

Fall 2018 • Free

COMMONS

THE FOOD CO-OP QUARTERLY NEWSLETTER • PORT TOWNSEND, WA



Food
co-op



Thanks To

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Table Of Contents

Thanks To	2
From the General Manager	3
Planting Seeds to Grow New Board Members	4
Road to the Board.....	4
Making a Difference on the Board.....	5
The Food Co-op Gets a New Look.....	6
Closing the Gap	8
Save the date	8
Eat Local First.....	9
VegRx	10
How Does Your Garden Grow?	12
A Gluten-Free Baking Mix for Easy Go-to Gifts.....	14
Fall Classes & Events @ The Food Co-op	17
Let’s Talk Turkey!	18
Holiday Turkey Orders Begin November 1st!.....	19
Dough	20
Basic French Bread Recipe	21
Hoop Houses of Plenty	22
Fall Time With Your Animal Friends	24
Fall Favorites—Staff Picks!	25



From the General Manager

by Kenna S. Eaton, GM

The theme for this issue of the *Commons* is one of abundance. Certainly this time of year is ripe with a richness of crops such as squash, cabbages and even late season tomatoes. It is also that time of year where we share that wealth with others—Thanksgiving, for instance, is a classic example of how we can always find room at the table for one more person. But how does that theme fit in with The Food Co-op and our expansion project? Fortunately, the answer is easy: it's in the people!

It all began with our board of directors (have I mentioned recently how blessed I am to work with such an excellent crew of people?) and some key members who were generous with their time and thinking. Since making the decision to stay and grow in place, the board has been very supportive every step of the often long and winding way.

The staff at The Food Co-op has been amazing as well. So many have given so much of themselves to help find workable solutions to new challenges. The amount of planning that has gone into keeping the store running smoothly, even as we completely relocated our base of operations to the other side of the building, is unmeasurable. There have been many meetings to discuss hot topics like the anticipated flow of traffic through the new entry and the nuances of how we think we will get our work done when everything is turned on its head and yet the store continues to be welcoming and have full shelves every day.

And finally you, our members, who have been super accommodating as we implement solutions to today's construction work, such as concrete trucks needing to drive the wrong way through the parking lot. We have received many accolades from you on our planning and execution during this difficult time, and we feel blessed to be in such a supportive community.

As you read this issue, we are hoping to be actually doing daily work in our new addition, and as soon as that happens, we'll begin the wave of refreshing the look and feel of the rest of the store. Our goal, as you may recall, is to improve the flow for staff and customers while keeping that special "co-op-y" feeling of abundance and good, rich sights, sounds and even scents!

Planting Seeds to Grow New Board Members

by Monica le Roux, Elections Chair

Each year we hold board elections in May, but the process begins much earlier because we need time to find candidates and educate them about what service on the board involves. The process is not difficult, but it does take time. (Note: To qualify as a candidate, our bylaws require you to have been an Active Member or a member of the household of an Active Member for at least six months prior to being seated on the board.)

We require potential candidates to attend at least two board meetings and one committee meeting before submitting their applications. Applications must be submitted by early March in order to go in the Spring *Food Co-op Commons*, so member-owners need to start attending meetings several months before that date. So join us at our November and/or December board meeting. Potential candidates must also meet with the Elections Committee to learn about what being on the board entails and to receive the candidate application.

If you are interested in board service, come to a board meeting! You can see how we work and meet the Elections Committee. Board meetings are the first Tuesday of the month at 5:30 pm at our Annex on 2110 Lawrence Street. Or contact us at coopboard@foodcoop.coop for more information.



Road to the Board

MEMBER	>>	ATTEND	two	>>	APPLICATION	>>	VOTING	>>	ELECTION
since at least		board meetings			submitted by March		May 1–15th,		results announced
Nov. 2018		& one committee			5th, 2019		2019		May 26th, 2019
		meeting							

Making a Difference on the Board

by Juri Jennings, Board Vice President

Where do I start? It has been a whirlwind of a year for me as a new board member—learning about policy governance, carpooling to a conference, flipping through the pages of the board packet, having tea with my mentor and making sure to try to be the best human I can be at all times.

I dreamed of this kind of simple and busy life, where you can easily realize the positive and negative feedback in every action you make. I did not feel anything—other than feeling lost—in Osaka, a city of two million people.

I have been searching all last year for a project to focus on and now I see myself launching a project to prevent product waste from ending up in the landfill. Jefferson County is in a crisis, sitting on recyclables that have become waste without a market. The word is that we have found a new market to sell our waste, but is trucking these “recyclables” across the state, to where it becomes someone else’s problem, a true solution?

In these times, I miss my father, who I used to follow up the Shukugawa River as a little girl, holding his thumb rather than his hand that was too big to grab. After school, we used to walk up the river with a garbage bag in one hand, collecting anything that did not belong in the river. Now I’d like to find a way that we can process, right here, all the waste we create every day, so we can see the impact we make every single day.

Of course, a better solution would be to eliminate waste creation in the first place. This year, the board’s Cooperative Connections Committee (C³) will be in the store demoing green lifestyle ideas—thoughtful solutions to reduce the need for single-use-plastic products. We know our member-owners are passionate about plastic and have lots of ideas, so help us advance in this mission and come tell us about them. We meet once a month, on the second Thursday (usually). Email us at coopboard@foodcoop.coop to make a bigger difference together.



The Food Co-op Gets a New Look

by Andrea Stafford, Marketing Manager

Some people say “Timing is everything” and we couldn’t agree more. Lots of changes are happening in 2018 for The Food Co-op with an expansion-remodel project leading the charge. What a perfect time to assess our current look and feel and refine it so we remain relevant into the future while honoring our deep historical roots.

Same Co-op, Fresh New Look

We plan to spruce up our look with fresh paint, new signs in the store, a new website, and a new logo. Please rest assured, though, we are still the same Food Co-op you know and love! We used information from our owner surveys, written customer comments, Board and staff input, our peers at National Co-op of Grocers (NCG) and professional designers to design a logo and style that will serve us well into the future.

It is important that our new look represents our deep roots in the Port Townsend community, reflects the business that we are in (selling groceries and building community) and conveys the key elements that make us unique:

- Community-owned co-op
- Strong connections with local farmers and producers
- Delicious food with standards you trust
- Support of health/nutrition
- Support for a healthy planet

Our logo through the years



2005



2008



2010



2011



2012

For example, our new colors represent the sea, the land, and the fruits of the earth. Our fonts show off our personal, friendly way of connecting in the community. And the logo itself uses these elements to convey who we are in a transparent, straightforward way. Our goal was to create something that could ebb and flow with the tides of change both in-store and in our community yet honor the beautiful place we all call home.

Honoring the Past, Looking to the Future

I'm sure some of you feel nostalgic for logos from days past. There will always be a special place in our history and hearts for the names and logos that represented this thriving business as it grew to what it is today. The Heron and Cooper will always be part of our story. In fact, I like to think that Cooper has decided to retire and is back on his farm growing veggies with Organica, and Quimper the dog, just the way he likes it. And our beloved heron has decided to live his life out at Kai Tai Lagoon, just across the street frolicking about with the other local herons, doing what herons do best.

Below is a fun look back at our past, an evolution of logos, you could say.

As for the NEW look and feel of the Co-op, you can expect to see changes happening very, very soon. As we introduce this new look into our store and beyond, we ask for your help in spreading the word to your friends and neighbors that we're still the same co-op you know and love, just with a fresh new look and some exciting new changes!

If you have questions or comments about this change, please contact Andrea Stafford, Marketing Manager at Marketing@foodcoop.coop.



2013



2014



2016



2017



2018



Closing the Gap

by Allison Hero, Owner, Silverwater Cafe

In the fall of 2017, a small group was started with the hope and intent of trying to close the gap between chefs, restaurateurs and local food producers. Our goal was to make the pathway easier for the restaurants to utilize more locally produced foods, in an effort to strengthen our local food economy and showcase the abundance of wonderful things available to more people. Amanda Milholland, Farmers Market Director; Dan Ratigan, Executive Chef at the Inn at Port Ludlow; Steve Shively, director of the Culinary Loop and Allison Hero, Owner of the Silverwater Café, make up this group.

After several meetings of both chefs and farmers and many questionnaires, we are working to create a Local Food Expo, where food producers will have a booth to exhibit their offerings. The first half of the day will be open to restaurants to come and place their orders for the spring so that farmers and meat producers have a firm idea of the needs of the industry. The second half of the day will be open to the public to place orders for CSAs; order quantities of meats, cheeses, value-enhanced products and to explore the wide array of locally produced goodness that they may not be aware of.

Save the date

Local Food Expo

Sunday, November 4th

at the Port Townsend Community Center

Eat Local First

by Amanda Milholland, Jefferson County Farmers Market Manager



When we choose local food first, we support our personal health, that of local farms and the growth of our regional economy. Partners including the Jefferson County Farmers Markets, The Food Co-op, Washington State University Jefferson County Extension, The Olympic Culinary Loop, Jefferson County Local Food Council, North Olympic Development Council and others are collaboratively developing an Eat Local First Campaign. The Eat Local First campaign strengthens Olympic Peninsula farms and producers by engaging the community through education, promotion and access to build a diverse and vibrant local food economy.

Campaign goals:

- Grow and sustain sales for local farmers and food producers
- Grow sales for locally owned food businesses, such as grocery stores, bakeries, restaurants, fisheries and wine, cider and beer makers
- Minimize barriers for institutional food buyers - i.e. hospitals, schools, large employers and community organizations
- Increase access to local and regionally sourced food for low-income and rural populations
- Serve as the trusted community resource for finding seasonal, local and regional foods from the Olympic Peninsula region
- Educate consumers on how to use local crops and when they are in season

The Olympic Peninsula is home to a vibrant farming community and hosts five farmers markets. The landscape of the local food system across the Peninsula is diverse. It is a region that provides a bounty of ingredients ranging from vegetables and grains, to salmon and shellfish, to craft beverages throughout the calendar year. As consumers, our choices can ensure that the local and regional food system continues to be resilient and accessible to all. Filling our table with food from both local food providers and regional ingredients is a delicious way to support food businesses in our community. Ask for local food at your favorite restaurant or local grocery store. You might also wonder if your child's school and your local hospital or food bank have access to local food. Ask, encourage and help break down barriers to purchasing or receiving donations of healthy local and regional food.

Eating well and providing access to local and regional food for all is just one important way to create a strong local food system. By choosing to Eat Local First, we can all use the power of our food dollars and our strength as active engaged citizens to create a better world.



VegRx

by Amanda Milholland, Jefferson County Farmers Market Manager

Responding to Hunger with Healthy Food

In Jefferson County, some 4,400 people rely on federal food assistance through the Supplemental Nutrition Assistance Program (SNAP or EBT, formerly Food Stamps). More than 14% of the Jefferson County population lives below the poverty line and poverty rates among children exceed the state average by 13%.

When grocery shopping on a limited budget, families and individuals frequently make the difficult choice to prioritize less expensive, filler foods over fruit and vegetables. Unfortunately, the cheapest food choices lead to diet-related disease. As a result, the US spends over \$1 trillion a year on diet-related illness and chronic disease. Jefferson County has not been spared from these national health trends. According to the Jefferson County Community Health Improvement Plan, “Chronic disease accounts for the top four causes of death and the top three causes of hospitalization in Jefferson County.”

In partnership with the Jefferson County Farmers Markets (JCFM), Jefferson Healthcare and the Jefferson County Public Health 5210 Campaign, the Food Co-op is responding to community food insecurity with fresh fruit and vegetables. VegRx is a fruit and vegetable prescription program, which helps increase the food security of families experiencing hunger. During the farmers market season, April through December, Jefferson Healthcare clinicians prescribe VegRx to families county-wide who indicate food insecurity on their annual Well-Child-Check intake form. This 12-month prescription can be redeemed for \$10 a month in fresh fruit and vegetables at the Port Townsend and Chimacum Farmers Markets.

During the market off-season, January through March, VegRx recipients receive \$10 a month for fresh produce at The Food Co-op. These off-season prescriptions are sponsored by The Food Co-op to ensure year-round access to healthy food for the people who need it most.

While VegRx is limited to families this season, VegRx partners hope to expand the program to people with low incomes experiencing diet-related health conditions in future years. This October, donate to VegRx and JCFM’s food assistance programs through the United Good Neighbors’ Annual Campaign, Give Jefferson. Visit your local farmers market info booth for more information.





Photo by: David Conklin



Photo by: David Conklin



Photo by: Rod Just



Photo by: Rod Just

How Does Your Garden Grow?

by Nita Wester, Jefferson County Master Gardener

October is the perfect time to start a new garden bed.

Whether you want to grow more veggies, attract pollinators, or create a living privacy fence, start by piling up “no-till” layers while organic materials are plentiful. Build your new bed on existing lawn or a patch of neglected ground — both are well suited for this technique.

Building up from the ground, alternate 1-inch layers of green and brown materials. Then top the pile with weed free mulch. 1-inch layers are recommended, but thicker layers that are similar in depth can be used. Earthworms, insects and beneficial soil microbes do the mixing and enriching as the layers break down into finished compost.

Steps to building your compost layers (see visual next page)

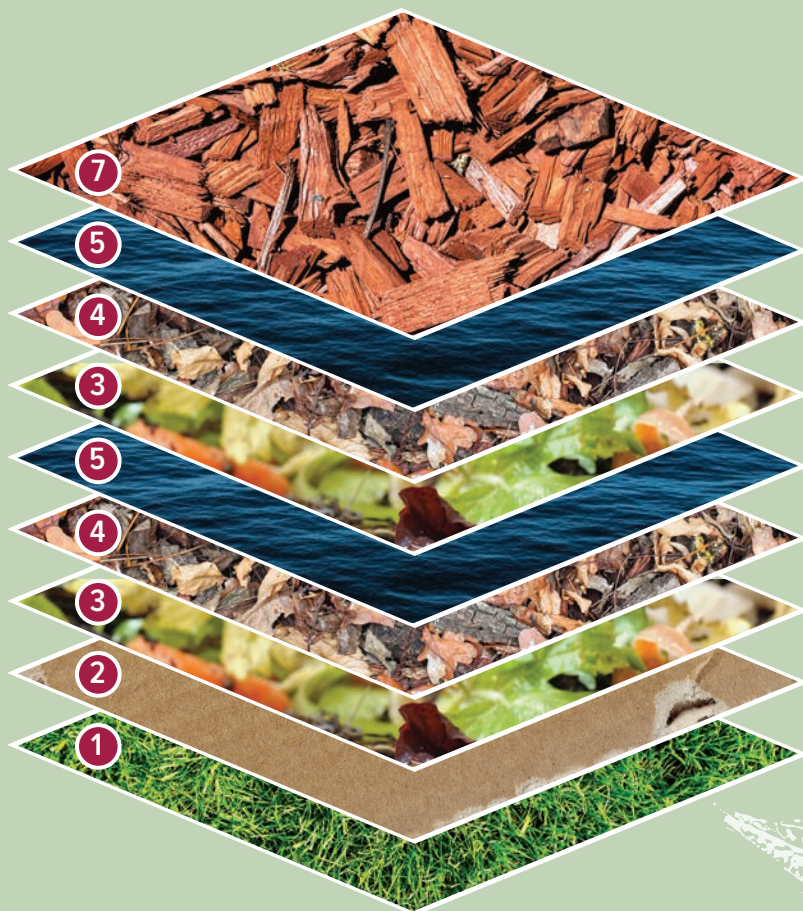
- 1 Sod: On your selected site, cut, mow or stomp existing vegetation to soil level. Do not dig or remove! The sod is your first green layer.
- 2 Add wet cardboard or newspaper. Newspaper should be 4 to 10 sheets thick; cardboard 1 to 2 pieces deep. Overlap so the sod/weeds get no light.
- 3 Add a green (nitrogen) layer. Don't be fooled by the color, nitrogen sources include fresh grass clippings, composted manure, used coffee grounds, weeds (no seeds please), alfalfa pellets, garden debris or veggie scraps. Soybean, cottonseed or blood meal can be used at the rate of 1 cup per 20 square feet as a green layer.
- 4 Add a brown (carbon) layer: Leaves, corn stalks, pine needles, peat moss, coconut coir, shredded newspaper, straw, hay, wood chips, shredded bark, sawdust (use a thinner layer).
- 5 Wet the layers. Add water until the layers are moist. Too much or too little water can create conditions that keep organic materials from breaking down.
- 6 REPEAT steps 3, 4, 5 until the pile is 12" to 18" tall.
- 7 Mulch (brown): Top the pile with a brown layer, at least 2-inches thick. Moistened burlap (available at the hardware store) can cover the pile to increase microbial activity in the soil.



Come spring, you can tuck in seeds or plants. Make a hole twice the size of your plant's root mass or a trench for seeds and fill with potting soil or compost. Keep new garden bed materials a few inches from the plant stems until they've decomposed completely.

Congratulations! You've started a new garden season, recycling abundance from one year to the next.

Nita Wester is one of the Jefferson County Master Gardeners who teaches our Growing Groceries classes each spring and fall.



A Gluten-Free Baking Mix for Easy Go-to Gifts

by Sidonie Maroon, A Blue Dot Kitchen

For the holidays, I'm filling pint-sized mason jars with my new gluten-free pancake mix, then adding an artsy label and the recipe, to give as gifts. With a few additions, the same mix also makes delicious oat scones. I make up the dough and gift them chilled and unbaked, so they can be enjoyed, as they should be, hot from the oven.

I developed this baking mix at the request of my friend Abi, who needed gluten-free pancakes to serve at her church's once-a-month breakfast. I wanted a mix that was easy to put together, nutritious, and would make people change their minds about how gluten-free tastes. It was a success and we had lots of requests for the recipe.

I made up a batch for myself and now wonder how I survived without it. I make a big bag every couple of weeks and keep it in the freezer for morning pancakes, especially good with homemade blackberry syrup.

Having a healthy, homemade food gift to give at a moments notice is worth a lot. Having a baking mix that I can make up into light fluffy pancakes or buttery oat scones for drop in guests or family is wonderful. The fact that it's Gluten-Free and delicious makes it a special treat for my friends with food sensitivities. And attaching a copy of the recipe adds a nice touch that makes it a gift that keeps on giving.



Sidonie's Gluten-Free Pancake Mix

Makes 16 cups of mix

Fluff together with your hands, while singing a happy song and adding lots of good vibes:

- 2 packages Bob's Red Mill sweet white sorghum flour (44 ounces / 1246 g)
- 1 package Bob's Red Mill potato starch (22 ounces / 623 g)
- 2 tablespoons xanthan gum
- ¼ cup + 2 teaspoons baking powder
- 2 tablespoons + 1 teaspoon baking soda
- 2 tablespoons + 1 teaspoon sea salt
- ¾ cup + 2 tablespoons golden flax meal
- ½ cup chia seed

To mix up an 8 pancake breakfast combine:

- 1 cup pancake mix
- 1 egg
- 1 ½ tablespoons unsalted melted butter
- 1 cup buttermilk



Sidonie's Oat Scones

A scone deserves to have a delicate flavor, buttery crust, open crumb and moist yet flaky interior. It deserves to hold up to strawberry jam. It deserves envy and admiration and this scone gets it.

Ingredients

- 1 ¼ cups gluten-free oatmeal, spun in food processor to a fine meal
- 2 cups Sidonie's gluten-free pancake mix
- 1/3 cup coconut or date sugar
- 1 ½ sticks (12 tablespoons)
- Cold unsalted butter, cut into small pieces
- Orange zest from one whole orange
- 1 cup milk kefir or buttermilk—
(1-2 tablespoons extra may be needed)

Vegan Alternatives:

- Use cold coconut oil to replace the butter
- Use dairy-free milk soured with lemon or vinegar



Notes:

- Gluten-free batters need 10 minutes to thicken before using.
- Store the pancake mix in the fridge or freezer.
- Preheat the griddle for at least 15 minutes.
- YOU MUST USE A SOURED LIQUID in your batter or else your pancakes will be flat and taste like baking soda! The baking soda reacts with the buttermilk (soured liquid), which makes the marvelous bubbles that levitate your cakes.

To make this mix vegan or create an allergy sensitive alternative:

- Substitute olive or avocado oil for butter
- Use a flax egg (1 tablespoon flax meal with 3 tablespoons water)
- Mix 1 tablespoon + 1 teaspoon apple cider vinegar or lemon juice with 1 cup dairy free milk (soured liquid)



Instructions

Mixing

In a food processor, spin the oatmeal until fine. Add the pancake mix and spin until combined. Add the butter pieces and pulse 8-9 times or until the butter is the size of small peas, but don't overwork. Empty the food processor bowl into a mixing bowl. Add the buttermilk or plain milk kefir and mix. If the dough is too dry, add 1-2 tablespoons more liquid. Bring the dough together with your hands into two even-sized balls.

Shaping

Flatten each ball into a round about 7-inches across and cut the rounds into 8 even slices. Separate them and chill for ½ hour for best results before baking.

Baking

Preheat oven to 425° F.

Line a cookie sheet with parchment paper.

Using the middle oven rack, bake scones for 12 minutes, or until both the tops and bottoms are golden brown. They're best served warm, wrapped in a checkered cloth, with strawberry jam.

Baker's Tips:

Use 1 tablespoon + 1 teaspoon apple cider vinegar to 1 cup milk or milk substitute to make a buttermilk substitute.

Freezing scones for ½ hour prior to baking will make them flakier and give the G.F. ingredients time to develop.

Scones can be frozen unbaked. Put frozen scones in fridge to thaw the night before baking them.




Fall Classes & Events @ The Food Co-op

Tues Oct 2nd - 5:30-8:30pm: Board Meeting—Theory of Mission and Principles
at The Food Co-op Annex (2110 Lawrence St.) - All are welcome

Sat Oct 6th - 10:00am-12:00pm: Heavy Metal Detox
with Herbalix Restoratives at The Food Co-op Annex (2110 Lawrence St.) - All are welcome

Sun Oct 7TH - 4:00–6:00pm: ASK THE CHEF - Three Sisters: Beans Corn & Squash
with Sidonie Maroon at The Food Co-op

Sat Oct 20th - 10:00am-12:00pm: Kitchen Medicine: Immune Health & Wellness \$15
with Linden de Voil, RH(AHG) at The Food Co-op Annex (2110 Lawrence St.) - All are welcome

Sat Oct 20th - 1:30PM–5:00pm: For the Love of Pie 
with Sidonie Maroon at Market Kitchen (1433 W Sims Way)

Tues Nov 6th - 5:30-8:30pm: Board Meeting—Our Co-ops Mission and Principles
at The Food Co-op Annex (2110 Lawrence St.) - All are welcome

Sat Nov 10th - 10:00am-12:00pm: Kitchen Medicine: Thriving Through the Holidays \$15
with Linden de Voil, RH(AHG) at The Food Co-op Annex (2110 Lawrence St.) - All are welcome

Sun Nov 18TH - 4:00–6:00pm: ASK THE CHEF - World Wide Lentils
with Sidonie Maroon at The Food Co-op

Sun Dec 2nd - 4:00–6:00pm: ASK THE CHEF - Italian Holiday Cooking
with Sidonie Maroon at The Food Co-op

Tues Dec 4th - 5:30-8:30pm: Board Meeting
at The Food Co-op Annex (2110 Lawrence St.) - All are welcome

Sun Jan 6th- 4:00–6:00pm: ASK THE CHEF - Mexican Street Food w/Produce & Bulk
with Sidonie Maroon at The Food Co-op

Learn more & Register at: <http://foodcoop.coop/education/classes/>

Let's Talk Turkey!

by Deb Shortess, SIPS Manager

Turkey season will soon be upon us, so we thought we'd tell you a little about the Diestel and Mary's turkeys we stock every year and also about Plymouth Poultry, who deliver the turkeys to us once a year in November, via a special turkey truck.

Plymouth Poultry is a third-generation family-owned business located in Seattle and has been operating since 1938. Plymouth began originally as a wholesale egg distributor and has evolved into a full line protein distributor for the west coast. Plymouth has a turkey buyer who visits select farms, and they offer a variety of turkeys to meet the needs of their customers, including Diestel and Mary's, which they have been distributing for about 15 years.

	Diestel Turkey Ranch	Mary's Turkeys
Years of operation	Since 1949, 3rd gen. family owned	Since 1954, 4th gen. family owned
How many ranches?	1 main ranch	Several, including other local family farms
Location of ranch?	Sonora, California	San Joaquin Valley, Fresno County, CA
Location of processing plant?	Less than 20 miles away	Within 30 miles of farms
Raise turkeys from eggs?	Not for several years	No
Time until harvest?	20 weeks/year-round harvest	16 weeks/year-round harvest
How many barns/enclosures?	25-30	N/A; farms/ranches vary in size
Turkeys/ Animal Welfare Standards? https://globalanimalpartnership.org/5-step-animal-welfare-rating-program	Free Range/GAP 2	Free Range/GAP 3
	Certified Organic/GAP 3	Certified Organic/GAP 3
	Heirloom/GAP 5	Heritage/GAP 5

When you purchase a turkey grown by Diestel, the box will be labeled GAP (Global Animal Partnership) 2 for free range turkeys, GAP 3 for organic turkeys and GAP 5 for heirloom turkeys. Mary's has not previously put animal welfare standards on their label.

The Co-op does not stock heirloom or heritage turkeys. If you are interested in this option, check at the Farmer's Market for local farmers who are raising turkeys.

Whatever your choice for your harvest celebration, enjoy!



Holiday Turkey Orders Begin November 1st!

Pre-order at the deli, at member services,
by phone, or online at www.foodcoop.coop/turkey

Dough

by Liam Cannon, Cashier

Dough! No, I'm not referring to Homer Simpson's famous catch phrase, but the water and flour that we mix together and bake into tasty loaves of bread.

What do bacon, dough and bread have in common? They all can refer to money, prosperity, or just basic necessities. The use of "dough" in this context started in the mid-1800s, whereas "bread" didn't start until almost 100 years later. A household's main economic contributor has come to be known as the "bread-winner."

Bread is one of the oldest prepared foods and has been an important element in human survival from the beginning. It is consumed in this country, in one form or another, every second of every day. Recently, the oldest remains of bread were found in the Black Desert of Jordan. Archeologists believe it to be about 14,500 years old, unleavened and originally resembling pita bread containing wild cereals (barley and einkorn, not Captain Crunch). Also, a 3,300 year old piece of ancient cheese was found in an Egyptian tomb. There are no two ways to slice it, if we can find the world's oldest bottle of wine, we could have a great picnic.

30,000 years ago, in Europe, rocks were used to pound the roots of certain plants in order to extract starch. This was then spread on flat rocks and placed over a fire and cooked into a primitive form of flatbread. About 7,000 years later, the first leavened breads emerged. This was done by allowing the naturally occurring yeasts in the grain to grow before the dough was cooked. Sometimes a piece of dough from the previous batch would be used as a starter. The first true sourdoughs were produced in the Middle East and Mediterranean regions around 2500 BCE. Consistent stone-ground flour became widely used thanks to the Grecian invention of the water mill in 450 BCE. The Greeks saw baking as a craft and by 300 BCE they had developed more than seventy different types of bread.

Bread was seen as a status symbol in several regions of the world. In medieval Britain, the upper classes ate fine, white loaves and allowed the poorer citizens to eat the coarser breads. Well-to-do Romans also insisted on the more exclusive white breads. This desire to have less nutritious, whiter bread also found its way to this country especially around the late 1800s.

Early settlers to this country brought grains of rye, barley, oats, but primarily wheat, which didn't grow well in the colonies. Sourdough, malt, potatoes, or hops were commonly used for the leavening. The natives used acorns, casaba root and corn for their bread. The colonists found that the "Indian bread," or cornbread, as it came to be called, was more practical to make. In 1621 community bakers started emerging. The colony founders frowned on this method, though, preferring home baked breads. The Jamestown colony was known for strict regulations against bakers, including putting them in a "ducking stool" if they baked "bad bread." Bakers were put into chairs protruding over swift rivers and then dunking them into the cold water.

Let's jump to the turn of the twentieth century. The demand for whiter, softer bread is increasing. At first, milk was substituted for water to make for a lighter crumb (texture). This was abandoned for highly sifted, chemically bleached flour, dough conditioners, emulsifiers and sprayed on mold inhibitors (yum!). Home bakers are still plentiful, but there is a trend for neighborhood bakers to produce greater volumes of bread with a longer shelf life so it can be transported greater distances outside of their communities. This trend came to a head in 1941 when the US Government stepped in and required bread companies to add or "enrich" the bread with vitamins, since most manufactured bread no longer had any nutritional value. Some food historians have claimed that there is a distinct parallel with bread adulteration and gluten intolerance.

In 1909 National Biscuit Company (Nabisco) came up with a different approach. They found that they could increase shelf life by wrapping the loaves. Its "Golden Glory Wrapped Bread" became an inspiration to all other bread manufacturers. In 1921 Taggart Baking Company followed suit and patented its "Wonder Bread", which became the American icon for highly processed bread.

One milestone in breadmaking history that changed the way people ate bread was the invention of the loaf-at-a-time bread-slicing machine. Otto Frederick Rohwedder of Iowa built his prototype in 1912, which unfortunately was promptly destroyed in a fire. It wasn't until 1928 that he could rebuild and perfect another machine. (It is true—Betty White is older than sliced bread.) The first bakery to use it was the Chillicothe Baking Company who advertised as "the first bakers in the world to sell sliced bread to the public." Two years later, Wonder Bread was the first to mass produce sliced bread.

There have been hundreds of bread companies in this country that have come and gone, but the one that stands out to me as an inspiration and example of community spirit and perseverance is Schwebel's Bakery. Dora and Joseph Schwebel wanted to provide quality, wholesome bread to their family and their community. In 1906 they started baking 40 loaves of bread a day in their Campbell, Ohio, home. Eight years later, they arranged to provide their bread to local, family run stores. When the demand increased, they hired a few other home bakers to help and used horses and wagons to deliver their products. By 1923 they were baking 1,000 loaves a day and using six delivery trucks (the horses were grateful). Their business never faltered until 1928 with Joseph's untimely death at the age of 46. Dora was pressured by friends to sell the business at that time and stay home with her six children. Dora chose to keep the business going even when the stock market crashed the following year. Raising her children, teaching them the value of providing quality food, even if it meant baking bread in the wee hours of the night, her business increased by leaps and bounds and is still a thriving family business today. She truly knew how to be the bread winner.



1920 Schwebel pin depicting one of the Schwebel children.

Now for a few fun facts:

- The Great London fire of 1666 was started in a bakery.
- April 1st is National Sourdough Bread Day.
- The largest loaf of bread weighed 3463.46 pounds and was made by Joaquim Goncalves in Brazil on November 13, 2008, in celebration of Guinness World Records day.
- The longest braided loaf of bread - 20 feet - was baked in Brooklyn on October 22, 2015.
- Scandinavian traditions hold that if a boy and girl eat from the same loaf, they are bound to fall in love.
- The fastest baked loaf was accomplished by a team of bakers from Montana. In 1995, they harvested and milled wheat from the field and then mixed, scaled, shaped and baked a loaf in exactly eight minutes, 13 seconds.
- Each American consumes, on average, 53 pounds of bread per year.
- In 1997, Kansas wheat farmers produced enough wheat to make 36.5 billion loaves of bread, or enough to provide each person on earth with 6 loaves of bread.

Basic French Bread Recipe

Ingredients:

2 cups warm water
 1/4 oz yeast
 1 T vegetable or olive oil
 1 T granulated sugar
 2 tsp sea salt
 5 cups all-purpose flour
 (I like using einkorn flour, but any flour will do.)

Directions:

1. Dissolve yeast and sugar in warm water (110° F); allow yeast to proof or foam (about 10 minutes).
2. Add salt, oil and 3 cups flour; beat for 2 minutes in a stand up mixer with a bread hook.
3. Add 2 cups flour, a little at a time, to make a stiff dough.
4. Knead until smooth and elastic, about 10 minutes.
5. Place in oiled bowl, cover and let rise until doubled, about 1 hour.
6. Punch down and divide in half.
7. Shape dough into two long, slender loaves.
8. Place loaves on large baking sheet and cut diagonal gashes on top of each loaf.
9. Cover and let rise until doubled or 30 minutes.
10. Preheat oven at 375 degrees for 15 minutes. Place dough in oven and bake for 30 minutes.

Note: You can sprinkle or spray water on the loaves during baking if you want a really crunchy crust.



Hoop Houses of Plenty

By Estelle Giangrosso, Produce Stocker

Our mild maritime region makes for cooler summers and warm damp winters. “High tunnels” (hoop houses) allow our local farmers to plant warm season vegetables during our moist springs. Plant starts can enjoy a head start on our relatively short growing season, growing productive and healthy.

Last year, following the lead of some of our sister co-operatives, The Food Co-op decided to offer a micro loan to a top local supplier. Both Midori and Dharma Ridge made such compelling cases that the decision was made to split the money available down the middle, so both farms could invest in hoop houses.

This summer your Produce Department sold appealing red-ripe and sunny-yellow roma tomatoes and crisp mini English cucumbers grown by Marko Colby and Hanako Meyers in Midori Farm’s new hoop house. The structure was ordered direct from a manufacturer in Oregon and when it was delivered to the farm, it took a Midori crew of three to assemble it.

Marko explained: “It’s a large structure - 30 x 96 and 14 feet at the height of the arc - so we had to use a forklift with a specially built human safety crane on the front of it so we could assemble the arches. We designed the ends of this structure so that it has roll-up walls on the ends and we can drive the tractor through to prepare the ground for planting. This is a big step up in efficiency over our other growing structures.”

In September 2016, Haley Olson-Wailand and Zak Wailand purchased the Bolton Farm in Quilcene. Having had to move Dharma Ridge farm operations multiple times in the past, they were finally able to invest in putting up permanent infrastructure.

Haley told us, “Funding is always a barrier to making improvements on a farm. We have one small greenhouse we use for starts and two 95 x 24 greenhouses for tomatoes and cucumbers and limited early spring production. Our two greenhouses are usually filled with tomatoes during the time of year we need to be planting for spring crops. To get those early spring greens, you need to plant them in late summer/early fall when our tomatoes are still cranking away.”

This spring Dharma Ridge grew giant lettuce, delectable bok choy, sweet carrots and striking tasty dark spinach in their high tunnel for Food Co-op customers.

“The new hoop house is 190 x 30, much larger than our other houses,” said Haley. The loan we received from the Co-op covered just under half of the cost of purchasing the hoop house, and we finalized the purchase in February. Once the house arrived, it took a week or so to construct it and get the plastic stretched.”

Produce grown and sold during shoulder seasons translates to more income for hardworking farmers to reinvest in their land and business. And, of course, our lucky community benefits by having access to beautiful, delicious and fresh roughage more months of the year.

Currently The Food Co-op’s intentions and funds are tied up in our exciting, overdue remodel, but the ground work for investing directly in our local suppliers has been laid. In years to come, we will have the opportunity to give more micro loans, continuing our mission to grow our community’s food system.

We asked Marko about the future of Midori, he said “Our next big projects will include installing an underground irrigation system to reach all our growing areas and the development of a larger-scale on-farm compost production system,” he said.

Haley said of Dharma Ridge; “In the future, we would like to put up one or two more houses and be able to keep the Co-op stocked with Dharma Ridge lettuce and carrots most of the year. We really appreciated the loan and thank the Co-op for supporting our farm since 2003!! We are proud to grow for you!”

I work in The Food Co-op’s Certified-Organic Produce Department. I spend my shifts during the Salish Sea’s growing season practically buried in marvelous, meticulously grown fruits, berries, and veggies. It’s a real pleasure, and every year, when I find myself astounded by a tomato or a head of lettuce, I think of a phrase we toss around at the Co-op—Loyal to local.



Midori Farm



Dharma Ridge Farm

Fall Time With Your Animal Friends

by Dr. Anna Maria Wolf, PetSynergy

As summer winds down and hopefully cooler weather and cleaner air is around the corner, it can be both good and bad news for your animal companions. Damper, cooler weather can exacerbate arthritic conditions that have perhaps settled down over the summer and allergies can flare up again, too!

HELP CREAKING JOINTS

As always, a good glucosamine and chondroitin supplement is helpful, possibly with added MSM. I like supplements with New Zealand Green-Lipped Mussel, which is a more natural way to get the benefits of glucosamine than more processed versions that are pharmaceutical in nature.

Acupuncture can help with arthritis and stiffness and can be done every 2 to 4 weeks, or more or less, if needed. It helps with pain, to balance the body and with overall health and longevity. Even some cats will tolerate acupuncture. Laser acupuncture can help animals who won't sit still with needles inserted, plus it is less invasive and more appropriate for cats.

Homeopathic remedies are also very good for the symptoms of arthritis—consider Rhus Tox, Bryonia, Ruta and a combination human remedy called T-Relief. Which one your animal will need depends on the symptoms and their overall constitution, but T-Relief is a good general remedy to try initially.

CBD Oil or capsules from hemp are safe and effective and various animal formulas are available. I find it helps with pain, appetite and general inflammation.

The good news is that getting out and exercising will become easier. Regular walks help keep things moving, especially shorter, more frequent walks rather than one long walk. Get your cat up and about and playing and walking, too. Just like with people, being a couch potato is not helpful to health and cats can outdo themselves in this department. Toys, lasers, making them walk to their food and enrichment feeding devices, where they have to hunt and seek out food can all help and are fun for you and your feline (or even canine) friend.

FALL ALLERGIES

Peak seasons for allergies are normally spring, early summer and fall. As leaves fall and the wind begins to blow, a lot of allergens are in the air and they especially affect animals that are allergic to foliage and things like maple, alder and other deciduous trees.

There are supplements that can help such as fish oil. I like anchovy or krill or purity tested fish oils. And Coconut oil which is anti-inflammatory and I have seen it benefit both cats and dogs.

Bromelain and Quercetin are also beneficial, helping with itching and redness. When choosing human grade supplements, check carefully to make sure there are no hidden ingredients like Xylitol or Sorbitol or just stick to animal formulas or specific ingredients needed.

Homeopathic remedies and Chinese herbs can also help and there are various formulas for skin problems and itching.

So get out, get moving and enjoy the cooler weather!

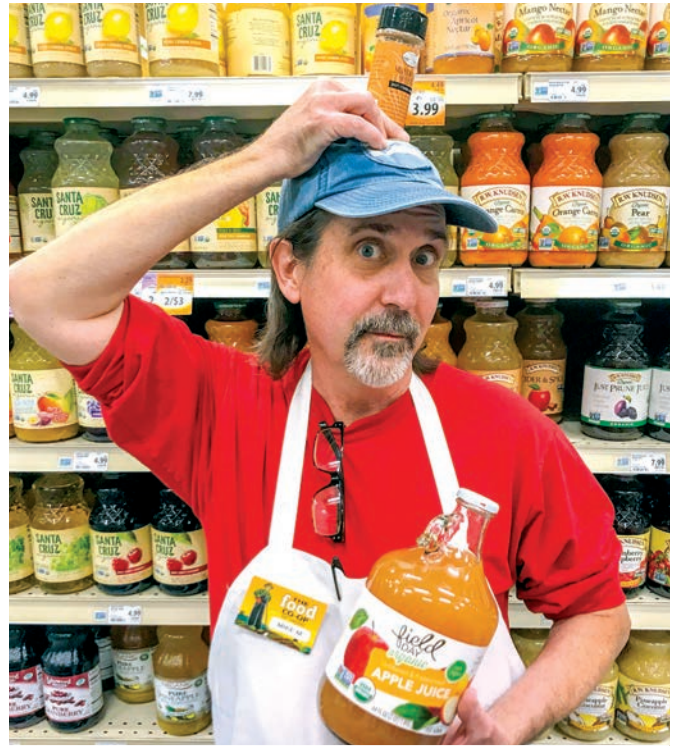
More articles at www.petsynergy.com



Fall Favorites-Staff Picks!



Kathy - Gaia Echinacea Supreme



Mike - Hot Apple Cider with Silverwater Cider Spices



Mario - Chocolove Chilies & Cherries



Teresa - Blue Lotus Star Anise Masala Chai



Wellness Department at Meshaz Lavender



June Hearty Thank You, Rich F.



Produce Department with Janet at Finnriver Farms



Board Members at Annual Meeting



Thea D. with dahlias from Junes Blooms



Venessa Wade - Woodstock Wagon Winner

Staff Hearty Thanks

June Rich F
 July Mich R

Employee Anniversaries

June

Virginia C	19 years	Al C	1 year
Greg T	13 years	Laura S	1 year
Seth H	10 years	Michael M	1 year
Patricia K	4 years	Mich R	1 year
Angela M	3 years	Paul C	1 year
Ben T	2 years		

July

Walter H	17 years	Cameron B	4 years
Josephine H	17 years	Laura L	3 years
Adam C	7 years	Rene H	2 years
David D	5 years	Austin H	1 year
Patricia F	5 years	Peter K	1 year

August

Deb S	27 years	Barbara L	8 years
Catherine M	12 years	Daniel W	3 years
Hank W	12 years	Roarke J	2 years
Tracy N	11 years	Sharon D	1 year



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