

THE CO-OP Commons

2017 Spring Issue

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

www.foodcoop.coop



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the secret gem of
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THE FOOD CO-OP

COOPERATIVES MATTER MORE THAN EVER

CO-OPS WELCOME EVERYONE AND...

- keep money in the community
- foster independent and resilient communities
- give back to their communities
- establish democratic control over local economy
- cultivate local ownership, jobs, and producers

YOUR LOCAL FOOD CO-OP

Strives to strengthen our local foodshed, working directly with farmers and producers, raising money for the Land Trust, participating in LandWorks and the Food System Development Council...

Gives to local food and farm organizations—Our schools, Dove House, Food Bank, Boiler Room...

Sells truly local produce and products—Nash's, Mystery Bay, Red Dog, Eaglemount, Dharma, Midori, Mount Townsend, Bunny's Bath, Some Like It Hott, Mountain Spirit, Finnriver, Alpenfire, Westbrook Angus, Short's Family Farm...

Promotes small, cooperative, and family-owned businesses—Hummingbird Wholesale, Timeless, Alter Eco, Flying Cow, Riojana wines and olive oil, Glory Bee...

Supports sustainable practices, in the store and through our farms and producers.

Provides food education with classes, in-store demos, newsletter articles, and store signs.

Works on sustainability and food safety issues through member and staff committees.

Our food does more than taste good—
Every carrot you buy is a vote for a cooperative and sustainable economy!



Your Membership Makes a Difference

THE FOOD CO-OP

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The Co-op Commons
Quarterly Newsletter of
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OPEN DAILY 8am-9pm

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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.



Renewing Our Strategic Plan

Owen Rowe, Board Vice President



It's time to renew our Strategic Plan! A Strategic Plan is the step below an organization's Mission and Vision: it talks about specific goals for various aspects of the organization, and strategies to achieve those goals in a specified amount of time.

Creating the Strategic Plan and monitoring the Co-op's progress toward our goals is one of the Board's main jobs. We're so committed to it that (unlike most co-ops) we've baked our Strategic Plan goals right into our organizational policies, the operational "Ends" which the General Manager is accountable for achieving. It's really the core description of how we do business.

The Food Co-op created our current Strategic Plan to cover 2013-2017, so this year we are reviewing and renewing it for the next five years. We've been happy with it overall, so the 2018-2022 Strategic Plan will represent small course corrections, not major shifts. We'll be making those updates at Board meetings and member-owner events over the course of 2017.

Our current Strategic Plan is posted in the store and on the website. It has five main goals, or Ends in Co-op jargon:

Strategic Plan

- 1. Market Position**
(February) Strengthen our position as the community's leading source for organic, non-GMO, local, and regional products and make our cooperative even more welcoming, accessible, and affordable.
- 2. Food System Development**
(May) Actively collaborate in local and regional food system development.
- 3. Internal Capacity Building**
(July) Inspire and develop leadership, commitment, and passion within the organization.
- 4. Environmental Sustainability**
(September) Continue to improve the environmental sustainability of operations.
- 5. Education, Outreach, Advocacy**
(November) Target our education, outreach, and advocacy efforts to advance our mission and principles.

Co-ops— Together We Can Change the World

Kenna S. Eaton, GM

AT A RECENT MEETING

I had with several board members, the talk came around to the many responses we've seen to the new political climate. Normally we're a fairly restrained lot, but the talk escalated until one person announced, "Co-ops are the ultimate form of resistance!" There was some head nodding around the table, and I was inspired to think more about this bold statement, to see if I could articulate what that meant to me.

This is our co-op. It was formed by us and for us in 1972 as an alternative to the more traditional form of grocery store. And while it was created for reasons related to that era (think food revolution, the Vietnam War, and the Civil Rights Movement), in my opinion it is more relevant and important today than it has ever been.

Each co-op is formed by community members to meet that community's needs. But we also share stated values with all other co-ops, the values of self-help, democracy, equality, equity, and solidarity. If we look back to the foundations of the cooperative movement in nineteenth-century Britain, it was as much about democracy

as food. The co-ops acted as schools for newly enfranchised working-class people to learn how to participate in democracy. Also in the tradition of our founders, cooperative members believe in the ethical values of openness, social responsibility, and care for others. So co-op ownership is a form of resistance, resistance to the more "normal" form of business ownership—corporations—where those values aren't stated and also aren't necessarily supported.

This is your cooperative. Here diversity overcomes discrimination and hate. We welcome everyone with open membership (a cooperative principle), and because we are owned equally by each member, we are an active democracy reflecting our community, warts and all. We welcome tough conversations and the opportunity to show that by working together, we can continue to make a difference in our community and beyond.

Now, as we have in the past, we can look to cooperative values to guide us and to remind us of the importance of co-ops in the U.S. and around the world. We value democracy—understanding we all succeed better when everyone has a voice. We value individual responsibility—



taking ownership for our actions, knowing that each of us has an important role in the success of the cooperative economy and the overall common good. We value equality—treating each person with respect, kindness, and humanity. We value honesty—presenting ourselves with transparency, truthfulness, and integrity. We value social responsibility—knowing we have an obligation to support our planet and all people who share it, including the neediest within our communities and beyond our borders.

So together, as members of a cooperative, we can resist the forces of division, exploitation, and exclusion and support a better and more just tomorrow. Welcome to the resistance!

Anniversaries

18 years

Virginia Carpentier

16 years

René Tanner

14 years

Estelle Giangrosso

13 years

Cristine Rutledge,

Patricia Tyler

12 years

Greg Turner

9 years

Kevin Terry, Seth Hager

7 years

Kristina Dosey

3 years

Rachel Williams,

Patricia Kane

2 years

Liam Cannon, Angela

Mason

1 year

Thomas Chiswell, Cathy
Boyd, Patrick Lynch, Ben
Tansey, Ian Carver

Hearty Thank You



December/
January
Dylan
Carter

February
Roarke
Jennings



Spotlight on Staff

Ian Carver, Marketing Manager

THIS ISSUE'S “Staff in The Spotlight” is a little different than usual. We have decided to revisit a staff member who has already been in this section. We made the decision to do a follow-up article about Laura Llewellyn, our Produce Manager, because of her recent award as United Fresh Produce Association’s 2017 Best Produce Retail Manager. She was selected as one of 25 people to earn this award throughout the United States and Canada. As part of the award, she will travel to Chicago in June for the award ceremony, where five will be selected for the grand prize.

The award came as a complete surprise to Laura because she was entered by our Store Manager, Marcia Atwood. Marcia heard about the award when she saw the contest on the United Fresh Newsletter. She was inspired to enter Laura because of all the great work she and her team are doing. “Laura’s work speaks for itself. She is deeply involved in local produce—meeting with farmers to set up crop calendars is just one example of the depth of her work,” said Marcia. “We are lucky to have her on our Co-op Management Team.”

Laura takes great pride in the award, especially since managing a produce department is still new to her. She started as the Produce Manager at The Food Co-op in July of 2015 and mentioned that she still sees herself as a bit of a newbie in the retail produce world. “I think this is crazy because I consider myself very new to retail produce,” said Laura. “I’m amazed to be awarded nationally and am flattered to say the least.” Laura’s role as the Produce Manager is made even more special

because she works within the confines of having the only certified organic produce department on the Peninsula. 95% of what she brings in is certified organic and that means juggling a lot of local and regional vendors to maintain the consistent supply and quality we have come to expect.

Yet, throughout all the accolades she has received, she is quick to point out that none of this would be possible were it not for her outstanding crew in the produce department. “This award is more for my team than me because I couldn’t do this by myself,” she insists. “My staff are great!”

The produce department is such an important part of the co-op and our community. Laura and her team have done an amazing job working with local and regional vendors to bring our members the freshest, in-season produce available. The award helps to support the goals Laura has for her department to continually improve the quality and further develop the local food system. “I think this means we are on the right track as to how we are working with our local farms and establishing relationships.”

From what I can tell, Laura and her crew are running a tight ship. I can safely say that we are all very proud of Laura and her team and wish her the best on the upcoming award ceremony. As Kenna Eaton, General Manager of The Food Co-op, put it, “I am so proud of all our staff for the attention they pay to their work and our store, each and every day of the week. Then when we receive a recognition like this, it simply reaffirms that we have an outstanding produce department with an outstanding manager in Laura.”

Spring Secret On Marrowstone

Ian Carver, Marketing Manager

Photos by Mark Barczak, Marketing Assistant



Rachael Van Laanen and her son play with the newest additions to the farm.

MARROWSTONE ISLAND holds a special place in my heart. Growing up in Federal Way, Wa., I was not privy to as much of the outdoors as I would have preferred. However, summers were a different matter altogether since my grandparents, Nels and Marry Johnson—along with some aunts, uncles, and many cousins—lived on Marrowstone. I spent many weeks each summer enjoying the type of outdoor activities I was denied in the city. So why am I telling you about my childhood on Marrowstone and what does it have to do with The Food Co-op? Don't worry, I'm getting there.

Since starting my career at The Food Co-op, I have made it a goal to tell the stories of as many local vendors, producers, and farms as possible. The Co-op supports so many of these local businesses; I want our members to

know them as intimately as we do, because what they produce is so very important to our community. My most recent visit to Marrowstone was not to do all the things I did as a child—although every time I see the dock at the Nordland General Store, I feel the urge to throw a line in the water. This trip was to visit a semi-secret farm tucked away on a nondescript gravel road. Mystery Bay Farm is one of the secret gems of Marrowstone Island. This small family farm operates on five acres, producing goat milk products on their little slice of heaven. This was to be my first visit to a goat dairy, so I was very curious to take a tour of the farm and see how it operated.

On a typical gloomy, rainy, and windy Washington day, we ventured out to Mystery Bay Farm to see some of the cutest new creations of spring. Baby goats abounded and quickly warmed our hearts as we watched Rachael Van Laanen and Scott Brinton's young children play with the little balls of fur. Rachael and Scott own Mystery Bay Farm and were kind enough to invite us out to see what they have called home for the last nine years. The farm produces award-winning chevre goat-milk cheeses, farmstead goat-milk yogurt, whole goat-milk ricotta, and goat-milk caramel sauce, the last available only in spring. Many of these wonderful products are available at The Food Co-op year-round.

The farm maintains an average milking herd of 22 goats every season and has been in operation as a commercial goat dairy going on nine years. "We are a small dairy that was born out of the idea that farming could be done in a non-industrial-agribusiness way," said Rachael. Rachael and Scott have backgrounds in ecology and natural history, which has allowed them to view farming through that lens, looking at how they can make positive ecological change through farming.

They are passionate about supplying products created from pasture-raised animals. Scott took us on a walk around the property to give us an idea of their pasture



Rachael's daughter demonstrates how to milk one of their goats.

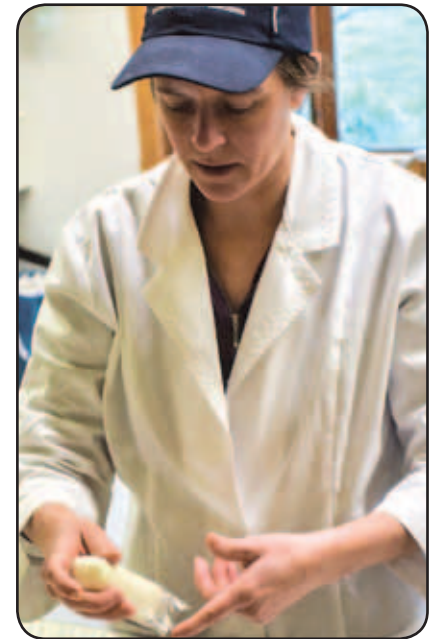
process. The land the goats live on and graze is stunning, and that beauty is reflected in the quality of products produced at the farm. These are happy, carefree animals who are very well looked after, and it shows. In order to pasture raise a herd their size, Mystery Bay Farm leases extra acreage from neighboring farms so they can rotate the herd and not overgraze an area. Being good stewards of the land is a huge part of how they operate. "We designed the farm to run on an ecological model; we raise our goats on pasture about eight months out of the year," said Rachael. She mentioned that the only time the goats eat something not from the farm is while they are being milked, at which time they eat 100% organic grain.

Spring is the peak time for milk production on the farm (May in particular), as the goats are kidding (having babies). The farm milks the goats twice a day, at 6 a.m.

and 6 p.m. The milk is then portioned off, some for the babies and the rest goes into making all of their delicious products. (Did I mention that these products are available at The Food Co-op? Sorry, shameless plug!) To give you an idea of the farm's production volume, each goat produces about a gallon of milk per day. That gallon of milk is able to produce about 1.25 pounds of award-winning chevre, both flavored and plain.

"All of our products are sold at The Food Co-op. The Co-op is a great outlet for us because it is a local place for people to go seven days a week," said Rachael. She mentioned how the Co-op has worked with her over the years to help feature her products and make them stand out. Rachael was very appreciative of the Co-op's willingness to fold in the occasional seasonal flavored products they produce, knowing that shelf space can be an issue at times.

My time at Mystery Bay Farm gave me something that I don't often receive during my trips to Marrowstone Island: a completely new experience. Small family farms tend to struggle in this day and age when large-scale, mass-production farms take the lion's share of sales. It was nice to see a farm such as Mystery Bay not only surviving but thriving. I can't thank Rachael, Scott, and the rest of the staff



Rachael wraps some of the farm's award winning Chevre.

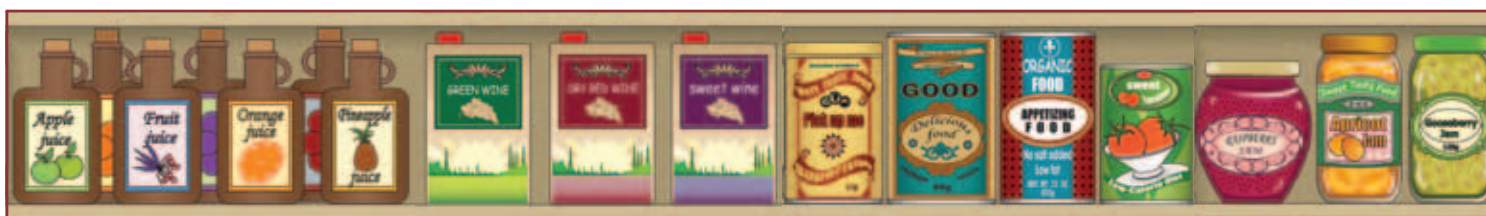
at Mystery Bay Farm enough for allowing us to visit the farm and for taking the time to sit down and talk with us about how their farm operates.

So I guess the secret is out about Mystery Bay Farm. However, this is a secret I don't mind sharing, because this little farm shouldn't be kept to the few. It should be experienced by everyone who loves fresh, local products that are created with more than just the bottom line in mind.

If you are curious to know more about Mystery Bay Farm, visit www.foodcoop.coop or [check out the video from our trip.](#)

The Food Co-op and the Cost of Food

Lisa Barclay, Board Secretary



PEOPLE OFTEN TELL ME how much they love the Co-op. They differ as to what they like best—our amazing produce department, our support for local farmers as well as organic, our friendly deli staff, for instance—but they are pretty unified on what they like least: the price of food. Some members are worried that young people or those on strict budgets are getting priced out of the Food Co-op, while others note that some products are cheaper at big stores like Costco. I'd like to talk about why food costs as much as it does and what the Co-op does to try to bring good food to everyone.

Profit, What Profit?

Let's start with the occasionally voiced misperception that the Food Co-op sets high prices in order to make a hefty profit. As a cooperative, we have no profit-seeking shareholders for whom we need to make money. We aim for just a 1% profit, enough to give us padding if any unforeseen events arise, like a produce cooler giving out. If there is anything left at the end of the year, we divide it amongst our member-staff (with the Gain Share program), our member-owners (through Member Dividends), and our savings account

(for rainy days and projects). We also work to keep operating costs as low as possible without sacrificing the services that our member-owners expect.

Americans Spend Less on Food than We Ever Have

Next, let's look at food costs. There are several aspects to this issue. First, the mission of the Co-op is to provide good food to our community, especially local and organic, and this is expensive, at least more expensive than we are accustomed to these days. Americans used to spend a lot more for our food. In 1900, Americans spent 43% of our income on food, and even as recently as 1960, we spent more than twice as much on food as we do now—14% vs. 5.8% of our income—which is far less than other countries spend. We have become used to cheap processed food, the result of huge federal subsidies to grow conventional corn and soy.

Subsidies = Cheap Packaged Food

Today, subsidized conventional corn and soy are ubiquitous in processed foods. These subsidies have

not made us healthier (think high-fructose corn syrup) or farmers more prosperous (agribusiness collects the lion's share of the subsidies) or the environment safer (conventional soy is commonly sprayed with the weed killer glyphosate) but they have had the effect of making some kinds of food cheap. According to the Journal of the American Medical Association

*The relative cost of commodity-derived products declined markedly between 1982 and 2008. Reflecting these trends, real (inflation-adjusted) price decreased by 10% for fats and oils, 15% for sugars and sweets, and 34% for carbonated drinks. In contrast, the real price of fresh fruits and vegetables increased by 50% over the same period.**

Our Farmers Deserve Our Support

The Food Co-op works hard to support local, regional, and small farmers and producers, and that costs more money. We strive to pay a fair price to our local farmers while still having prices our members are willing to pay. Small farms cost more to run than agribusiness farms, since they cannot benefit from the savings of scale and extreme mechanization



(not to mention chemical pest and weed control). Plus, organic farmers ironically have to jump through many more time-consuming and expensive government hoops than “conventional” agribusiness does, and yet they are not eligible for any subsidies! Farmers work extremely hard in all weather, often seven days a week, hoping to make enough to live on. Retirement saving remains an elusive dream, and the threat of injury is a worry because insurance is expensive and often out of reach. Without our farmers, we would be totally dependent on sources of food far beyond our community, and if there is one thing we’ve learned in the last few months, the world as we know it can change radically in a very short time. Supporting our farmers helps ensure the security of our community.

Cooperatives Versus Chains

Another reason products at the Co-op sometimes cost more than at chain groceries is that large corporations have much more buying power than we do, so they get lower prices from distributors. Their prices are not always lower, though. If you compare apples to apples—our Olympic

Peninsula local organic apples to their “local” organic apples, for instance—we frequently have similar or even better prices. Co-ops all over the country are suffering because corporate grocers have discovered that people want organic, and deep corporate pockets allow them to open stores quickly. But their bottom line is profit, not community, and when the going gets tough, they leave town—literally. Whole Foods, for instance, is currently closing dozens of stores.

The Co-op Fights High Food Prices

But though the price of good food can be high, we try to put good food within reach of everyone in our community. We have the Co+op Basics program—a growing number of items from all departments of the store at the lowest possible price. Just look for the Co+op Basics signs throughout the store. The program began many years ago with a few items, mostly cereals, called Staples. Then two years ago we greatly expanded the selection, making eating well on a budget much easier to attain. I loved the name for it—Centsibles—but soon after, the National Cooperative Grocers (a cooperative of food co-ops from around the country, to which

we belong) developed an entire line of lower-cost food products called Co+op Basics. In order to prevent confusion, we combined the two and reluctantly gave up our clever name.

Special Ordering—Yes, We Know It’s Clunky

We also have our special ordering program, which enables members to get staples at a discount. The savings is usually 10-15%, plus more during Emergency Preparedness Month in September. The system can be a little clunky, and we’ve looked at ways to improve it over the years, but so far our new ideas have not panned out. We are now reviewing the options again, though, and hope to have a revised system sometime in the next several months. We would love to have online ordering someday, but in the meantime, you don’t have to hang out at the Member Services Desk—you can look at the UNFI catalog online at <http://foodcoop.coop/our-store/buying-club/> to find product numbers. Also, if you are having difficulty with the system, just write down the code on the shelf of the product you want and ask a staff member for assistance.

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Start Your Own Buying Club

Although it takes some planning and cooperation, a good way to save money is to special order with friends. If you are interested in starting or participating in a member buying club, come to the Co-op dining room on April 19 at 6:30 pm, and we'll help you set it up and learn how to special order. Another way to save money is to check the shelves once a week or so for sale items. We frequently get products at a discount from UNFI and then the price on the shelf can be considerably lower than usual. Personally, I scout the store most Tuesdays looking for sales on my favorite products, and then I stock up.

Healthy Snacks for Kids—and Then There's MADay

We also have our ever-popular ABC program for kids, where children under 12 get a free apple, banana, or carrot when they visit the store. And finally, don't forget MADay, when members get 10% off on one shopping trip. Now that it is Member Appreciation Week(s) instead of Member Appreciation Day, I guess we'll have to call it MAW?

With a WIC and a SNAP

In order to get good food to community members, the Food Co-op also participates in federal programs, such

as SNAP (Supplemental Nutrition Assistance Program) and WIC (Women, Infants, and Children), although administrating the programs can be a little tricky. WIC can be especially difficult to implement because the products and sizes WIC will accept constantly change. WIC also requires that we carry some products we would not usually choose to sell—Cheerios, for instance—in order to be eligible. So if you see a surprising item on the shelves, check to see if there is a WIC sticker below it. In addition to what we do in the store, we also donate to various community organizations, such as the Food Bank, Dove House, and the schools, especially organizations that improve access to or educate about food.

In Conclusion—I Love My Co-op

I joined the board four years ago because I thought we had the best little grocery store around, but I remained because I've come to see how hard the staff works to support local farmers and producers as well as bring good food to our community. Much of this work goes on behind the scenes where we cannot see it, but we can still appreciate their hard work and dedication.

*"Obesity and the Economy: From Crisis to Opportunity" by David S. Ludwig, MD, PhD, and Harold A. Pollack, PhD; JAMA. 2009;301(5):533-535.

CO-OP TIP

Keep parsley and cilantro fresh by storing in a glass of water in the fridge (like flowers). Parsley stays fresher with a plastic bag over the greens.

You can also place parsley on a plate in the fridge to dry naturally. Store in a jar when thoroughly dry.





Board Elections 2017

VOTING GUIDE VOTING PERIOD

May 1- May 14

Voting opens at 12:00pm on Monday May 1st and ends at 9:00pm on Sunday May 14th.

There are three candidates running for three seats, two 3-year terms and one 1-year term. Only active members are eligible to vote. Ballots will NOT be mailed to members.

FOUR EASY WAYS TO VOTE:

1. On May 1, if the Co-op has your email address on file, we'll email you instructions and a link to the Board vote. Voting opens at noon.
2. If you don't receive an email, you can go to The Food Co-op website (www.foodcoop.coop), 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 and write your member number on the envelope, then deposit it in the red box.
4. Alternatively, you can print a ballot off the Co-op's website and mail it to The Food Co-op, 414 Kearny Street, with your name, member number, and signature on the outside of the envelope. You can also drop the envelope into the red ballot box at the store.

MEET THE CANDIDATES

in the Co-op Alcove
April 30 and May 9
from 2:30- 4:30pm



THE FOOD CO-OP

Questions?

Contact Rachel at boardassistant@foodcoop.coop
or 360-379-5798

We asked our 2017 Candidates...

1. Why would you like to serve on the Board of Directors?
2. What experiences have you had contributing to other successful group efforts?
3. Of the current standing committees, which are Governance, Board Cultivation, Cooperative Connections, and Elections, which are you most interested in serving on, and what skills and experience do you bring to that work?



Julie Brown

I would like to serve on the Board of Directors because I very much enjoy shopping at the Co-op and being in the homey atmosphere that it provides. I'm passionate about the strong mission to uphold the health of our community and our greater

world. Being an important gathering place with loads of good food and vibrant energy from the local farms and artisans, the Co-op helps foster ties that strengthen the community and sustainable land practices. And I believe this can do wonders in the way of fighting climate change and creating ripples that will influence the way people think about our socio-economic system. Therefore, I would like to play a part in finding creative ways to further strengthen these community bonds, and nourishing our future generation with good quality, accessible food.

My main interest lies in collaborating with local community members to bring more informative and fun activities to the Co-op in order to expand our impact. I also am very passionate about children and education, and would love to bring in more events/ programs that are geared toward youth and their parents, whom are the most influential teachers of our next generation. I currently work at Fort Worden as a Wedding Coordinator and also part-time at Better Living Through Coffee as a manager/barista. Previously, I have worked as an office director in Japan for an English school and have taught classes with mothers and children from the age of 1.5 years old. Through these experiences, I have come to develop teamwork, event planning skills, unique perspectives, and organizational skills. For example, I could picture coordinating something like a small, informal class that is offered for children during a time of the day when it

is most convenient for parents to shop. We would base our classes and times off of a survey conducted with our members. And through a program like this, kids could learn about pertinent Co-op topics and parents could shop in peace.

In this way, I am most attracted to the Cooperative Connections committee, and finding new ways to tell the Food Co-op's story. I am most familiar with Japanese style cuisines, being primarily raised in Japan, and I am intrigued by the ancient ways that pertain to each culture's cuisine. I would love to organize more events that celebrate food and wisdom of different cultures. My favorite saying in Japanese is "Onko chi shin" which means something like, "keep the traditions simmering in the pan, but also start slicing up some new traditions with your own knowledge." I try to abide by this rule, and I am excited to learn about new philosophies surrounding food, its power to gather a crowd around the table!



Lisa Barclay

I first ran for the board because I was impressed by what a great store we have, truly amazing in such a small town. Then I got to better know our staff, and the next time I ran, I could add to my reasons that I wanted to support such a great staff.

Now I'm running for a final time and I can add one more reason—I've come to see the importance of cooperatives, as both an alternative form of commerce and a beacon of hope in a world where democracy has taken some hard hits lately.

I've enjoyed my four years on the board. I discovered I have a bit of a knack for this kind of work, and I believe

I can contribute a little more before I retire. As chair of the Member Engagement Committee, I helped put on the annual meeting the past three years, celebrating our local farmers and cooperatives. This year, Monica (le Roux) and I passed the member engagement torch to a new board crew, and as the newly minted Board Cultivation Committee, we're concentrating on how to keep the board working at its best. We currently have a hard working and collaborative board, but in co-ops, board members come and go, and board cohesion and cooperative knowledge takes work to maintain.

I'm also on the Governance Committee, which helps keep board work moving smoothly by writing and revising policies and procedures. Finally, I'm on the Product Research Committee, which, as the name suggests, checks out products and their ingredients—for instance, whether or not products might have GMO ingredients. (The PRC is not a board committee, but board members can be on it.) I would love to remain on all three of those committees. In addition, I'm also the board secretary, which means I answer letters to the board as well as help with other writing and editing matters. I'm perhaps most proud of helping to put out last year's summer issue of *The Commons*, which focused on our local farmers.

Serving on the board is a surprising amount of work but also very satisfying, because I feel I'm contributing to a good cause. I'd like to continue for one more term so that I can help ensure that the Coop board functions well not just now but into the future.



Luisa Karoura

I was appointed as an interim Board Member in October. I have enjoyed serving on The Food Co-op Board and working with the Governance Committee and would like to continue on in this capacity. I would also be

interested in working with the Cooperative Connections Committee to further member engagement. I believe that the cooperative business structure is a vital social safety net, a great way to practice democratic decision-making, and a necessary bridge between capitalism and equitable

socioeconomic systems. As a cooperative, we have the opportunity to redefine the concept of ownership to include shared accountability for a common resource, instead of continuing to shape our lives around acquiring private goods only attainable through personal wealth. Since I am part of a generation in which many of us will likely never be able to purchase a home, I am very excited about the co-op movement. As an elected Board Member, I would work to expand the influence of co-ops in our community, advocating for cooperative housing and more worker co-ops.

Most of my day-to-day life involves some group effort. I share a house, a car, an office space, a fitness center, and most of my meals with other people who are not directly related to me. This has allowed me access to a much higher quality of life than I would have had otherwise. In order to manage these relationships, I've worked hard to build my communication skills and learn to listen with empathy. As a part of The Port Townsend CoLab catalyst team I have experience with collaboratively managing and operating a co-working office space as a shared resource. I understand the necessity of building an inclusive culture, developing community norms, and balancing equality with expediency. I first became interested in governance as an elections monitor in Afghanistan, where I had to enforce and evaluate certain aspects of elections law. This experience has proven very beneficial during my interim appointment to The Food Co-op Board.

My primary career is in business development, sales and marketing and I have worked closely with several farms in Jefferson and Kitsap Counties, including Red Dog Farm, Finnriver Farm and Cidery, and Bainbridge Vineyards. I am also interested in the social justice issues surrounding food. I have lived in many places with limited food access; I have been homeless; I have been unable to purchase food, and I have been on food stamps. These experiences have made me very aware of the importance of food access. In Port Townsend we have access to healthy food through many channels, one of them our small farmers. I am very proud to be part of a cooperative that considers food access an important issue and that supports small farms and other organizations working to expand access to healthy food. I am interested in continuing to learn and participate in cooperative governance while working to improve accessibility at our co-op.



Celebrate the Co-op!

How Does Our Garden Grow?



THE FOOD CO-OP

2017 Annual Meeting
Sunday, June 4 3-6 pm
Fort Worden JFK Building

- Annual Meeting with General Manager Kenna Eaton and Board President Monica le Roux
- Hear the latest about plans to remodel and expand our store!
- Guest speaker Sara Southerland on “Sprouting Sustenance: Planning for a New Era of Local”
- Enjoy local food and mingle with your fellow members.

Sara Southerland is the Food & Farming Manager at Sustainable Connections in Bellingham, where she works with businesses of all kinds to connect the dots, facilitate business relationships, and build a strong local food system that supports the community with every bite. With a background in communications and non-profit marketing campaigns, she works with food businesses to help them market their products and differentiate themselves in the marketplace.

Through the Eat Local First campaign at Sustainable Connections, she works with her team and local food businesses to educate the community on why local food is important, where to find it, and what to do with it once you get home, through monthly promotions,

cooking demos, educational events, and community resources. The Food & Farming Program is also home to the Whatcom County Farm Tour, NW WA Farm-to-Table Trade Meeting, September Eat Local Month, Whatcom Food & Farm Finder, and the NW WA Chefs Collective.

Sara serves on the coordinating team for the Whatcom Food Network, and in 2014, she co-founded Electric Beet Juice Co., an organic juice bar and café featuring delicious, artisan, locally sourced fare in downtown Bellingham. She loves living in Bellingham and is committed to making NW Washington the best place to live, play, and work.

Sara will discuss Sustainable Connections’ work on Food & Farm collaborations, including the successful “Eat Local First” campaign, and next steps for growing our local food economy.

Co-op News

USDA Recognizes Transitional Organic Certification

Farmers can find it difficult to transition to organic, because they already exist on razor thin margins. This new USDA designation will help farmers offset the risks of transitioning to organic because transitional produce usually brings in a slightly higher price.

Co-op Contributes to PUR

This past year, The Food Co-op helped protect Amazonian rainforest through a program called “Co+op Forest,” contributing enough to offset our propane emissions for a year. “Co+op Forest”—a partnership between National Co+op Grocers (NCG) and Peruvian farmer cooperatives—is made possible through PUR Projet (an offshoot of Alter Eco, a fair-trade food company), which promotes creative solutions for sustainability. As noted on the NCG website, “Co+op Forest” is special because “by working with farmer cooperatives producing fair trade organic products, some of which are sold in retail food co-ops, NCG works within its supply chain to bring its sustainability efforts full circle.” So far, they’ve planted more than 1.4 million native trees!

WSU Develops New Grain to Fight Erosion

Salish Blue is a cross between wheat and its wild cousin, wheat grass. Salish Blue can be used like wheat,

but unlike true wheat, it doesn’t die back every year, so farmers do not have to till the soil and replant the seeds every year. Less tilling means less erosion as well as less carbon in the atmosphere. (Salish Blue’s technical name is *Tritipyrum aaseae*, named for an early WSU research botanist, Hannah Aase.) Salish Blue was developed through natural hybridization, not genetic modification, and is not yet available commercially. WSU researchers have already used it to bake bread, though!

Co-op Continuing Education

We at The Food Co-op want to congratulate Marty Canaday on her recent scholarship, awarded to her by the Washington Independent Grocers. This scholarship covers 100% of her tuition at Umpqua Community College (UCC), a \$2,500 value. The scholarship will allow her to obtain her Retail Management Certification by completing 10 classes that range from business communications and management fundamentals to human resources for supervisors and retailing. Marty has a passion for learning. She has already obtained bachelor’s degrees in Vocal & Piano Performance as well as Pre-med with an emphasis in biology. “I’m interested and enthusiastic about so many things,” said Marty, grocery stocker and current board member for The Food Co-op.

Her application for the scholarship required her to be a current co-op

employee with at least one-year of experience. She then had to obtain a recommendation from at least one manager as well as write an essay that expressed her feelings about contributing to the independent cooperatives in Washington.

“I really, really believe in co-ops; they are the last free grocery that decide what they carry on their shelves,” said Marty. “If you love something and are passionate about it, you are morally obligated to give back. I am very passionate about the Co-op, I feel I need to give something more to the Co-op because I believe in it, more so than just earning a paycheck.”

Marty starts school April 4th and has up to two years to finish the program, but she plans on finishing in the next 12 months. The program is web based, which allows her more freedom to fit class requirements into her busy life. Marty has a long-term mindset when it comes to The Food Co-op and plans to let the store take her as far as she can go in her grocery career.



Marty Canaday

Let The Sunrise Start Your Day

Ian Carver, Marketing Manager



left: Sue Ohlsen, owner of Sunrise Coffee shows off some of her fresh roasted coffee beans.
above: Sue checks the roasting beans for color and smell.

WITH THE THEME OF THE SPRING issue of The Co-op Commons being “Spring Awake,” we thought, ‘what better way to wake up than with a hot cup of delicious coffee?’ This idea led us to an old friend of the Co-op, Sue Ohlson, owner of Sunrise Coffee Company, located just down the road from us here in scenic Port Townsend, WA. Sue was kind enough to invite us into her roasting room to learn what it takes to create some of her energizing coffee roasts.

When we arrived at Sunrise Coffee, we found Sue already at work, selecting the organic green coffee beans that would eventually become tomorrow’s drink of choice for

many people to start their day. Darting from sack to sack, scooping various beans into a central bucket, she began to unveil what had previously been a bit of a mystery to me. I knew coffee beans were roasted; I mean you see that on almost every coffee ad out there—dark roast, French roast, etc. However, I was curious to find out more about how the art of roasting (time and temperature) coincided with the type of bean selected. I’m sure you could simply put green coffee beans in your oven at home, set it to 350 for a given length of time, and end up with something that vaguely resembled coffee in the end, but would you really want to drink it or (heaven forbid) serve it to others? So, what makes the coffee Sunrise produces so good that it has developed a very loyal fan base?

As cliché as it is to say, you will continue to hear it in my articles involving our local producers—a deep love for what they do and the products they produce helps distinguish them from many larger, more corporate producers. Sue is no different. She beams with energy and enthusiasm when asked about her coffee and how it is made. Now that I have digressed, let’s get back to creating the perfect coffee roast. Sue explained to us that it starts with the bean selection and combining various beans from different growing regions. We found out that not every bean responds to temperature and time the same. Some respond better to a long roast that takes them to the brink of burning to become a French roast with that familiar dark and oily finish. Others take better to a medium, or



Sunrise Coffee's beautiful new roasting machine dumps the newest batch of fresh roasted coffee beans into a holding container.

breakfast roast, coming out with a beautiful medium caramel brown finish and non-oily surface. No matter what the roast, much of the finished product comes down to the bean selection, and Sue knows her beans.

Her new roasting machine is a polished thing of beauty, reminiscent of equipment that looks more at home on a submarine than in a coffee house. The stainless steel and chrome finishes gleam with potential—potential to create caffeinated magic. We watched as the carefully selected beans were vacuumed up to a large funnel-like hopper on top of the machine, only to be suddenly dropped into the roasting portion. Looking through the small glass port hole, we could see the green beans tumble in unison as they began their journey to becoming the stuff of wonders and awakening. As the minutes ticked by, Sue would occasionally pull out a testing device that allowed her to see and smell the beans as they progressed, each time becoming darker and more aromatic. When the perfect roast was reached, the beans were set free in a dark shimmering cascade into the cooling container. The beans cracked as they twirled around the cooler, which quickly dropped their temperature to prevent over roasting. Once cooled, the beans took one more trip into a holding container before they were ready to be packaged and shipped to the various restaurants and stores Sunrise Coffee serves, including The Food Co-op of course.

Sue prides herself on getting the freshest coffee to all who need it. She knows that the longer your coffee beans sit, the less flavor they will have when you drink the coffee they produce. If time is the enemy of flavorful coffee, The Food Co-op couldn't be in a better spot to receive only the freshest, most flavorful roasted coffee from Sunrise. So, the next time you are in the market for a pick-me-up, remember that The Food Co-op has over nine varieties of Sunrise Coffee, prepackaged ready-to-go or ground fresh in the store. Whatever your taste, Sunrise and The Food Co-op have you covered.

Having trouble visualizing all the magic that happens behind the scenes at Sunrise Coffee? I suggest you stop reading, visit www.foodcoop.coop and [watch the video we put together for you about Sunrise Coffee](#) and see for yourself how your coffee is created.

CO-OP TIP

To check how old your eggs are, look for the three-number code on the small side of the carton.



It's a Julian date, with 001 representing January 1 and 365 standing for December 31. This is the day the eggs were packed. They'll keep in your refrigerator at least 4 to 5 weeks after this date.

(This does not apply to local eggs)

Staff Picks

Spring Favorites



Walter
CO-OP DELI HOT BAR
Breakfast Sandwich



Dominic
R.W. KNUDSEN
Organic Mango Nectar



Jessie
FLAX4LIFE
Gluten-Free Flax Mini Muffins
(Chocolate Brownie)



Deborah
SHEAF
Stout beer

Staff Picks

Spring Favorites



Dave
FIRESTONE WALKER
BREWING COMPANY
Krieky Bones Wild Ale

AMBROSI
Gorgonzola Dolce DOP



Kathy
MICKELBERRY GARDENS
Elderberry Honey Tonic



Eric
ANNIE'S
Pizza Poppers
ANNIE CHUN'S
Organic Potstickers

Spring into Your Garden

Laura Llewellyn, Produce Manager



SEEDS from

- Oatsplanter
- Seed Dreams
- Uprising Seeds
- Nash's Organic Produce
- E&M

SHORT'S FAMILY FARM SOIL

BULK SOIL AMENDMENTS, FERTILIZERS & COMPOST

IT'S THAT TIME OF YEAR, when the days are getting longer and plants are beginning to explode with color. Personally, I find my senses awaking with the spring and my taste buds longing for food fresh from the garden.

Having spent ten years growing food for my living, I see gardening in a whole new light since I became the Produce Manager at The Food Co-op. While my farm work was much like a huge garden, it was definitely what I consider to be work. These days gardening is my sanctuary. I grow about an acre, if you include the outlying ornamental plants, berries, and fruit trees. I find the work to be joyful and easy compared to farming. When your livelihood doesn't depend on it, it is a lot easier to not be stressed. I am there to have fun. I can get things planted in no time, and generally, I can weed the whole garden in a few hours. Watering becomes a slow and steady process over the course of the week (much to the credit of my husband and timers). And bam . . . we have food! So for the most part it's really not work. It's more about appreciating the bounty and beauty. It's where I go to calm my mind and move my body.

Whether you're new to gardening or have years of experience, the Co-op has many resources to make your

garden more fun and less work. We have many seeds available that have been locally adapted to thrive in our area, from Seed Dreams, Oatsplanter, Nash's Organic Produce, and Uprising Seeds. The Co-op also has locally made soil from Short's Family Farm, plus compost, amendments, and fertilizers to give your garden some extra oomph. Not finding what you want? Please let me know! I can order in most of these items on a continual basis or you can special order them. Have any questions? Ask any produce stocker. We are happy to help you find the answer.

I get asked all the time, "What can I grow here?" or "What is easy to grow here?" The answer is rather complex and there are whole books on this very subject (many available at the Co-op). The short answer I give people is greens, especially if you are eager to plant seeds.

One major consideration when planting seeds is where you are going to plant them? Do you have limited space or lots of space? Do you have full sun or part shade? Some plants take a lot of space for the amount of food you get—like broccoli, winter squash, and corn—whereas others can thrive in small spaces or pots. Back to my greens argument—you can cut them above the growing tip and they will regrow in the very same spot. I would

"Whether you're new to gardening or have years of experience, the Co-op has many resources to make your garden more fun and less work."



recommend starting with a mixed-greens pack of seeds. That way you will have a nice blend for a salad with just one packet.

If you are new to gardening and want to get a bit more adventurous, buying a plant start may be a wise choice. Many plants like onions, tomatoes, peppers, cucumbers, broccoli, cauliflower, herbs, and flowers can really benefit from a jump start in a green house. Midori Farm and Red Dog Farm will have a huge spectrum of plant starts available at the Co-op.

The next question is how do you decide how much to plant? Coming from being a production farmer, it is really easy for me to plant way too much. Last year my garden mantra was five feet per vegetable. I was feeding 2-4 people at any point in time and planting several successions throughout the season. This year my mantra is three feet because five feet was generally too much! But not when it comes to potatoes, onions, garlic, winter squash, kale, and berries, because it's easy to eat a lot of those items, and you have a prolonged harvest/storage time and thus a longer eating window.

Bottom line, what do you want to grow? If you are excited to grow something, go for it! Plants are tough. They have a surprisingly strong will to live. You may not find success feeding your entire family in your first year of gardening, but you will certainly succeed in growing food if you keep your garden fed, watered, and fenced from the deer.

I have found observation to be the greatest teacher of all. Get outside and plant! Pay attention to your plants as they grow. Don't be afraid to replant if things aren't going as you hoped. I highly recommend you all give it a try! There are very few things in life that are as satisfying as gardening. It's spring, time to plant!

CO-OP TIP

When a recipe calls for lemon or lime juice, **ALWAYS** zest and save the zest to have on hand for that next recipe.

- dry the zest with salt in a little bowl, then keep in an airtight jar
- zest and freeze



THIS SPRING, I'M MAKING lots of Kuku-ye Sabzi, a Persian egg dish popular for Norooz, the Iranian New Year, celebrated at the Spring Equinox. Egg dishes are popular throughout the Middle East, and Iranians are especially fond of kuku, a type of open-faced baked omelet similar to the Italian frittata and the Arab eggeh.

What's so special about a kuku? Well for one, the name, it's fun to watch the puzzled look on people's faces when I tell them they're eating a kuku. They think I'm cuckoo, but after one bite they're hooked and satisfied between yums. Besides being delicious, kukus are a great way to use seasonal greens, herbs, and all manner of vegetables. They're similar to a crustless quiche, except they use more vegetables and don't call for any cream, so they're less like custard but still thick and fluffy. The spicing can be exotic—turmeric, cinnamon, cardamom, cumin, coriander, and nutmeg. When the spicing is done right, this makes for a delightful meal out of something as ordinary as eggs. The Kuku-ye Sabzi, herb kuku, uses walnuts in its batter, which give a wonderful flavor and texture. I can't think of another time when walnuts are used in a savory egg dish.

I especially like the way a kuku is displayed at the table. It's baked in a round pie dish and then turned upside down onto the serving plate. This makes a beautiful "egg cake" shape that's perfect for sprinkling herbs, scattering cranberries, or making patterns with walnuts. The bottom of the kuku creates a golden crust while baking that's then displayed on top when flipped; it's visually stunning.

There are many kinds of kuku. Some of the most popular Persian kinds, besides herb kuku, are potato kuku, eggplant kuku, winter squash kuku, fava bean kuku, and zucchini kuku. The possibilities are endless. After making many Persian-flavored kuku, I've branched out by using the same techniques but trying other combinations. I especially like a kuku I made with chickweed, Dijon mustard, sautéed onions, and quatre épices. I've also made a chickweed kuku with the spicing from the recipe included here. Today I made a nettle kuku with raisins and Persian spicing.

Kuku-ye Sabzi

Makes one 9-inch round kuku

Herb kuku is a traditional Norooz (Iranian New Year) dish celebrated at the spring equinox. The green of the herbs symbolizes rebirth, while eggs represent fertility for the year to come.

Equipment:

9-inch Pyrex or metal pie plate
Spice or coffee grinder

Ingredients:

1/3 cup dried chopped cranberries
1/2 cup coarsely chopped walnuts
4 tablespoons butter or ghee, plus 1 tablespoons for pie plate
1 large onion, cut into a small dice
6 large eggs
2 cloves garlic, peeled and finely chopped
1 cup baby spinach
1 cup finely chopped fresh parsley

1 cup finely chopped fresh cilantro

1 cup finely chopped fresh dill

Spices and Dry Ingredients:

1 teaspoon sea salt
1/2 teaspoon turmeric
1/2 teaspoon toasted and freshly ground cumin seeds
1/4 teaspoon ground cinnamon
1/4 teaspoon freshly ground nutmeg
1/2 teaspoon freshly ground coriander seeds
Seeds from 1 green cardamom pod
6 black peppercorns
1 tablespoon potato starch
1 tablespoon freshly ground flax meal

Directions:

1. Preheat oven to 350°F (180°C). Preheat skillet on stove top for sautéing onions. Put 1 tablespoon of butter in pie plate and let heat in oven.
2. In the preheated oven,

Nush-e Jan! May you be nourished.



toast chopped walnuts and dried cranberries separately from each other on a parchment paper lined baking sheet, for approximately 5 to 6 minutes. Set aside.

3. Toast cumin and coriander seeds until fragrant, then measure and grind in a spice grinder with all other dry ingredients. Set aside.

4. Heat 4 tablespoons butter or ghee in a large skillet over medium heat and sauté the onions until lightly golden, allow to cool. Chop all herbs and garlic while onions are cooking and set aside.

5. Break eggs into a large mixing bowl. Add dry

ingredients and spices and beat in with a fork. Add garlic, spinach, herbs, walnuts and sautéed onions. Fold in gently with a spoon; do not over mix.

6. Put mixture into heated buttered baking dish and bake uncovered in preheated oven for 25-28 minutes or until a tester comes out clean.

7. Remove from oven and allow to rest for five minutes. Loosen the edges with a knife, cover with a plate, and invert onto the plate. Garnish with the chopped cranberries.

8. Cut the kuku into small pieces and serve hot or cold with lavash bread and yogurt.

Tips for making perfect Kuku-y-e Sabzi:

- Read through the recipe first, lay out all ingredients, prep as many parts as possible before starting. After you've made them a few times, they'll come together easily.
- Don't be afraid of using too many herbs in a dish, and be sure to mince them well.
- Sauté the onions long enough to bring out their sweetness.
- Don't skimp on the amount of fat called for, because it's needed for flavor and helps release the kuku from the dish.
- Use fresh local eggs when possible.
- Grind the spices with all other dry ingredients to create more bulk in grinder.
- Toast walnuts and cranberries in the preheating oven.
- Preheat pie dish in the oven with butter. This will help to create the golden crust.

CO-OP CLASSES

For more info and tickets, see www.foodcoop.coop.



Saturday, May 13 FRENCH FARMHOUSE COOKING

Sidonie Maroon

In the authentic French style of du terroir, we will prepare celebratory feasts using wild spring greens for crisp salads, create warm tarts, and other French farmhouse favorites using our fresh, local, and seasonal foods.



Saturday, June 24 CULINARIA ITALY

Sidonie Maroon

Italian cuisine has a vast variety of flavors and styles that vary region to region. Come and cook a sumptuous Italian feast from Emilia Romagna in northern Italy, using our fresh, local, and seasonal produce.

Saturday, July 8 GLORIOUS FOODS OF GREECE

Sidonie Maroon

Learn techniques from the earthy mountain regions of Macedonia that will open up the possibilities our own fresh, local, and seasonal fare.

Saturday, Aug 12 MEXICAN REGIONAL SAMPLER

Sidonie Maroon

The flavors of Mexico are fresh, bold, and delicious. Come and cook the soul-satisfying dishes of Oaxaca. Explore the secrets of Mexico's home cooks.



Saturday, Sept 23 CLASSICAL TURKISH COOKING

Sidonie Maroon

With perfect timing for our peak summer crops, this vibrant cuisine has a simplicity and healthiness all its own.

IN STORE DEMOS

Sidonie Maroon

Sunday, April 16 How to Keep and Use Water and Milk Kefirs

Sunday, July 16 Eye Opening Ethiopian Cuisine Injera, Misser Wot, Berbere

Sunday, Aug 27 What To Do With All This Fabulous Produce

Sunday, Sept 10 Learn to Make Basic Kimchi and Sauerkraut

Sunday, Oct 22 Delicious Dals and Fresh Chutney

Sunday, Nov 12 Working With The Three Sisters—Corn, Beans, and Squash

Sunday, Dec 10 101 Gluten Free and Rye Sourdough Holiday Baking

Sidonie Maroon is a local chef, arts educator, and food writer. Read more at www.abluedotkitchen.com

