

FALL 2021

FREE

# AROUND THE TABLE

THE FOOD CO-OP QUARTERLY NEWSLETTER

FALLING IN LOVE WITH COMFORT FOODS, OUR LOCALS,  
GIVING BACK, SAVING LAND & RECIPES TO SAVOR





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***Around The Table***

is published by The Food Co-op on a quarterly basis and comes out in the winter, spring, summer, and fall. If you are interested in contributing content for *Around The Table*, please contact [marketing@foodcoop.coop](mailto:marketing@foodcoop.coop) to discuss your article idea. Articles should include stories about food, community, sustainability, or cooperation.

# WELCOME TO THE TABLE

*Around the Table* is a celebration of the changing seasons, our local farmers and producers, what's happening in our local kitchens and community, and lots of opportunities to learn and share.

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# SETTING THE BAR LOCAL FOOD

BY KENNA S. EATON, GENERAL MANAGER

It isn't easy to sell your products at the Co-op, nor should it be. We have product guidelines to ensure that all new items on our shelves meet certain standards. Producers must also meet a plethora of government regulations, from business licensing to food safety to insurance. And then there is the question of taste, appeal, and price—is your product something our shoppers will want to buy?

But while the process might not be easy, it should be clear. One long-held dream I've had is to demystify the process for new local vendors to help them determine whether or not their product is something the Co-op will sell, and if so, how they can do it successfully.

As you know, the Food Co-op defines Local 5 as products grown or produced in Jefferson County or one of the four surrounding counties, including Island, Mason, Clallam, and Kitsap. While ample, this area feels reasonable when[for] measuring our impact. Staff work hard to bring in locally produced goods, but sometimes we struggle communicating all the details that go along with being a vendor at the Co-op. The list of considerations is lengthy, so while we direct our staff to “give local twice the love”—meaning help these vendors more than you would anyone else (i.e., give special care to a local product display, sign it to make it more visible, try it out on our shelves for longer, and give feedback on what

would make the product even better)—it can be complicated to communicate what we need from our vendors to bring their special new product to our shelves.

Which brings me to the heart of this story—our exciting news! We are getting ready to debut (and even may have done so by the time you read this) an online packet of information, forms, and guidance on how to become a new vendor at our store. I won't lie, it is a lot of information, and it isn't easy as the bar is set pretty darn high. But we think it will help our locals developing new “value-added products” to better understand what it takes to be a successful producer, not just at the Co-op, but anywhere. As a result, we hope to strengthen our local food system in a way that hasn't been addressed before.

As usual, it takes a lot of hands to make progress, so I want to thank key staff who have worked on making this project a reality, including Laura L, Amanda, Deb, Andrea S, and Lisa J, a great example of people working together to nourish our community.

With appreciation,  
Kenna





# BOARD ELECTIONS RAISES \$744 FOR FOOD BANK

BY LISA BARCLAY, ELECTIONS CHAIR

Thank you to everyone who participated in our board election this year. We pledged to give the food bank \$1 for every vote, so we were able to give them a check for \$744! I love things that have dual use, and our dollar-per-vote campaign both raised awareness about the board election and raised money for an important cause. I want to note that you can always leave shelf-stable items for the food bank in the bin near the front door. Or you can send them a check or donate online—Shirley, who manages the Port Townsend Food Bank, has noted that for every dollar donated, they can buy 33 pounds of food from Food Lifeline.

## Candidates

We had three candidates for the board this year—Juri Jennings, Michael Flowers, and Leslie Ann Shipley. All three were running for 3-year terms and all three were elected with over 95% For votes. (To be elected, a candidate must receive more than 50% For votes.) Juri has been a board member for four years, and in August she moved into the role of board president. Juri cares deeply about food access, a passion she combines with her love of biking and the environment in her business PT Peddler—she delivers food by bike from the Co-op, local CSAs, the Farmers Market, and Food Bank Gardens.

Michael is a new board member, who has pursued varied work experiences over the years, from psychotherapy in Seattle to organic farming in an intentional community to working in a co-op in North Carolina. In the spring of 2020, Michael was part of the group of volunteers who shopped and delivered food to community members who couldn't shop in person because of the dangers of Covid, organized by Juri and other board members. Michael has [jumped right in] to cooperative board service, taking online courses on board work and attending online cooperative conferences.

Leslie is also new to the board. She was attracted to the possibility of board service by the Co-op's mission statement: Working together to nourish our community. She is particularly passionate about supporting farmers and food access. Leslie's experience is in marketing, communications, and event planning, and in addition to her board work, she has some creative ideas for expanding food access in our community.

## IS BOARD SERVICE FOR YOU (OR SOMEONE YOU KNOW)?

It's not too early to start thinking about next year's board election. The process to prepare a candidate for board work takes several months, so contact us by January if you are interested. We'll meet with you informally—over coffee or a beer, if Covid precautions allow—to discuss the candidate process and what board service entails.

Contact us at [coopboard@foodcoop.coop](mailto:coopboard@foodcoop.coop) to arrange a date or get more information.

And remember, members are always welcome to come to the board meetings the first Tuesday of the month, whether we meet by Zoom or in person.

Contact the board assistant at [boardassitant@foodcoop.coop](mailto:boardassitant@foodcoop.coop) for up-to-date information on when and where.







# POWER OF WORKING TOGETHER

BY OWEN ROWE, RETIRING BOARD PRESIDENT

Port Townsend thrives on collaboration. Our community events, from the Rhody Parade to the Wooden Boat Festival, depend on hundreds of volunteers working together. The work itself is a big part of the fun!

It's not just for fun, though. The Community Build project brings together volunteers and organizations to address our urgent need for shelter. KPTZ depends on volunteers to broadcast local news and information. Our COVID vaccination clinics are staffed largely by retired medical workers, giving their time to protect our community.

Even governments are collaborating. The Inter-governmental Collaborative Group brings together the City, County, Port, and PUD to address issues from COVID recovery to economic development.

At The Food Co-op, working together is part of our mission. Our board recently collaborated to ensure a smooth transition to new officers. After three years as vice president, Juri Jennings is now the board president; I'm still around to support Juri and serve as board

treasurer. This way, we can maintain team momentum on the work ahead for 2022, from celebrating the Co-op's 50th anniversary to renewing our long-term strategic plan.

When the community needs something that's beyond the capacity of individuals, people come together. A co-op is just a way to make collaborative work sustainable, while ensuring it remains accessible and equitable to all. At their heart, co-ops get their power from collaboration—people communicating and sharing their goals and aspirations, working together, and sharing the pride when those goals are achieved.

All of this collaboration is easier when we can work together face-to-face. As we gradually reopen to in-person events and it becomes safe for everyone to remove their masks, the best part will be seeing our community's faces again. We can smile at each other and know that we got here through collaboration. "We're all here because" ... no, not because we're not all there, but because this is where we decided to go, together.

# BEANS 4 BAGS

BY ANDREA STAFFORD, MARKETING MANAGER

## Nominate your favorite Non-Profit to be selected for our 2022 Beans 4 Bags Season

One of the many perks of being a Food Co-op member is that you can be a part of giving back to the community in a variety of ways. One way is by nominating your favorite Jefferson County non-profit to receive funds from our Beans for Bags program. Nomination forms will be available online October 1st-November 30th for the following year.

**Get a bean, you ask?** If you choose a bean (= \$.05), you can choose where that money goes by dropping that bean into a jar, which represents 1 of 3 non-profits in the Jefferson County Community. Non-profits are nominated by member/owners and chosen by a board committee. Two jars are rotated out bi-monthly, the third jar represents the Jefferson County Food Bank, which is supported year round.

Thanks so much for joining us in this process! Keep using those bags/containers because small change makes big change in our community. Over \$12,000 in donations, or 240,000 bags a year to be more exact.

### Beans4Bags Timeline

#### October/November:

Beans for Bags nominations open for 2022. Nominations are only accepted through an online form on our website. If you need, Customer Service can help you use the computer in the store.

#### Early December:

Board Community Engagement Committee will meet to vote on the 2022 recipients.

#### Late December:

2022 recipients announced

VISIT [www.foodcoop.coop/beans-for-bags](http://www.foodcoop.coop/beans-for-bags) for more information

Questions about Beans for Bags?  
email [Marketing@FoodCoop.Coop](mailto:Marketing@FoodCoop.Coop)





# BITTER JOYS OF RADDICCHIO



BY CARA LORIZ, EXECUTIVE DIRECTOR ORGANIC SEED ALLIANCE

When the staples of our Jefferson County growing season diminish with the temperatures, get ready to add some “rad” cold-season flavor to your menu. Organic research partners from across the Pacific Northwest are touting the virtues of radicchio, a season-extending crop for regional farmers and a versatile addition to culinary palettes with its under-appreciated bitter flavor.

While you may be familiar with the widely available red, round heads of Chioggia radicchio, there’s much more to the Cicoria story (or chicory in English). Washington State University (WSU), the Culinary Breeding Network, and our hometown Organic Seed Alliance (OSA) want you to embrace the full potential of types of radicchio grown by our regional farmers, including Treviso, Castelfranco, Lusina, Verona, Rosa, and Puntarelle. With support from the U.S. Department of Agriculture (USDA) Specialty Crop Block Grant Program, these partners are working to establish radicchio as a staple leafy green of the Pacific Northwest.

Radicchio is a cool season vegetable that originated and is still widely grown in the northeastern region of Italy, a climate and latitude very similar to the Pacific Northwest. Its season extending potential is promising as it overwinters in the field and holds well in storage, providing a locally grown alternative to lettuce shipped from warmer regions during our colder months.

Chicory varieties are primarily open-pollinated (able to reproduce and exchange pollen freely among plants) and often exhibit a diversity of colors, leaf texture, stature, and size between individual plants within a variety. For the researchers at OSA, this creates a prime opportunity to select plants from a variety or even across varieties to improve and create new varieties. For chefs, it invites culinary opportunities to creatively integrate colors, textures, and flavor differences.

While farmers in Oregon and Washington are interested in growing radicchio and reaping the benefits of a winter cash crop, they had numerous agronomic questions, questions addressed by research with roots in our local community. The Port Townsend Food Co-op and Jefferson County Farmers Market helped support OSA’s trials of cold hardy chicory varieties over 10 years ago. If you are already a radicchio fan, you may have enjoyed Midori’s Castlefranco and Bocciolo (Italian for rose bud) radicchios, some standouts of the early trials and selection efforts.

These varieties and many more have been shared widely during recent “Sagra di Radicchio” tasting events. Hosted by WSU and the Culinary Breeding Network, the sagras bring together lovers of radicchio to showcase and celebrate the delightfully bitter greens by pairing farmers and chefs, who collaborate to create delicious dishes to wake up our winter palettes.

OSA, WSU, and the Culinary Breeding Network are continuing to advance research, education, and outreach for radicchio through the current project, with [three main] goals: to create a Pacific Northwest Radicchio Association to collectively promote the radicchio market, to increase awareness and consumption of radicchio through education and culinary events, and to develop opportunities for international collaboration.

**Learn more about radicchio, visit [www.eatradicchio.com](http://www.eatradicchio.com).**

**To keep up to date on project activities, follow @chicoryweek and @culinarybreedingnetwork on Instagram. To explore the bitter delights of radicchio for yourself, pick up a head or two at The Food Co-op this fall and winter!**

# APPLES ANYTIME

FROM WELCOMETOTHETABLE.COOP

Ah, autumn — perfectly embodied in the humble apple. More than 17,000 varieties of this tempting fruit have been identified, and Red Delicious is only the beginning. At the co-op, you'll find apple varieties that boast wide-ranging flavor profiles, from the oh-so-tart to satisfyingly sweet. Some are ideal in a lunchbox, while others shine in baked goods. Explore an array of possibilities for savoring this versatile fall favorite at every meal with these recipes. You'll quickly discover that “an apple a day” isn't nearly enough!





## FRENCH TOAST WITH WARM APPLE PECAN COMPOTE

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Servings: 6. Prep time: 60 minutes.

### Compote

$\frac{3}{4}$  cup water or apple juice  
 $\frac{1}{4}$  cup brown sugar  
 $\frac{1}{4}$  cup maple syrup  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  cup raisins  
 $\frac{1}{4}$  cup chopped pecans  
3 cups apple, peeled and cut into  $\frac{1}{2}$ -inch pieces  
Pinch of salt  
1 tablespoon cornstarch  
2 tablespoons butter

### French Toast

2 tablespoons butter  
5 large eggs  
1 cup milk  
2 tablespoons maple syrup  
Pinch of salt  
1-pound loaf of soft-crust bread (such as brioche or challah) cut into 1-inch thick slices

To make the compote, bring the water, brown sugar, maple syrup, cinnamon and raisins to a boil in a saucepan. Add the pecans, apples and salt. Bring the mixture to a simmer and cook for about 15 minutes, stirring occasionally.

Add the cornstarch and butter and simmer another 3 to 5 minutes until slightly thickened. Keep warm while preparing the French toast, or prepare the compote the night before and reheat.

Heat the oven to 300° F. Place a metal rack in the oven to keep pieces of finished French toast warm while the rest is cooking. Melt a little of the butter in a large skillet (or two skillets to make the process go faster) over medium-low heat. Whisk the eggs, milk, maple syrup and salt in a large bowl. Soak each slice of bread in the egg mixture for about 30 seconds on each side. Place in hot skillet and cook each side for 3 to 4 minutes until golden brown. Add more butter for each new piece of toast added to the pan. Slice French toast into triangles and serve topped with warm apple compote.



## WALDORF SALAD WITH YOGURT AND HONEY

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Servings: 4 – 6. Prep time: 30 minutes.

1 lemon, juice and zest (about 2 to 3 tablespoons juice)  
 $\frac{1}{2}$  cup Greek yogurt  
1 teaspoon honey  
Salt and pepper to taste  
2 cups apple (1 large apple), cut into bite-sized pieces  
1 cup seedless grapes, halved  
1 cup celery (2 to 3 ribs), cut into  $\frac{1}{2}$ -inch pieces  
 $\frac{1}{2}$  cup toasted walnuts, coarsely chopped

In a small bowl, whisk together the lemon juice, zest, yogurt and honey. In a large salad bowl, gently toss the apples, grapes, celery, and walnuts with the dressing. Season to taste with salt and pepper. Substitute nonfat Greek yogurt for a lower-fat version if you like.

**Breakfast, lunch and dinner — or anytime in between — there are endless ways to enjoy apples all day. Visit [welcometothetable.coop](http://welcometothetable.coop) to find more delectable apple recipes.**



## CINNAMON APPLE COFFEE CAKE

Servings: 8. Prep time: 55 minutes; 15 minutes active.

- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1 cup rolled oats
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon allspice
- 1 ½ teaspoons cinnamon
- 1 cup sugar
- ½ cup vegetable oil or melted coconut oil
- 1 egg, beaten
- ¼ cup milk
- 1 teaspoon vanilla
- 1 cup diced apple
- ¼ cup dried cranberries

Heat the oven to 350°F. Butter or oil an 8 x 8 inch pan. In a large mixing bowl, whisk together the flours, oats, baking soda, salt, spices and sugar. Stir in the remaining ingredients until just combined. The batter will be very thick. Spread the batter evenly into the pan. Bake for 35 to 40 minutes or until a toothpick stuck in the middle comes out clean. Let cool before slicing.

**This moist cake featuring dried cranberries and whole grains is sure to become a coffee break favorite.**



## GINGERED BEET AND APPLE SALAD

Servings: 6. Prep time: 30 minutes.

- 1 pound beets, peeled
- 1 apple (about ½ pound)
- ¼ pound carrots, peeled
- ½ cup fresh parsley, minced
- 2 tablespoon apple cider
- 2 tablespoon apple cider vinegar
- 1 tablespoon fresh ginger, minced
- 2 tablespoon olive oil
- Salt and pepper to taste

Using the shredding blade of a food processor or a grater, shred the beets, apple and carrots. Mix well with the remaining ingredients. Season with salt and pepper. Serve immediately or refrigerate to let the flavors blend.

**Fresh apples and apple cider make this beautiful, jewel-toned slaw refreshing and delicious. Try using a variety of beets — like golden or chioggia beets — for an even more colorful salad.**





## BUTTERNUT APPLE BISQUE

Servings: 6. Prep time: 45 minutes.

- 1 medium onion, diced
- 1 tablespoon butter or vegetable oil
- 1 tablespoon curry powder (or more, to taste)
- 1 butternut squash, about 1 ½ pounds, seeded, peeled and cubed
- 1 Granny Smith apple, cored, peeled and cubed
- 5 cups low-sodium vegetable stock
- Sea salt to taste

In a 4-quart pot, heat the butter or oil and saute the onion over medium heat until soft, about 5 minutes.

Add curry powder and sauté 3 more minutes, being careful not to burn.

Add squash, apple and vegetable stock to the pot and bring to a boil.

Reduce to a simmer, cover and cook 20 to 30 minutes, or until the squash is tender.

Puree the soup in a food processor or blender and salt to taste.

Tip: For some extra spice, add 1 tablespoon ginger, peeled and chopped, to the pan at the same time as the onions, or add chopped candied ginger as a garnish before serving.

**Autumn in a bowl! Warm up with tart Granny Smith apples, creamy butternut squash and a dash of curry powder.**



## APPLE RASPBERRY “NACHOS”

Servings: 4. Prep time: 20 minutes.

- 1 cup frozen or fresh raspberries
- 1 tablespoon maple syrup
- ½ cup chocolate chips
- 2 large Honeycrisp apples, halved, cored and sliced thin
- ¼ cup pecans, chopped
- 2 tablespoons shredded coconut
- 2 tablespoons plain or vanilla yogurt

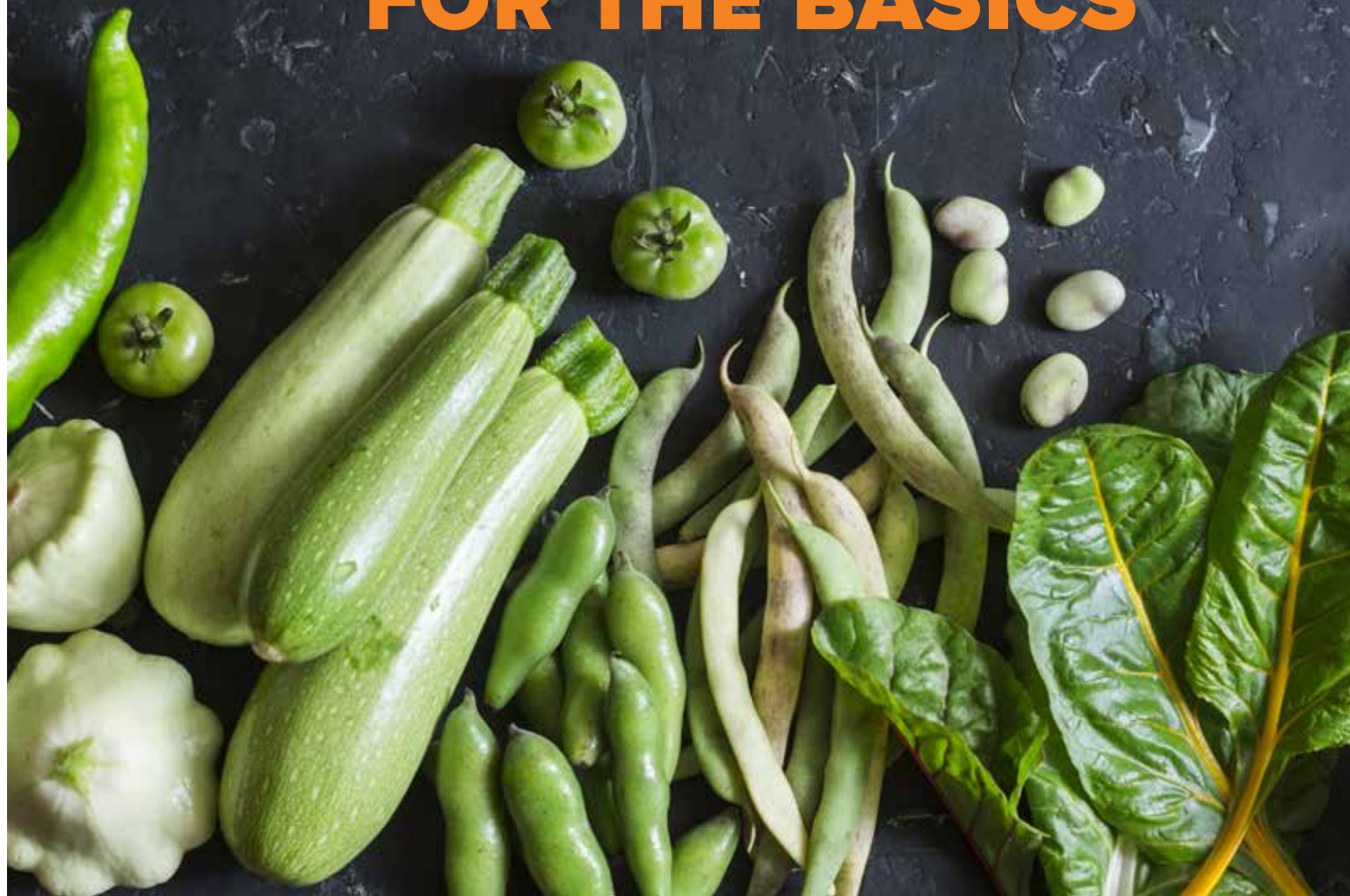
In a small pot, simmer the raspberries and maple syrup for 5 to 10 minutes, stirring frequently. Remove the raspberry sauce from the heat and pour into a small container through a fine mesh strainer to remove the seeds. Set aside the finished sauce.

Melt the chocolate chips either in a double boiler or by microwaving for about 3 minutes on low, in a microwave-safe bowl.

To build the nachos, spread out or overlap the apple slices on a platter or large plate. Lightly drizzle the apple slices with the melted chocolate and raspberry sauce, sprinkle pecans and coconut over the top, and serve with yogurt as a dipping sauce.

**Mix and match your favorite toppings for a creative, kid-friendly afternoon snack.**

# GRATEFUL FOR THE BASICS



BY SIDONIE MAROON, THE FOOD CO-OP CULINARY EDUCATOR, [ABLUEDOTKITCHEN.COM](http://ABLUEDOTKITCHEN.COM)

I create delicious meals with the same basic ingredients in different regional combinations. I buy legumes, grains, and spices from the bulk section and match them with seasonal produce, rounding out the dish with complementary ingredients.

I've designed a "Flavor-way" template so you can do

the same. Start with a legume, sturdy greens, and winter squash, then choose herbs, spices, veggies, and other additions based on the region you've chosen. If desired, add a grain—it's a great way to stretch meals for a family.

Keep it simple yet yummy.



## BASIC PROCESS

The roasted veggies, Instant Pot, and rice cooker will finish around the same time. It's about an hour long process, including prep and clean up, but only 15 minutes is hands-on!

Cook legumes in an Instant Pot, no need to soak! Beans, with water or broth, go into the Instant Pot with 1 teaspoon salt on high pressure for 45 minutes with a natural release.

Use the sauté function on the Instant Pot to simmer your greens to perfection. Add them to the hot cooked beans.

Roast squash and alliums in the oven. (I use a large toaster oven.)

Rub the squash and other veggies with oil, herbs, and spices, and roast on a parchment paper lined baking sheet at 425 F for 30 minutes. After 30 minutes, stir and roast for another 15 minutes.

Use a rice cooker for your grains. (I love *The Ultimate Rice Cooker Cookbook* by Beth Hensperger and Julie Kaufmann. I make all kinds of things in my rice cooker!) Start rice at the same time as the beans.

To serve, spread the beans and greens at the bottom of a wide bowl and layer the roasted squash over the top with the accompaniments. YUM!

## REGIONS

### GREECE:

**LEGUMES:** cranberry beans, navy, black-eyed peas, chickpeas, lentils

**GRAINS:** bulgar, cornmeal, rice, polenta

**HERBS:** fresh fennel greens, oregano, sage, dill, basil, bay leaf, thyme

**SPICES:** cinnamon, allspice, black pepper

**GREENS:** collards, kale, arugula, beet greens, wild greens, chard

**WINTER SQUASH:** acorn, butternut, delicata, Hubbard, pumpkin, buttercup, spaghetti, kabocha

**ADDITIONS:** leeks, walnuts, olives, onion, lemon, feta, garlic, tomato, eggplant, peppers, dried chilies, olive oil

### ITALY:

**LEGUMES:** pinto, borello, cannelli, navy, chickpea, lentil, lima

Grains: polenta, pasta, rice, buckwheat

**HERBS:** sage, oregano, basil, rosemary, fennel, thyme, marjoram, parsley

Spices: red pepper flakes, chili peppers, nutmeg

**GREENS:** chard, kale, mixed greens, chicory, radicchio, cabbage, spinach

**WINTER SQUASH:** acorn, butternut, delicata, Hubbard, pumpkin, buttercup, spaghetti, kabocha

**ADDITIONS:** tomato sauces, garlic, wine vinegar, olive oil, balsamic vinegar, prosciutto, Parmigiano-Reggiano cheese, pork, anchovies, mozzarella, pecorino, olives, pesto, sausage, sardines

### MEXICO:

**LEGUMES:** pinto, black, heirloom varieties

Grains: rice, corn, masa, hominy

**HERBS:** epazote, cilantro, parsley, marjoram, thyme, black pepper, bay leaf

**SPICES:** cinnamon, chocolate, cumin seed, dried chilies, oregano, anise seed

**GREENS:** lettuce, cabbage, chard, kale, mixed greens  
Winter squash: acorn, butternut, delicata, Hubbard, pumpkin, buttercup, spaghetti, kabocha

**ADDITIONS:** avocado, lime, pumpkin seeds, onion, garlic, oranges, tomatillos, tomato, beef, chicken, turkey, fresh chilies, pork lard, queso fresco, pork sausage, bacon, sweet corn, sweet peppers, olives, poblano chilies

### ETHIOPIA:

**LEGUMES:** red lentils, lentils, chickpeas, red beans

**GRAINS:** barley, teff, wheat, buckwheat, polenta, millet, sorghum

**HERBS:** parsley, mint, basil, rosemary

**SPICES:** ginger, turmeric, cumin, coriander, allspice, cardamom, cloves, nutmeg, cinnamon, fenugreek, black pepper, cayenne, paprika

**GREENS:** kale, cabbage, chard, mixed greens, collards, spinach

**WINTER SQUASH:** acorn, butternut, delicata, Hubbard, pumpkin, buttercup, spaghetti, kabocha

**ADDITIONS:** peanuts, garlic, onions, tomato, plantains, sweet corn, eggplant, lemon, bell peppers, yogurt, lamb, chicken, potato, yam, carrots, green peas

## FRANCE:

**LEGUMES:** Le Puy lentils, chickpea, cannellini, navy

**GRAINS:** buckwheat, corn, rice, polenta

**HERBS:** thyme, savory, dill, herbs de Provence, parsley, chives, basil, tarragon, marjoram, rosemary, sage, savory

**SPICES:** White pepper, allspice, nutmeg, anise

**GREENS:** cabbage, spinach, kale, chard, dandelion, nettles, frisée, endive

**WINTER SQUASH:** acorn, butternut, delicata, Hubbard, pumpkin, buttercup, spaghetti, kabocha

**ADDITIONS:** cream, butter, stock, sherry vinegar, sausages, garlic, onions, leeks, shallots, bacon lardons, anchovies, Dijon mustard, mushrooms, cheeses, olive oil, olives, citrus, avocado, bell peppers, tomatoes, mirepoix

## EASTERN EUROPE:

**LEGUMES:** kidney, brown lentils, chickpeas, red lentil, split peas

**GRAINS:** rye, buckwheat, barley, corn, rice, wheat

**HERBS:** dill, parsley, mint, coriander, juniper berries, marjoram, mustard, black pepper, savory

**SPICES:** paprika, coriander, cayenne, thyme, savory, caraway, horseradish, allspice, cinnamon,

**GREENS:** cabbage, kale, mustard greens, beet greens, mixed greens

**WINTER SQUASH:** acorn, butternut, delicata, Hubbard, pumpkin, buttercup, spaghetti, kabocha

**ADDITIONS:** walnuts, sour cream, sauerkraut, mushrooms, sour cherries, onions, celery root, beets, turnips, lamb, beef, bacon, garlic, onions, tomatoes, potatoes, fish, eggplant, pomegranate, lemon, vinegar

## INDIA:

**LEGUMES:** lentils, red lentils, chickpeas, mung beans, split peas, black-eyed peas

**GRAINS:** millet, rice, wheat, barley, buckwheat, corn

**HERBS:** dill, parsley, mint, cilantro, sage,

**SPICES:** allspice, anise, fennel, cardamom, chili peppers, cinnamon, cloves, fenugreek, ginger, mustard seeds, nutmeg, paprika, black pepper, turmeric, asafoetida

**GREENS:** cabbage, collards, kale, spinach, beet greens, chard, mustard greens

**WINTER SQUASH:** acorn, butternut, delicata, Hubbard, pumpkin, buttercup, spaghetti, kabocha

**ADDITIONS:** lime, lemon, tamarind, coconut milk, coconut flakes, coconut oil, raisins, peas, carrots, yogurt, pistachios, garlic, onions, eggplant, tomatoes, mushrooms

## MIDDLE EAST:

**LEGUMES:** chickpeas, lentils, red beans, kidney beans, mung beans

**GRAINS:** rice, wheat

**HERBS:** dill, mint, cilantro, mint, oregano, parsley,

**SPICES:** sumac, sesame, ras el hanout, nutmeg, cumin, ginger, black pepper, coriander, cinnamon, cloves

**GREENS:** spinach, cabbage, kale, chard

**WINTER SQUASH:** acorn, butternut, delicata, Hubbard, pumpkin, buttercup, spaghetti, kabocha

**ADDITIONS:** almonds, feta, chicken, eggplant, dried fruits, garlic, onions, honey, lemons, lamb, olive oil, olives, tahini, tomatoes, walnuts, yogurt







# FALL COMFORT FOOD

TURN THE PAGE  
FOR STEW RECIPE



# ITALIAN NAVY BEAN & ROASTED BUTTERNUT SQUASH STEW

BY SIDONIE MAROON, THE FOOD CO-OP CULINARY EDUCATOR, ABLUEDOTKITCHEN.COM

Makes 2 quarts

A satisfying, creamy roasted stew with greens.

## Ingredients

For Instant Pot:

- 1 ½ cups dry navy beans
- 1 teaspoon sea salt
- 1 quart vegetable broth (see side note)

## For Roasting:

- 1 large onion, chopped
- 4 cups butternut squash, peeled and evenly diced
- 4 cloves garlic, minced
- 2 teaspoons dried rosemary
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- ¼ teaspoon red pepper flakes
- ¼ cup extra virgin olive oil

## Greens:

- 4 cups mixed sturdy greens like chard, kale, and mustard greens, chopped

## Finish:

- 2 tablespoons Bragg's aminos
- 1 teaspoon fish sauce (anchovy based)
- 1 tablespoon apple cider vinegar
- grated parmesan at the table

## Directions

Instant Pot

Add beans, salt, and broth to the Instant Pot. Use the bean setting or set to high pressure for 45 minutes with a natural release.

When the beans are done, open the lid, and push saute. Add the greens and cook at a simmer until they are soft.

## Roasting

Preheat the oven to 425 F and line a baking tray with parchment paper. Add the roasting ingredients to the tray and rub with olive oil, salt, and herbs. Roast for 30 minutes. Stir the ingredients and roast for another 15 minutes.

## Finish

Add the roasted vegetables to the beans and greens. Correct the seasoning by adding the aminos, fish sauce, and vinegar. Serve hot in wide rimmed bowls with parmesan at the table.

## INSTANT POT VEGETABLE BROTH

1. Save vegetable scraps like carrots, celery, squash peels and seeds, and onions without their papery skins. Greens in the cabbage family don't work well.
2. Add the scraps to the Instant Pot with 1 quart of water. Set to the broth cycle or high pressure for 30 minutes with a natural release. When the broth is done, strain it and compost the spent vegetables.
3. Use the broth for cooking legumes or grains. I don't salt my broth, but I sometimes add herbs and spices to match the food I'm cooking.



# OLIVE OIL

## A SMASHING GOOD TIME



BY LIAM CANNON, POS TECH

The more that I read about olive oil, the more that I realized how little I knew. Not just about the types of olives and brands of olive oil, but all the the hype, misleading information, bottle labeling, and terminology that goes with it. Apparently, I am not the only one. NPR did a recent survey and found most Americans are confused about olive oil. Most disturbing to me, they found many who have purchased extra-virgin olive oil for decades have never actually consumed extra-virgin olive oil, due to fraudulent production and labeling.

Wait, do you see it? Yes it's a rabbit hole. What do Mediterranean chefs and Popeye have in common? They like olive oil. Olive Oyl was indeed named after delectable olive squeezings. Let me introduce you to some of her relatives: mom and dad, Cole and Nana (banana) Oyl; brother, Castor Oyl; uncles Otto (auto) and Lubry Kent Oyl; and her rich distant relative, Standard Oyl. A slippery lot of characters. Incidentally, Olive's spinach munching friend Popeye was not the main character originally. Olive Oyl was created in 1919 by E. C. Segar, and Popeye didn't come along until ten years later.

Basically, olive oil is a liquid fat made from pressing whole olives. Commonly used in cooking, it has also been used as fuel in oil lamps and in pharmaceuticals, cosmetics, and soaps. Archaeological evidence indicates that the olive tree was first cultivated on the border between Syria and Turkey, and spreading throughout the Mediterranean. Olives were being turned into oil by 6000 BC, as shown by shards of an amphora unearthed during a highway expansion near Ein Zippori in northern Israel. The jar was reassembled and the residue inside was found to be olive oil.

Today, Italy is the world's largest importer and exporter of olive oil, but Spain is the largest producer, providing for half of the world's needs. (I'll explain this seeming paradox later.) Greece and Turkey are also known for making quality olive oil. Greece has the added distinction of using the most olive oil per person—around 20 liters per year!

## POTENTIAL HEALTH BENEFITS

Studies have shown that people who regularly include olive oil in their diets have lower rates of heart disease, lower blood pressure, and reduced rates of diabetes and some cancers. In the US, the FDA currently allows olive oil producers to place the following health claim on product labels: Limited and not conclusive scientific evidence suggests that eating about two tablespoons of olive oil daily may reduce the risk of coronary heart disease due to the monounsaturated fat in olive oil. To achieve this possible benefit, replace saturated fats with olive oil rather than just add more fat to your diet.

## MAKING OLIVE OIL

Traditionally, olive oil is extracted by grinding whole olives under large millstones for about 40 minutes, creating a paste. The paste is then spread on fiber disks, which are stacked on top of each other into a column and then pressed, removing the liquid. This liquid is comprised of water and oil. Most of the water is removed by gravity as oil is less dense than water. Because this is a slow process, the current method of separation uses centrifuges. Oil produced by mechanical means is called virgin olive oil. Extra-virgin olive oil uses the same processes for extraction, but is made from the highest quality olives, perfectly ripened, grown in favorable weather conditions, and typically harvested by hand. It also has to be from the first pressing, whereas lower quality oil is produced from subsequent pressings. Olive oil can vary widely in flavor and color depending on the extraction process, the variety of olives used, their maturity, and the region they come from. You can estimate an olive's maturity by examining its color. As the fruit ripens, it will change color from green to violet, and then to black.

## FRAUD

According to a 2011 University of California at Davis study, more than two-thirds of common brands of extra-virgin olive oil found in California were incorrectly labeled or adulterated. The labels lied about their virginity, origin of production, and the quality of ingredients. In 2007, 10,000 cases of extra-virgin olive oil imported into New York and New Jersey were found to be outright counterfeits. They were made out of soybeans, hazelnuts, and fish oil mixed with inferior or outright spoiled olive oil and sometimes mixed with lamp oil, putting people at risk for potentially fatal allergic reactions to the oil.

Counterfeit olive oil is rampant because it is highly profitable, and many cases have been connected to organized crime. It is estimated that the profit margin on this oil is about three times higher than cocaine, making a \$16 billion annual profit for "agri-mafia." Countries like the United States do not regulate the quality of olive oil or even routinely test for adulteration. Italy has been one of the most active countries fighting olive oil crime, but they are making little progress. During a 2017 crime investigation, 50% of Italian olive oil was found to be adulterated and 80% of the oil exported to the US was as well. Paying attention to label details will help you avoid possibly fraudulent oil and choose the right oil for you.

## FINDING THE RIGHT OLIVE OIL

First of all, packaging is important. Find an oil that is sold in dark bottles or tins, because both light and heat can damage it. You also want to make sure you store your olive oil in a cool, dark place. Next, look for oils made with no or very little heat, no solvents (this one should be a no-brainer but it's legal), and no additives.

## ASSESSING QUALITY

I recommend staying away from "light" varieties. They have a longer shelf life but are highly processed, sometimes using chemicals, which removes nutrients.

As I said, all extra-virgin olive oil comes from the first press of olives. On the other hand, phrases like "cold-pressed" or "first cold pressed" are typically marketing ploys using archaic terminology from the time of actual olive presses, meaningless for describing centrifugal extraction. The exception is Italian-certified olive oil: here the phrase "first-pressed" means the olive was crushed exactly one time and "cold" refers to the temperature of the fruit and the time it is crushed. Olives in Italy are usually collected in October. If harvested in November when it may be colder, the olives may be heated slightly, but then the word "cold" can't be used.

We have talked about virgin and extra-virgin oil, but you will come across lower grades, called "olive oil," "classic olive oil," or "pure olive oil." These may be refined to remove undesirable odors and flavors, making them bland, almost colorless, stripped of nutrients. To give some flavor, they may be blended with up to 10% virgin olive oil. "Pomace oil," "olive pomace oil," or "refined olive pomace oil" all refer to the lowest quality of olive oil. The sludge left over after the pressing of the olive



pits is called pomace. A solvent, usually hexane, is added to extract any traces of oil left. It is then refined and blended with a small amount of virgin oil. Yummy.

You probably won't see "Lampante virgin oil" in your grocery store, but if you do, just run away. It is a type of lamp oil made from olives.

## PLACE OF ORIGIN

If you see PDO (protected designation of origin) or PGI (protected geographical indication) on the label, it is a sign the oil came from a highly-regulated country, guaranteeing the olive oil has "exceptional properties and quality derived from their place of origin."

On the other hand, be aware that if the label indicates the oil was bottled in a stated country, it does not necessarily mean the oil was produced there. If the oil is a mixture of oils from more than one country, it may be labeled as the country they want you to perceive as its source. A lot of olive oils labeled "Italian" come from Turkey, Tunisia, Morocco, Spain, and Greece, because regulators such as the EU allow manufacturers to tag their bottles with "Italian" as long as a small amount of Italian oil is added. These other countries also produce very good olive oil, but Italian oil has an extra cache, hence the mislabeling. US Customs regulations on "country of origin" state that if a non-origin nation is shown on the label, then the real country of origin must be shown on the same side of the label and in comparable size letters so as not to mislead the consumer, but many major US brands continue to put "imported from Italy" on the front label in large letters and other origins on the back in very small print.

## CERTIFICATION

One more thing to look for is if the oil has been certified. There's no one company certifying olive oil globally, but some countries or regions have their own certifications, which can generally be trusted. Look for COOC Certified Extra Virgin (California), EVA Extra Virgin Alliance (international), UNAPROL (Italian olive grower's association—they will have "100% Qualita Italiana" on the label), or the IOC (International Olive Council).

Hopefully, this information will help you while you ascend the slippery slopes of olive oil buying.

# WHAT TO LOOK FOR?






# SAVING LAND

## FOR FUTURE GENERATIONS

BY LILLY SCHNEIDER, JEFFERSON LAND TRUST



DID YOU KNOW  
YOU CAN  
ROUND UP AT  
THE REGISTER  
TO SAVE LAND?



Featured below: siblings Grace and Ben Thompson. and Matt Montoya .



Jefferson Land Trust is a local, nonprofit land-conservation organization dedicated to preserving the rural character and iconic landscapes of Jefferson County. In partnership with the community, the organization has helped to protect almost 17,500 acres of our area’s most important places.

In addition to protecting forests and salmon habitat, the Land Trust also protects working farms. To date, the Land Trust has worked with local farm families to protect 17 Jefferson County farms, ensuring their land is open and available for agriculture forever. One of the most recent is Kodama Farm and Food Forest in Chimacum, which was protected in late December 2020.

In Japanese folklore, “Kodama” are tree spirits that watch over and protect forests. The Kodama farmers chose the name because they look to old-growth forests as inspirational models of diversity, health, and interconnectedness.

Kodama was founded by Matt Montoya and siblings Grace and Ben Thompson. Driven by their shared concern over the environmental destruction caused by conventional agricultural practices, the three young farmers began leasing the 45-acre property in 2016. They lived in a tent while they built chicken and goat houses, a unique geodesic greenhouse, and other infrastructure for their organic, permaculture-based farm and food forest.

In addition to rich agricultural soils, Kodama includes prime salmon spawning grounds along 1,200 feet of Chimacum Creek. Because of this, the Land Trust partnered with North Olympic Salmon Coalition (NOSC) on this project. NOSC is working closely with the Kodama

farmers on the 21 acres—half of the farm—set aside for salmon habitat restoration.

Prioritizing the land’s health and resiliency is at the core of Kodama’s farming philosophy. They use no pesticides, herbicides, fungicides, or synthetic fertilizers. Garden borders of perennial plants and trees can be harvested and attract pollinators and pest-reducing insects.

The geodesic dome greenhouse, heated passively by thermal mass and a solar powered “climate battery,” allows tropical and subtropical plants not typically found in this region to thrive, including kumquat, blood orange, lime, starfruit, dragonfruit, guava, and banana.

Another exciting project is the 5-acre orchard they’re converting into a food forest. A food forest emulates the layers, diversity, and nutrient recycling of a natural forest.

Thriving local farms are a big win for our community. A strong local agricultural economy gives us access to fresh, healthy food, promotes healthy water systems and soil, provides jobs, protects local wildlife, and helps preserve the rural character of Jefferson County.

**The Food Co-op supports Jefferson Land Trust’s work as a Save the Land Partner, and you can help by rounding up at the register this fall. Just tell your cashier you want to “round up,” and they’ll round up your total to the nearest dollar. (You can actually add any amount you’d like.)**

Learn more about Kodama at [www.kodamafarming.com](http://www.kodamafarming.com) or visit their farm stand on Fridays and Saturdays from 10-4. You can learn more about Jefferson Land Trust at [www.saveland.org](http://www.saveland.org)



**SINCE 2007, JEFFERSON LAND TRUST HAS PROTECTED 1,380 ACRES OF WORKING AGRICULTURAL LAND:**

- Sunfield Farm
- \*Spring Rain Farm
- \*Short’s Family Farm
- \*Red Dog Farm
- \*Midori Farm
- Kodama Farm
- Ruby Ranch
- Glendale Farm
- \*Finnriver Home Farm
- \*Finnriver Farm & Cidery
- \*Boulton Farm (DBA Dharma Ridge Farm)
- Kawamoto Farm
- Compass Rose Farms (Dirt Rich School)

**\*Farms that have products at The Food Co-op**



# **CHOOSE LOCAL SALTWATER SEEDS**

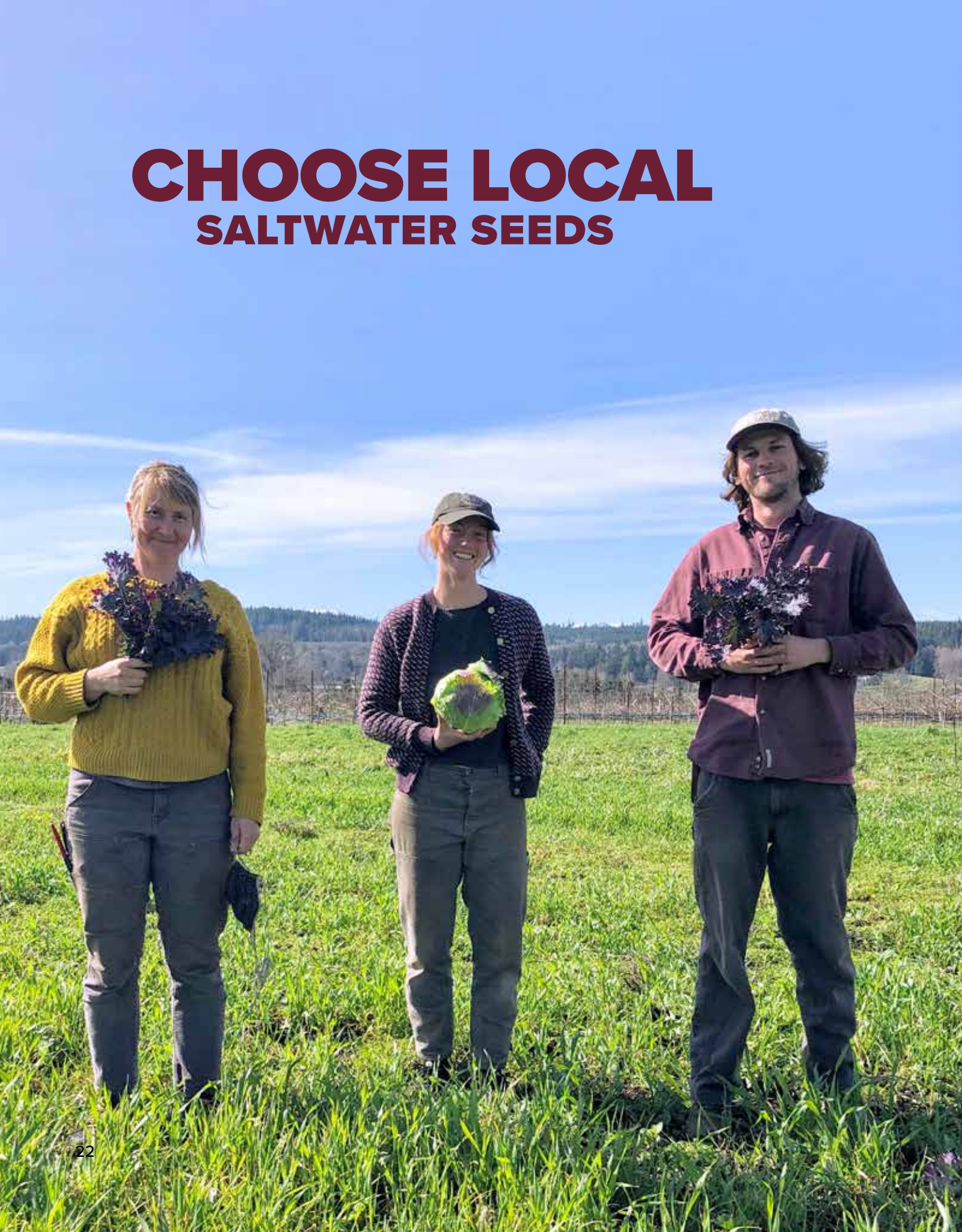






Photo L to R: Katie Miller, Joanne Pontrello, and Sam Scheidt

BY AMANDA MILHOLLAND, FOOD CO-OP PRODUCE MANAGER

At the Food Co-op, we offer regional and locally grown seeds. This year we were thrilled to add two new local seed vendors—Deep Harvest Seed, from Whidbey Island, and Saltwater Seeds, from Chimacum and Sequim. We are one of two local businesses to offer Saltwater Seeds to our community during their inaugural 2021 season.

### SALTWATER SEEDS

Saltwater Seeds co-founders Katie Miller, Joanne Pontrello, and Sam Scheidt have been farming and saving seed for years in their home gardens and through their work. Katie and Sam both work with the Organic Seed Alliance and Joanne works with River Run Farm in Sequim. Saltwater Seeds is committed to contributing to our small-scale agricultural economy by finding, selecting, and stewarding varieties that are productive, delicious, beautiful, and well adapted to our maritime climate. They are inspired by the endless combinations of colors, textures, flavors, and shapes of the plants they grow.

### WHY CHOOSE LOCALLY GOWN SEEDS

There are lots of reason to get excited about locally grown seed. First, plants adapt to their growing conditions. Also, small seed companies, such as Deep Harvest and Saltwater Seeds, are doing important work to preserve and grow the genetic diversity of seeds for their long-term viability. Katie refers to each plant type as a “population” rather than a variety. She explains that this means that Saltwater is saving seeds from crosses of plants that they have been growing successfully for years. Growing a more diverse population allows Saltwater to offer climate- and pest-tolerant seeds that are adapted to our region.

Look out for Saltwater Seeds at the Food Co-op this spring. You can find Deep Harvest as well as Uprising Seeds at the Food Co-op now through the fall on our seed rack. To learn more about Saltwater Seeds visit their website: <http://saltwaterseed>.

### GROWING VARIETIES

This season Saltwater offered multiple varieties of bean and corn seed as well as kale and arugula. Next season Katie, Joanne, and Sam will be expanding their offerings to include ashwagandha, various bush and snap beans, spring broccoli, purple Brussels sprouts, calendula, cantaloupe, cilantro, red romaine lettuce, yellow storage onions, tomatoes, zucchini, and beets as well as other locally adapted seeds. They are also excited to have their main growing sites in Chimacum and Sequim now certified organic. Their seed labels will not include organic certification because they plan to continue growing some of the seed varieties they offer in their home gardens, which are not certified. Other plans they have in the works are partnering with home and small-farm growers to save seed and working toward a model where a portion of seed sales can go to support the Jefferson County Anti-Racist Fund.





# MEET THE LOCALS



Photo from L to R: Christopher Mangold, Candace Mangold, Joshua Mangold, Andrea Billings  
Front L to R: Halen Mangold, Holland Mangold

## CORVUS CRAFTS

Corvus Crafts opened their doors in 2019 to fill a void left when SOS closed in 2018. Candace and Christopher Mangold re-envisioned a woodworker's studio on their property and quickly turned it into a full-service print shop. Since opening they have expanded beyond just paper and have added vinyl, apparel, fine art reprints, signage, glass and metal engraving, and branded promotional products. On the service side, they offer graphics design, editing services, and virtual assistance for small projects. They are a small, but mighty team that has managed to quickly become a popular printer of choice for many of our local businesses and non-profits. Much of their work can be seen within the interiors of the Food Co-op.

Many people ask how their company name came to be. "Corvus is the genus of crows. Crows are intelligent and creative birds. Crows are known for their ability to recognize faces, which is my superpower. Crows are also



known for their ability to make small tools to help them with tasks, which is Chris' superpower. Crows also take care of their community and honor and grieve the loss of those in their community when they pass," explains Candace.

The Mangold's felt a deep connection to carry on the legacy of Dan Huntingford. They gave away \$10,000 a year in in-kind printing donations and sponsorships and provide free memorial printing. Candace is also PTA President for the Port Townsend School District and has been a soccer coach, cubmaster for the local cub scouts, and even wrote and published a family centric magazine for several years. For having only lived in Port Townsend for 5 years, they have quickly become a part of the community they love to serve.

**For more information on Corvus Crafts, go to [www.corvuscrafts.com](http://www.corvuscrafts.com), email [sales@corvuscrafts.com](mailto:sales@corvuscrafts.com) or call 206-755-4008.**



# MEET THE LOCALS



Photo from L to R: Chase, Lisa, Jay and Sydney Jane



## SMACKDOWN SALMON

Smackdown Salmon is a family run business with long time commercial fisherman Jay, his wife Lisa, son Chase and daughter Sydney Jane. After 27 years of fishing Jay started running a boat in 2012 until they bought their own boat in 2017, the F/V Sydney Jane named after their daughter. Son Chase has been fishing with him since 2018. Lisa, a stay home mom started a facebook page to sell a portion of the catch market direct. Smackdown Salmon became a reality.

The F/V Sydney Jane is an Alaskan Purse Seiner based out of Port Townsend where the family calls home. Jay and his crew clean and dress the salmon and another small family business filets, vacuum packs and freezes. Frozen salmon as well as canned is sold throughout Washington and the USA.

**Follow this local business on Instagram @smackdownsalmon or check out their facebook.com/smackdownsalmon for information about salmon, such as the difference between Coho and Sockeye, and find delicious recipes for salmon cakes and more.**



Look for Smackdown Salmon (and halibut when available) in the Food Co-op freezer section of the meat department.



# FALL FAVS

## STAFF PICKS FAVORITE FALL DISHES



"Fall signals SOUP weather to me... I love rolling out my favorite red lentil curry soup recipe. We sell a pretty wonderful close-cousin to that recipe in our deli!"  
-Cara, HR Generalist



"Mulled apple cider always reminds me of fall. I am usually busy making applesauce and apple crisps with my apples this time of year."  
-Anne, Finance



Kabocha and azuki beans cooked together called "Itokoni", translated as the cousin stew. I used to ask my grandma to cook this for me all the time when it became Kabocha pumpkin season.  
-Juri, Board President



My favorite fall food is Zucchini Bread with lots of chocolate chips."  
-Abi, Marketing



"Sarua" is more a winter dish but I would eat it all year long. It is just that good!"  
-Kristina, Bookkeeper



"I love to pickle Asian pears this time of year!"  
-Lisa, Board Secretary





# CELEBRATING STAFF ANNIVERSARIES & AWARDS

## June

Virginia C	22
Seth H	13
Patricia K	7
Benjamin T	5
Laura S	4
Michael M	4
Marcia C	2
Chloe V	2
Hannah G	1
Maria R	3
Phillip R	1

**HEARTY THANK YOU  
JUNE - Estelle G.**



## July

Josephine H	20
Walter H	20
David D	8
Peter K	4
Mindy D	3
Rebecca K	1
Margaret S	1
Peter M	1
Veronica C	1
Teresa M	1
Heather G	1

**HEARTY THANK YOU  
JULY - Catharine S.**



## August

Deborah S	30
Catherine M	15
William W	15
Tracy N	14
Daniel W	6
Roarke J	5
Sharon D	4
Kathleen H	3
Daniel T	1
Michael R	1

**HEARTY THANK YOU  
AUGUST - Tara W.**



# FALL IN LOVE

**CO-OP MEMBERS LEARN  
TO COOK LIKE A CHEF  
FOR FREE!**

**ROUXBE**  
ONLINE COOKING SCHOOL  
[foodcoop.coop/cooking-school-online](http://foodcoop.coop/cooking-school-online)



# TRAIL MIX WITH CAPE CLEAR

BY NHATT ATTACK

WE DO  
IT ONE  
CREATURE  
AT A  
TIME



WE CATCH EACH  
FISH BY HAND  
AND PROCESS IT  
INDIVIDUALLY



FREEZING ON  
THE BOAT GAVE  
ME THE FREEDOM  
TO BRING FISH  
INTO THE  
COMMUNITY



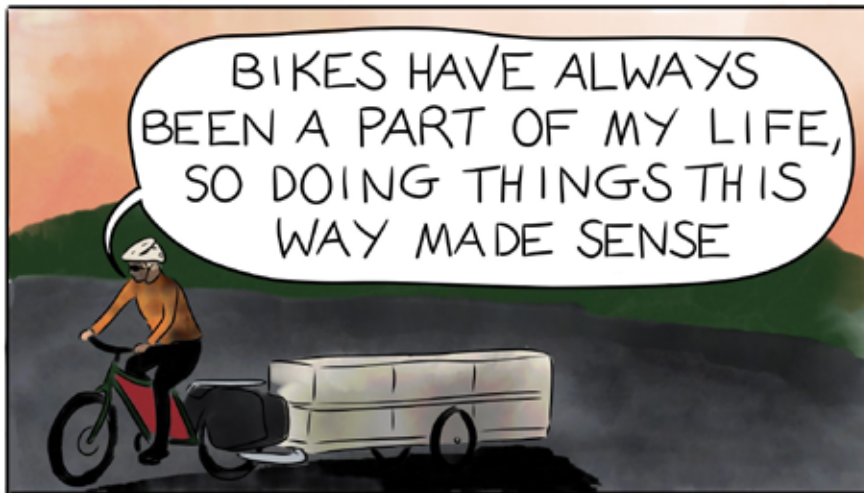
WHEN THE BOAT IS FULL,  
WE SAIL HOME



FROZEN FISH ARE  
DISTRIBUTED BY CARGO BIKE



BIKES HAVE ALWAYS  
BEEN A PART OF MY LIFE,  
SO DOING THINGS THIS  
WAY MADE SENSE



PLUS IT  
KEEPS YOUR  
BUTT FROM  
GOING FLAT

