, flat, and frankly it doesn't agree with my stomach. I've become a real Jersey milk connoisseur.

I offered a glass to a friend who'd never tasted true Jersey, which by the way boasts the highest milk-fat content of any cow, a whopping 4.6%. The look of joy she gave me! She went on about why oh why had she been deprived all her life? She now buys it regularly, especially after I finished showing her all the magic she can make with a gallon of it.

The price of local Jersey is higher than other milks, but it's a real deal if you do your own home culturing. I buy a gallon every week, checking for the best pull date. This milk does "go" more quickly, because it's alive, so it must be used within a week or cultured. A gallon costs me around \$9, but from that gallon I make a quart of yogurt and a quart of kefir. I also make fresh cheeses like fromage blanc or paneer. I use all the whey from the cheesemaking in baking, to drink, or to help activate ferments like krauts. I also save back a pint or two for drinking fresh.

I spend around 30 minutes of hands-on time a week culturing milk. The kefir takes 10 minutes of active time. The yogurt's easy,

but I do have to wait for it to heat to temperature and then cool back down again. Fromage blanc is ridiculously fast—two minutes to start, overnight culturing, and then another two minutes to set it straining.

I use my kefir mainly for baking or in anything requiring buttermilk. The yogurt I like to make is skyr, which is an Icelandic strain. Our co-op sells small containers of Siggis Skyr that I use as my starter. I also strain the yogurt down into thick Greek style yogurt as well as labneh, a yogurt cheese. I make fromage blanc from culture packets that I order from the New England Cheesemaking Supply Company. They are inexpensive, convenient, and keep in the freezer.

There are many folks in Jefferson County who make kefir and will give you kefir grains for the asking. By tradition they are not supposed to be sold but given, because they were originally a gift from Allah. You can, however, buy it online or at the Food Co-op. I usually have extra to share. The nice part about sharing is that, when you're in need, those you have given to will have some ready to give back.

This all sounds great, you say, but how do I learn to culture yogurt, kefir, and cheese? Just remember it all very easy to do! I learned to make yogurt and kefir from Nourishing Traditions, for sale at The Food Co-op or available at our local libraries. The New England Cheesemaking Supply Company has free cheese ebooks. CulturesForHealth.com has instructional videos for all things cultured. Oh, and remember, once you learn to culture milk, teach it to your kids, friends, and neighbors. Pass the knowledge on until we become a cultured community.

How to Make Paneer Cheese in Half an Hour

Makes about 2 cups of cheese cubes

INGREDIENTS

- ½ gallon local Jersey milk
- ¼ cup lemon juice or vinegar
- ¼ to ½ teaspoon salt

EQUIPMENT

4-quart saucepan; slotted spoon; strainer or colander; mixing bowl; cheesecloth, nut bag, or other cloth for straining; dinner plate; and weights, like a 32-ounce can of tomatoes.

INSTRUCTIONS

Heat the milk: Pour the milk into the saucepan over medium heat. Bring the milk to a simmer— just below the boil at around 200F. Stir the milk occasionally, scraping the bottom of the pot to make sure the milk doesn't scald. At 200F, the milk will look foamy.

Add the lemon juice: Remove the milk from heat and stir in the lemon juice. The milk should begin to curdle immediately, but it's ok if it doesn't.

Let the milk stand for 10 minutes: Cover the milk and let stand for 10 minutes to give the acid time to completely separate the curds and whey. At the end of 10 minutes, the curds should be completely separated and the liquid will look yellow and watery. If the milk hasn't separated, try adding another tablespoon of lemon juice.

Strain the curds: Set a strainer or colander over a mixing bowl and line it with cheesecloth, a nut bag, or other straining cloth. Carefully scoop or pour the curds into the strainer, letting the whey collect in the bowl beneath.

Squeeze the curds: Gather the cheesecloth in your hand and gently squeeze to remove the excess whey.

Salt the curds: Open the cheesecloth and sprinkle 1/4 teaspoon of salt over the curds. Stir gently and taste. Add more salt if desired.

Press the curds: Transfer the curds (still in the cheesecloth) to a large dinner plate. Shape them into a rough square and then fold the cheesecloth tightly around the curds to form a neat rectangular package. Set a second plate on top of the package and weigh it down. Press for at least 15 minutes or up to 1 hour.

Use or refrigerate the paneer: Once pressed, your paneer is finished and ready to use. You can use it immediately or refrigerate for up to two days. Refrigerated paneer will be firmer and less likely to crumble than fresh paneer. Save the whey to drink or use in baking or ferments.



Co-op Cooks!

Connecting Food, Friends, Family

CO-OP COOKS is a program of classes, in-store demos, and feasts. They inspire all ages with hands-on cooking and a chance to brush up on kitchen skills.

POP-UP EDUCATION

Demos in the store are a fun way to learn about cooking with whole foods. Stop in, taste samples, pick up recipes and tips. Meet Sidonie back near the dining room, where she'll demonstrate her magic.

POP-UP DEMOS	DATE	TIME
Savory Indian Dosas	Mon. Apr. 18	1-3pm
Secrets of Salad Dressings	Sun. May 15	1-3pm
International Crepes	Sun. Sept. 4	1-3pm
Black-Eyed Peas for Everyone	Sun. Nov. 20	1-3pm
Thoroughly Modern Millet	Sun. Dec. 11	1-3pm

FAMILY FEAST AT THE MARKET KITCHEN

Get comfortable in the kitchen with kids by learning to cook an international meal together. Ages 8 and up with accompanying adult. Meet at the Market Kitchen, 1433-B Sims Way. Fees are \$25 per pair/max. of 8 pairs. Tickets available at Brownpapertickets.com.

FEASTS	DATE	TIME
Tamale Party	Sat. June 11	1-5 pm
Sushi & Sauces	Sat. July 9	1-5 pm
E is for Ethiopian & Exciting	Sat. Aug. 6	1-5 pm

CO-OP COOKS CLASSES

Classes with snacks at the Market Kitchen are open to all, children 8 and up with accompanying adult.

Spice It Up!	Sun. Oct. 9	1-3pm
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CO-OPERATIVE
PRINCIPAL

5

EDUCATION, TRAINING AND INFORMATION: COOPERATIVES PROVIDE EDUCATION AND TRAINING FOR MEMBERS, ELECTED REPRESENTATIVES, MANAGERS AND EMPLOYEES SO THEY CAN CONTRIBUTE EFFECTIVELY TO THE DEVELOPMENT OF THEIR COOPERATIVE. MEMBERS ALSO INFORM THE GENERAL PUBLIC ABOUT THE NATURE AND BENEFITS OF COOPERATIVES.

Cooperative Dividends Update

Back in 1844, when the Rochdale Society of Equitable Pioneers formed their cooperative grocery, they charged the going rate for goods and then periodically returned surplus funds to their members. Today, we call this a patronage dividend (because it is based on how much patronage you give the co-op), but back then they called it a cooperative dividend, or “divi” for short.

In 2014 Food Co-op member-owners voted on bylaws enabling us to adopt patronage dividends. Each year, if we have a profit—we aim for about 1%—the board will decide whether or not to have a dividend, depending on our current expenses and needs. With dividends, we can return a portion to our members based on how much they’ve spent and keep some as a financial cushion for lean years or to help finance an expansion or remodel.

The Board will vote soon on dividends for 2015. If it’s yes, we’ll send notices via email or post, and then announce the dividend at our Annual Meeting, this year at the Palindrome on June 5, 3-7 pm. (By the way, giving the Co-op your email for business-related matters like voting and patronage dividend notices saves money that would otherwise be spent on printing and postage.) You’ll be able to use your dividend at the cash register—you can either receive cash, put it toward your purchases, or donate it to a local nonprofit.

Are You Curious?

Then join the Food Co-op Product Research Committee. Help us investigate questions from our members about products we carry. In the ever-changing world of food and food production, there is always more to learn. We meet the second Tuesday of the month from 3 to 4 pm at The Food Co-op Annex (2110 Lawrence St.). For more details, contact Deb Shortess at deb@foodcoop.coop.



A Deal You Can Count On

Two great programs with one great name. Starting in April, Centsibles will become Co+op Basics. We created the Centsibles program to offer a large selection of our best sellers at consistently low prices. Now NCG—our national cooperative of food co-ops—has a similar program called Co+op Basics, so we are combining the two programs and adding even more products. Look for the Co+op Basics logo on the shelves.



New Co+op Basics Tuna

Wild Planet Skipjack Tuna priced at \$2.29. Processed in Vietnam, Wild Planet gets high ratings from the Monterey Bay Aquarium (MBA) Seafood Watch. Look for it on the shelf next to the WIC-approved Sustainable Seas tuna. Owned by the same company, Sustainable Seas also gets high ratings from Seafood Watch. We purchased extra cases of this Skipjack Tuna when it was on sale, so we can maintain this lower price for some time.

For more information about our recently adopted Seafood Sustainability Policy, visit our website. And be sure to read the summer issue of *The Commons* for more information on the certifying agencies like MBA and the Marine Seafood Council (MSC), plus a discussion about the concerns surrounding human rights and the seafood industry.



We have a new insulated Co-op Stronger Together bag for sale. \$3.99.

CO-OPERATIVE PRINCIPAL



VOLUNTARY & OPEN MEMBERSHIP: COOPERATIVES ARE VOLUNTARY ORGANIZATIONS, OPEN TO ALL PEOPLE ABLE TO USE THEIR SERVICES AND WILLING TO ACCEPT THE RESPONSIBILITIES OF MEMBERSHIP, WITHOUT GENDER, SOCIAL, RACIAL, POLITICAL OR RELIGIOUS DISCRIMINATION.



Calendar

MON, APRIL 18

Demonstrating the Dosa- free
The Food Coop, 414 Kearney
1:00pm – 3:00pm

SAT, APRIL 23

Beach Cleanup
Check in at The Food Co-op
before 3pm to get your gear
Return with trash to weigh in
and get a \$5 Co-op voucher.
www.ptmsc.org/events

WED, APRIL 27

Walk a Mile in Her Shoes
Rotary Park, 6:00pm

TUE, MAY 3

Board of Directors Meeting
The Food Co-op Annex
2110 Lawrence Street
5:30pm – 8:30pm

WED, MAY 4

Member Engagement
Committee Meeting (MEC)
The Food Co-op Annex
2110 Lawrence Street
5:30pm – 6:30pm

TUE, MAY 10

Board Development
Committee Meeting (BDC)
The Food Coop Annex
5:30pm – 6:30pm

WED, MAY 11

Food System Development
Committee (FSD)
The Food Co-op Annex
2110 Lawrence Street
5:30pm – 6:30pm

SUN, MAY 15

Making Salad Dressings- free
The Food Coop, 414 Kearney
1:00pm – 3:00pm

SUN, JUNE 5

The Food Co-op
Annual Meeting
The Palindrome
3:00pm – 7:00pm

TUE, JUN 7

Board of Directors Meeting
The Food Co-op Annex, 2110
Lawrence Street
5:30pm – 8:30pm

WED, JUN 8

MEC
The Food Co-op Annex
2110 Lawrence Street
5:30pm – 6:30pm

FSD

The Food Co-op Annex
2110 Lawrence Street
5:30pm – 6:30pm

TUE, JUN 14

BDC
The Food Coop Annex
2110 Lawrence Street
5:30pm – 6:30pm

FARMERS MARKETS OPEN

April 2, Sat. Port Townsend
June 15, Wed. Port Townsend
June 5, Sun. Chimacum

CHEW ON THIS! BOARD DEMOS

First Saturdays 3:00-5:00pm
Third Tuesdays 11:00am-1:00pm

BOARD TALK IN THE ALCOVE

Last Sundays Noon-2:00pm

PRODUCT RESEARCH COMMITTEE (PRC)

The Food Co-op Annex
2110 Lawrence
3rd Tuesday at 3pm

Connecting to Our Food at the Farmers Markets

PORT TOWNSEND & CHIMACUM

Amanda Milholland
Director of the Jefferson County
Farmers Market



When I was a kid, I lived in uptown Port Townsend, not far from The Food Co-op. I took great pride in learning to walk to the Co-op on my own when I was about seven or eight years old. Twenty-seven odd years later my love for food has evolved into a personal goal of creating a greater connection to the origins of my food. At the end of October, 2015, I took this goal further with a commitment to helping my community connect with our food as the Director of the Jefferson County Farmers Market.

I see our farmers markets as places where our community can gather in celebration and discovery of our connection to our food as sustenance grown from soil and seed, and harvested by hand. When we shop at the Port Townsend Saturday and Wednesday or Chimacum Sunday Farmers Markets, we purchase seasonal, ultra-fresh foods directly from the farmers who grow them. We get high-quality, nutritious food and we keep more money circulating in our local economy.

This year my small team and I are planning some great events we are eager to share with you. The grand opening of our market season was Saturday, April 2nd in uptown Port Townsend with a ribbon cutting, followed by our traditional goat parade, live music, and fabulous vendors.

On May 28th we will host the third annual Artisan Food Festival at the Port Townsend Saturday Farmers Market, with chef demos throughout the day by Arran Stark of Jefferson Healthcare, Laurette Feil of Sweet Laurette Café, Daniel Ratigan of Port Ludlow Resort, and Sidonie Wilson of The Food Co-op. We will also host food-related kids activities by the YMCA and the Port Townsend Library, artisan food juggling, artisan food-making classes by CedarRoot Folk School, and more than 70 farmers, artisan food makers, and arts and craft vendors. The grand finale of opening day took place at Finnriver Cidery's brand-new location in Chimacum.

We are really excited about Kids Days at the Chimacum Farmers Market on the first Sunday of June through October. In partnership with the YMCA, the ReCyclery, Chimacum Corner Farm Stand, and other community partners, we are hosting kids games and entertainment that even adults will enjoy. Join us on Sunday, June 5th, for the first Kids Day with games by the ReCyclery. Then head over to the Palindrome for The Food Co-op Annual Meeting!

Stay tuned for more fun-filled events!



Hit the bulk department for everything you'll need to make your own energy bars for the hiking season!



Energy Bars *Made Simple*

BODY: Pitted dates, figs, apricots, honey, agave, nut butter

Make your own energy bars with this simple formula. Mix equal parts body, bulk, and snap by hand or in a food processor. Press into a square on wax paper or glass pan. Refrigerate until firm, then cut into squares. Bars will keep two or more weeks in the refrigerator.

BULK: Toasted oats, shredded coconut, wheat germ, ground nuts

SNAP: Chopped nuts, seeds, toasted or puffed grains