

Winter 2019 • Free

COMMONS

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



Food
co-op

Thanks To

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Winter Wellness

by Kenna S. Eaton, General Manager

Staying well during the winter months can be something of a challenge in Port Townsend. It seems like everyone is constantly battling some bug and everyone has a favorite remedy to share. So, while wellness is a timely theme for this issue, it was more difficult for me to think about how it could connect to the daily work we do at The Food Co-op, and, even more specifically, to the project that we are (still!) in the middle of.

But if this co-op—your co-op—wasn't healthy and well, we wouldn't be able to take on this expansion and remodeling project. And if your co-op wasn't healthy and well, we wouldn't be able to make progress on our long-term goals (also known as our Ends)—to be a good operator, to strengthen the local food system, to ensure a thriving workplace, to be good environmental stewards, and to build community with our outreach programs.

Throughout the year, I report to the board, updating them on the many things that are happening in and around our operations: our financial health and the wellbeing of our business, how we are making progress on our Ends, and whether I am complying with their policies—or not! In essence, the board and I are a team, working together to ensure a vibrant co-op.

This year, due to the expansion, we were even more attentive than usual to how The Food Co-op is doing financially. Luckily, so far during our construction, sales have remained steady, as has our staff (although there are a few more of us now than there were a year ago), and profits have also remained stable. As a result, this past November, following our guidelines, we were able to share some of that financial gain with the people who helped make it possible, our staff.

But we also wouldn't be in this great position without your support. We are so thankful to have you as part of our team, as one of our more than 6,500 owners. So this is really a shout out to you, to thank you and to acknowledge how important you are to our cooperative. Thanks for being flexible and patient with us through this expansion and remodel, and thanks for your love and for keeping us well—we really couldn't do it without you.

If you'd like to know more about the expansion and what to expect next, you can read monthly updates from me on our lovely, refreshed (thank goodness!) website. Check it out at: www.foodcoop.coop/updates.

With Care,
Kenna

What We Do Together

by Owen Rowe, Board President

What do we do? **Who** do we do it for? **Why** do we do it?

An organization's mission statement expresses its purpose, its reason for being. It can guide everything the organization does, from everyday tasks to long-term plans. Over the next six months, the board will lead an in-depth review of The Food Co-op's mission and principles statements. Our ultimate goal is to build a shared understanding among all our stakeholders of why we do what we do together.

One of the ways we'll do this is by seeking clearer wording which will make these statements more effective. Here's our current mission statement:

Seeking to uphold the health of our community and world, The Food Co-op, a consumer co-operative, serves our membership by making available reasonably priced whole foods and other basic goods and resources by means of our life-affirming democratic organization.

We are committed to everything in there—but it's not easy to remember the words or hold the ideas in the forefront of our minds.

We'll also be taking a look at **how** we do what we do, our principles. The Food Co-op affirms the seven cooperative principles of the International Cooperative Alliance, also known as the Rochdale Principles, and that won't change. We have also pledged to uphold six principles of our own, closely tied to our mission. But, like our mission statement, our principles could be more effective if they were clearer and easier to remember.

This review is a big undertaking, and we want to include everyone who is part of our cooperative organization. Doing what we do together involves board, management, staff—and **you, the member-owners**. We opened the discussion at our November board meeting. Over the next few months, board members will be in the entry at the store to talk with shoppers, meeting with staff, and seeking input from community partners. We'll do more in-depth work at our board meetings on January 8th and March 5th, at 5:30 pm in the Co-op Annex, 2110 Lawrence St.

You can also contact us online. Send your comments and ideas to mission@foodcoop.coop. We look forward to hearing from you!

Is Board Service in Your (or a Friend's) Future?

by Lisa Barclay, Board Secretary

Why should you consider board service?

- To help keep our co-op strong
- To be part of a community of dedicated staff, member-owners, board members, farmers, artisans, and producers
- To give back to our greater community
- To learn cooperative history and collaborative skills
- To promote the cooperative model
- To eat good food and have fun!

Last chance (this year)

As mentioned in our article in the October *Commons*, the elections process is a long one, and by January we are well into it. So if you are interested in serving on the board, you **MUST** come to the next board meeting, on January 8th. To run for the board, you need to attend two board

meetings and one committee meeting—as well as meet with our Elections Committee—before submitting an application, which is due in early March. No worries, though, if you are not quite ready to commit—why not come to a board meeting anyway, to see what we do?

So, what is a board meeting like, anyway?

I've never been one for meetings myself, but I actually quite enjoy our board meetings. We start with an hour of learning and discussion, then we share a lovely meal prepared by one of the board

members, and lastly, we move pretty briskly through all the “official business,” which we can do because we are wonderfully organized (with the help of our board assistant, Sharon).

What are the committees?

- C3 (Member engagement, including the annual member meeting and advocacy projects)
- Elections (Recruits candidates and conducts board elections)
- Governance (Reviews and maintains our governing documents)
- BCC (Helps ensure board and board officers are educated, collegial, and effective)
- Product Research Committee (Operations committee that researches product issues)

Recommend a friend!

Not ready to commit yourself but know someone who would make a great board member? Send the Elections Committee their name and why you think they'd be a great board member: boardsecretary@foodcoop.coop.

Board meetings are at 5:30pm at the Co-op Annex at 2110 Lawrence Street, on the first Tues. of each month, unless that falls on a holiday. Committee meetings are also at the Annex, but times vary, so ask at boardassistant@foodcoop.coop.



Lifestyle Medicine—A New Frontier in Wellness

by Marie Youssefirad, Founder, Fariborz Youssefirad Memorial Health Scholarship

There is a beautiful saying: “When you seek common good, you share common ground.” What does this have to do with health? It is the foundation for integrating mainstream medicine with the discipline of lifestyle medicine, opening a new path for health and wellness. Moving beyond the regular office visit, your health-care professional gives you guidance and educational support, working with you to make sustainable changes that feel good! You make a personal investment in your good health.

If you are neglecting your body, it doesn't matter how many pills you take or how many doctors you see—it is time to make changes. Clinical guidelines state that dietary changes are a critical initial treatment for many chronic conditions, such as diabetes, hypertension, and obesity, before prescribing medication.

As the American College of Lifestyle Medicine defines it, lifestyle medicine “involves the use of evidence-based lifestyle therapeutic approaches, such as a predominantly whole food, plant-based diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use, and other non-drug modalities, to prevent, treat, and oftentimes, reverse the lifestyle-related,

chronic disease that's all too prevalent.” My favorite summation is a quote by Dr. Dean Ornish: “Eat well, move more, stress less, and love more.” Simple changes can be so dynamic.

We become what we focus upon. Here are some great ways to start making positive changes to take your health to the next level:

- Approach changes by visualizing the desired outcome.
- Self-care is about feeling good.
- Be happy.
- Better health is a choice we make and a step we take.

At the Fariborz Youssefirad Memorial Health Scholarship, it is my mission to end type 2 diabetes through educational seminars for children ages K-12, using a lifestyle medicine approach. For more information, please visit scholarship@fymhs.org.





Winter Wellness for Your Pet

Dr. Anna Maria Wolf

Winter brings change for our animal friends as well as ourselves. Cold, damp, snow, ice, and rain all have an impact. Damp, wet weather can be even harder than snow and ice. Walking is chillier, but getting out and moving around is important, so shorter walks in the warmer part of the day are better for dogs with joint problems. Be sure to dry your dog off after walks in the rain. Smaller breeds with shorter coats can use raincoats and jackets to stay warm and dry, and in icy weather, some dogs can wear booties with grips. Chemicals used to melt ice can be toxic, so limit walks where the road is sprayed and wipe your dog off afterwards to minimize any toxic effects.

Arthritis often worsens in the winter, so joint supplements such as glucosamine, fish oil, and even homeopathic remedies can be beneficial for both cats and dogs with stiffness and inflammation. Acupuncture can also be valuable, so now might be a good time to implement regular acupuncture treatments, which also support longevity, overall health, and disease prevention. Immune support and a healthy diet are always helpful, so

review your animal's preventive regime and include antioxidants, natural foods, and appropriate supplements for overall health and well-being.

Outside animals like chickens, goats, and horses need extra feed, adequate shelter, and fresh water, so check for ice and provide blankets for animals like horses, donkeys, and goats, where needed. Some animals do fine without blankets, but older or fragile animals can appreciate a waterproof, warm blanket. Dogs and cats can use heating pads to stay warm, but be sure to check the temperature and give them a cool place to move to as well.

Stay warm and enjoy the winter weather!

Dr. Anna Maria Wolf is a licensed veterinarian who specializes in holistic care, including homeopathy and acupuncture. Dr. Wolf does house calls in the local area and phone consultations worldwide. Contact her at doctorwolf@petsynergy.com. Her website is petsynergy.com.



Stay Moving, Stay Happy

by Estelle Giangrosso, Produce Stocker

After nearly 18 years, I still feel fortunate to live in this corner of Washington. Born in Arizona, I often reflect on the difference: The green of the peninsula under the Olympic mountains. The waters of Puget Sound. Seasons. Rain.

We live in a truly beautiful place that can be explored year-round, so bust out your boots, keep your woolens layered, and load up on vitamin D—the Pacific Northwest winter is here. Venturing out from the radiance of your wood stove or from under a pile of blankets—which you find now weigh one hundred pounds—can seem an unappealing chore, but whether it's beachcombing after a winter storm or snowshoeing, there is much to keep you moving on these gray days.

So make a day of it. Our proximity to the Olympic National Forest allows us access to peaceful riverside hikes under cedars and firs during a drizzle, hikes that will keep your mind miles away from the world. Or get a thrill zooming around and down Hurricane Ridge on tube or snowboard. (Disco Bay Outdoor Exchange, off Highway 104, offers skis, snowboards, and much more, available for purchase or trade.)

Jefferson County Parks and Recreation also has options to keep you mobile. We have beach parks—favorites are North Beach or Irondale (Chimacum Estuary or Log Dump to the old timers)—as well as parks like Gibbs Lake that offer mountain biking jumps and trick structures. Not to mention H.J Carroll, with its 40 acres of multipurpose park to meet your and your family's needs.

Even if you have only one spare hour, get moving. Wander the ins and outs of Forts Worden and Flagler with friends. Or have a swim at Mountain View Pool. The swim schedule offers everything from free and family swims to low-impact, strength-building classes. Once you've worked up an appetite, come to the Co-op for hot whole chicken, a bowl of soup, or a warming lemon-ginger infusion.

Keeping active and moving this winter is a sure way to boost your immune system, your mood, and keep you stress free in 2019.

New Resource for Jefferson County Gardeners—WSU Seed Library

by Karen Seabrook, WSU Master Gardener Seed Library Manager

The winter months are a good time to start planning your garden. Whether you're growing ornamentals, natives, or edibles, saving seeds is a skill that you will want to know. You will be hearing more about seed stewardship and seed sovereignty when the Jefferson County Master Gardener Seed Library at the Washington State University Extension Office opens in February 2019! As the Seed Ambassadors Project notes on their website, "Seed sovereignty firmly plants seed saving and seed stewardship in the realm of fundamental human rights. The simple act of seed saving becomes a major act

of resistance and social empowerment" (www.seedambassadors.org).

The WSU JCMG Seed Library will be a self-serve seed cabinet (actually, an old library card catalog) stocked with pre-packaged envelopes of vegetable, flower, and herb seeds. Educational material will also be available for reference. Select your seeds, plant what you will eat plus an extra amount that you will let go to seed. Collect the dry seed heads, put them in the envelope provided, fill out the information, and return them to the office. Volunteers will clean, store, and repackage them for next year's borrowers. Easy peasy!

Website:

extension.wsu.edu/jefferson/master-gardener-seed-library/ptfoodbankgarden.com

Important Dates:

Feb. 1st, 2019, WSU Seed Library opens

Other educational opportunities - TBA

Location:

WSU Extension Office
121 Oak Bay Road
Port Hadlock, WA 98339

Hours: M-Th 9-4:30

Contact:

karenseabrook@pacifier.com
wsujeffcomg@gmail.com

It's Coffee Time

by Liam Cannon, Cashier

With colder days upon us, one of the things that I enjoy is sitting in front of a crackling fire, reading a good book, and sipping a hot cup of coffee. Whether you enjoy a dark espresso roast or a lighter New England roast, caffeinated or decaffeinated, many of us imbibe the drink that has been with us for centuries.

Many a college student cramming for their final can thank Kaldi for that eye-opening caffeinated liquid we call coffee. Food historians believe that coffee, as we know it today, started in 9th century Ethiopia. Popular legend tells a story of Kaldi, an Ethiopian Sufi goat herder, who noticed one day that his goats were frolicking, full of energy, and more playful than usual. He saw that they had been eating the red fruit of the coffee shrub. Kaldi tried it himself and he too enjoyed the effects (frolicking in the fields).

The original Ethiopian species of coffee is the *Coffea arabica*, which comprises 75% of the world's consumption. The other coffee contender is the *Coffea robusta*, discovered in the Congo in the late 1800s. It has twice the caffeine and is disease resistant, which is more desirable for some coffee farmers.

Some notable coffee houses today would tell you that they invented the idea of providing a place where friends could meet to discuss life's mysteries, but historians have traced it back to

16th century Arabia, where coffeehouses were a common meeting place for erotic trysts, gaming, and seditious poetry.

In this country, tea was the drink of choice until the Boston Tea Party of 1773, when most American colonists felt that it was their patriotic duty to switch to coffee. Coffee consumption increased dramatically by the Civil War. The Union Army believed that coffee was important to their success and provided 36 pounds of green beans annually to each soldier, who roasted them over campfires. Confederate soldiers were jonesin' for the bean, too, but did not have the resources. They resorted to roasting peanuts, chicory, acorns, or dandelion roots.

By the end of the war, coffee consumption was increasing by leaps and bounds. In 1864, paper bags were created for peanuts, and two years later, Jabez Buirns invented the self-emptying roaster, using the peanut bags to store the roasted beans. Brothers John and Charles Arbuckle, wholesale grocers from Pittsburgh, purchased one of these machines and became the first to sell pre-roasted one-pound bags of coffee. They incorporated an egg-sugar glaze on the beans to keep them "fresh." Arbuckle Coffee spread like wild fire across the country. Cowboys of the wild west boiled it down to what they called "condensed panther." Also, being frugal, they recycled the wooden coffee crates into both cradles and coffins.

Other coffee companies quickly sprang up. Some of the biggest brands we know today were among the first, known for their high quality coffee. Caleb Chase and James Sanborn launched Chase & Sanborn in 1878, Austin and Reuben Hills started Hills Brothers in 1880, and Mannie Breandenstein of Boston created MJB. Joel Cheek, a traveling salesman from Kentucky, called his brand Maxwell House, after the prestigious Nashville hotel. Folger's Coffee was started in San Francisco in 1860 by James Folger, a young man of 14. He roasted coffee for gold prospectors and soon found his fortune. Lion Coffee of Ohio holds one of the very first trademarks in this country (1864). Of all of the coffee companies of the time, Lion was the most aggressive in marketing. They issued colorful trading cards, paper dolls, and toys in every package of coffee and offered mail-in premiums where you could get anything from jack knives and bicycles to housewares and toys. I can just imagine the marketing team drinking copious amounts of coffee and playing with the paper dolls. This paid off, making Lion the second

largest coffee company in the world. They forever changed how we send large amounts of mail, too. The volume of correspondence sent and received by Lion Coffee was so great that the United States Post Office invented "bulk mail," charging by weight instead of by the piece.

There have been many debates and studies about the health benefits and ill effects of coffee. One of the earliest documented cases against was by the Venetian clergy in 1615, when they stated that it was the "bitter inventions of Satan." The debate over this was so great that Pope Clement VIII was called in. He tasted the evil brew, loved it, and gave his papal approval. More contemporary studies are finding definite benefits to consumption. Only recently have some studies distinguished between organic and non-organic coffee, and there is evidence that the herbicide and pesticide residue found on non-organic coffee beans could have been the cause or trigger of the perceived negative effects in the earlier findings.

Some of the widely accepted benefits of coffee include:

1. May protect you from Alzheimer's disease and dementia and can help fight depression.
2. May lower your risk of Parkinson's.
3. May lower your risk of cirrhosis of the liver.
4. May reduce risk of liver and colon cancer.
5. It's a good source of antioxidants, also contains magnesium and potassium.
6. Increases fat burning by as much as 10% to 29%.

Coffee has been with us for a long time and will be here for generations to come. Whether you are a drip, press, or pull kind of coffee drinker, time on this planet is too short not to grab a cup of Joe, listen to a little jazz, and relax with friends.

My Soup Secrets

by Sidonie Maroon

I don't know how many gallons of soup I've made in my life, but I've made a lot. For the past few years, I've belonged to a soup group and have weekly made three to four gallons. I've learned some things making soups from all over the planet. It's given me a philosophy, and soup is philosophical. It's soul cooking. Soup is the way to health and wellbeing, but like all good things, it's a practice. If you're a soup maker already or want to dive in and learn how to make delicious homemade soups, then here's some advice for the taking.

You'll always want your soup to ring true and not taste like some canned cheat. But it'll only ring true if you use fresh in-season ingredients prepared with love.

Flavor Secrets

- Don't be afraid of using good quality sea salt. Salt opens up the palette so we can taste the flavors of the food. Use about 1 teaspoon per quart of liquid.
- An acid, like apple cider vinegar or lemon, allows the food's inherent flavors to come forward. Use 1 tablespoon per quart of liquid when adjusting and correcting at the end.
- Roasting the vegetables instead of simmering increases their depth of flavor and intensifies their sweet qualities.
- A touch of heat, like black pepper, red pepper flakes, or cayenne, makes the tongue do a double take and circle back around to check out the scene again.
- A minor amount of added sweetness will often make a soup taste more balanced and rounded. Use 1 to 3 teaspoons per quart of liquid.
- The best soups will taste in several flavor directions at once: sweet, salty, sour, heat,

umami, and just a touch of bitter. The flavor directions should enhance the eating experience but not over power it.

- Always make a stock to match the soup. Use the peelings, tops, bottoms, and stems of the soup's veggies as your base. This practice creates another flavor dimension, increases nutrition, and cuts down on waste.
- Spice the soup in two layers. Add whole spices and dried herbs to the stock, and add ground spices and fresh herbs at the end with the salt and acid. The whole spices in the stock create a subtle depth, and the ground spices and fresh herbs add an aromatic punch. Think Pho.
- Try to hit at least three flavor notes with the spices: deep, medium, and high. Deep like dried chilies, medium like cumin, high like fresh cilantro.
- Use all of the plant somewhere, somehow—stems, roots, leaves, fruits, and seeds.
- When practical, use combinations of cooking in one soup: roast, saute, simmer, slow cook. This allows flavor to develop in different ways and then come together.
- Color matters, texture matters, in season matters, timing matters. It all matters for good soup. But it doesn't have to be complicated, just done with care. Care and Passion make Good Soup.



Silky Roasted Root Soup

makes about 2 ½ quarts

A luscious velvety soup made with roasted roots and served with horseradish cream

The Roast

Preheat the oven to 425 F. Place the chopped vegetables on a large parchment paper lined baking sheet, and rub with olive oil. (Don't crowd the veggies on the sheet or they'll steam instead of roast.) Roast them for 30 minutes, then stir and continue roasting until they're sweet, about 10 to 15 minutes more.

- | | |
|--|--|
| 1 medium beet, peeled and chopped into a medium dice | 1 medium onion, chopped into a medium dice |
| 1 medium parsnip, cut into a medium dice | 1 medium cooking apple, chopped into a medium dice |
| 2 cups peeled celeriac root, cut into a medium dice | 1 tablespoon olive oil |
| 1 medium carrot, peeled and chopped into a medium dice | |

The Broth

Add all broth ingredients to a soup pot, bring to a boil, and then simmer until roasted veggies are done. Strain.

2 quarts water

All of the peels, tops, and ends of the vegetables, excluding the onion and garlic skins

Stems from one bunch of parsley; mince leaves for garnish

Plus:

- | | |
|--|----------------------------------|
| 6 cloves garlic, crushed without peels | 2 teaspoons whole coriander seed |
| 4 slices fresh ginger, including peels | ½ teaspoon black peppercorns |
| 2 teaspoons dried thyme | 1 teaspoon ground cinnamon |
| ½ teaspoon whole allspice berries | |

The Seasoning Mix

While vegetables roast, grind together in a spice or coffee grinder.

1 teaspoon caraway seed

1 teaspoon dill seed

1 teaspoon fennel seed

Finishing

Add: Seasoning mix

2 tablespoons apple cider vinegar,
or to taste

2 ½ teaspoon sea salt or to taste

In batches, puree the broth and roasted vegetables together in a high speed blender or food processor.

Taste, and correct the salt and vinegar as needed.

Make the horseradish cream.

Horseradish Cream

1 cup sour cream or yogurt

Juice of one lemon

1 tablespoon prepared horseradish sauce

½ teaspoon sea salt

To serve

Heat before serving only as much as you will need.

Add minced parsley leaves to garnish each bowl with dollops of horseradish cream.



Winter Classes & Events @ The Food Co-op

Date/Time	Event/Class	Price	
		Non Member	Co-op Member
Sun Jan 6th 4–6pm	ASK THE CHEF - Mexican Street Food with Sidonie Maroon at The Food Co-op	Free	
Tues Jan 8th 5:30-8:30pm	Board Meeting—Mission & Principles Discussion at The Food Co-op Annex (2110 Lawrence St.)	Free	
Wed Jan 9th 12–1pm	The Real Deal with Detox (Lunch & Learn) with Linden de Voil, RH(AHG) at The Food Co-op Annex (2110 Lawrence St.)	\$15	\$10
5 Week Series 5:30–7pm	Healthy Transitions Winter Reset - Wednesdays Starting Jan. 16th with Linden de Voil, RH(AHG) at The Food Co-op Annex (2110 Lawrence St.)	\$75	\$75
Sat Jan 19th 1–4pm	Healthy Meals on a Budget with Sidonie Maroon at The Food Co-op Annex (2110 Lawrence St.)	\$25	\$15
Tues Jan 22nd 10am–12pm	Board—Our Co-op’s Mission and Principles Input/Feedback Session at The Food Co-op	Free	
Sat Jan 26th 4–6pm	The Potent Pantry with Sidonie Maroon at The Food Co-op Annex (2110 Lawrence St.)	\$25	\$15
Sun Jan 27th 10am–12pm	Board—Our Co-op’s Mission and Principles Input/Feedback Session at The Food Co-op	Free	
Sun Feb 3rd 10am–2pm	Board—C3 Member Engagement - Clean Cleaning at The Food Co-op	Free	
Tues Feb 5th 5:30-8:30pm	Board Meeting at The Food Co-op Annex (2110 Lawrence St.)	Free	
Sat Feb 9th 11am–1pm	Zero Waste Living with Siobhan McComb at The Food Co-op Annex (2110 Lawrence St.)	\$25	\$15
Sat Feb 16th 10:30am–2:30pm	The Art of Soup: Warm Winter Up with Brazilian Stews with Sidonie Maroon at Market Kitchen (1433 W. Sims Way)	\$40	\$25
Sun Feb 17th 4–6pm	ASK THE CHEF - The Art of French Soup with Sidonie Maroon at The Food Co-op	Free	
Sat Feb 23rd 10:30am–2:30pm	The Art of Soup: Warm Winter Up with Brazilian Stews with Sidonie Maroon at Market Kitchen (1433 W. Sims Way)	\$40	\$25
6 Week Series 2–5pm	Growing Groceries - Mondays starting Feb. 25th with WSU Master Gardeners at The Food Co-op Annex (2110 Lawrence St.)	\$65	\$65

For our complete class & event, list visit: www.foodcoop.coop/calendar

 @ The Food Co-op
414 Kearney Street Port Townsend

 @ The Food Co-op ANNEX
2110 Lawrence St. Port Townsend

 @ Market Kitchen
1433 W. Sims Way Port Townsend



Local Produce Calendar Jan | Feb | March 2019

Crop	Jan	Feb	Mar	Farmer
Andes Roots: Oca, Yacon, Mashua	●			Big Barn Farm
Beet: Cylinder Bulk	●	●	●	Midori Farm
Beet: Gold Bulk	●	●	●	Midori Farm / Dharma Ridge Farm
Beet: Red Bulk	●	●	●	Dharma Ridge Farm / Nash's Organic Produce
Brussels Sprouts: Green	●			Nash's Organic Produce
Burdock Root	●	●	●	Midori Farm
Cabbage: Green	●	●	●	Midori Farm / Nash's Organic Produce / Dharma Ridge Farm
Cabbage: Red Savoy	●	●	●	Joy Farm
Carrot: Bulk, 5lb. Bags	●	●		Dharma Ridge Farm
Carrot: Purple Bulk	●	●	●	Red Dog Farm
Cauliflower: Overwintered			●	Nash's Organic Produce
Celeriac	●	●	●	Red Dog Farm
Chard: Green			●	Red Dog Farm
Collards	●	●	●	Red Dog Farm / Dharma Ridge Farm
Herb - Parsley, Curly			●	Red Dog Farm
Jerusalem Artichokes	●	●	●	Red Dog Farm
Kale: Various	●	●	●	Red Dog Farm / Nash's Organic Produce / Dharma Ridge Farm
Krauts/Kimchi	●	●	●	Midori Farm

Crop	Jan	Feb	Mar	Farmer
Leeks	●	●	●	Nash's Organic Produce / Red Dog Farm
Microgreens	●	●	●	SpringRain Farm
Parsnip	●	●	●	Midori Farm / Dharma Ridge Farm
Potato: Autstrain Crescent, German Butterball, Ozette	●	●		Lazy J Tree Farms
Potato: Red, Russet & Yukon	●	●		Dharma Ridge Farm
Potato: Russet & Yukon 5lb. Bags	●	●		Dharma Ridge Farm
Potatoes: Purple	●	●		Red Dog Farm
Purple Sprouting Broccoli			●	Nash's Organic Produce
Rabb: Assorted Varieties		●	●	Various
Radish: Daikon	●	●		Dharma Ridge Farm
Radishes: Black & Watermelon	●	●		Red Dog Farm
Rutabaga	●	●		Midori Farm
Salad Mix	●	●	●	SpringRain Farm
Shallot: Bulk	●	●		Midori Farm
Spinach: Baby Bulk	●	●	●	SpringRain Farm
Stir-Fry Mix	●	●	●	Red Dog Farm
Tulips: 5 & 10 Stem			●	Red Dog Farm
Turnip: Purple Top	●	●		Dharma Ridge Farm
Winter Squash: Acorn	●			Dharma Ridge Farm
Winter Squash: Baby Hubbard, Red Kuri, Butternut	●			Red Dog Farm / SpringRain Farm

● In Season

Produce availability is subject to change

Vegetable Gardening in the “Off” Season

by Lys Burden

Plucky vegetable gardeners have learned that they can harvest fresh organic vegetables from their home gardens all year round here with some special preparations. The first step is to study your setting for the best micro-climates you can find that will help your plants survive through winter and start growing in early spring. The best spots receive plenty of winter and early spring light and are sheltered from blustery southern winds.

In my own yard, I have plots close to the south-facing side of the house. They are somewhat sheltered by adjacent houses, trees, and shrubs that do not shade the area, but do buffer the wind. The best buffers still let the wind through, but slow it down significantly. Solid fences and walls can cause increased wind turbulence at garden level.

Frost-hardy crops to be harvested in the winter can be tricky to start in July and August, but by planting them in spots sheltered from the hot summer afternoon sun, you can help them germinate and grow. Using wet burlap as mulch around tender new plant-starts and sheltering them with shade cloth can help.

The strategy is to grow your winter crops through the cooler fall months, so they are mature by the time the cold, dark weeks arrive and they go into stasis. Frost-hardy arugula, beets, sprouting broccoli, brussels sprouts, cabbage, carrots, collards, kales, winter onions, leeks, lettuces, parsley, swiss chard, spinach, and turnips all do well in the ground through our typical winters. If it will be especially cold or wet, it is best to insulate them under frost cloth, topped by hoop row covers.

The WSU Extension planting calendar shows that fall-planted winter varieties of cabbage, carrots, cauliflower, garlic, and onions will survive January in your garden beds, then pop up as the days lengthen in mid to late February. At this time, you can also plant collards, corn salad, bulb onions, shallots, and peas outside. Under cloches and hoop covers, many more varieties, will grow, such as beets, carrots, Chinese cabbage, kale, radishes, lettuces, and more.

The off season is also an excellent time to plan next season’s garden and make sure all beds are either covered with mulch, or better yet, planted with a cover crop mix. It’s a great time to plan your next season’s crops and rotations as well as clean and store all those flower and vegetable seeds you saved.

If you are interested in expanding your gardening season but you’d like a little more information and hands-on practice, the WSU Jefferson County Extension is offering a six-week “Growing Groceries” class, starting in late February. The class includes six 3-hour classroom sessions, three outdoor workshops for hands-on practice, and one movie matinee. Classes will start on February 25th and meet every subsequent Monday afternoon until April 1st. The curriculum includes garden design, crop planning, soil improvement, bug study, integrated pest management, and best cultivation practices. For more information, contact Bridget Gregg at wsujeffcomg@gmail.com or 360-379-5610 x 210.



Hoop row covers can be made in many ways to accommodate plants of all sizes. The most sturdy can be fashioned inexpensively from 2-foot pieces of rebar, metal, or plastic electrical conduit, or 5/8-inch polypipe. The cover material Agribon (reemay) is permeable and available at local hardware stores, in garden catalogs, or online.



5 Things in Grocery You Didn't Know We Had

by Rodney Just, Grocery Manager



1. Alcoholic Kombucha

KYLA Hard Kombucha is a fermented and fizzy, light and refreshing, alcoholic kombucha beverage brewed in Hood River, Oregon. Clocking in at 100 calories, 2g sugar and 2g carbs, it's your new favorite drink.



2. Mushroom Teas

Lioness Organics™ offers four delicious drink mixes with nourishing mushroom extracts and other superfoods. Handmade in small batches, this mother and daughter team use only organic, non-GMO, and free-trade ingredients. Made right here in beautiful Port Townsend.



3. Some Like It Hott!

Artisan paprikas grown and made in small batches here in Port Townsend. Did you know that peppers contain three times the amount of vitamin C of citrus fruit? So SPICE IT UP because they can be very beneficial in the “cold” months. The peppers are never heated above 105 degrees and qualify as “live food.” We carry a variety of options at The Co-op, including liquid alder smoke and alder-smoked garlic salt.



4. Bulk Teas

Specially curated selection of bulk loose-leaf teas from local supplier Mountain Spirit, as well as some from global sources, including Frontier Co-op. Some of our favorite blends include Afternoon in Port Townsend, a great all-around tea for optimal women's health, Calming Tea, for anyone wanting to reduce stress, and Everybody's Cold, a great go-to blend for the flu or cold season.



5. Vegan Coconut Gelato

Fiddlehead Creamery makes 100% vegan artisanal coconut gelato you can feel good about eating, and it's made right here in Port Townsend! Their rich, organic coconut-cream-based ice creams are made in small batches with love, not dairy.



Product Research Committee Update

by Deb Shortess, PRC Chair & Lisa Barclay, PRC Committee Member



What happened to the red dot GMO items on the shelf?

When we finished our GMO ingredient survey in early 2015, we marked the handful of products we were concerned about with a red dot at the shelf. Many products were replaced or were no longer available prior to this year. Here is an update of the most recent products that we no longer stock:

- Brianna's dressings—labelled as containing GE (genetically engineered) ingredients; discontinued May 2018
- Cardini's dressings—labeled as containing GE ingredients; discontinued May 2018
- Have'a Corn Chip—no information from manufacturer; discontinued May 2018
- Lea & Perrins LS Worcestershire sauce—no longer available as of October 2018
- Thai Kitchen sauces/pastes—replaced by Thai Home or Thai & True sauces

The only red dot items still on our shelves are Ian's

gluten-free fish sticks and chicken nuggets in the freezer. While these products are not non-GMO verified, some of the ingredients are listed as non-GMO, and several other Ian's products are non-GMO verified. Because Ian's is taking steps towards more non-GMO ingredients, this line will stay on our shelves and we will remove the red dot.

Glyphosate update

A common end-of-season practice among conventional oat farmers involves killing their crop with the herbicide glyphosate in order to dry the crop to ease harvesting. The practice can result in higher glyphosate residues in food, contributes to water pollution, and is problematic for neighboring organic farmers, who must protect their crop from contamination. Together with other industry leaders, NCG (National Co-op Grocers) is asking the EPA to prohibit the practice via a formal petition. Signatories include the Environmental Working Group, MegaFood, Ben & Jerry's, Stonyfield Farm, Nature's Path, One Degree Organic Foods, and Happy Family Organics.

Why Is There a Prop 65 Label on My Loaf of Bread?

What is Prop 65?

Prop 65 was passed in California in 1986 to protect people from chemicals that cause cancer by making businesses label any product or business that involves any of 935 (as of 2015) chemicals. The goal is laudable, but the law is so broad that it sows confusion. Labels are on everything from bread to jewelry to hardware to camping gear to gas bills to any business that might have lead paint on the walls. The only regulation of the law is through civil lawsuits, with the result that labels are attached even when there is no known danger, in order to avoid being sued.

So Why Bread?

When bread is baked, the heat creates acrylamide, one of the prohibited chemicals. Similarly, if you toast your bread, it may form. Few of us are probably going to eat raw bread dough to avoid it.

Prop 65 was meant to give people information to make choices and to nudge businesses into better ecological practices. The second goal has had some success, but for the consumer, the labels create more questions than answers. Carcinogens are everywhere, from a host of foods—bacon, anyone?—to the wires of our appliances to our mattresses. We cannot avoid them all, so we make choices. Unfortunately, Prop 65 does nothing to help us with those choices.

What Should I Do?

First, remember that these labeled products have not changed. They are still the same products you loved before. No new chemicals have been added, only the label has changed. Additionally, if you are concerned about your own health and the health of the environment, your best bet is to buy organic and/or local products as much as possible.

Winter Comfort & Wellness—Staff Picks!



Jacqui - Garden of Life Adrenal - Daily Balance



Jacob - Polenta with Poached Eggs



Peter - Whidbey Pies



Em - Cauliflower (rice)



Juli - Organic Heavenly Mandarin Satsumas



Rodney - Rice Dream Ice Cream Pies



Mich - Garden of Life Vanilla Organic Protein



Olivia - Butternut Squash (vegan tacos)

Five Wellness Trends in 2019

Jacqui Carpenter, Wellness Manager

Grass-fed products are at an all-time high for 2019. With grain sensitivities and the cultural desire for quality of life for cattle, grass-fed proteins are the ticket! What's the difference? Most cows start out on a pasture, but conventionally raised cows are later moved to feedlots and fed mainly grain-based feeds. This is an unnatural diet for cattle and mainly used for quickly "fattening the cow" and revenue. MOOOve over grains! Grass-fed beef may contain less total fat than grain-fed beef but a lot more omega-3 fatty acids and CLA, which are both linked to health benefits. You can also get those nutrients in supplement form in the Wellness Department, where we have a variety to choose from, including Natural Factors, Garden of Life, and Tera's Whey.

CBD oil is carrying the natural products category, nationwide, to new heights. *The Hemp Business Journal* estimates that the CBD market will grow to a \$2.1 billion market in consumer sales by 2020, with \$450 million of those sales coming from hemp-based sources. The 2018 Farm Bill, which is widely expected to pass, contains the 2018 Hemp Farming Act. The act would make CBD sales legal under US federal law, allowing it to be sold in all 50 states. Cannabidiol

(CBD) is the part of the cannabis plant that doesn't get you "high" like the THC side of the plant. It is typically used for health reasons instead of for recreational purposes. Currently, The Food Co-op carries CBD oil manufactured into balms, oils, capsules, and tinctures, all derived from agricultural hemp, which can contain 0.038% THC per serving. So why would I want to purchase this product? Just google "Endocannabinoid System" to find claims for, CBD oil helps with pain, mood, memory, appetite, and epidermis health. Please do your research and make informed decisions. Currently, we carry CV Sciences, Nature's Plus, Empower, and Inesscents.

Curcumin, one of the components of turmeric, is pushing the envelope in 2019. Just like in 2018, it has inflamed the natural products market in a steep upward climb. Funny thing, it claims to have anti-inflammatory properties! Many more claims have been studied at medical universities in the US and around the world, and the majority conclude this root is so much more than an anti-inflammatory. Findings suggest that curcumin is useful in nootropics (supplements that enhance cognitive function) as well as in fighting, depression and heart disease, to name a

few. We have free literature to help you learn about this good root. As always, do your research and ask questions to find what is appropriate for you. We carry Gaia ***Mushrooms + Herbs***, NOW ***CurcuBrain***, Doctor's Best ***Natural Brain Enhancer***, Garden of Life ***Dr. Formulated Memory & Focus***, Host Defense ***MycoBotanicals Brain***, Terry Naturally ***Curamin***, Natural Factors ***Theracurmin***, Nordic Natural ***Curamin Gummies***, and MegaFoods ***Turmeric Strength for Joint***.

Probiotic supplement use has been on the rise as more and more adults start feeling the troubling side effects of poor gut balance. Our gut microbiome is made up of trillions of microorganisms (bacteria, fungi, and viruses). When in balance, the good bacteria in your gut help prevent an overgrowth of bad bacteria such as harmful microbes, yeasts, and parasites. Probiotics have grown up - now you can get them not only refrigerated but in shelf-stable forms! And golly, they are showing up everywhere and in everything it seems – cereal, bars, prepared foods, and such. We have selections from Flora, Genuine Health, Garden of Life, Mega Foods, and Dr. Ohhira's.

Collagen, ketogenic diets, and MCT! I am only picking five top trends for 2019 in our Food Co-op Wellness Department, but it isn't easy because we have

customers who do an awesome job of shopping, and Port Townsend's trends are not the nation's trends. Yet I had to include this triple category. So the word *collagen* comes from Greek roots that mean "glue-producing." Up to 70% of skin, hair, nails, and nearly 100% of connective tissues are collagen. Keto *Protein Powders* provide high-quality proteins and fats from chicken bone broth, coconut MCTs, plus energizing antioxidant and apoptogenic herbs, all in one scoop! MCTs are medium-chain triglycerides, a form of saturated fatty acid that has numerous health benefits, from improved cognitive function to better weight management. Some MCT brands to look for on our shelves include Ancient Nutrition, Garden of Life, Barlean's, Great Lakes, Reserveage, and Nordic Naturals (marine sourced).

Please do come and visit us, as there is so much to see and share. We are here to lead you toward health education through our Health Notes program and vendor samples. Remember, you are what you eat! What do you want to look like in 2019?



Save
20% ON
ALL THRIVE
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The Thrive Superfoods Story—A Romance

by Tom Zellers, Co-owner of Thrive Superfoods

When I met Janice in 2008, it took me just 24 hours to know I had found the love of my life. On our second date, I told Janice I was going to marry her... and 13 months later, we were married on a white, sandy beach on Whidbey Island, overlooked by Mount Baker.

Our romance and our career paths made the perfect match. Janice had a lifelong interest in health and natural foods. She'd worked from the age of 16 in her family's five natural food stores in Canada and also received extensive training in the field. I—after serving the nation for 11 years as a navy pilot during Vietnam—earned a masters degree in health administration from the School of Public Health and Community Medicine at the University of Washington, and served as a hospital president and chief operating officer for over 23 years.

With Janice's in-depth knowledge of natural foods, we decided our career path together would be promoting health through good food. We opened a natural food store on Whidbey Island and eventually owned and operated two natural food stores as well as the Thrive Vegan Cafe in Freeland. Our customers

liked our philosophy of serving organic, plant-based food and, especially, our Thrive Superfoods protein supplements, which are locally made, mostly organic ingredients, vegan, non-GMO, sugar-free, and soy-free. Eventually, we decided to concentrate our energy on Thrive.

The Food Co-op was the first store to carry our Thrive Superfoods, and now you can find Thrive in stores all over the region (and online at www.thrive-superfoods.com). We appreciate that so many people trust us to help improve their health and wellness.

Oh, and how is the romance doing? Of course, it's organic, natural, and it's THRIVING!





15 Ways to Enjoy Ginger Spread

by Marcia Atwood, Store Manager

Ginger People Organic Ginger Spread

1. Mix with curry powder and a bit of apple cider vinegar for a coleslaw dressing (serve as a side dish or on pulled pork sandwiches).
2. Use in place of chutneys for recipes - chutney chicken is an example.
3. Mix with sour cream for a veggie or fruit dip.
4. Stir fry with baby shrimp on high for blackened shrimp and spoon over cream cheese to serve with crackers. The ginger spread caramelizes!
5. Stir a teaspoon into a cup of hot water for a winter treat.
6. Add to your favorite pancake mix.
7. Put a little in bubbly water for a refreshing drink.
8. Mix with your favorite spices for a quick sauce to spread on proteins before roasting.
9. Glaze walnuts or pecans (roast for 10 minutes in a 350 oven).
10. Swirl into ice cream.
11. Add to apple pie filling.
12. Jazz up your carrot cake.
13. Add to smoothies.
14. Stir fry it up with some veggies.
15. Salad dressing: use any fresh fruit (think apples, pears), add a bit of Ginger People's Spread, some vinegar, and a bit of mayo and mustard—delish, and low sodium!





Lisa B. demoing Cranberry Salsa



Free Range Whole Roasted Chicken in our Deli, Dorothy H.



Halloween at The Food Co-op



Adam C. sporting our new aprons



Myka Briggs - "Guess the Giant Pumpkin Weight" winner!



September Hearty Thank You, Cameron B.

Staff Hearty Thanks

September	Cameron B
October	Crystal N

Employee Anniversaries

September

Phil B	10 years
Kathy P	3 years
Petra C	2 years
Paul D	2 years

October

Andrea D	14 years
Eric R	14 years
Scott M	14 years
Marcia A	13 years
Juli V	6 years
Linda D	6 years
Rich F	2 years
Emily R	1 year



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