



2016
SUMMER
ISSUE

THE CO-OP COMMONS

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

WHAT'S LOCAL

Broccoli
Basil
Green beans
Blueberries
Strawberries
Raspberries
Carrots
Cauliflower
Cucumbers
Eggplant
Head Lettuce
Onions
Potatoes
Zucchini
Tomatoes (Slicers,
Heirlooms, Romas
And Cherry)



SPECIAL
SECTION

Recipes
FROM Local
Farmers

WHAT'S INSIDE

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SPECIAL INSERT—
FARM FRESH
RECIPES

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Opportunities
- 9 Avoiding
Packaging
- 10 News & Alerts

“Don’t eat anything your great-grandmother wouldn’t recognize as food.” —Michael Pollan



THE CO-OP COMMONS

Quarterly Newsletter of

The Food Co-op

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www.facebook.com/PortTownsendFoodCoop

PortTownsendFoodCoop

OPEN DAILY

Mon-Sun 8am-9pm

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; Zach Wailand and family of Dharma Ridge farms, Quilcene, WA
Photo by Lisa Jensen

Why Be A Co-op Member?

LOCAL

- Support our local food system.
- own a cooperatively run business.



CONNECT

with community and support your neighboring farmers & producers.



GIVE BACK

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

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.



SPECIALTY DIETS

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



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.

TOUR THE STORE

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

THE FOOD CO-OP

THE ONLY
COMMUNITY OWNED
GROCERY STORE



Member-Owner BENEFITS

Have A Voice

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

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

Member
Appreciation Days

Run for office

Member
Dividends

How It Works:

DEMOCRATIC VOICE

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

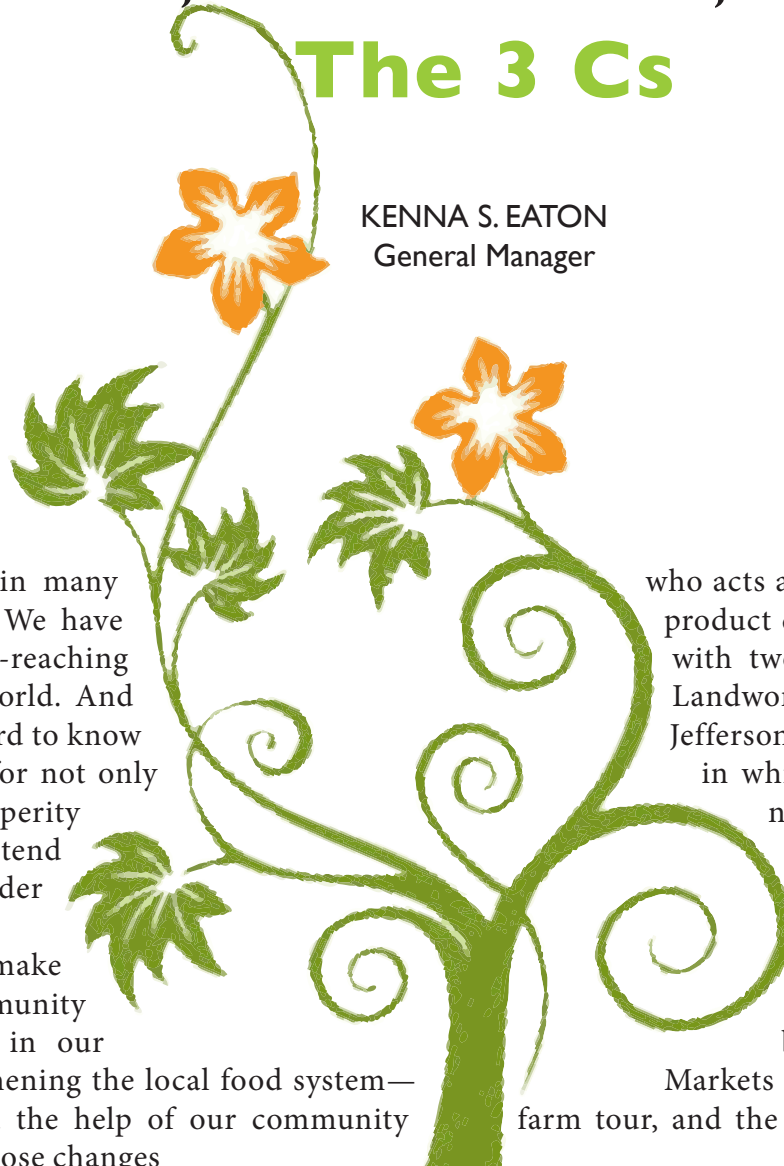
ASK YOUR CASHIER FOR A MEMBER FORM.

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.

Cooperation, Collaboration, Community—

The 3 Cs

KENNA S. EATON
General Manager



The Co-op is a business, but in many ways we are akin to nonprofits. We have a mission and principles and far-reaching goals to do more good in this world. And that can make it confusing and hard to know exactly where our priorities lie, for not only are we interested in growing prosperity for our Co-op, we want to extend that prosperity out into the wider community.

We recognize that if we want to make a positive impact on our community using the five paths identified in our strategic plan—including strengthening the local food system—we can't do this alone. We need the help of our community partners, collaborating to affect those changes rather than taking on the task by ourselves. So when it comes to food system development, we don't just want to buy and sell more locally grown food at the Co-op, although that is really important. We want to help our local producers grow their market share; then they, in turn, can put their money back into the local economy, and ultimately, we all benefit from that. In essence, we want to grow our cooperative impact.

So how are we collaborating with these partners?

The Food Co-op has a local cultivator on staff, Brendon O'Shea, who is responsible for sourcing new local and regional products and

who acts as a resource to local growers and producers on product development strategies. Our staff works closely with two organizations—Deb Shortess with Jefferson Landworks Collaborative and Brendon O'Shea with the Jefferson County Food System Council—to foster ways in which we can influence the system-wide changes

needed to meet our goals. We have sponsored seed development through the Organic Seed Alliance, which will not only help ensure a strong seed bank for future farmers but also support crop development for this cool, maritime climate. We are finding new ways to build alignment with both the Jefferson Farmers

Markets and WSU Extension by sponsoring classes, the farm tour, and the artisan food fair, to name a few. In the store,

we hired Laura Llewellyn, a farmer herself, to run our produce department. With strong ties to the local farming community, Laura is positioned to help identify gaps in our crop calendar and find growers willing to fill those gaps. And on a smaller scale, we work one-on-one with area farmers and producers; for instance, last year we lent funds to a local producer to help her buy a tractor, which then allowed her to grow her business.

Collaboration and cooperation go hand in hand, and that cooperation extends beyond our four walls, out into the broader community—this is what sets us apart from most other businesses. Thanks for being part of that green revolution.

“...cooperation extends beyond our four walls, out into the broader community— this is what sets us apart from most other businesses.”

Shopping

Local at the Co-op *AND* for the Co-op

—LAURA LLEWELYN, Produce Manager

Personally, I like to think of the produce department as a farmers market that is open seven days a week from 8am to 9pm. Likely it's my background of farming locally that has led me to hold onto this perspective as I have made my transition to produce manager at the Co-op. My favorite part of the job is working with all the farmers and helping them to sell as much food as possible. However, I still take joy in going to the farmers market when I can. I like to take note of what is for sale at the market and not available at the Co-op.

Why are there differences, you may wonder? When a farmer sells at the farmers market, they get the full retail price for that item. This return does come at the cost of moving all that produce to and from the market, setting up the booth, stocking it, keeping it fresh without refrigeration, and paying for the labor to make all that happen. Sometimes farmers don't have enough volume of an item to wholesale it. The farmer's market is a relatively small window in time, while the Co-op goes through quite a bit of volume during the 91 hours per week that our market is open. Weekly the coop receives a list from each farm of what produce is available for us to buy, to resell to you all. Even if it's not on the sheet, I have been known to ask if they would sell me a case of this or a case of that based on what I saw at the market. Sometimes it works, and sometimes it doesn't.

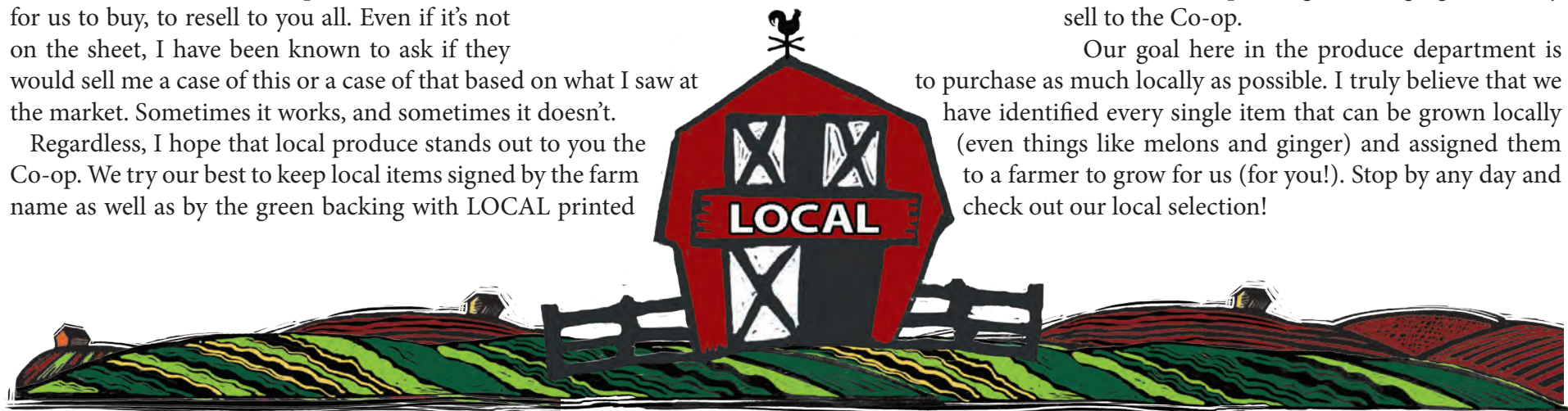
Regardless, I hope that local produce stands out to you the Co-op. We try our best to keep local items signed by the farm name as well as by the green backing with LOCAL printed

above the name. The signs in the produce department are undergoing a facelift this summer. Our new signs will have the L printed right on them along with the local farm's name. There is also a master list of local produce that you can look at any time. Have you ever looked closely at the wall just outside the produce back room? I update that magnet board weekly with lists of all the local produce items. On it you can see at a glance which farmer is selling what to the Co-op this week.

Orchestrating who we buy what from has been quite the task. Being the big outlet in town for high-volume local produce means everybody wants to sell to us! It's a wonderful position to be in and I have each of you to thank! How, you may wonder, do we make these decisions? We try to honor past practices, consider both quality and consistency of availability, and look at market trends. This past winter, I met with every farmer that we buy from and made a plan for this year. With the help of my co-workers, I also tried to identify every produce item that we buy for the store that has not been sourced locally in the past. I shared this list with new growers and growers interested in expanding or changing what they sell to the Co-op.

Our goal here in the produce department is to purchase as much locally as possible. I truly believe that we have identified every single item that can be grown locally (even things like melons and ginger) and assigned them to a farmer to grow for us (for you!). Stop by any day and check out our local selection!

“I met with every farmer that we buy from and made a plan for this year.”



Eating with THE Locals



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



On our farms and in our gardens, plants take in the sun, converting it into sugars to feed themselves, but also giving generously, through their roots, to the microbes at their feet. These trillions of soil bacteria, fungi, nematodes, and even viruses in turn work hard for the plants, symbiotically helping them absorb nutrients and resist drought, disease, and pests. Whenever a seed germinates, the microbial community is there to help it flourish. A symphony of important underground activity is played out between plant and the soil's microbiome. Our local farmers and gardeners know this and are as concerned with protecting and feeding their soils as they are about growing our food. Fruits and vegetables grown with strong and diverse microbial relationships are healthier and taste better.

The microbial story doesn't stop with soils and growing local foods, because when we eat Lazy J Tree Farm's Asian pears, Dharma Ridge's sweet corn, or when we buy blueberries from Finnriver, greens from Midori, asparagus from Solstice Farm, or Spring Rain's squashes, Nash's beets, and Red Dog's strawberries, we are feeding our own gut's microbiome.

The reasons for eating local are a lot more local than you'd ever imagine. Now, when I wonder what to eat, a wee voice reminds me that I'm not just eating for one anymore, but for the 100 trillion microbes, over 500 different species, who live in my gut and form the major part of my microbiome.

The human microbiome, defined as the microorganisms in our bodies or on parts of our bodies, teaches me that very little of me is actually me. Within this body, I'm only about 10% human, and for every cell that's mine there are about ten microbial cells. Luckily, it's not a one-sided deal; there's still no free lunch, and the microbial masses work for their keep, providing me with ecosystem services like invasion resistance and immune defense. They play a role in the manufacture of neurotransmitters, enzymes, vitamins, and other essential nutrients. They're also key stress regulators and may even have a say in my temperament! I'm not "little old me" anymore, but a Super Organism, housing trillions. But they are under my conscious care, in that I choose what to put in my mouth, and their very survival depends on my choices.

And what do the good microbes like to eat? Plant Fibers! Yes, they like to eat soluble and insoluble fiber and resistant starches. They, like the soil microbes, ferment and break down plant fibers to feed on. They adore leaves, stems, roots, tubers, and seeds. They thrive on legumes, whole grains, especially our local oats, rye, and barley. They love nuts and seeds, fruits, and vegetables.

Plant relationships with the micro world, and our relationship with our microbiome, are an ecological miracle of natural cooperation. Please check out Michael Pollan's excellent article online, "Some of my Best Friends are Germs" from *The New York Times Magazine*, and see the citizen-science initiative called "The American Gut Project."

Find a complete microbiome summer farms lunch menu at www.foodcoop.coop/localrecipes that uses 16 microbiome loving ingredients in one meal!

Sidonie Wilson teaches a series of classes and in-store demonstrations. See www.foodcoop.coop for info.

Daily Microbiome Regime

Remember variety is the spice of life—and the key to microbiome happiness—so mix it up: eat local, eat the rainbow, and eat seasonally.

1. 1 cup serving of legumes
2. ½ cup serving of whole grains or pseudo grains like buckwheat and amaranth
3. fruit (two fresh and one dried)
4. a variety of seeds and nuts throughout your day (¼ cup total)
5. a variety of local seasonal vegetables in rainbow colors (each serving=½ cup cooked or 1 cup raw)

STAFF SPOTLIGHT

Rachel



We asked Rachel, "What is your job at The Food Co-op?"

I am the assistant to the Board of Directors. I help the board stay organized and make sure all the proper records are kept. You won't find me in the store (except when I am there shopping), but I invite you to attend a board meeting once in a while to say hello and see your board at work.

"Tell us about your background."

I spent my summers through college working alongside my dad and brother on our family's organic farm in Everson, WA. I harvested and delivered a lot of kale and zucchini to the Community Food Co-op in Bellingham! On first moving to Port Townsend, I worked for Habitat for Humanity, and in 2013 I earned my MBA in Sustainable Systems from Bainbridge Graduate Institute.

"Why did you choose to work at The Co-op?"

After grad school, I was looking for part-time work that would allow me to pay my bills while pursuing my entrepreneurial aspirations. The board assistant job was a natural fit. My passion is rural economic development, and The Food Co-op plays such a vital role in nurturing this community's agricultural economy; plus it is a major employer in our small town.

"Other hats you wear?"

I offer consulting and facilitation for small businesses and organizations through my business, Gift of Good Work. I do this work from The CoLab, our awesome local co-working space.

"What are your favorite books?"

For fiction, it's *Precious Bane*, by Mary Webb, a beautifully told fairy tale of a story set in rural England in the eighteen hundreds. For nonfiction, *Owning Our Future*, by Marjory Kelley, which presents a set of principles and models for businesses that truly serve people and communities, including co-ops, of course!

"What if you ruled the universe?"

You know all those articles and polls that list Port Townsend as one of the best small towns to retire in or to visit? I want to make Port Townsend one of the best small towns to be a young entrepreneur.

RACHEL'S PICKS



EPIC BARS
Savory meat, fruit & nut bars, high in protein, low sugar. GLUTEN, SOY & DAIRY FREE



BREW DR. KOMBUCHA
Three sizes available on tap: Love, Lemon Ginger, Super Berry, Clear Mind



LOPEZ ISLAND
Local Ice Cream

STAFF ANNIVERSARIES

25 years

Deborah Shortess

21 years

Eileen Lindstrom

15 years

Walter Harris

Josephine Holmstedt

13 years

Brendon O'Shea

10 years

Catherine Morse

William Walker

9 years

Tracy Nichols

8 years

Phillip Blair

Jan Tobin

7 years

Michael Jones

6 years

Barbara Lytle

5 years

Adam Carter

3 years

David Dunn

Patricia Ferry

2 years

Cameron Boyd

Carol Tabler

Lauren Davis

1 year

Laura Llewellyn

Daniel Walvatne

Tammy Franklin

Dylan Carter

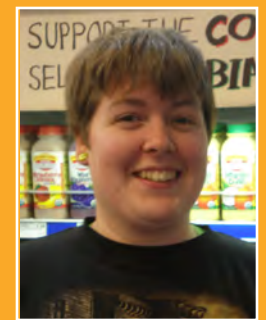
Kathleen Palmer



Jan/Feb
Rob Robbins



March
Marty Canaday



April
Cha Wright

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. 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.

FARM FRESH

Recipes from Our Farmers



THE 2016 MIDORI FARM CREW

We are extremely lucky to have such a vibrant farming community here on the northern edge of the Olympic Peninsula. The twenty-first century has seen an agricultural renaissance, and this flourishing farm culture draws even more young farmers to the area. Our farmers care

about the land, about their community, about each other. And they love good food! So we asked local farmers to share favorite recipes and gathered them here for you. You'll see some old friends and meet new farmers, too.



Dharma Ridge Farm crew with John Boulton
Zach and Haley began their organic farm on just five acres on Dharma Road in Chimacum, and now they farm the historic 100+ acre Boulton Farm in Leland Valley near Quilcene.

Easy Roasted Cauliflower

Haley Olson-Wailand of Dharma Ridge
 Haley says, it's all about the way you cut the cauliflower.

INGREDIENTS

- One large head cauliflower
- Olive oil
- 1-3 cloves garlic to taste finely minced
- Salt & pepper

- Delicious additions-the sky is the limit
- Rosemary or any other herb to taste
- Parmesan cheese
- Smoked paprika
- Golden raisins soaked in white wine

PREPARATION

Pre-heat oven to 425. Place your whole head of cauliflower on the cutting board and prepare to cut it as if it were a loaf of bread. Make thin slices and lay them fanned out on a prepared cookie sheet. There will be nice large slices as well as small crumbles; just put it all on the sheet and drizzle with olive oil, sprinkle salt and pepper and herbs/spices, garlic. If using cheese, save it for the last few minutes of cooking. If you choose to add the soaked raisins, do it as a stir in after the cauliflower is roasted. Roast the cauliflower in your hot oven for 20 minutes and then adjust timing based on your desired texture preference. I always roast until the edges are crisp and the garlic is toasted golden brown. Ovens vary, so keep an eye on it. Serve hot or cold! Its so good.



Alexa Helbling from Moonlight Farm
Alexa and Nina began Moonlight Farm in 2013 with pigs and chickens, but they hope to diversify with bees, ducks, goats, and maybe turkeys. Their crew of hard-working dogs helps run the farm in Leland Valley near Quilcene.

Succulent Pulled Pork

My favorite recipe comes from my mom. She would make it all the time when we were kids, and it is sooooo simple. You rub the pork down, put it in the oven, and a few hours later, it is ready to eat and so yummy.

Liberally rub down your Pork Shoulder Butt Roast with a mixture of brown sugar, salt, dried garlic, and cayenne. Place it in a dutch oven with an inch or two of broth and a "glug" or two of apple cider vinegar. Bake covered at 325 degrees for 3-4 hours, 'til fork tender, and ENJOY!



Denise Joy of Mountain Spirit
Denise is famous locally for her tinctures, salves, and teas, and she grows and gathers the herbs herself.

Tasty Tea

INGREDIENTS

- 4 ounces Mountain Spirit Tasty Tea
- 1 gallon water
- 8 ounces apple juice
- 1 cup local honey, or to taste

PREPARATION

Boil 1 gallon water. Turn water off, wait 1 minute, and then add Tasty Tea. Wait 15 minutes, strain tea, add honey to taste (sweeten when cool). Add apple juice. Chill in fridge till cold. Great summer cooler, especially with an added a sprig of fresh mint.



Ben Thomas of Eaglemount
Jim and Trudy started making cider from their heirloom apple trees on Eaglemount Road in 1996 and opened Eaglemount Wine and Cider in 2006. Sons Jesse and Ben have now joined them, Jesse as assistant operations man ager and Ben as impresario for their new headquarters in the legendary Palindrome (he'll also be the winemaker at the new Port Townsend Vineyards). Ben has been a Co-op member since he was five.

Ben's Buttered Popcorn

I do love to cook, but I thought I'd share my popcorn recipe:

First is the choice of the popcorn itself. There is a difference. I particularly love those heirloom, multi-colored kernels that surprisingly pop to a crisply textured bright white.

Second comes the choice of how to pop. I typically use an air popper. I can hear the cries of "Heresy!" now, but the purpose is to be able to have more butter and less oil. But when I do pop on the stove, I put just enough of a high smoke-point oil (sunflower or peanut, for instance) in the bottom of a big pot and let it get hot before

completely covering the bottom of the pot with kernels and at the same time adding a dab of butter or coconut oil, lower smoke-point fats that will be protected by being added with the popcorn.

Keep the heat consistent at about 75% of what your stove can do. Once you start to heat the kernels, never let them cool, else they'll become disappointing duds. Shake the pot every three seconds or so to keep the kernels from burning. If you're air popping, just pop those kernels.

Now, the real magic happens in the butter pan. The amount of butter is a personal calculation to be negotiated between your tongue and your comfort with your belly fat, with the variable of how much popcorn you intend on devouring.

But instead of just heating up some butter, why not play around a bit? I like things on the spicy side, so I put a tablespoon of Chinese chili paste in the pan with the butter, but you can go many directions at this point: a dollop of salad dressing, Thai chili paste, a dash (but only a dash, trust me) of fish sauce, some honey or brown sugar – your imagination, or perhaps the door of your fridge, is your only restraint.

Drizzle and mix then drizzle and mix again, so it's as uniform as it can be without busting up all the kernels. I sprinkle nutritional yeast over the top followed by some other seasoning that complements whatever I put into the butter. Curry powder with the chili pastes, cinnamon with the honey, and of course there's the Silverwater Secret Spice mix that goes with pretty much anything.

The neat thing about the quirky medium of popcorn is its ability to cheerfully re-frame familiar flavors. Plus, as important as I believe it is to consciously eat and savor every bite, it's a treat to occasionally do the opposite and blissfully, mindlessly graze.

Rachael and Scott have an organic dairy on their small farm on Marrowstone Island, where Rachael makes award-winning goat cheeses and yogurt. They both teach at CedarRoot Folk School, which Scott founded to help pass on rural skills and knowledge.



Rachael and her family

Roasted Carrots & Farm Yogurt

Rachael Van Laanen of Mystery Bay Farm

Slices of radish or white turnip with a dollop of chive chevre on each slice make an easy, gluten-free snack. Good on salad, tacos, stir-fry, over fish, etc.

This yogurt dressing is my most frequently used recipe. Use any herb, says cilantro, but it is great with tarragon or basil, too.

INGREDIENTS

- 3 pounds Thumbelina (or other small carrots, cut into 2 pieces)
- 2 tablespoons fresh orange juice
- 1 tablespoon fresh thyme leaves
- 2 bay leaves
- ¼ cup + 2 tablespoons olive oil
- Salt & fresh ground black pepper
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds

- 1 cup Mystery Bay Farm yogurt
- 1 tablespoon fresh lime juice
- 1/4 cup cilantro leaves with tender stems, plus more for serving
- 1 tablespoon toasted sesame seeds

PREPARATION

Preheat oven to 450 degrees. Toss carrots, orange juice, thyme, bay leaves, and 1/4 cup oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing halfway through, until golden brown and soft, 30-35 minutes; remove bay leaves. Meanwhile, toast coriander in a small, dry skillet over medium-high heat, tossing until fragrant, about 1 minute. Repeat with cumin. Let cool; coarsely chop. Puree coriander, cumin, yogurt, lime juice, 1/4 cup cilantro, and remaining 2 tablespoons oil in a food processor until smooth; season with salt and pepper. Serve carrots topped with cumin yogurt, cilantro, and sesame seeds. Serves 8.



Hanako, Marko and Franny

Hanako and Marko leased land just outside Port Townsend until they found land in Quilcene. They grow veggies and starts on their organic farm, named for their one-eyed cat, Midori. They also make award-winning kraut.

Any Green Pesto

Marko Colby of Midori Farm

A while ago when I was an intern on a farm in central California, a wise old Italian man gave me the most useful recipe of my life. He said, “You can make a pesto out of any green, any nut and any oil, and if you have it, you can add any cheese, but you have to have some garlic.” This has stuck with me and I have come to love seasonal pesto served on pasta, toast, or eggs as a simple, quick, and nutritious meal.

INGREDIENTS

2 cups (or more) of any green. Miners lettuce, steamed nettles, arugula, cilantro, kale, collards, spinach, shiso leaves, or basil

Get creative, mix greens for different flavors.

2 cloves of garlic or a few garlic scapes or green garlic

¼ to ½ cup of nuts or seeds (Toasted, sprouted or raw; pine nuts, hazelnuts, walnuts, almonds, pumpkin seeds, sunflower seeds, etc.)

2/3 cup of oil of your choice. Olive oil is traditional and our favorite, but you really can use any food grade oil.

Cheese to taste. (Hard cheese, soft cheese, feta cheese, chevre, ricotta.)

A dash of salt and pepper.

PREPARATION

Put nuts, garlic, and greens in a food processor, blender, or large mortar and pestle. Grind or blend until it is the consistency you like. Add the oil, salt, pepper, and cheese; process until ingredients are combined.

Serve immediately or refrigerate or freeze. Spring nettle pesto and cilantro pesto are amazing in the winter!

Nash and Patty began farming 10 acres on the Dungeness delta back in 1994, and now they have one of the largest organic farms around, about 600 acres. Sid began working at the farm in 2009 as the CSA coordinator, and today he also coordinates the pork and grain sales.



Sid Maroney from Nash's Organic Produce

Sid's Cornbread

From Tennessee, Sid likes to make cornbread straight, without flour, and he uses bacon grease instead of vegetable oil.

INGREDIENTS

1 tablespoon vegetable shortening or bacon grease, for skillet

3½ cups yellow cornmeal

2 teaspoons salt

2 teaspoons baking powder

1 teaspoon baking soda

2 tablespoons sugar, optional

3 eggs, beaten

2 cups milk

¼ cup melted butter

Melted butter for brushing top

PREPARATION

Preheat oven to 425–∞. Add bacon grease to a 10-inch cast-iron skillet and put the skillet in the oven to preheat while you make the batter.

Combine cornmeal, salt, baking powder, soda, and sugar, if using. In a separate bowl, whisk together the eggs, milk, and butter, then mix with the dry ingredients and stir. Batter will be like a thick pancake batter.

Carefully, with heavy oven mitts, lift skillet out and tilt to coat all of the inside surface with oil. Pour the cornbread batter into the skillet and return it to the oven.

Bake for about 20 to 25 minutes, until browned and a toothpick inserted into the center comes out clean.

Linda and Jim created a beautiful farm from pasture land on Beaver Road—we all know their eggs and asparagus. Now they are passing on their traditions to Jennifer and Sean, for a new generation of farming.



Jennifer and family

Black Currant Sorbet

Jennifer White of Solstice Farm

INGREDIENTS

4-5 cups frozen currants
or gooseberries
¾ cup milk
cup honey or sugar

PREPARATION

Put milk and sugar in blender on medium high setting. Slowly add 4 -5 cups frozen fruit until mixture is too thick to receive any more. Taste and adjust sweetness to your palate and freeze in individual muffin tins. Remove from freezer 15-20 minutes before serving.

Fresh Currant Bread & Butter Pudding

Adapted from the Five-A-Day Fruit & Vegetable Cookbook by Kate Whiteman, Maggie Mayhew, and Christine Ingram.

INGREDIENTS

8 medium slices old bread
4 tablespoons butter,
softened
1 cup black currants

1 cup other berries
4 eggs, beaten
6 tablespoons sugar
2 cups whole milk
1 teaspoon vanilla extract
1 large pinch grated
nutmeg
2 tablespoons brown
sugar
Whip cream or ice cream

PREPARATION

Preheat oven to 325°. Butter bread generously with soft butter and cut in half diagonally. In a buttered 4 to 5-cup baking dish, layer the slices butter side up and scatter in berries between the layers. In a large mixing bowl, lightly beat eggs and sugar together, and gradually beat in milk, vanilla, and nutmeg. Pour this mixture over the bread, scatter the brown sugar and a little nutmeg on top. Place entire dish inside a baking pan and fill second pan with hot water halfway up the outside of the dish. Bake 40 minutes at 325°, then increase temperature to 350° and bake for 20-25 minutes more or until top is golden. Serve with whip cream or ice cream!

Nancy and Steve grow English, French, and American cider apples in their organic orchard to produce their award-winning ciders and slow-fermented vinegars. Their cidery was the first in Washington to be certified organic.



Nancy and Bear

Cider-Marinated Chicken

Nancy Bishop of Alpenfire Cider

Our favorite cider-based recipe is a whole chicken covered with cider and marinated in the fridge for a day or two. Roasted, braised, or rotisserie, the chicken will have a wonderful cider flavor infused into the flesh. Simmer the marinate sauce separately to reduce it, because the sauce poured over the cooked chicken and vegetables is pretty near food perfection. When our tasting room closes on Sunday, we usually have various bottles left open and I use any of them, but the sweeter ones seem to work the best, Dungeness, and definitely Ember. Serve with simple sauteed greens with Alpenfire Horseradish Vinegar.

Simple Sauteed Greens

A very simple and extremely easy recipe is sauteed greens sprinkled with our Horseradish vinegar. Briefly saute a crushed clove of garlic until tender but not browned, toss in several handfuls of chopped greens, what ever you have available. Sprinkle to taste with salt and Alpenfire's Horseradish vinegar. Delicious and teaming with healthy digestive aids.

Strawberry Shrub Smoothie

Another super simple and healthy recipe we enjoy is a fresh smoothie made shrub style. The vinegar adds a subtle, barely identifiable, yet totally unique flavor.

INGREDIENTS

2 cups of fresh or frozen strawberries
2 cups almond milk
1 tablespoon vanilla
1 cup yogurt
2 tablespoons of Orleans style vinegar or Alpenfire's Elderperry vinegar

PREPARATION

Mix all ingredients in a blender.
Note: A green smoothie also benefits from a hint of vinegar - think gazpacho.

Chuck and Julie—who is the fourth-generation of her family in the county—raise both grass- and grain-fed purebred Black Angus cattle in the West Valley of Chimacum.



Julie Boggs of West Brook Angus

Westbrook Angus Beef Stroganoff

INGREDIENTS

- 1/2 pounds skirt steak, cut in 3/4" strips
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter
- 8 ounces fresh mushrooms
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1/4 teaspoon paprika
- 1 can cream of mushroom soup, undiluted
- 1/4 cup beef broth
- 1 teaspoon Worcestershire sauce
- 2 tablespoons flour
- 1 cup sour cream
- Hot, cooked wide egg noodles
- 2 tablespoons butter
- Chopped parsley

PREPARATION

Sprinkle beef with salt, paprika, and pepper. In cast iron skillet, brown beef in butter. Place beef in large slow cooker. In same skillet, sauté mushrooms, onions, and garlic until tender. Transfer to slow cooker. Stir in soup, beef broth, Worcestershire sauce. Cover and cook for six hours on low. Mix 2 tablespoons water with the flour until smooth; stir into slow cooker. Stir in sour cream.

Cover and cook 1 hour longer. Serve over buttered noodles, sprinkled with parsley. Enjoy!

Westbrook Angus Meatloaf

INGREDIENTS

- 1 pound ground beef
- 1 cup oatmeal
- 1 egg
- 1/3 cup minced onion
- 1/4 pound ground pork
- 1/4 teaspoon salt
- 1/4 teaspoon each pepper, dry mustard, sage, celery seed, and garlic powder-ounce can tomato sauce
- 1 tablespoon Worcestershire sauce

PREPARATION

Combine all ingredients in given order. Mix well and shape like a log in a roasting pan. Bake about one hour at 350°. Serve with a baked potato and your favorite vegetable or salad. Excellent when chilled and used for sandwiches. Enjoy!

“Shake the hand that feeds you.”
—Michael Pollan



Karyn Williams and Red Dog Farm crew

Karyn fell in love with farming while working on organic farms in Spain, Portugal, Morocco, and England. She began Old Tarboo Farm in Quilcene in 2005, but eventually bought land in Chimacum with the help of Jefferson Land Trust—and the dedication of Rupert Dandelion, the Red Dog.

Radish Leaf Pesto

Karyn Williams of Red Dog Farm
(recipe from Ike Eisenhour)

INGREDIENTS

- 2 ounces radish greens
- 2 ounces pine nuts
- 4 ounces olive oil
- 4 ounces feta
- 2 ounces parmesan, grated
- Salt & pepper to taste (careful with pepper since radish greens are spicy)
- 6 garlic cloves, mashed

PREPARATION

Grind pine nuts and garlic in a food processor, then add greens. Drizzle oil in as machine is running to form a paste BUT only for few seconds (too much can make the oil bitter). Finish with the cheeses. Enjoy.

Janet and Jeff grow veggies, lots of blueberries, and other fruits on Finnriver's organic and salmon-safe farm in the Chimacum Valley. Their farm is a favorite destination for u-pick blueberries.



Janet Aubin of Finnriver Farms

Photos of Janet by Camille Dorhn

Janet's Tips

Substituting Seasonal Veggies

When you live on a farm or are just trying to eat as locally as possible, you have to be willing to substitute an available veggie in a recipe. Often you can substitute another vegetable in the same general family—red onion or leek for shallots, for instance, or even broccoli for cauliflower—the taste will not be the same, but the recipe will usually work, and maybe you'll discover a whole new flavor combination!

Other times, when you want to keep the flavors and textures of the original recipe, you'll need to do a little more figuring. First, determine what traits the vegetable is adding to the meal. Think about the texture, color, and flavor. Then try to match those characteristics with something that is in-season. You may need more than one ingredient to fill the niche. Or you may need to alter the ingredient by pickling, par-boiling, blending, or cutting a certain way.



Fresh Tomatoes

(in a salad or sandwich).

Texture: meaty, juicy
Color: red
Flavor: sweet and acid
Substitute: Beet

It is a match on the meaty texture, color, and sweetness. However, it is not juicy or acid. But if you pickle the beets you can hit all the bases. Beets pickle well with a quick refrigerator pickle recipe—Mix ½ cup vinegar (cider, rice, champagne, etc.), 1 teaspoon salt (Kosher, sea salt), 1 teaspoon sweetener (honey, sugar), 1 teaspoon spice or herb (easiest is whole or cracked pepper), and 1 cup water. Add cooked, peeled, and sliced beets, and steep for several hours or a couple of days.

Sweet Potatoes

Texture: smooth, dense
Color: orange
Flavor: sweet
Substitute: Carrots, squash, potatoes

For oven fries, par-boil potatoes to give them smoother texture while maintaining shape. In a soup or casserole, I often use a combination of the three locally-grown vegetables to achieve the combination characteristics the sweet potato offers.

Red Miso Pork Belly (Hong Shao Rou)

I love this simple spicy pork with rice and Napa cabbage, Åia spring staple at Finnriver. I came across this recipe in Saveur when I was looking for a pork belly recipe that did not necessitate marinating. The recipe requires little prep and can absorb a lot of omissions or substitutions.

INGREDIENTS

- Salt
- 1 pound pork belly (skin-on or-off), cut into ¾" cubes
- 1 tablespoon high heat oil
- 2 red chiles, or 1 teaspoon chili flakes
- 1 ½ -inch piece ginger, diced
- 1 leek, roughly chopped
- 1 teaspoon maple syrup or sugar
- 1 teaspoon tamari or soy sauce
- 2 tablespoons Red Miso (I love South River brand)

OPTIONAL:

- 1 teaspoon mirin cooking wine
- 2 bay leaves
- 2 pods star anise

PREPARATION

Boil 2 cups salted water in a large skillet or wok. Add pork and cook 5 minutes. Drain pork and set aside. (Save the broth for a later use.)

Heat skillet. Add oil and swirl to coat sides. Add chilies, ginger, and leek and cook just until they soften and are fragrant (less than 1 minute). Add pork cubes and stir, cooking for about 3 minutes. Add sweetener and miso, and cook about 5 minutes. Add 2 cups water, and any of the optional ingredients. Bring to a boil, then reduce to medium-low. Cover and simmer about 30-40 minutes (until pork is tender). Uncover, turn up heat to high, and cook about 15 minutes until liquid reduces.

At this point I either toss in veggies (Napa cabbage, carrots, radish, turnip, snap peas, Å anything!) or serve it over hot rice and raw veggies and allow the heat to lightly steam the veg.



Krystie Kisler of Finnriver Cidery

Krystie and Keith began Finnriver with the blueberry fields, expanded into vegetables and fruit, and in 2009 founded their award-winning cidery with Eric. They have recently moved their tasting room to the historic Brown Dairy site in Chimacum, where they transplanted 937 traditional cider apple trees from the Skagit Valley.

Finnriver Fire Barrel Caramelized Onion & Apple Quesadilla

Created by Lauren Chandler of LaurenChandlerCooks.com.

The smoky cheese and sweet apples bring out the vanilla and oak of the cider, and caramelizing the onions enhances the caramel notes. The onions will keep well in the fridge for at least a week, and they freeze well too. Use them as a base in your favorite chili recipe, in omelets, on top of pizza, or mixed in with cooked dark leafy greens. Bring them and the rest of the ingredients with you on your next camping trip for a gourmet treat.



Finnriver Cidery crew

INGREDIENTS

FOR THE ONIONS:

1 tablespoon extra-virgin olive oil or butter

1 large yellow onion, diced

1 bottle Finnriver Fire Barrel Cider

Salt

FOR THE QUESADILLAS:

Neutral flavored oil or cooking spray
One batch Fire Barrel caramelized onions

2 packed cups shredded Red

Dorset cheese, or another smoky cheese (about ½ pound)

6 six inch flour tortillas

2 medium-sized Honeycrisp apples

(or another sweet, firm, tart apple) cored and thinly sliced into half moons

Salt and freshly ground pepper to taste

PREPARATION CARAMELIZING:

Melt the olive oil or butter in a large cast iron or stainless steel skillet over medium-high heat. Add the onions and stir to coat. Cook, stirring frequently, for about 10 minutes, until the edges of the onions start to turn translucent and golden, and some of their edges turn brown. Continue to cook without stirring for 1-2 minutes, until the onions start to stick to the pan. Add ¼ cup cider and stir, freeing the onions from the bottom of the pan and scraping up the fond (the sweet brown bits) and mixing it into the onions. Continue to cook, stirring once or twice in the first minute, then let cook untouched for another 2 minutes or so, until the cider evaporates and the onions stick to the pan again. Add another ¼

cup cider and repeat this process until the onions are caramelized to your liking, then add salt to taste. I like to use the entire bottle of cider, which takes about 45 minutes.

COOKING THE QUESADILLAS:

Lightly coat a medium skillet with oil and heat over medium heat. Lay a tortilla in the skillet and cook 1-2 minutes, or until lightly coat a medium skillet with oil and heat over medium heat. Lay a tortilla in the skillet and cook 1-2 minutes, or until it starts to puff up and become golden, then flip it over. Spread 1/3 cup cheese evenly across half of the tortilla, place the apple slices in an even layer on top of the cheese, then top with around 2 ½ teaspoons of onions. Sprinkle with salt and pepper, fold the tortilla in half, and cook until the cheese has melted, about 1-2 minutes. Flip and cook one minute more, until evenly golden and heated all the way through. Repeat the process with the remaining ingredients. Serves 6.

SEEDS OF CHANGE

Many local farmers collaborate with the Organic Seed Alliance to research and improve seeds for our unique climate, like Purple Sprouting Broccoli and Abundant Bloomsdale Spinach. Midori, SpringRain, Dharma, Frog Hill, Oatsplanter, Nash's, Corona, Old Tarboo (now Red Dog), Twin Vista, and SpringRain farms all have worked on seed or plant breeding trials, and some have joined the Farmer Seed Stewardship network. The Food Co-op and the Organically Grown Company (an organic produce distributor) also support the OSA with funds.



SpringRain Farm & Orchard crew

"Buy the Highest Quality Ingredients You Can Afford and Cook Them Simply."
—Michael Pollan



River Run Farm crew

A group of friends started River Run in 2013, growing organic veggies and berries along the Dungeness River near Sequim. Look for their garlic at the Co-op.

Meghan's Tips

Get the Most from Your Chicken

Want to get more out of your SpringRain chicken? Consider making soup stock; it's easier than you think, plus deliciously rich and nutritious. Place bones, skin, and any other leftover chicken scraps in a large pot. Add water to cover (about 8 cups) and 4 tablespoons apple cider vinegar. Cover pot and refrigerate overnight. The next morning, add any spices and veggies you have on hand (salt, pepper, onion, garlic, carrots, celery, and parsley make a nice combo, but feel free to get creative!). Bring to a boil, reduce heat, cover, and simmer gently for 8 to 16 hours. (The longer the stock is cooked, the more nutritious and flavorful it will be.) Strain stock into a large bowl, discard bones, and refrigerate or freeze stock in quart-sized containers.

For even more ideas, check out Meghan's "3 Meals 1 Chicken" recipes on SpringRain's website: <http://www.springrainfarmandorchard.com/poultry/>.

Roxanne and John bought the land that became SpringRain in 2008, rehabilitating it into a beautiful farm with restored salmon habitat, producing organic veggies and their famous organic chickens. Meghan is Sales Manager.

SpringRain Chicken Stew with Heirloom Tomatoes

Besides chicken, SpringRain also grows the onion, jalapenos, and tomatoes for this recipe!

INGREDIENTS

- 1 SpringRain chicken
- 1 onion, chopped
- 1 head SpringRain garlic, diced
- 1 16-oz jar crushed tomatillos (or fresh from Finnriver or Midori)
- 4 jalapenos, diced
- 1 tablespoon salt
- 1 teaspoon pepper
- 2 teaspoons cumin
- 2 teaspoons oregano
- 2 cups water
- 5 to 7 heirloom tomatoes, chopped
- 2 bay leaves
- Cooked rice and beans

PREPARATION

Cook chicken overnight in a crockpot with onion, garlic, tomatillos, jalapenos, salt, pepper, oregano, cumin, and water. In the morning, remove the chicken, shred the meat and return the meat to the crockpot with liquid base. Cook for an additional 5+ hours with tomatoes and bay leaves. Serve over rice and beans. Feeds 5 to 6 people.

Kale Sauté

Noah Bresler from River Run Farm in Sequim

My favorite recipe is to chop some garlic, brown it in a tablespoon of butter, then stir fry kale for a quick minute. Serve over some white rice with a fried egg, then olive oil, salt, and soy sauce. That's how I like it.

LOTS A LOCAL EGGS

Our local farmers have really stepped up to fill our need for local, sustainable, and ethically-raised eggs, which you can find at the Co-op or at individual farm booths at the Farmers Market. Look for eggs from Solstice, Finnriver, Lamb Farm, Midori, Moonlight, Nash's, Colinwood, Serendipity, SpringRain, plus Sid's Cackleberries.



Happy chickens at SpringRain Farm

Janet (Finnriver Farm)

SOUTH RIVER MISO—*I love the mellowness and the texture of the chickpea miso. Miso comes from a long way away, so maybe someone should start a miso company here!*

**Marko (Midori)**

BULK DISH SOAP, SPONGES, AND AVOCADOS—

But when the Midori crew celebrates, they drink Eaglemount Quince Cider and Apple Mead. (Shown Eaglemount Dry Homestead Cider.)

These are a few of our farmers favorite picks from The Food Co-op.

**Jennifer (Solstice Farm)**

COLUMBIA GORGE—

I love the Vita Sea green drink in the cooler! It's super yummy AND packed with good stuff!

Nancy (Alpenfire)

ANCA'S PANFORTE— *A favorite that pairs so well with a thin slice of cheese and a glass of cider to make a perfect apertif.*

Also, fresh organic mushrooms are always such a treat. Sautéed with butter and finished with a hit of apple brandy and thyme, they are perfect.

**Karyn (Red Dog)**

WHOLEVANILLA BEANS—

I love vanilla extract and use a lot—it's so easy and much cheaper to make myself. I put four vanilla beans in an 8 oz. jar, fill the jar with vodka or white rum, and wait at least one month. Then remove the beans and it's ready to go, I reuse the beans at least 3 times before discarding. The trick is to have several jars going at once so you always have a steady supply!

**Rachael**

(Mystery Bay Farm)

BIONATURE TAGLIATELLE TRADITIONAL EGG PASTA—

These noodles are a really great base for a quick meal—noodles plus anything (broccoli, dried or fresh tomatoes, onions, whatever you have). Add Mystery Bay Farm chevre (or even better, use our chevre in oil). Mix, salt, and eat.



FARM FRESH Recipes from Our Farmers



Meghan (SpringRain)

SPRINGRAIN NETTLE PESTO—With a mild, nutty, and earthy flavor, nettle pesto is also high in nutrients and helps with allergies and digestion. I like putting it on crackers, mixing it with spaghetti sauce, or using it as a condiment on sandwiches.

Dungeness Valley Creamery's Raw Whole Jersey Milk—Deliciously rich and creamy, I love putting this in my tea each morning. Plus raw milk is ultra-rich in minerals, enzymes, and amino acids.

Denise (Mountain Spirit)

UME PLUM VINEGAR—I like this on all my greens. I love it with olive or sesame oil—it just enhances all the flavors.



Haley (Dharma Ridge)

Forever, my favorite and most consistent treat at the Coop has been the Fruitstix coconut popsicle.



Crystie (Finriver Cidery)

CAPE CLEAR SALMON & PAN d'AMORE—The Kisler family loves getting a hunk of Cape Clear smoked salmon, a Pane d'Amore seedy loaf, and local cheeses for summer picnics!



Sophia Petricola Dharma Ridge Crew member
BULK SPICES—Her favorite item at the Co-op, particularly the cardamom, fennel, and cumin!

Ben Thomas (Eaglemount Wine and Cider)

I think it's great that the Co-op still has the jars of spices in the corner. That's always been an identifying feature of the Coop to me, ever since I was a little kid (we've been members since 1976) trying to be a grown-up and helping my mom shop by scrawling the code numbers on the little spice bags with a grease pencil. I love that the spice jars are still there full of exotic teas and herbs and even the Silverwater Secret Spice that I put on my popcorn.

14th Annual Jefferson County 2016

FARM TOUR

A SELF-GUIDED TOUR OF JEFFERSON COUNTY FARMS

SEPT 17TH & 18TH

10 TO 4
am pm

PICK UP MAP AT
SPONSOR LOCATIONS

WASHINGTON STATE
UNIVERSITY

Reasonable accommodations will be made for persons with disabilities and special needs who contact the office at least two weeks prior to the event. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

More Information: 360-379-5610
or TINYURL.COM/UNSTOPPABLEFARMTOUR



SAVE THE BEE

From April 15-May 15, we donated a percentage of bulk honey sales to the Glory Bee foundation.

Raspberry
175 lb \$988.30

Organic clover
343 lb \$1707.59

Total sales
518 lb \$2695.89
10% = \$269.59



Does your dog need gluten-free? Try the new Gathering Place gluten-free dog biscuits and help support programs for community members with developmental disabilities.



MEET YOUR NEW BOARD

The Food Co-op Board is pleased to welcome our newest member, Marty Canaday, who also works as a cashier and demo diva in the store. Now that is dedication! The May board elections also returned three current board members—Monica le Roux, Owen Rowe, and David Wayne Johnson. At the June board meeting, the board chose its executive officers: Monica le Roux became our new president while Owen Rowe was elected vice president, and Lisa Barclay and David Wayne Johnson continue their roles as secretary and treasurer, respectively. Peter Bonyun and Janet Welch round out the crew. Stop by to visit us at our monthly meeting (in the Annex at 2110 Lawrence Street the first Tuesday of each month at 5:30). Participate in our Study and Engagement sessions on topics like “Food Security” or our discussions of The Food Co-op’s Ends (or just come to find out what those are). Maybe you’ll enjoy it so much that you’ll run for the board next May!

THE FOOD CO-OP 2015 ANNUAL REPORT

2015 was a busy year at the Food Co-op. We began our member dividend program (the announcement of the first member dividend distribution was sent out at the beginning of this month), we won a national award from the EPA for our low emission rate, held a member forum to discuss what we need and care most about in our store facilities (input the board is using as it explores our various options), and sold more local produce and products (both in the store and in the deli). And don’t forget that you can round up to the next dollar at the cash register, whether you pay with cash, debit, credit, or Cooper Card, and the money goes to protect farm land in Jefferson County through the Land Trust. For the complete annual report, go to www.foodcoop.coop/http://foodcoop.coop/about/annual-meeting/

ANNUAL MEETING RECAP

On June 5, the newly reopened Palindrome hosted our annual meeting. The day was hot, the audience patient, and the food scrumptious!

Co-op expert David Thompson told us about the impact of cooperatives around the world. As an example of co-op power, he described the Emilia Romano region of Italy, where cooperatives are a major part of the economy, and employment, living-wage jobs, and disposable income are all higher than in other areas of the country. Board member David Wayne Johnson introduced the local cooperatives in attendance, and he gave a great description of cooperatives as the best of both capitalism—competing in the open market—and socialism—being owned by their customers and/or workers.

PTeRider, the new electric bus service, delivered members who had entered to win a ride to the Palindrome. Two member-owners set up a display to inform fellow members of the pervasiveness of plastic packaging, and the event itself approached zero waste with the use of real plates and forks. The day culminated in members enjoying Paella House veggie paella and Manchego salad while young local musicians played old-time music. Dancing was involved!

MEMBER DIVIDENDS

Member Dividends are Coming! Look for your member dividend, either by mail or email. If you haven’t received it by the end of July, contact XXX at XX.



GIVE WHERE YOU LIVE:

SUPPORT COOPERATIVES AROUND THE COUNTRY AND NONPROFITS IN PORT TOWNSEND

Lisa Barclay, Board Secretary



We have an exciting new program, called the Food Co-op Community Fund. Here's how it works: Our member-owners make tax-deductible donations to the fund; this money is lent out to help cooperatives all over the United States develop, improve, and grow; and then each year we get the interest from these loans to give to a local nonprofit of our choice.

As a bonus, this year we can get matching funds for our donations, so that if I donate \$20, another \$20 is put in our fund by the Twin Pines Cooperative Foundation, the organization that administers community funds for co-ops all over the country. Larger cooperatives, such as Organic Valley, donate the money for the matching funds. This year we can get up to 3,000 of those matching dollars.

I, for one, think this is a wonderful program. Our donated dollars can work twice—first supporting other cooperatives and then helping local nonprofits with the interest. David Thompson, the president of Twin Pines and an expert on cooperative history, spoke at our annual meeting on June 5, and he donated the receipts from the sale of his books that day to our fund, a gift of \$100. You can make your tax-deductible donation online at <http://community.coop/ccf> or ask for a form at the Member Services Desk.



The original Boulton Farm now run by Zach Wailand's family of Dharma Ridge Farm



John Boulton & Zach Wailand at the farm located in Quilcene



Rupert Dandelion watches over Red Dog Farm

KEEP THE CHANGE

You Can Help Save Local Farmland

Jefferson County Land Trust

Great food produced by local farmers is an essential ingredient of the quality of life in our community, and Food Co-op members can help ensure a healthy local farm and food economy through the “Save Local Farmland” program at the Co-op.

When you check-out at the Co-op, tell your cashier to “keep the change” for farmland. The spare change from rounding your purchase up to the next dollar—whether you pay with cash, credit, debit, or gift card—will go directly to Jefferson Land Trust programs that safeguard land for local agriculture, help farmers preserve their land, and connect new farmers to available farmland. Together, those pennies, nickels, and dimes add up to a big impact!

You know some of the fruits of this work from the delicacies in your cart. SpringRain chicken, Red Dog and Dharma Ridge veggies, Finnriver cider, and Short's beef are all produced from permanently protected land, thanks to community support.

We're at a pivotal time, when the future of some of the richest farmland in Jefferson County—and the community resilience and quality of life it represents—hangs in the balance. It's urgent that we act now to sustain a critical mass of rich farmland here. We live in a desirable place and rural land prices reflect this. With farmland valued at residential prices, farmers looking for land are priced out, creating a farmland shortage that's worsening every day. At the same time, many long-time farmers are looking toward retirement and need to determine the future of their land. How will they balance their financial needs with their desire to secure the legacy of their farm?

As a community, we can make choices to protect what we value. Your contributions to “Save Local Farmland” make possible crucial phases of farmland conservation work, including outreach to farmers, developing projects with community partners, and finding grants to purchase conservation easements. These easements safeguard prime farmland from development, help keep it affordable for the next generation of farmers, and provide a capital boost, helping local farmers plan for retirement, provide for their families, or reinvest in their business.

The results are right there on the ground: to date, the Jefferson Land Trust has permanently protected over 900 acres of local farmland. Please help preserve the farms that feed us—simply ask your cashier to round up your purchase and keep the change to “Save Local Farmland.”

A SMALLER FOOTPRINT—

How to Avoid Plastics When You Shop

Beyond Waste Action Group, Local 20/20

GRAB GLASS INSTEAD OF PLASTIC CONTAINERS.

If you've forgotten to bring your own container, take advantage of the rack of donated, sanitized glass jars in the bulk department. They are labelled with the tare weight of the jar, so just note the item number. Remember to bring the jar back to the store to use again, or drop it off and the Co-op will clean it for reuse.

USE PAPER OR CELLULOSE BAGS INSTEAD OF PLASTIC.

You'll find drawers of paper bags next to the drawers and rolls of plastic bags. The bags can be easily labeled and reused for the same product, as can coffee bags. Or use the cellulose bags provided, which break down in home composters.

USE THE SPECIAL ORDER PROGRAM.

Talk to someone at the Member Services Desk to help you order larger quantities of bulk items. Many items can be stored, if you have the space, or divided with friends and family. It is both economical and a great way to set up your emergency pantry.

USE YOUR OWN CONTAINERS FOR TAKEOUT DELI FOOD.

Because of health department regulations, staff must serve food on plates, which then can be transferred into your own container. Many bulk items from the cheese case that are packaged in plastic (olives, feta, etc.) can be bought using the

deli staff are happy to accommodate this request, they may not be able to do so immediately—thanks for being patient!

FILL YOUR OWN WATER BOTTLE.

Instead of buying another plastic bottle of water, consider bringing your own and refilling it. You can buy refillable bottles and/or fill your own at the purified water dispenser for 29 cents per gallon or for free from the two filtered faucets (next to the bulk section and in the produce area).

BUY DAIRY IN GLASS.

An assortment of milk, cream, and yogurt products are available in glass. Bottle and jar deposits ensure that this glass is reused instead of recycled. Remember to bring these containers back for a refund.

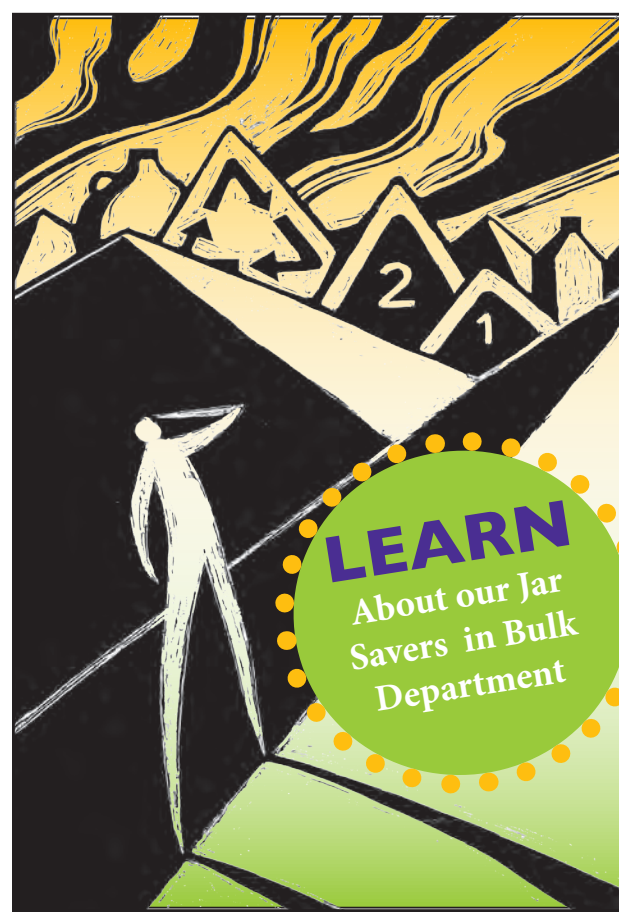
INVEST IN REUSABLE PRODUCE BAGS.

Buy mesh bags at the store or sew your own cloth bags to provide a lasting alternative to plastic bags. Tuck them back into your shopping bags.

What else can you do? Be imaginative and share your tips with others! Just a little planning ahead can go a long way toward shrinking your carbon footprint.

Beyond Waste Action Group meets the second Tuesday of the month from 10:30 am to noon. **See <http://l2020.org/beyond-waste> for details.**

DID YOU KNOW? You may have heard about compostable packaging. Unfortunately, such packaging won't break down in a backyard compost pile or even in Jefferson County's municipal composter. It requires a special industrial composter to produce sufficient heat. The few truly compostable containers are so fragile they'll begin disintegrating with the food still on the plate.



PLASTIC RECYCLING is becoming more commonplace, but did you know that most plastic collected for recycling goes to Asia to be “downcycled”—possibly reused, but probably incinerated, burned for household heat, or worse. Prices for the raw materials of new plastic have fallen so much that recycling companies simply cannot compete. Much better than recycling is simply to avoid buying items packaged in plastic as much as possible. The Food Co-op provides many options to help us reuse packaging so that we can avoid creating plastic waste.

BRING YOUR OWN CONTAINERS for bulk, including herbs and spices and even liquid bulk items.

You can save money and packaging by shopping the bulk section instead of buying packaged foods. Reuse your paper, plastic, cloth, or mesh bags many times. You'll get a 5 cent refund for each hard container (glass or plastic) you bring from home and refill. Just remember to weigh your glass and plastic containers first so you won't be charged for their weight.



Organic Valley Fund Provides Loans to Food Co-ops

The dairy cooperative Organic Valley has created a fund to help food co-ops grow and improve, as a kind of Thank You for all the food cooperatives that helped Organic Valley get started three decades ago. The Organic Valley Principle 6 Cooperative Growth Fund—named for the sixth principle of cooperatives, “Cooperation among Cooperatives”—is currently available only to established food co-ops, but they hope to create a separate fund for startup co-ops. Food co-ops often have difficulty getting loans from traditional sources, and this fund can help bridge that gap.

Central Co-op Becomes Solidarity Cooperative

Central Co-op has merged with the Tacoma Co-op, becoming a “Solidarity Co-op”—ownership is shared equally between customers and workers. Voters at both co-ops approved the new structure, based on sharing ownership, surplus distribution, representation on the board, and investment between consumer-owners and worker-owners. A customer

share costs \$100, and a worker share costs \$20 per paycheck for 6 years. Both are voluntary and completely refundable when ending a membership. And instead of member dividends, surplus is shared equally between the customer and worker owners.

\$1 Million Donated through Sales of Organic Bananas

Our largest distributor for organic produce, Northwest-based Organically Grown Company (OGC), has reached an impressive milestone. With the support of retail customers like The Food Co-op, OGC has donated over \$1 million to GROW (Giving Resources to Workers) over the last 10 years. 60 cents from every box of organic bananas with the GROW label is invested back into the communities in Mexico and Ecuador where the bananas are grown.

The purchase of a GROW banana provides:

- Education for rural children in Mexico and Ecuador
- Clean water in Ecuador
- Dental exams in Mexico
- Vision care in Mexico
- Support for the development of micro-businesses

“We are humbled by the cumulative generosity of our retail customers who committed to paying this small surcharge on each box of organic bananas from GROW,” said Tonya Haworth, of OGC. “Ten years ago, they chose to pay the

extra \$.60 per box and not pass it along to their customers. Together, we have accomplished something truly remarkable.”

The Food Co-op’s contribution has been \$12,7881 for 21,467 cases of bananas, which is 1.3 of OGC’s total contribution. Not bad for a little co-op at the end of a peninsula!

To learn more about GROW, please visit GROWbananas.org.



New York City Supports Worker Cooperatives

To help fight economic and social inequality, in 2015 New York’s mayor and city council launched a Worker Cooperative Business Development Initiative with \$1.2 million dollars to support existing worker cooperatives, help create new ones, and help small businesses transition to worker cooperatives. Twenty-one new worker cooperatives were created in the first year.

New York’s initiative might be the wave of the future. In addition to creating a fairer economy, the cooperative model could help prevent the “silver tsunami” from wrecking havoc in the near future.

Four million businesses in the U.S. are owned by people near or beyond retirement age. Transitioning to a worker cooperative is one way for smaller businesses to persevere and flourish, potentially saving tens of millions of jobs.

Did You Know?

Our island neighbor Cuba is home to over 4,000 farmer cooperatives and has relied on agro-ecological farming methods to feed its population for the past two decades—largely by growing crops without using industrial pesticides and fertilizers. As the U.S. Congress considers lifting the Cuban embargo, there’s an opportunity to build partnerships between both nations’ cooperative and organic communities. National Co-op Grocers (of which The Food Co-op is a member) recently participated in an organic research trip to Cuba that was organized by Congresswoman Chellie Pingree and the Center for Democracy in the Americas. Roughly two dozen U.S. organic industry leaders met with Cuban farmers to break bread, explore potential professional partnerships, and demonstrate that there is a ready market for certified organic food in the U.S. In the event of an embargo lift, these partnerships could provide Cuban farmers with an economic incentive to fully embrace certified organic methods and continue farming in ways that protect the island’s highly biodiverse ecology.

Untangling The Seafood Industry



The Food Co-op
Product Research Committee



DO YOU KNOW where your seafood comes from? It's much more complicated than you might think. All seafood—fresh, frozen, and canned—is part of a massive global fishing industry, and the mechanics of fishing as well as the demand for inexpensive seafood have created conditions that make it cheaper to process many kinds of seafood in Thailand than in the various places where it is caught. All of which makes it increasingly difficult to identify who caught your fish where and under what conditions.

The Food Co-op Product Research Committee has spent months tracking down the details of canned seafood. The multiple organizations that track the sustainability of seafood fisheries don't mesh very well, covering different regions and different species. We contacted individual producers and our distributors as well as PCC Natural Markets, trying to get information. (PCC, as a large food co-op with 15 stores in the Puget Sound area, often has information we can use.) Some information was disappointing, some reassuring. We dropped canned crab because we learned no canned crab is sustainably harvested, but we discovered that our main supplier of

canned seafood—Crown Prince—has a robust system to verify both the sustainability and the ethics of their seafood producers. We also learned that our main distributor, UNFI, has an even more vigorous vetting process for products—including for seafood in pet food—than we knew.

Recently, there have been stories in the media about human rights abuses in the Thai seafood industry, so The Food Co-op asked Andréa Linton of Crown Prince Producers to give a talk about both the larger industry and what her company does differently from typical producers. She related that most cases of forced labor—that is, modern-day slavery—are found on the massive vessels that go out to sea for months at a time, fishing in open waters for the larger tuna. Those ships freeze their catch before going to Thailand to process the fish into “fresh” or canned tuna. Some producers, concerned about social justice, have opted to follow a different path, using smaller vessels that go out on short trips and return to process their catch, usually daily.

Crown Prince works with small producers with

whom they have built personal relationships. They can trace the fish from the boat to the packer; they know which batches of fish come from which vessel. In addition, they regularly inspect the operations of their suppliers. In Thailand, Crown Prince makes lengthy visits (several days at a time) to their packer—and cannery—with whom they've worked for 30 years. This packer is also audited every year for compliance with the USDA on a range of questions, including working conditions. Seafood is a commonly held resource but no one is managing it, which means it is everyone's responsibility to ask questions about where our seafood comes from. And if we want ethically produced seafood, we'll have to pay the true cost. As always, if something is too cheap, someone somewhere is paying for it. In the meantime, The Food Co-op will continue to research the complicated issues around sustainability and fair labor. Look for signs posted in the canned seafood section as well as a chart of what we've learned so far in the product research binder under the Board's board at the front of the store.

The NW Maritime Center for the Bravo Team—students from PT School District’s OCEAN program—learn marine trades, longboat seamanship, and team building as well as the natural history of the Salish Sea snacking on healthy Food Co-op donations.



Annual Meeting at the Palindrome



Annual meeting Speaker
David Thompson



Local Old Time Musicians



Food by The Paella House



Board members Lisa & Monica



Co-op Members at Annual Meeting

YOUR CO-OP

Gathered
to meet & share a meal

Walked
to support the Dove House

Cleaned
our beaches

Donated
snacks for our kids

Danced
to old time music

Beach Clean



Deb & Marcia



Walk-A-Mile



Co-op Staff