

The Food Co-op Commons

Newsletter of The Food Co-op, Port Townsend, WA

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Where we seek to uphold the health of our community and world by making available reasonably priced whole foods and other basic goods and resources by means of our life-affirming democratic organization.



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414 Kearney Street
www.foodcoop.coop

Dear fellow Co-operators,

In this issue of The Co-op Commons you can read about our upcoming expansion (or upgrade, as they put it) from the Board's point of view. But you may be wondering, "What is it that we are truly considering and when might we expect work to start?"

Well, work actually began last fall as we re-assessed our staff needs for a safer workspace. With that information under our belts we began drafting prototype floor plans. Over time, those plans were revised (often) to reflect new thinking or new information. At the time that I write this, we plan to add about 2,900 square feet to our north side (away from the water). This addition would house our back rooms and allow us to remove the existing back rooms, which in turn would open up about 1,500 square feet of retail space. So, yes it is an expansion, but a modest one, and as Board Member David Johnson says, more of an upgrade than anything else.

This winter we selected a General Contractor (Pearson Construction) with a proven track record of working on projects like ours while keeping the store up and running; our long-time architect, Jim Williams, to draw the construction plans; and Key Mechanical to lead our refrigeration work. Now, with a full team (including the help of the Development Co-op, a wholly owned subsidiary of our co-op of co-ops, NCG) in place, we began moving ahead by meeting with the City Planning Department. Everyone at the City has been super helpful; however, it turns out that we will need to conduct a State Environmental Policy Act (SEPA) review, a Critical Area review and permit and a Commercial Design review, in addition to regular permitting—all of which could add four months to our timeline.

So now that we know how long before we start work (we're currently thinking the beginning of November), what changes can you expect to see in our store? Our overall goal is to improve our staff working experience and, secondarily, to improve your shopping experience.

We also anticipate improving the flow of traffic into and out of the store. Quite frankly, having two main entrances—and exits—makes our work much more difficult for a variety of reasons. We're considering having one main entrance at the north door (with an improved entrance way) with everyone exiting from a new door by the bathrooms. This change, plus additional retail space, will allow us to grow our food service and meat departments, both of which are undersized for their sales. The other departments will remain about the same size, but some equipment would be moved around and aisles will be wider.

Perhaps the biggest change will be the floor. I know I've mentioned it before, but being 9.5 feet above sea level has its challenges, and one of them is the condition of the floor. The salts that have migrated up through the expansion joints in the concrete pad are causing the tiles to disintegrate. Ick. So our plan is to remove all the tiles and simply polish the floor. Easy, right? Actually, this work will be very disruptive, but we are hoping to keep the store open during the entire project, as we will need those sales from you to pay our regular bills.

Please keep checking our website www.foodcoop.coop for updates and feel free to write me at expansion@foodcoop.coop if you have questions or ideas. Thanks for your cooperation and patience with the process.



Kenna Eaton, GM



WE ARE STILL IN

In response to the formal withdrawal of the U.S. from the Paris climate agreement, The Food Co-op and the National Cooperative Grocers join mayors and governors, colleges and universities as well as the mainstream business community in voicing a resounding “We are still in” to reassure the international community that a broad swath of Americans will continue to do our part to preserve a habitable climate.



Salmon-Safe is an eco-label for the Northwest that recognizes and certifies landowners who adopt sustainable land management practices to protect and improve watershed health. The Co-op purchases products, including wine, dairy, fruits, vegetables, beer, and cider, from these Salmon-Safe Washington farms and producers:

- Alpenfire Cider
- Bow Hill Blueberries
- Draper Valley Farm
- FinnRiver Farm & Cidery
- Fremont Brewing
- Fresh Breeze Organic Dairy
- Hedges Family Estate Vineyard
- HerbCo
- Nash’s Organic Produce
- Portteus Vineyards & Winery
- Red Dog Farm
- Saviah Cellars
- Seattle Tilth
- Sunfield Farm
- Tonnemaker Farm
- Wilcox Farm

For more information about Salmon-Safe and the latest updates of certified producers, go to:
www.stewardshippartners.org/salmon-safe-puget-sound

To find out what is happening locally regarding salmon habitat restoration, go to: nosc.org.

Expansion

By: David Johnson, Board Member

Yes, our beloved Co-op will soon be expanding just a little bit to the north to provide much needed space. I like to think of it as an “upgrade” more than an expansion, since it will remedy a lack of back room storage space that we’ve had for some time now, add a little more retail space, allow us to rearrange the store for better flow, and add a salad bar and hot food service. No, there probably won’t be more parking, or at least not much, but it will be better for everyone overall, especially our staff.

“Do the members need to vote on this?”

No, but according to our by-laws, article VII, section 6, if expenses exceed our net worth (equity minus debt), the members will be asked to vote to take out a loan to cover the costs. At this point, we’re pretty sure that will not be necessary.

“How is the Board of Directors guiding this upgrade?”

As we previously mentioned, the store has needed more back room space, an operations project. Operations means the store, and is under the direction of the General Manager (GM). The only part of the Co-op that isn’t operations is the Board of Directors, and we are elected by you, the Member/Owners, to represent you and oversee operations through the GM by what we call “Policy Governance.” Each month the GM must report to the Board on operations through “executive limitation policies” that set out what the GM “can’t” do. For example, the “B” policies say that the GM can’t put the Co-op in financial jeopardy, can’t break the law, can’t fail to protect assets, can’t neglect member’s rights, can’t mistreat customers, or fail to properly communicate the condition of operations to the Board. Think of it like setting boundaries for a kid. “Yes, you can go outside to play, but you can’t leave the yard and you definitely can’t go into the street!” Policy Governance works well because as long as the GM doesn’t go outside the lines of limitation, she has the freedom and flexibility to try new things, do what she’s best at and hire others to help do the rest, without the Board interfering with, or micromanaging operations.

The Board will be monitoring the progress of the expansion, as it does with all aspects of The Co-op. For the expansion, the GM will report to the Board on the progress using a variety of policies (you can see the text of these policies online at our website): B7—Communications to the Board (the GM will ensure that the Board has the information and support necessary to make good and timely decisions on behalf of the Co-op); Policy B1—Financial condition; B1.1 Net income; B1.2 Liquidity; B1.3 Solvency; B1.4 Debt coverage; B2.1a, b, c Plans and budgets must demonstrate feasibility; B2.2 Board prerogatives; B3 Asset protection; B3.1 & B3.2 Insurance; and B3.7 Contracts. As you can see, there is a lot to monitor, and by closely checking the GM’s policy reports, the Board can detect problems, ask clarifying questions or for more information, and if necessary, vote to have the GM take a different course.



The Roots of My Passion

By: Laura Llewellyn, Produce Manager

I was hooked from the beginning. I like to eat good food and I like to work hard. The result is to farm! It's still amazing to see how different plants look when they are still attached to the earth. And the taste—I will always be blown away by how different everything tastes fresh from the garden.

Let me take you back to my earliest memory. I am rolling down a hill between blueberry bushes towards a creek. (In my mind's eye they are really just bushes, but according to my mom they were, in fact, blueberry bushes.) When I was two years old my grandparents sold their farm and moved to town. Since this memory is from their farm, I question whether I really remember it or if stories have just taken shape in my mind. Suffice it to say, from an early age I knew the difference between farm fresh food and what you could buy at the store.

Both of my parents grew up on farms. The farm my mom grew up on was good-sized. Both farms grew large gardens, mainly for home use. My favorite story is from the year my grandfather had his fill of the preserving. After work they would all work late into the evening filling up the freezer. It was my grandfather Pappy's job to label each box (as this was before plastic freezer bags) and transport them to the freezer. It wasn't until months later that my grandmother, Mammy, realized that he had labeled every box NUTS. Turns out the freezer was filled with white boxes labeled Nuts, Nuts and more Nuts. That made for a good laugh for everyone else, but I'm sure my grandma was mighty frustrated!

All of my grandparents had jobs off the farm. That was just the way it was back then. Sure, my grandpa took some time off to help cut the hay and whatnot. Being that he had two daughters, it was his brother and nephews that did all the "farm work." I am sure my mom and aunt did their fair share around the house and garden. What I gleaned is that it was next to impossible to support your family from the farm at that time.



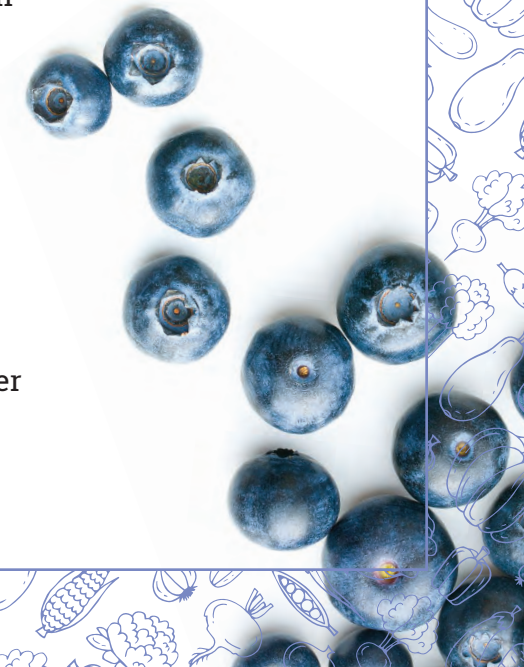
Thus my parents decided to not have a garden. They moved to town and made the conscious decision to buy their fruits and vegetables. It was a choice based not only on convenience but on how to spend their time. They worked plenty hard (and still do), just not out in the garden. (At least not when I was little. My mom has come full circle now that she once again has a vegetable garden.) Yet they held on to the understanding that some foods should only be eaten during their proper season. There were several local farms around with farm stands. We would make the circuit throughout the year, visiting them all. In reality, we just didn't eat asparagus or sweet corn if we didn't buy it straight from a farm. Again, it all came back to the taste.

No farmer farms for the money. They farm because they love the work. It might be that they love growing food or that they love being outside. One can certainly feel extremely rich when you have tons of food at your fingertips. However, the reality is, the difference between what it actually costs to produce food and what folks are willing to pay is a very thin margin, especially when you take into consideration the increasing minimum wage. (The number one cost for most small scale farms is labor.) A farmer must walk this thin line while being thrown through the whims of the weather. This spring, for example, was sure a trying one and certainly didn't fatten anyone's pocketbooks.

Knowing all this, I am dedicated to helping farmers succeed. I am happy to make numerous calls, texts or emails to figure out who has what available for The Food Co-op to buy on a weekly (or daily) basis. I sit down with all the farms in the early winter and plan who I am going to buy what from in an effort to grow everyone's sales. This helps me figure out what crops aren't assigned to anyone and thus I can ask someone to grow them. Currently, this has led me to focus on increasing shoulder season production, particularly in the spring. I can also educate farmers on proper case sizes and how to better harvest and pack produce. In general, we pay consistent prices to our local growers that reflect the true cost of the food, rather than swing with the wider marketplace. We are ready to roll with bounty and want to promote what needs to be sold today by adjusting our prices and changing up our displays. Having the unique position of really understanding what it takes to grow food makes me really appreciate what all of our local farmers do, day in and day out.

This brings me back to several lessons that I learned during my college years. I moved into a group house filled with farmers. Outside of my upbringing, this was my next real food awakening. It was in this house that I learned the difference, for myself, between locally grown vs. mass produced food. My housemates taught me to swing with the season, cook on the fly (without recipes), and try new foods. My first kale experience was during these years. I remember going to the co-op and trying to figure out which bunched green was kale. It took a few tries before I was sold, but being open to trying was really the important part. Next thing I knew I was so inspired that I was dropping out of college to work on a farm myself. Pretty soon everything

Next time you're shopping at The Co-op, look for the "local" symbols and consider making a choice that your taste buds would agree is the right choice.



Welcome Kimberly!

Kimberly Johnson



Wellness Manager

Kimberly was hired as the Wellness Department Manager at The Food Co-op in the spring of this year. She is from Bellingham, WA, where she started working at Community Food Co-op as a cashier in the year 2000, after finishing school at Western WA University. In true co-op fashion she worked in multiple departments including Front End and Service Desk, Accounting, Deli, and finally in Wellness where she found her home.

Throughout her tenure at CFC she helped to found the Staff Council, opened the Cordata store (built in 2008), and participated in growing the co-op's sales and service to the community on the north end of Bellingham. She also spent a year working with Whole Foods Market as a Whole Body Specialist. She has a wonderful husband, two beautiful children, and three pups, and resides on Whidbey Island.

[Check out Kimberly's Staff Picks!](#) →

“

My goals are to provide our member-owners and consumers with access to the highest quality natural, organic, and local products, at the best prices possible, to support and develop team members, and to continue to uphold The Food Co-op's commitment to service and quality. Port Townsend has a vibrant and unique culture, and I'm honored and proud to be a part of this community.

Please feel free to stop by the department and say hello!

”



Body Lotion

Everyday Coconut

Alaffia's line of Everyday Coconut products are fair-trade, clean, luxurious, and affordable. Try the hair care and body wash too!



Face Cleanser

Nourish

A lovely cream cleanser appropriate for all skin types, and made with all natural organic ingredients!



Raspberry Lemon Calm

Natural Vitality

Forms Ionic Magnesium and is Non-GMO Project Verified!



Body Builder

MegaFood

Partners with Stahlbush Farms to provide FoodState Nutrient iron and is Non-GMO Project Verified!



Udo's Choice Probiotics

Flora

Human-adapted strains of live probiotics for the highest survival and colonization rates.



Hidecote Pink Lavender Essential Oil

Oasis Naturals

The most lovely, unique lavender I have ever experienced! Pure essential oil from local Sequim, WA.

Food Co-op Anniversaries

- Deborah Shortess 26 years
- Josephine Holmstedt ..16 years
- Walter Harris 16 years
- Catherine Morse 11 years
- William Walker 11 years
- Tracy Nichols 10 years
- Janice Tobin 9 years
- Phillip Blair 9 years
- Barbara Lytle 7 years
- Adam Carter 6 years
- David Dunn 4 years
- Patricia Ferry 4 years
- Carol Tabler 3 years
- Lauren Davis 3 years
- Daniel Walvatne 2 years
- Dylan Carter 2 years
- Kathleen Palmer 2 years
- Laura Llewellyn 2 years
- Evan Foss 1 year
- Morgan Carrico 1 year
- Paul Davis 1 year
- Petra Chonczynski 1 year
- Rene Hawkens 1 years
- Roarke Jennings 1 year



From Malt to Table

The Port Townsend Brewing Company

Opening their doors in 1997 with only the two most popular beers, the Port Townsend Brewing Company has become a local destination for their wonderfully flavorful and inventive ales. Now offering over ten unique ales, most of which are available at The Food Co-op, the Port Townsend Brewing Company shared its brewing mastery with us as we documented their process:

watch our video profile at: www.foodcoop.coop/ptbrewery



Packing and labeling brings the beer straight to your home!



The magic happens in fermentation, where wort becomes alcohol.



Malt & mashing of the finest grains are combined for unique flavors.

Boiling & hopping of 'wort' flavors the unique ale profiles.



Available Items at The Food Co-op!



Porter

Port Townsend Brewing Comany



I.P.A

Port Townsend Brewing Comany



Scotch Ale

Port Townsend Brewing Comany



Art © Richard Jesse Watson, "Louisa Flies the Coop"

15th Annual JEFFERSON COUNTY

FARM TOUR

September 16th & 17th, 2017

PIE PARTY AT FINNRIVER CIDER GARDEN  SEPT. 16TH

For more information visit tinyurl.com/getonthefarm

A Self-Guided
Tour of
Jefferson County
Farms

\$10
Suggested
Donation per
Carload
Pick up your map
at Your
Food Coop

Lacto Fermented Seed and Nut Cheeses

Say 'Seed Cheese' Five Times Fast

By: Sidonie Maroon, The Food Co-op Classes Instructor

After the umpteenth time of someone thanking me for 'the gorgeous vegan friendly spread,' I realized, although I'm not even close to vegan, that I gravitate towards plant based recipes. It's only because I really love plants. I've always been a plant lover, so I suppose if I followed the logic of affinities I should be a staunch carnivore...but when we'd troop down to buy candy as a child, I'd wander over to the produce section and pick out the biggest and best green pepper to munch on the way home. I wasn't 'goody-goody.' I just loved vegetables.

Not long ago, it occurred to me that vegan recipes aren't just for vegans anymore. I started seeking out vegan chefs and cookbooks, because they, more than anyone else these days, are filled with culinary passion and are steadily pushing the envelope of known cuisine.

A friend loaned me a book on making vegan nut cheeses, and while the recipes

weren't my style, the ideas led me to do more research. Then reading an interview in the *L.A. Weekly* with Chef Matthew Kenney, a vegan cheese making pioneer, the possibilities were really opened up and it gave me courage to start experimenting in earnest.

All of the seed and nut cheese recipes I'd found relied on first making rejuvelac, a sprouted wheat probiotic drink, to use as a fermentation starter. I was pretty sure that making rejuvelac was an unnecessary step, and that all the probiotics needed were living right on the skins of the seeds already. I turned out to be right, and making seed and nut cheeses is a simple and absolutely gourmet delicious process. They are also, of course, a healthy probiotic and prebiotic fermented food.

I like best to make a spreadable sunflower seed cheese that tastes like a mild cottage cheese, and uses only raw hulled sunflower seeds, salt, water and the microflora already present. I make this recipe almost weekly. It's a great go-to lunch and snack food, and all of my family likes it, even the ones who shun other pickled or fermented foods.

I've also made cheeses/spreads with:

- **Raw cashews:** tastes like a rich hollandaise and is absolutely excellent on poached eggs.
- **Pumpkin seeds:** perfect to spread on an avocado and tomato sandwich.
- **Walnuts:** recommended - luscious and I can't wait to try it in apple season.

These spreadable cheeses can be further drained in a nut bag to make a thicker fresh cheese or molded and aged to make hard cheeses. I've so enjoyed the quick spreadable cheeses that I haven't spent much time aging or molding them but I plan to. My next experiment will be to inoculate them with specific cheese cultures like for a fromage blanc or chevre.

Further information on seed and nut cheeses can be found at: <http://www.superfoods-for-superhealth.com/seed-cheese-recipes.html>



Spreadable Sunflower Seed Cheese Recipe



This cheese is a delicious lacto fermented seed cheese that's easy to make and is great to have around as a summertime spread. It's yummy plain or gussy it up with pressed garlic, fresh herbs and chives. When you feel comfortable with this recipe get brave and branch out trying it with other seed and nut combinations.

1

In the evening, toast the sunflower seeds for 4 minutes on a medium low heat in a heavy bottomed skillet (I use cast iron).

2

Put toasted sunflower seeds in a pint mason jar and fill it an inch below the rim with filtered water. Let it soak overnight, around 8-12 hours.

3

Strain off the soaking water and use it for some other lofty nutritional purpose. Add the strained sunflower seeds to a food processor or blender with $\frac{1}{2}$ cup filtered water and teaspoon sea salt (I like the taste of Real Salt).

4

Blend for 5 minutes, stopping twice to scrape down the sides. Put the puree back into the pint jar and cover with a cloth.

5

Leave on your counter to ferment at room temperature for 24 hours. After, it'll taste slightly sour and be a little puffy. You'll be able to see this through the glass jar.

6

The very top of the cheese will oxidize and not taste as good. I scrape the top off with a butter knife and taste under it. When the cheese is fermented and tastes like a mild cottage cheese then refrigerate. It'll keep until you see signs of mold or it smells bad, but mine is always gone long before that happens.

Ingredient List !

- 1 cup hulled toasted sunflower seeds
- $\frac{2}{3}$ teaspoon of sea salt
- $\frac{1}{2}$ cup filtered water (filtered is important because chlorine will kill the good guys fast)

Holistic Care for Your Animal Companion

By: Dr. Anna Maria Gardner



Foundations of Good Health

Animals, just like people, benefit from a natural approach to their care. Starting your animal off on the right path, whether they come to you as a puppy or kitten or as an older animal, begins with a foundation of good diet and the right supplements. Most animals benefit from a biologically appropriate diet - for cats and dogs this is usually a meat based diet, ideally grain-free, and composed of high quality ingredients. Many people choose to make a raw diet, but if you do, it is essential that it is nutritionally balanced. There are supplements and recipes available that balance the raw food diet nutritionally. There are also commercially available raw food diets that are frozen and prepared to be fed as a complete meal, or in addition to kibble or canned foods. If kibble is fed, choose a high quality grain-free kibble unless there are specific health needs. Even in this case it is good to add vegetables, meat and even fruits as treats. Always check with your veterinarian to make sure this is the right thing for your dog or cat, to find out if there are any dietary restrictions and to make sure the diet is safe and balanced as not all fruits and vegetables are safe.

Supplements for Disease Prevention

A good preventive regime can include probiotics and digestive enzymes. These enable optimum digestion and absorption of food and have other benefits such as reducing inflammation. It is helpful to add a good quality oil, like krill, sardine or anchovy oil, which help with skin and coat, joint health and are anti-inflammatory. A multi-vitamin containing antioxidants is helpful and can help prevent disease. For older dogs and cats, glucosamine and other joint support is helpful as well as specific nutrients and herbs to help support them as they age, including herbs and other nutraceuticals.

Holistic Modalities for Treatment

Cats and dogs respond well to holistic modalities including acupuncture and homeopathy. Acupuncture can be used to treat many conditions and has become increasingly popular and mainstream. It helps with pain, arthritis, back issues and more chronic diseases such as kidney disease or liver failure. Homeopathy can treat many conditions and is safe, natural and effective. Chinese Medicine and Western herbs also help with kidney disease, liver disease, allergies, digestive diseases, arthritis and many other chronic and debilitating diseases including cancer. Holistic care can prevent and treat a lot of conditions, along with allopathic medicine, such as supporting the body during chemotherapy, and providing the right nutrients to help healing after surgery or long term illnesses. Other modalities such as flower essences can address behavioral issues like fear, aggression or separation anxiety.

Prevention is better than cure!

In summary, holistic care for dogs and cats can be an important part of their long term health and wellness plan that can help with their overall quality of life and longevity.

Ask the Veterinarian! Dr. Anna Maria Gardner is a holistic veterinarian based in Jefferson County and licensed in both Washington and Texas. She is a graduate of Cambridge University in the UK and now specializes in holistic care including homeopathy and acupuncture. Dr. Gardner does house-calls in the local area and phone consultations worldwide.

Please email your questions and comments to Dr. Gardner at the email address: drgardner@petsynergy.com.



“Never Underestimate the Cleaning Power of a 94-year-old Chick with a French Name!”

**By: Liam Cannon,
Front End Team Member**

Bon Ami, one of the top selling powdered cleansers in the U.S. today, has been with us for more than 100 years. It survived the Great Depression, organized crime, floods, fire, and large corporate competition.

Did you ever look at a package of Bon Ami (French for “good friend”), scratch your head (pun intended) and say, “Why did they choose a chick as their mascot with the slogan ‘hasn’t scratched yet?’” Consumers of the time knew that newborn chicks didn’t scratch the ground for 3 days after hatching. This less abrasive image was what they wanted to convey about their new product.

This fluffy chick is the third oldest surviving mascot, along with the Quaker Oats man and Vulcan’s arm of Arm and Hammer.

The J. T. Robertson Soap Co. of Manchester, Connecticut, manufactured scouring powders like their competitors did, with tallow (rendered beef or mutton fat) and finely ground quartz. Although this makes for a good cleaner, it can scratch softer surfaces. When quartz is mined it is entwined with feldspar and had to be removed manually with the use of heavy cobbing hammers. One day in 1886 Robertson decided to try making his cleanser with the discarded feldspar, and to his surprise, created a gentler product thus Bon Ami was born.

Over the years, Bon Ami changed ownership many times, but always maintained a strong market until the 1950’s. With the help of organized crime and corrupt businessmen, Bon Ami almost died. Even their major competitors, Ajax and Comet, thought that Bon Ami was out of business. In 1971 Bon Ami was sold to the Faultless Starch Co. started by Major Thomas G. Beaham. Now operated by his great-grandson, Gordon T. Beham III vowed to bring life back to the little chick. He tried several marketing techniques, but was met with much resistance. *The New Yorker* refused to run any of their advertisements, except for one that had the tag-line “Never underestimate the cleaning power of a 94 year-old chick with a French name!”. This gave Bon Ami an immediate 12% boost in profits. In 1974 *Whole Earth Catalog* embraced their product, acknowledging that it was environmentally safe. This was the start of reacquainting consumers with a simpler, safer, “old-fashioned” cleaner that had none of the harsh chemicals that the leading companies had. It quickly became the environmentally friendly product that is the preferred household cleaner for people with chemical sensitivities.

Bon Ami is still owned today by members of the Beham family and is the best choice for a simple, effective, powdered cleanser. I wouldn’t want any of my “good friends” to use anything else.

Bon Ami is available at The Food Co-op in our cleaning products and supplies section!

The Food Co-op's 2017 Annual Meeting!

Eating Local was the focus of our annual meeting this year, held on June 4 at Fort Worden. In addition, we distributed our annual report, which details how we well are fulfilling The Food Co-op Ends, our long-term goals.

Thanks to everyone who worked so hard to put on the annual meeting. We'll see you all next year!

