

Spring 2021 • FREE

Around the Table

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



IN THIS ISSUE:

*MEET THE LOCALS: Finnriver Grains & Nadine's Kitchen,
New BIPOC Equity Committee, and A Little Free Pantry*



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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Looking Forward to Spring *Cooperatively*

by Kenna Eaton, General Manager

For me, springtime is a time of hope. I look for the first green buds and the lengthening of the days—cycles cemented in certainty regardless of what else is going on in our world. Recently, I've also been thinking a lot about our local economy, how we can make it more resilient and more certain, and the role of cooperatives in achieving that goal. Cooperation as we practice it was adopted as an organizational model many moons ago—in 1844, in fact—by the founders of the Rochdale Society of Equitable Pioneers (what a great name!), who established the principles we still follow: democracy, equality, self help, social responsibility, and caring for others. Though not very sexy or hip sounding, these are values we could use more of right now. When you join a cooperative or form a new one, you are participating in a kind of communal dance. Much like with the coming of spring, cooperatives bring fresh possibilities, a chance for a community antidote to rampant individualism, even a different world order. You may think this description is over the top—and admittedly, it is, slightly—but at the same time, if you look at what co-ops have accomplished, there is an underlying truth. Cooperatives give us an opportunity to truly change our economy by straddling the divide between owner, consumer, and worker, emphasizing our connections rather than our differences. There is a resurgence of cooperatives locally and across our county.

Locally, we can note the recent merger of Hasse & Co. Port Townsend Sails with the Shipwrights Co-op, a case

where working together brings greater strength to the individual businesses. Or check out the fall newsletter of the Food Co-op Initiative, (<https://www.fci.coop>), which highlights the story of Suncoast Market Co-op in California. Suncoast is “moving to open a new store where neighbors are a diverse mix of White, Latinx, Asian and Black people, many living below the median household income.” Another example is the growing number of Black-owned credit unions providing financing to a historically underserved community.

Lastly, I want to water the seed of cooperative housing—a model I believe could help many Americans achieve both financial and housing stability as well as ease our own housing shortage here in Jefferson County. Not just for us hippies anymore, co-op housing provides an alternative to the traditional methods of acquiring a home, bridging the gap between expensive individual home ownership and renting. Interested in knowing more about housing cooperatives? Check out <https://coophousing.org/> for more on options and even federal financial support. There are as many types of co-ops as you can imagine (and more!), created by people like you and me who identify a need and join together to meet it by forming a jointly owned and democratically controlled enterprise. From housing to farming, from credit unions to groceries, from electricity to insurance, co-ops are crucial to our world economy for a simple reason: They work to solve our problems not at a cost to our system but by strengthening our communities.



2021 Board Elections

COMING IN JUNE

by Lisa Barclay, Elections Chair

Hi, Everyone. Just a reminder that board elections will take place in June again this year rather than in May. Last year we changed the publishing date of the newsletter to better align with the seasons, and we adjusted the board election calendar at the same time so the election information could be published in the newsletter just before the election.

Candidate profiles will be published in the June issue of Around the Table as well as on the website www.foodcoop.coop. Voting will begin with the Co-op's Annual General Meeting and continue for two weeks. You'll be able to vote online or on paper ballots in the store. If you have an email address on file with the Co-op, you'll receive a link to the election site by email in June. All member-owners are welcome to attend our Annual General Meeting (AGM), which will be virtual

again this year, on Zoom. If you are interested in attending, send a note to our board assistant asking to receive a link to the meeting (boardassistant@foodcoop.coop). At the AGM we'll review how things went in 2020 with all the challenges of the pandemic. You'll also have a chance to "meet" (virtually) the board candidates.

If you are interested in serving on the board, it's not too early to start thinking about next year's election cycle, which essentially starts just after the June vote. The place to begin is to attend a board meeting. You can join us virtually, again by contacting our board assistant. Board meetings are the first Tuesday of each month between 6:30 and 8:30 pm. Hopefully, by summer or early fall, we'll be able to resume in person board meetings.

Thank you for your support of your co-op!



Lettuce work together!

New BIPOC Business

START UP FUND

by Amanda Milholland, Food Co-op Produce Manager
and JCFM Equity Committee Member



JEFFERSON COUNTY FARMERS MARKETS

During this pandemic we have seen the importance of small local businesses to our economy. When local businesses thrive, the positive impact ripples out, supporting the livability and vibrance of our community. The Food Co-op is pleased to support the launch of the Jefferson County Farmers Markets (JCFM) BIPOC (Black, Indigenous, and People of Color) Business Start-up Fund. This fund, a project developed by the JCFM Equity Committee, is designed to increase the accessibility of the farmers market for new BIPOC-owned small businesses.

Historically and today, systemic racism impacts access to traditional financing, inherited wealth, and financial resources for BIPOC folks. The Start-Up Business Fund is one way that JCFM aims to remove barriers to participating in the farmers market as a means of building an inclusive, welcoming market. The Food Co-op is a

financial supporter of this fund along with the Olympic Peninsula's Center for Inclusive Entrepreneurship. Those applying to the fund may receive \$250-\$1000 to procure supplies, mobile equipment, marketing materials and signage, or other start-up costs—no strings attached. In addition to financial support, the JCFM Equity Committee plans to connect fund participants to other local resources, such as business planning provided by the Center for Inclusive Entrepreneurship, coaching for selling wholesale to The Food Co-op, and other resources as relevant.

Want to learn more? The Farmers Market vendor application and BIPOC Business Start-up Fund application are available at <https://jcfmarkets.org/apply> Also, contact JCFM if you are interested in supporting this project. Thank you!



Meet the Locals

FINNRIVER GRAINERY



by Kate Nichols, Co-op Member

Whole wheat bread is known to be healthy, but an interesting question is how much of the grain is actually used in the bread that we buy? In an engaging conversation I had with Keith Kisler of Finn-river Grainery, he explained that often between 30-50% of the grain is sifted away from the final product. So we get less nutrition and the farmer in effect loses that percentage of their original crop yield. In contrast, Finnriver Grainery uses 100% of the grain in their stoneground whole-wheat bread flour. They do sift a small portion of the larger bran flakes when milling certain flours or up-on request of the customer.

Keith grows organic grain in the Chimacum Valley. He has worked with Dr. Stephen Jones of the Washington State University Breadlab in Mount Vernon since 2008, running trials to develop grains that grow well in the Northwest's maritime climate. Keith started growing research trial plots and barley as animal feed and rye vetch mix as a cover crop; three years later he started growing larger plots of grains to sell as flour. Keith mentioned that Nash's Organic Produce in Sequim, has also done grain trials for WSU since 2007. They are both continually learning what grains grow best here on the Olympic peninsula. Keith believes these grains give the community a taste of the area and offers people "a

healthier relationship with their food and community and each other."

Salish Blue grain is a perennial wheat developed by the Bread Lab. Perennials not only reduce the impact of farming on soil health through reduced tillage, they also help to increase carbon sequestration and require less labor, fuel, etc. Keith notes that these types of grains are more nutritious, are better adapted to the fluctuations in climate, and provide a local staple food. Finnriver Grainery grows a variety of grains which help to provide stability in the farm system: if one type of grain fails, there is still another crop.

In addition to growing healthier grains, Keith is the proud owner of a traditional granite stone mill from New American Stone Mills in Vermont. The mill grinds the grain slowly to preserve nutrition and flavor. He sells his grains and flours through a CSA as well as the Co-op. He also supplies flour to Pane d'Amore who makes the "Neighbor Loaf," a nutritious loaf of sandwich style bread based on a recipe created by The Bread Lab. Pane d'Amore bakes these loaves for the Neighbor Loaves Bread program, distributed through the Community Wellness Program to increase local food access.





Block print “Resiliency Rising” by Maese Art in Seattle
<https://www.eileenjimenez.com/>



Keith Kisler, owner of Finnriver Grainery, Chimacum, WA

Approachable Loaf/Neighbor Loaf

2 loaves

Unlike a lot of baking, this recipe is forgiving, so precise measurement is not a necessity.

Recipe courtesy of the Breadlab Collective.

Ingredients:

- 5 $\frac{3}{4}$ cup 100% unsifted whole-wheat flour
- 3 cups water
- 2 tablespoons honey
- $\frac{1}{4}$ cup + 2 teaspoons vegetable oil
- 2 teaspoons yeast
- 1 cup sourdough starter
- 1 tablespoon fine salt

In a medium-sized bowl, gently hand mix flour, water, honey, and oil. You may find it easier to whisk together the water, honey, and oil before adding the liquids to the flour. Cover and let sit for 30-40 minutes. Add the instant yeast and starter to the flour mixture. Now use your hands to work the mixture until the yeast and starter are well incorporated into the dough. Add the salt and continue to hand work the mixture until it forms a smooth and cohesive mass. This can be done in the bowl or on a countertop. Place the dough back into the bowl, cover and let sit for 45 minutes. Fold the dough, then cover again and let sit for another 45 minutes.

Oil two loaf pans. Divide the dough in half, shape each and place in loaf pans. Let sit 90 minutes or more until dough rises to the edge of the pans. Preheat oven to 425 degrees Fahrenheit. Put pans in oven, turn oven down to 375, and bake for 45 minutes.

For a video on the Breadlab, see
https://www.youtube.com/watch?v=lebtG702s_c.

Meet the Locals

NADINE'S KITCHEN: DROPPING SOUL FOOD & BEATS



by Kate Nichols, Co-op Member

Two important aspects of culture are food and music; Grace Love combines both as a singer and owner of Nadine's Kitchen, where she cooks pop-up meals and works on developing a food product line.

After many trials and errors, she developed the Soul Drop Biscuit Mix as her first product. In a great collaboration with Finnriver Grainery, she uses their whole-wheat grains in her biscuit mix.

Grace named Nadine's Kitchen after her mother, the matriarch of her family. "She was home," says Grace. Her father was the cook, though. He owned a food truck named "Big Mama" in the early 1990s. Anyone seeing that truck knew they could get great barbecued ribs off his grill. Although she was born in Memphis, Tennessee, Grace was raised in Tacoma. She got an internship in New York City where she started combining food and music. She worked at a restaurant creating three course meals and then sang during dessert.

Her connection to Port Townsend started with her brother moving here. Then Centrum invited her

to teach a class in songwriting. Different music venues in Port Townsend invited her back to perform for events. Now Port Townsend is home.

In keeping with her family's cooking tradition, Grace offers two pop-up meals a month from a rented kitchen on Park Avenue. Meals such as Chicken Gumbo with rice, Veggie Hoppin' John with rice, and her special for this Black History Month, Chicken and Waffles. She and her crew also mix and package her biscuit mix at that kitchen. She is busy creating additional products for her food line. Her next product is Soul chai tea, which she is now figuring out how to package. She has also developed a Love spice mix, and molasses cookies are on the way.

Grace hopes to afford a permanent kitchen space and small restaurant, so she can cook regular meals and serve them at a farmhouse table to encourage fellowship among strangers as they eat together.

"I am proud to be a black woman entrepreneur and be visible in the competitive world of food," Grace said. And she adds that the support she gets locally is "awesome."

If you'd like to help Grace achieve her goal of a kitchen of her own, donate at <https://gofund.me/219f7aef>.



Nadine's Kitchen



Grace Love, Owner, Nadine's Kitchen

Introducing The Little Free Pantry

GIVE WHAT YOU CAN TAKE WHAT YOU NEED

WHAT IS A LITTLE FREE PANTRY?

It's simple: it's neighbors helping neighbors. The Little Free Pantry is for those who have a need for food OR a desire to give food. Thanks to The Community Wellness Project, The Food Co-op now has another opportunity to nourish our community.

When Holley Carlson was asked if she would be willing to support this endeavor, she grabbed the opportunity! The ask was for just one month — but only two weeks in and Holley was on the phone to find out if there were more opportunities for adoption. Hearing that there were no others lined up to adopt the pantry, Holley immediately went to her colleagues at Coldwell Banker Best Homes to ask them to partner with her for the entire year of 2021! Within minutes, the amazing people at CBBH were on board, with each month of 2021 covered in collaboration with Holley.

The LFP movement has been promoted on social media and by word of mouth. When shopping at The Food Co-op it's easy to grab one of the two for one items and leave one in the pantry. Popular items include: canned tuna, peanut butter, granola bars, ramen, dried fruit, canned beans/chili, nuts oatmeal, etc.

Please Only Bring Non Perishables To Share



This pantry was built by
The Community Wellness Project of Chimacum
<https://jccwp.org/>
Visit littlefreepantry.org

HEARTY THANKS TO EVERYONE HELPING TO KEEP OUR COMMUNITY FED!

Adopter Holley Carlson works with folks each month to maintain The Little Free Pantry. Thanks Holley and Susie Haynes, Tanya Rublaitus, Nicole Blassuci, Abbie Little, Jen Rubinowitz, Kristina Jennings, Arron De Sal, Julia Towne, Caroline Erickson, Teya Walkker, and Laura Nathan. We'd also like to give a huge appreciation to Coldwell Banker for adopting the pantry and to the J.C. Community Wellness Project!



For information about adopting this pantry for a month, contact: Contact@jccwp.org



The Little Free Pantry installed at The Food Co-op by our Facilities Manager, Anami and John and Lauren Erickson.

Meditations On Scent

by Laura Schaeffer, Wellness Manager

Last year I made my first garden in Port Townsend. The little meadow I have is a gathering place for deer and my motivation was to protect the Blue Girl from dying. Blue Girl is a rosebush given to me by my son. It has traveled along with me for years, been dug up and put in a pot at the top of my stairs and under an awning. It still manages to bloom, but life can be too shady sometimes, and its efforts gradually wane.

My thought was to make a home for my rosebush, a proper one to protect her. I built a raised bed and shoveled in the earth until it came up to the border. The scent brought me back to other homes, other gardens, taking me beyond borders. I wrapped chicken wire around my claim, underestimating the height that deer can jump. I found wood stakes in different sizes until, at last, I replanted the Blue Girl, safe and sound in the unobscured sunlight.

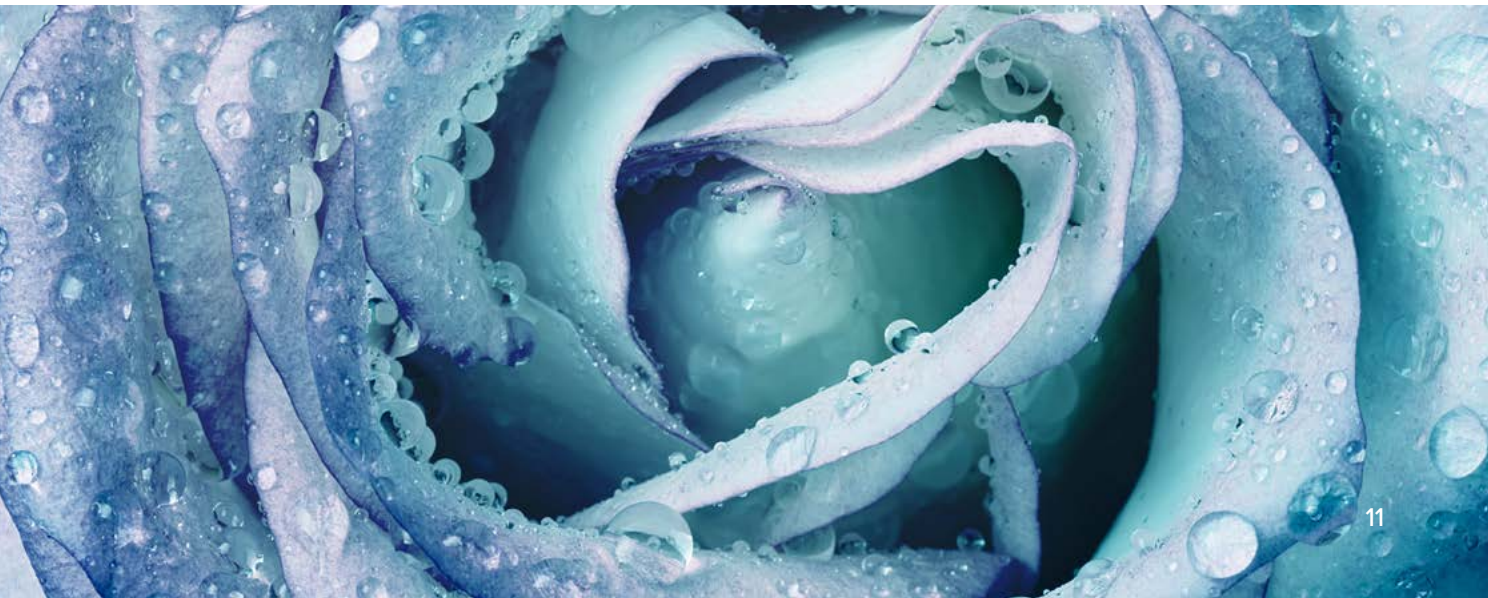
After three times of my new garden being eaten and the new rosebuds stripped away, I sat down and cried. The chicken wire was sagging. The stakes were leaning. The next day I gathered netting, made strips from an emergency blanket, and replanted, talking to the injury. You'll make it. I know you will.

I came to work at the Co-op like I was following a scent and was rewarded with the task of restocking teas and spices. Each morning there was cumin and Assam tea,

cinnamon and garlic, rose petals in a blend. There were herbs called adaptogens to cope with the shade, and a wide list of nettles, echinacea, elderberry, golden seal, etc., to boost my immunity and, therefore, goodwill. I wanted to experiment with curry and nutmeg, but separately you know—each a savor, each an investigation in thoughtfulness. The practice of scent had become my meditation and my work.

All of this led to curiosity, too. The poet Mary Oliver wrote, "The world offers itself to your imagination." Holy Basil, for example, took me to India and introduced new friends beside the Ganga. Rhodiola had me climbing Arctic ranges or listening in Greece two millennia ago to the physician Dioscorides describe Rhodiola. One thing leads to another and back again on the path with herbs. The earth becomes a type of web, gathering scent and location, culture and people, in a timeless, resilient bloom.

I will wait for the Blue Girl and be intoxicated again with her aroma. She will revisit my home, perhaps smell the tea. Metaphors work because they draw upon our experience, and my experience is working with contained traces of what the world offers—earth, minerals, sun, and rain. They are not just remedies or inspiration for the next meal but tend us toward reciprocity. Ancient mythology reminds us to keep the gift in motion.





Renewal takes what we know, seeks what we don't and makes our lives happen, yet again, with hope.

Buckwheat & Brassicas

by Sidonie Maroon, The Food Co-op Culinary Educator, abluedotkitchen.com

Renewal sprouts from small shifts in our thinking. A year ago, if you'd asked me about buckwheat, I'd given a lackluster response. My memories were mushy kasha and pancakes. While I love pancakes, kasha was something I wanted to enjoy but couldn't.

Then I ground raw buckwheat groats into flour, finding its mild flavor and nutritional profile promising. I now make cookies, cakes, muffins, pastry, bread and sourdough starter from light buckwheat flour.

Buckwheat as flour proved useful. Despite that, I avoided cooking the groats. That was until my epiphany, a small but impactful shift in my thinking. Perhaps buckwheat groats didn't have to be mushy? Perhaps if I used less water and decreased the cooking time?

The result was perfect buckwheat, al dente, similar to the flavor and texture of soba noodles. This preparation was so useful that I began cooking several times a week. Brassicas go well with buckwheat — bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard, kale, kohlrabi, mustards, napa cabbage, rutabaga and turnip. Cuisines around the world pair them. Buckwheat is grown in China, Japan, Korea, Central and Eastern Europe — all places who love cabbage and her kin.

Eastern Europe abounds with kasha, mushroom and cabbage dishes. China, Japan and Korea make buckwheat noodle soups with brassicas to which they add fermented sauces, pickles, ginger, garlic and chilies. I adore Eastern European food but wanted to explore the buckwheat/ brassica Asian flavors. The recipe I'm sharing case in point.

ASIAN SPICY SESAME BUCKWHEAT & BRASSICA SALAD

Serves 4

Creamy and spicy, it's reminiscent of buckwheat noodle salads. This is an easy side and delicious, both warm or cold.

Ingredients

- 1 ½ cups water
- 1 cup hulled buckwheat groats
- ¼ teaspoon sea salt
- 4 cups brassicas, finely chopped

Dressing

- 2 tablespoons roasted tahini
- 1 tablespoon tamari
- 1 tablespoon red miso
- 1 tablespoon rice vinegar
- 1 clove garlic, crushed
- 2 teaspoons ginger paste
- 2 teaspoons toasted sesame oil
- ½ teaspoon red chili flakes, increase for more heat

Finish

- 2 teaspoons rice vinegar or to taste
- ½ teaspoon schezwan pepper, freshly ground

Directions

1. In a small saucepan, bring 1 ½ cups of water to a boil. Add the salt and buckwheat groats. Cover with a lid and reduce the heat to a simmer. Simmer for 10 minutes. Without opening the lid or stirring, turn off the heat, and allow the buckwheat to rest for 20 minutes.
2. In a large saucepan, bring water to a boil, add the greens and blanch for 2 minutes. Strain the greens, and remove any excess water by wringing them inside of a tea towel, or using a salad spinner.
3. Add the sauce ingredients to a small food processor and blend into a paste. Combine the buckwheat groats, greens, and sauce in a serving bowl. Add the extra vinegar and schezwan pepper right before serving.



BUCKWHEAT AND BRASSICA Q AND A

Q: Do buckwheat and brassicas grow together, and are they beneficial to our local farms?

A: Yes. Both are cover crops and scavenge phosphorus, attract beneficial insects, and serve as powerful bio-drills and bio-fumigants. Buckwheat and bees!

Q: Why isn't very much buckwheat grown in the U.S.A.?

A: Our buckwheat cultivation declined with the rise of nitrogen fertilizers, which increased the productivity of other staples. We harvested over one million acres of buckwheat in 1918, but by 1964 we grew only fifty thousand acres.

Q: Can we grow and harvest buckwheat locally?

A: Yes, and as the demand grows, so will the acreage planted.

Q: Can I buy both buckwheat and brassicas at the Food Coop?

A: Absolutely. You can buy ground flour, raw buckwheat groats and toasted kasha. Our local farms grow the best brassicas all year round. Mix and match brassicas, cut in different styles. Add proteins like eggs, tofu, fish, braised pork or beef

TECHNIQUES

- Steaming, blanching, stir-fry, toasting, braising

TIPS

- Try toasting the buckwheat before cooking.
- Make cooked buckwheat into "fried rice"
- Add toasted seeds and nuts to finished dishes

ITEMS TO BUILD YOUR BUCKWHEAT BRASSICA ASIAN PANTRY

Shallots, Green Onions, Garlic, Chives, Ginger, Fresh Turmeric, Star Anise, Pepper, Schezwan Pepper, Coriander, Tamari, Red Miso, Fish Sauce, Shrimp Paste, Chilies, Cilantro, Rice Vinegar, Rice Wine, Adzuki Beans, Mung Beans, Seaweeds, Sesame Seeds, Toasted Sesame Oil

Eggs Anytime

An ordinary egg offers delicious versatility for breakfast, lunch or dinner.

Our Local 5 egg producers – Chimacum Eggs, Sid's Cackleberries, One Straw Ranch, Solstice Family Farm
Our Local WA egg producers – Misty Meadow, Stiebrs, Wilcox

SHAKSHUKA WITH SPINACH

Servings: 6. Prep time: 30 minutes.

2 tablespoons extra virgin olive oil
1 large onion, chopped
3 cloves garlic, chopped
1 red bell pepper, chopped
1 teaspoon smoked paprika
1 teaspoon cumin, ground
1 teaspoon coriander, ground
¼ teaspoon red pepper flakes
1 teaspoon salt
1 teaspoon honey
1 15-oz. can crushed tomatoes
4 cups salad spinach, chopped
6 large eggs
½ cup parsley, chopped
2 oz. feta cheese (optional)

Drizzle the olive oil in a 12-inch skillet and place the pan over medium-high heat. Heat for a few seconds, then add the onions and stir until they start to sizzle. Reduce the heat to medium-low and sauté for about 5 minutes. Add the garlic and peppers and sauté for 5 minutes longer to soften the peppers.

Add the paprika, cumin, coriander, red pepper flakes, salt and honey and stir, then stir in the crushed tomatoes. Raise the heat to bring to a boil, then reduce to a simmer and cook until thick, about 5 minutes. Stir in the spinach and cook until just wilted and dark green.

Use the back of a spoon to make 6 indentations in the sauce for the eggs. Crack each egg into a cup and then pour carefully into the indentations. Cover the pan and cook for about 8 minutes, until the whites of the eggs are set. Test by poking the whites with a paring knife.

If you like your egg yolks firmer, cook longer. When eggs are done to your liking, sprinkle with parsley and feta, if desired.

Serve 1 egg, with about a cup of the vegetable mixture, on each plate.

Shakshuka is a dish popular across North Africa and the Middle East. Enjoy the spiced tomato sauce over warm pita wedges. (pictured left)

SPICY AVOCADO EGG SALAD

Servings: 4-6. Prep time: 25 minutes; 10 minutes active.

6 large eggs
1 large avocado, divided
2 tablespoons fresh lime juice
½ teaspoon salt
½ teaspoon chipotle powder
2 medium scallions, chopped
1 rib celery, chopped
1 large jalapeño, chopped
¼ cup fresh cilantro, coarsely chopped

Place the eggs in a medium pot, and add cold water to cover them by an inch. Place over high heat and bring to a boil. As soon as the water comes to a full rolling boil, remove from the heat, cover and let stand for 14 minutes.

Drain the eggs, rinse with cold water, then place the cooked eggs in the refrigerator to chill completely. When cold, peel, rinse and chop the eggs. Place in a medium bowl.

Halve the avocado and remove the pit, then scoop half of the flesh into a large bowl. Mash thoroughly, then stir in the lime, salt and chipotle powder.

Add the scallions, celery, jalapeño, cilantro and chopped egg, and stir. Using the tip of a paring knife, cut the remaining avocado half into cubes in the shell, then use a spoon to scoop the cubes out into the salad. Fold into the egg salad, and serve.





BREAKFAST QUESADILLAS

Servings: 4. Prep time: 20 minutes.

Ingredients

- 6 large eggs, lightly beaten
- ½ teaspoon salt
- ½ teaspoon pepper
- Olive oil for the pan
- 1 cup shredded pepper jack cheese
- 4 8-inch whole wheat tortillas
- 1 cup arugula or spinach, chopped
- 1 medium avocado, cubed

SALSA

Heat oven to 200°F, if you need to keep the quesadillas warm until you serve them. Whisk the eggs in a medium bowl with salt and pepper, and set aside. Place a medium cast iron or nonstick pan over medium heat and oil or spray lightly with olive oil. Pour the eggs into the

pan and cook, stirring occasionally, until they are softly scrambled and still moist. Transfer to a medium bowl and stir in the pepper jack cheese. Divide the egg mixture into four portions.

Place a large skillet over medium-high heat for a few seconds. Carefully place a tortilla in the pan, then spoon one portion of the eggs onto half of the tortilla; sprinkle with a quarter of the arugula or spinach and a quarter of the avocado. Fold the tortilla over to cover the filling, place another tortilla on the empty side of the pan, and assemble the second quesadilla in the same way. Press lightly to seal the ingredients inside the tortillas. Using a spatula, turn the first quesadilla after about 2 minutes, being careful not to spill the filling. The tortilla should be browned and crisp. Repeat with the remaining tortillas and filling. Turn the heat down to medium if the tortillas are browning too quickly. Transfer the finished quesadillas to plates, cut each quesadilla in three wedges and serve with salsa.



CRUSTLESS QUICHE LORRAINE

Servings: 6. Prep time: 1 hour, 10 minutes;
25 minutes active.

Ingredients

- 8 ounces bacon, chopped
- 1 cup chopped onion
- 6 large eggs, whisked
- 1 cup milk
- 1 cup shredded Swiss cheese, divided
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 large scallions, chopped

Heat the oven to 350°F. Lightly oil a 9-inch pie pan. Place the chopped bacon in a large skillet over medium heat. Stir occasionally, until bacon is crisp and brown, about 4 minutes. Transfer to a large bowl, and pour off all but a tablespoon of bacon fat (you can save for another use, or discard.) Add the onions to the pan and cook over medium heat until soft and golden, about 5 minutes. Transfer to the bowl with the bacon. Add the eggs and milk to the bowl and whisk to combine, then stir in all but ¼ cup of the Swiss cheese, the salt, pepper and scallions. Pour into the prepared pan and top with reserved cheese.

Bake for about 45 minutes, until the quiche is puffed and golden. Let cool on a rack for 5 minutes before cutting. Keeps for 4 days, tightly covered, in the refrigerator.



Moooo, A History of Beef

by Liam Cannon, POS Tech

One Straw Ranch, Chimacum, WA

I'll tell you now, this is going to be a beefy subject. You may have herd this all before, but I hope it meets your expectations. Meat consumption, especially beef, has been a part of our survival strategy since prehistory. I will talk about its history, preservation, advertising, and how, when times were tight, we invented alternate forms of beef. I won't steer you wrong. (I forgot to warn you about the puns.)

A long time ago in a land far, far away...

Let's start at the beginning, or close to it. Aurochs are the prehistoric ancestor of today's cattle. They were about one and a half times the size of current bovine. Archaeologists estimate from fossil remains, cave drawings, and DNA research that they were present as early as 2 million years ago. Aurochs cross bred with at least three other species, such as an early version of the bison, to become the version we know. Roughly 10,000 years ago, cattle became domesticated.

Early humans relied heavily on animals for their food. Much of their nutrition came from the animal's fat, especially bone marrow. Archaeological digs indicate marrow wasn't just consumed during the hunt but was preserved for future meals. Bones were wrapped in the animal's skin and hung in cool places or buried. The marrow would last up to nine weeks preserved in this manner. I am grateful that I have a refrigerator.

The Egyptians were among the first to realize the preservation possibilities of salt. They not only used it for preserving their food but also their mummies. When mummies had to be shipped down the Nile as cargo, they were taxed as "salted meat." Greeks took it one step

further, not only using salt to preserve food, but adding smoke to the process. They found the smoke quickened the meat-drying process. Ethiopians made quant'a from dried beef seasoned with salt and cardamom, while biltong from South Africa was thick slices cured with vinegar before drying.

In the Quechuan language of the Incas, the word ch'arki means dried meat. They primarily used alpaca and lama meat that was deboned, pounded, and dried in their arid climate. Spanish conquistadors who "discovered" these tribes took the process back to Europe, where it was applied it to beef and other meats. The word ch'arki eventually evolved into jerky.

Farther north of South America (strangely called North America), buffalo meat was hunted, prepared in long strips, and rubbed with salt. Then it was rolled up in buffalo hide, dried under the sun, and treated with slow smoke. The Cree Indians combined dried meat, fat, and dried berries to produce pemmican. This calorie-dense, "shelf stable," portable food was not only consumed by them but traded with pioneers, trappers, and explorers.

A CORNY STORY OF MEAT AND POTATOES

Corned beef is salt-cured brisket of beef. The term comes from the large-grained rock salt, also called "corns," used to cure the meat. Potassium nitrate, known as saltpeter, was added to aid in the curing and set its pink color. From the 17th century to the mid-19th century, Ireland was a hub for industrialized corned beef production. Irish corned beef fed British civilians as well as British naval fleets and North American armies, since it would keep for a long time.



Short's Family Farm, Chimacum, WA

Ironically, Ireland didn't consume much of the corned beef they produced because of its prohibitive cost. As the British demand for beef increased, Ireland's countryside was swallowed up for extensive grazing. People were forced to relocate to smaller farms on marginal land. The Irish needed a food crop that would grow abundantly in less favorable soil. You guessed it—potatoes. Eventually, cows took over much of Ireland, leaving the native population virtually dependent on the potato for survival.



GERMAN INGENUITY

The 19th century brought attempts to make a cheaper beef substitute. One of the more notable attempts was by Baron Justus von Liebig, a German organic chemist, who developed a concentrated beef extract. He boiled chopped, defatted meat in water, and then simmered it until it became a dark thick paste. Unfortunately, European beef was quite expensive, and since it took 30 kilograms of beef to make 1 kilogram of extract, he wasn't able to make it economically. Eventually, he partnered with George Christian Giebert, a railway engineer, and they moved the operation to South America, where they could purchase beef at a third of the cost. Their shelf-stable, easily transportable extract quickly became a household item. In fact, it is still being produced today.

I REMEMBER THAT...

TV and radio advertisements and slogans can be very influential on our food buying decisions. How many of you remember "Where's the Beef?" In 1984, Wendy's wanted the public to know their competition was reducing the patty size and quality of their hamburgers. Wendy's hired Clara Peller for an ad titled "Fluffy Bun." Inspecting her burger in a fictional hamburger joint with the slogan "Home of the Big Bun," she exclaims, "Where's the beef?" Peller was supposed to say, "Where is all the beef?," but her emphysema made her cut it short. Little did she know her version would make Wendy's profits surge and create one of the most famous catchphrases of all time.

Now jump forward to 1992, and we have the distinctive voice of Robert Mitchum telling us, "Beef. It's what's for dinner." If you remember this one, you are among the 88% of Americans that can't forget it. It's like the "Small, Small World After All" for beef. Five years later, Mitchum was replaced as spokesperson by Sam Elliot and his awesome mustache.

Another unique advertising campaign was Les Schwab's "Free Beef" promotion. In 1964, he wanted to do something to help the local farmers in Prineville, Oregon, and also help his business, so he purchased beef from family farms and gave it away to anybody buying tires in February. I remember people keeping their fingers crossed, hoping their tires didn't give out until February, just so they could get their beef. This was a win-win for everybody.

Let's Make Some Jerky

Making homemade jerky is easy. A dehydrator or your oven will work. Instead of purchasing a dehydrator, I made one out of a 16-quart stainless steel stock pot and four cooling racks (see photo).

Ingredients

(or you could just use your favorite BBQ sauce):

- 2 pounds flank steak
(or eye of round or top round steak)
- ½ cup low-sodium soy sauce
- 2 tablespoons Worcestershire sauce
- 2 teaspoons coarsely-ground black pepper
- 1 teaspoon liquid smoke
- 1 teaspoon onion powder
- 1 teaspoon seasoned salt
- ½ teaspoon granulated garlic

1. Thinly slice the steak into 1/8-inch-thick strips, either with the grain (which will result in a chewier beef jerky) or against the grain (which will be more tender). I have found that putting the meat in the freezer for 15-30 minutes before slicing makes it easier to cut.
2. Transfer the strips of steak to a Ziplock bag or some other suitable non-reactive container.
3. In a separate small mixing bowl, whisk together the other ingredients. Pour the mixture into the Ziplock bag with the steak, seal the bag, and toss until the steak is evenly coated.
4. Refrigerate for at least 30 minutes or up to 1 day.
5. If you're making the jerky in a dehydrator, lay the strips out in a single layer on the trays. Follow the dehydrator's instructions to cook the beef jerky until it is dry and firm yet still a little bit pliable. Cooking times will vary based on the thickness of your meat and the heat of your dehydrator. Remove jerky and transfer to a sealed container. Refrigerate for up to a month.



Liam in the kitchen

6. If you are making the jerky in the oven, heat the oven to 175°F. Adjust the racks to the upper-middle and lower-middle positions. Line two large baking sheets with aluminum foil, and place wire cooling racks on top of each sheet. Lay the strips out in a single layer on the wire racks. Bake until the beef jerky is dry and firm yet still a little bit pliable—about 4 hours—flipping the beef jerky once about halfway through. Cooking times will vary based on the thickness of your meat. Remove jerky and transfer it to a sealed container. Refrigerate for up to a month. Have fun experimenting.

I want to leave you with a quote from one of the great philosophers of our time...

“If you don't eat yer meat, you can't have any pudding. How can you have any pudding if you don't eat yer meat?”

” – Pink Floyd

Welcoming A New Family Friend Into Your Home

by Dr. Anna Maria Wolf, Holistic Veterinarian

As we turn to a new season and warmer weather, it's the perfect time to welcome a new cat, dog, or other creature into our lives. With the pandemic, a lot of people are adopting animals because they are home more and have the time and energy to devote to their new friend. But before you adopt, be sure to take into account that this is a long-term relationship and commitment—will it work when times return to normal?

Before you adopt, research the species and breed, be it tortoise or horse! Each animal has different needs as far as exercise and habitat. It is important to match the animal to your lifestyle, budget, and energy level. Do you have the right environment for your chosen animal? Is there someone to take care of them if you are not available? Are they good with kids? Do you want to walk once or twice a day, or stay home with a quieter, more companionable pet? Even different cat breeds vary in energy levels and affection; some more exotic breeds are quite demanding and high energy, while others are low-key and affectionate. You could also consider other types of animals, including birds and rodents, or even back-yard chickens. But will your neighbors like your new animal friends as much as you do? For example, no roosters in city limits!

You should also research the diet, health concerns, and any special needs of your potential pet. Buying locally is good, so check out local pet stores and specialty stores to see what they carry and what your prospective



friend will need. Connecting with a veterinarian ahead of time is a good idea, too. Try meeting different animals to see if you could live with them, especially if you are considering a more exotic pet like a parrot, which are very noisy, smart, and messy, and they need a lot of time and interaction. Another potential question: Is a puppy or kitten a good fit or would an older animal be more manageable? Visit local shelters if possible, and connect with people who have the breed or species you are interested in. There are many on-line groups for anything from geckos to parakeets. Maybe it is time to invite your dream animal into your life, but make sure they are your dream animal in reality!

Lastly, adopt from the local shelter! This will not only save that animal but open up space for other animals in need. Visit foster animals and make sure you get as much information as possible. Check into local breed-specific rescue organizations if you want a particular breed. Consider pet insurance, which can be help with large unexpected expenses.

Animals bring love, joy, companionship, and laughter into our lives, so if you do welcome in a new family member, you will not regret it!

Dr. Anna Maria Wolf is a licensed holistic veterinarian who specializes in holistic care, including homeopathy and acupuncture. She is available for house-calls and phone consultations. See www.petsynergy.com.

FREE for CO-OP MEMBERS!

Level Up

LEARN TO COOK

ROUXBE

ONLINE COOKING SCHOOL

<https://www.foodcoop.coop/cooking-school-online>



2021 Staff

ANNIVERSARIES

January

Gale W.	26
Skylark B.	26
Dan G.	18
Cha W.	10
Julie D.	5
Dan P.	5
Mabel M.	4
Christopher O.	1

February

Deborah S.	19
Teresa S.	15
Jan T.	13
Ben L.	8
Jessie H.	8
Lisa J.	7
Cara L.	6
Jacob G.	4
Terra A.	1

March

Anne S.	19
Lane D.	15
Rob R.	14
Abi C.	13
Deb V.	12
Kenna E.	10
Crsytal N.	10
Thea S.	3
Alicia D.	1
Rene H.	1
Yara W.	1
Anami C.	1

Thanks

FOR KEEPING OUR CO-OP SAFE & MASKING UP!



Zack (Food Services)



Kayla (Food Services)



Jo (Cheese)



James (Aisle 5)

AFTER 18 YEARS WITH THE FOOD CO-OP DAN IS RETIRING!

We will remember him for his easy going ways, dry humor and his keen eye for detail. When he first stated with the Co-op in 2003, he was hired as a Cash Handler. He and his wife Liz owned the Golden Times Photography shop downtown. Later that year he was hired as a Bookkeeper. In 2010, he moved up to Head of the Finance Department. Dan was also a Board member for two terms. He will be greatly missed.

Happy Retirement Dan!



Dan (Chief Financial Officer)

Lower Your Footprint in 3 Easy Steps

1

LOOK FOR
BIODEGRADABLE
SUSTAINABLE
PACKAGING

2

USE REUSABLE
FOOD
CONTAINERS TO
STORE FOOD

3

START A COMPOST
40% OF JEFFERSON
COUNTY LANDFILL IS
FOOD SCRAPS

For more tips on Zero Waste go to www.foodcoop.coop/tfc-sustainability

Food
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