

Summer 2021 - FREE

Around the Table

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



Food
co-op

IN THIS ISSUE:
2020 ANNUAL REPORT, RECIPES,
SUPPORTING FARMERS, BOARD ELECTIONS



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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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 to discuss your article idea. Articles should include stories about food, community, sustainability, or cooperation.

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Growth & Culmination

by Kenna Eaton, General Manager

This year we'll begin putting the finishing touches on the expansion project we began back in 2018. The addition to our building and the interior remodel were completed in 2019, and now we are ready to finish our upgrades on the exterior. We've asked Terrapin Architects to help us design these changes so that we have a cohesive and functional look. And we'll be hiring local businesses for much of the work while using our staff whenever feasible.

We began this spring by replacing our roof and by preparing to reseal and repaint the parking lot, currently scheduled for later this summer. Next on the list, we're planning to repaint the rest of the store, replace or repair the cedar arbor that runs around the west and south sides, replace our main store sign, and add a permanent awning over the north door. Lastly, after painting we hope to bring back the Virginia Creeper that covers our store half the year, but this time we'll support it on a structure that stops it from putting its little suckers in our walls. Dang! That's a long list, a list that will likely run on over into 2022. However, all these infrastructure items are needed, and continuing to invest in our facility is not only important but essential if we want to keep on nourishing our community!

And as the season progresses, so will the implications and ensuing effects of COVID-19, making it hard to say with any authority how it will impact you as a shopper by the time you read this. Having said that, it does seem like change is in the air—people are being vaccinated and rules are relaxing—and the Co-op will be changing as well. Many of those operational regimens we implemented back in March 2020 are being phased out. Some of these changes will be easy to implement, others will take more time to think through how best to make them happen. But just as we took some time to figure out how best to put those mechanisms into effect at the beginning of the pandemic, it takes time to undo them as well.

One new thing that won't be going away is COOP2GO. It is designed to allow you a quick, easy, and pleasant shopping experience. Select your items, choose your pickup time, and then let us do the shopping for you! We offer over 12,000 products on our site, all at the same price as in our store.

Thanks for being patient with us as we do our best to make all those changes and adjustments as smooth as we can.



Voting Guide 2021 Board Elections

by Lisa Barclay, Elections Chair



**VOTING BEGINS JUNE 26 AT 12:00 PM
(THE DAY OF THE ANNUAL MEETING)
AND ENDS AT 9:00 PM ON JULY 9.**

All active members—that is members who have shopped at the Co-op within the past year and are current in their C.I. as of May 31, 2021—are eligible to vote. Please note that each membership equals one vote. While other people in your household may share your membership number when shopping at the Co-op, only the person who holds the membership may vote.

This year we have three seats, each for a 3-year term. Each candidate is running for a particular seat, and you may vote For or Opposed—or choose Skip if you have no opinion—for each candidate. A candidate must receive at least 51% for votes to gain the seat, which means that every vote counts.

In addition to their statements below, the candidates will be answering questions at our Annual General Meeting on June 26 (3-4:30pm). Members can register for the Zoom meeting on our website until Friday June 25.

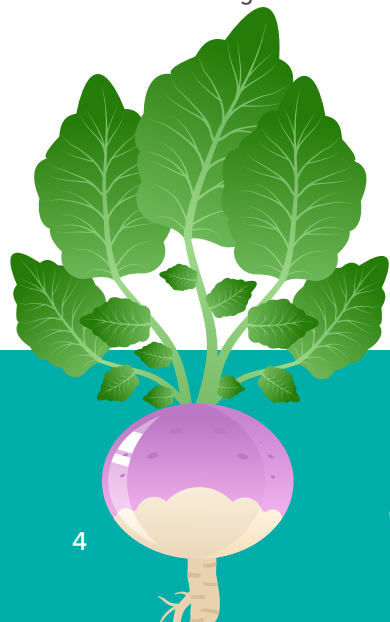
Voting will be online and in the store. Ballots will not be mailed to members. There are three ways to vote:

1. On June 26, if the Co-op has your email address on file, we'll email you instructions and a link to the vote. Voting opens at noon.
2. If you don't receive an email, you can go to The Food Co-op website (www.foodcoop.coop), click the Vote button, and follow the instructions.
3. If you prefer paper to computers, you can fill out a paper ballot at the store. Look under the Board's board for ballots and envelopes. Put your ballot in an envelope, sign and write your member number on the envelope, and then deposit it in the blue ballot box.

For every vote, we will donate \$1 to the JC Food Bank.

QUESTIONS?

Contact our board assistant at
boardassistant@foodcoop.coop or 360-379-5798.



1 VOTE = \$1
donated to the JC Food Banks



MICHAEL FLOWERS

It was in the early months of our community's covid response that I took advantage of a volunteer opportunity at the co-op. When that opportunity ended, I found myself wishing for a way to be more involved. It's with that in mind that I'm seeking a position on the board.

I have a long-standing interest in the intersection of environmental stewardship, food systems, health, and issues of food justice and security. And I think of the co-op as a hub where these intersections occur on a daily basis, through the provision of high quality products, vetted with an eye to sustainability and social and economic justice, with an emphasis on small regional farms and businesses, all within the context of a business model where staff can grow and prosper.

I worked as a psychotherapist and teacher in Seattle for over three decades. After retiring, my wife and I moved across the country to an intentional community that was centered around organic farming. Following that, I worked in a thriving food co-op for several years, before returning to the Pacific Northwest.

Having worked in a successful food co-op, been a member of others, and visited many more around the country, I continue to be impressed with, and grateful for, our Port Townsend store. I'd love the chance to be more actively involved, and I envision a position on the board as providing just such an opportunity.

I sincerely appreciate your consideration.



JURI JENNINGS

My first board term started in 2017, which means I'm already beginning my 5th year. Wow, spring is usually when I start to become nostalgic for my homeland, Japan, but I honestly haven't this time around, and it is because of this connection and the members of my community that surround me. My four years serving on this board has taught me how to see matters from a higher perspective, and has shaped a lot of how I navigate my own day-to-day decisions now. One of the enriching mindsets that board work has taught me is to come to a meeting with an intention: my favorites are "I am going to work on being present at all times," "I'm going to listen more than talk," or "I am going to support X," and so on. It is truly an honor when "me" becomes less dominant than the "we," which is one of the key factors for a good working board. I actually enjoy being one cog in the big picture, seeking the root or theme of the subject, and ensuring that the Co-op is walking towards its aspirations at a good pace.

In my next (and last) three-year term, I plan to pass on the knowledge and legacy of the people that I have seen serve on the board. Honestly, I do at times feel like a chicken with its head cut off, being the mother of a toddler, a small business owner, and studious with board assignments, when all I really want is...sleep. But what has fueled me is the hope that cooperatives provide in these unsettling times, and because I see the PT Food Co-op as an essential food hub for our community. And of course, I love our most vibrant and giving staff so much!

Go to www.foodcoop.coop to vote!



LESLIE ANN SHIPLEY

Working together to nourish our community. This mission statement was my first attraction. Nourish is such a wonderful word with a depth of meaning — and all positive. My passion for fresh, good food; support of local farmers; food access... these are all matters that touch me. The Food Coop is that and so much more. It's important to have a gathering place. In fact, the Coop may be the most likely place to see people in our community that we know. It always matter but especially in these covid times. These are many of the reasons I feel personally nourished by the Food Coop and what attracts me to serve the members.

My professional experience is in marketing and communications, events, development.... and I hope that these skills may help invite creative ways to tell our story and connect with each other. I have a personal passion for food access and I hope to contribute ideas and collaboration on ways to help make quality food more available those who may not have the available resources.

I'm a graduate of the Process Work Institute where group process training is an essential area of learning. As a process worker I hope to offer more inclusion of all voices in a way that helps ideas move forward — ideas that reflect many diverse voices. My work on non-profit boards and my experience in organizational leadership help inform my ability to be flexible, open and creative in problem solving and coming to consensus around new ideas. I promise to be a good listener and I'm eager to learn and share together. Thank you for considering me as your new board member.

OWN A GROCERY STORE WITH YOUR FRIENDS!

Visit www.foodcoop.coop for more details or ask a cashier about ownership on your next visit.

WHY?

Get access to all of the awesome perks and be part of our co-op community!



Owner Deals



Admission to Board Meetings



Bulk & Case Discounts



Weekly enews with sales



Online Shopping



Ownership of a Thriving Business



Patronage Dividends



Support Community Giving Programs

Foodco-op

Nourishing Our Community Since 1972



Community Partners

JC FOOD BANK & FOOD GARDENS



by Kate Nichols

In an exciting new partnership, the Food Bank Farm & Gardens will be tending to the Food Co-op's garden on the south side of the building. As the outside dining opens up this spring, people will enjoy a luscious garden view.

There are three parts to the garden. The front area features showy ornamentals and herbs that the deer won't munch on. Right now, volunteers are trimming plants and digging out some wilder plants that have taken over the plot. This garden will also block some of the street noise and add privacy for Co-op members eating in the patio area.

The main part of the garden is for growing vegetables for food bank donations. Chris, who does maintenance for the Co-op, designed a sturdy deer fence that four volunteers helped put together and erect around that garden. Kevin was one of the hard working volunteers pounding holes in the ground for the fence poles. A man who watched us working and had construction experience volunteered to help as well. While the fence was being built, we also laid out a winding path down the middle of the garden and filled it with rocks.

Then over the next couple of weeks, Tammy spent several hours weeding out the main garden to get it

ready for the new veggie starts. We acquired three flats of starts from the Food Bank Farm & Garden sale. Several dedicated volunteers finished weeding and planted the seedlings in the pouring rain. There was still more room in the garden, so we got more plants and Lauren came the following Saturday to work several hours planting and sifting weeds and rocks from the dirt to dump in the front bed.

There is also a small area at the back of the garden that isn't fenced, so Hilary planted it with different herbs and members of the allium family, like onions and elephant garlic, that are unappealing to deer.

When the seedlings are grown in a month or two, the vegetables and some herbs will be harvested on Saturday mornings and walked up to the food bank. The vegetable garden, besides providing food for the food bank, will also be a demonstration garden to highlight vegetables that grow well in our area. Labels and information will let people know the names of the plants.

Thanks to all the hardworking volunteers, Chris, and the Food Co-op's generous donation of the garden and fence, we are off to a great start to provide food for the Port Townsend Food Bank.



Hilary



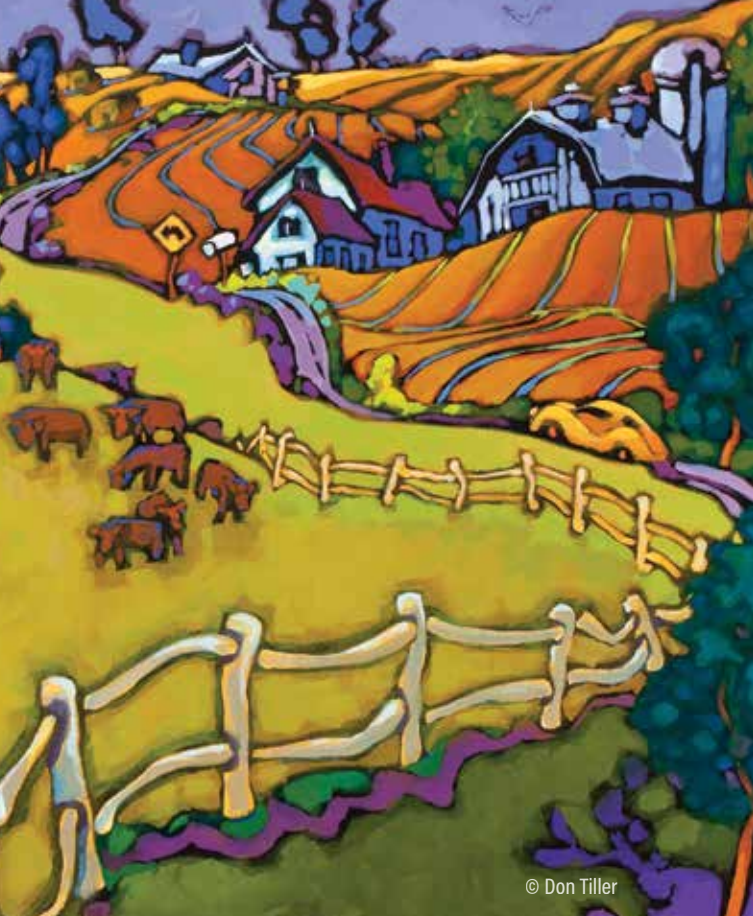
Ivy, Tina & Charles



Pete & Cindy

Since 2012, FBFG and their devoted volunteers have delivered **NEARLY 30,000 POUNDS** of freshly-picked organically grown produce to our local Food Banks, schools and other places that feed those in need. You can help us continue this expanding production by volunteering your time and/or your dollars for organic fertilizer, tools, seeds, compost, etc.

ptfoodbankgarden.com
360 531-4955



© Don Tiller

19TH ANNUAL JEFFERSON COUNTY

FARM TOUR

CELEBRATING LOCALLY GROWN FOOD,
FIBER & FARM-MADE PRODUCTS

SEPTEMBER 18TH & 19TH 2021

GETONTHEFARM.ORG

Come and meet the individuals and families who steward Jefferson County's thriving food and fiber systems!

The 19th annual Jefferson County Farm Tour returns on September 18th & 19th, 2021, to welcome visitors to celebrate locally grown food, fiber, and farm-made products; to learn from and engage with their local farmers; and to stimulate economic opportunity for local farms.

The Production Alliance, in partnership with our Event Steering Committee members, is designing this year's Farm Tour in compliance with Healthy Washington: Roadmap to Recovery and applicable protocols for agritourism events in our region.

For up to date information, including participating farms, event schedule and more visit GetOnTheFarm.org. And be sure to "like" us at www.facebook.com/jeffersoncountymfarmtour/!

A SELF-GUIDED TOUR

Select local farms will be open to on-site visitors the weekend of the farm tour, and we invite all to experience a working farm and connect with local farmers. Some farms will also be hosting booths where other farms and farmers will be present to introduce visitors to their products and unique stories.

VIRTUAL OFFERINGS

Virtual offerings on the Farm Tour website will include media and information from farms unable to host visitors in 2021. Digital content also create opportunities to include visitors who may not be able to or feel comfortable with participating in an in-person event this year.

The Production Alliance is proud to partner with the following organizations and farms to bring the 19th annual Jefferson County Farm Tour to our community: WSU Jefferson County Extension, Jefferson Land Trust, Jefferson County Farmers Markets, The Food Co-op, Blue Wheelbarrow Farm, Compass Rose Farms, Jacob's Fleece Farm, Kodama Farm & Food Forest, and Wilderbee Farm.



Rich Soil to Grow New Farmers

IN CHIMACUM VALLEY

by Dierdre Morrison, JCFM Director, by Farmers Market Director

Jefferson County Farmers Markets is proud to say that the Chimacum Farmers Market will grow significantly in 2021! During our vendor application window, 23 vendors applied to the market—a quantity never previously seen. This includes at least four farms and three other businesses entering into their first year of sales. In 2021, you can expect to see a wide range of produce, artisans, plants, teas, locally-raised grain, hot coffee, donuts, sushi, fresh mushrooms, breads and pastries, and much more.

This speaks to the robust, supportive ecosystem that up and coming farmers are finding in the Chimacum Valley. This system is built from cooperative agreements for land access and sharing, as well as educational and social supports that many new farmers are finding a hospitable mix to get started in.

The Valley is also home to a plethora of experienced farmers who gladly share their knowledge and skills. They help pass on responsive, sustainable methods of growing food. These farmers include Kateen at Compass Rose, Roxanne and John at SpringRain, Karyn at Red Dog, a diverse contingent at Finnriver, plus others like the farmers at Eaglemount Farms who deftly model what it means to prioritize native plants and habitat restoration. WSU Extension's range of classes, education, and soil surveys also help new growers understand more about the land under their feet and management practices that can help their farms thrive, both monetarily and in harmony with surrounding flora and fauna

Jefferson Land Trust's (JLT) dedication to working lands has fostered a flexible and innovative approach that has enabled short-term leases of land to new farmers and long-term securement of property for established farmers—a prime factor for up-and-coming food growers. JLT also provides critical protections to Chimacum Creek, historic farms, and 853 acres of Chimacum Ridge, where annual harvests of botanicals, berries, trees, and traditional foods by local tribes remain culturally and economically

vital. And the Land Trust sees the importance of being a partner in the community development that Chimacum needs, like more farm-worker housing, public trails access, outdoor classroom spaces that engage kids and adults with this special environment, and policy that allows Quimper Peninsula's essence to remain intact.

Broadly, the U.S. needs hundreds of thousands of new and beginning farmers to grow businesses—it is essential to our nation's health, traditions, and security. According to the National Young Farmers Coalition (NYFC), the three major obstacles to farmers are capital, land, and healthcare.

Yet Chimacum Valley's current revival is based on almost two decades of localized investments in land conservation and protecting farmland from development as well as providing land access, farmer training, and education programs. Our Jefferson County community-at-large does a beautiful job of supporting direct-to-consumer spaces like the Farmers Markets and The Food Co-op, and expanding other opportunities for microlending and local access to capital. This is the magic mix: our local "farmer ecosystem" has grown with a web of community partners to help make Chimacum Valley sought after by new farmers.

It used to be that people were born into farming, says Crystie Kisler of Finnriver Farm & Cidery, but now they are choosing this life. "Many people have showed up to this place with a call to farm, and this community has welcomed them and asked, 'How can we help?' It's a remarkable convergence of many efforts to support local agriculture," she notes.

These efforts are creating such beauty and bounty in our area, and for this we are grateful!





A World of Wine on Aisle 5

by James Robinson, Food Co-op Sommelier

It's hard to capture the entire world of wine in 20 linear feet, but that's just what we've attempted to do with the product mix on Aisle 5. Take a moment and scan the shelves and you'll find wines from former Soviet Georgia, the Canary Islands, Marrowstone Island, Port Townsend, Portugal, and points beyond. While sourcing such a diverse product mix is exciting, it is, admittedly, a dizzying array of wines that can be hard to navigate – but there's help.

Talk to any wine writer, wine director or sommelier and they'll all say the same thing. The single most important step one can take to up his or her wine game is to develop a relationship with someone knowledgeable in the local wine shop. That person can answer questions, provide recommendations, and help steer you in a direction that might yield the most satisfying results. Because, let's face it, wine isn't cheap, and randomly selecting bottles off a shelf doesn't always guarantee success. I work 40 hours a week in the aisle and I'm more than happy to help make sense of all the mystery, answer questions, and so on. However, in my absence, careful, observant shoppers can sort things out for themselves and find a bottle that they'll enjoy.

FIRST, A BIT OF AISLE 5 GEOGRAPHY ... LITERALLY.

Aisle 5 is organized geographically by country and region. There are shelf signs that indicate what you'll find on the shelf. The signs are small and mounted on magnetic brackets. They are easy to overlook, but step back a bit and take in the aisle as a whole, and they'll pop out. There are markers for France, Italy, and Spain, plus Oregon, Washington, and California, and local options. The shelves could use more signage and we'll continually develop options to better point shoppers in the right direction.

As a general rule, the least expensive wines live on the bottom shelf, while the most expensive live up top. Most super crazy deals will be found on the bottom shelf.

Within each shelf, the wines are organized, from left to right, white to red, and within that, lightest and driest to more full bodied wines. Within that, the wines are shelved alphabetically by producer. If, for example, you're looking for Cooper Hill Organic Pinot Gris from Oregon, don't go looking on the far right end of the Oregon shelf because you'll find it on the far left. Remember, white wines first. Then lightest and driest. Then alphabetical. Sound confusing? It's not once you start looking.

Aisle 5

In addition, there are separate shelves for bubbles, pet-nats, and frizzante wines – you can find them in the upper right of the cold case. There is also a shelf dedicated to sherry, vermouth, amaro, and port – bottom shelf of the aisle, far right. There’s even a shelf dedicated to orange wine – which isn’t made from oranges, by the way – but that’s another topic for another time.

PLAY THE JOCKEYS

If you’re in a wine shop with unfamiliar labels, you can always examine bottles and shelf tags to learn more about who imported or distributed the wine. I call this “Playing the Jockeys.” While you may not have tasted the wine in question, many savvy wine drinkers have learned which importer or distributor offers wines most compatible with their palates and they’ll check the back of the bottle or the shelf tag to see if the bottle in question is offered by one of the “jockeys” they like.

On Aisle 5, we offer wines from Owen Kotler Selections and Walden Selections, both of which are well regarded importers and distributors of low intervention and natural wines. All the wines in their respective portfolios are made by independent, family producers, and are

often organic, biodynamic, and have little or no added sulfites. Take a close look at the shelf tag of the bottle in question and you’ll see the distributor clearly indicated. Beyond distributors, you can also look at bottle labels for importers such as Kermit Lynch, Becky Wasserman, and Jose Pastor – all import top-tier, no-nonsense low intervention quality wines, and seeing their logo or name on the bottle can inform and anchor your decision.

ON LINE TOOLS

Savvy shoppers also use their smartphones to make purchasing decisions. They take pictures of bottles they’ve liked so they can remember them and buy them again, or they use mobile tools like Vivino, Untappd, and Beer Advocate to provide additional information and help them make decisions on the go.

But, at the end of the day, if you’d like to talk to a real person, I’m in Aisle 5, Tuesday to Saturday, 40 hours a week and would be more than happy to give you a tour and help you connect with just the right bottle for your mood, palate, and budget.

COMMUNITY GRANT AVAILABLE!

2020 funds were granted to the Peddler PT and the Food Bank Farm and Gardens as a partnership to get fresh veggies to the Jefferson County Food Bank.



Non-profits and cooperatives working towards a healthier community may apply.

Funds available: **\$1,475.50**

Applications open: August 1-30th

Learn more at www.foodcoop.coop/grow-fund

FIND THE FORK!

EAT LOCAL MONTH SEPTEMBER

A celebration of our local food community!

FOLLOW US!

EAT LOCAL FIRST
Olympic Peninsula

EatLocalFirstOlyPen.com

FARM STORIES LOCAL EVENTS RESTAURANT SPECIALS FOOD AND FARM FINDER

Let's Have A Sandwich

by Liam Cannon, POS Tech

When we desire a lighter fare for dinner, especially during hot summer evenings, many of us turn to sandwiches. Sandwiches are a universal concept as almost every country has a version. Americans alone eat 300 million sandwiches every day! This is amazing when you consider that there are only a little more than 300 million of us. What do you think is the most popular sandwich? Nope, it's not an anchovy and banana sandwich, but a good old basic ham sandwich with the BLT at the number two position. PB&J is close behind with the average person in this country consuming 1500 of these yummy delights by the time they graduate high school. Our love for peanuts are not too surprising since they are native to the Americas and we can thank the Aztecs for turning them into a paste.

Most of us are familiar with the origin of the "sandwich," as we know it today. John Montagu (1718-92), 4th Earl of Sandwich was an English aristocrat. He worked hard at his naval and political duties and played equally hard. He enjoyed spending long hours, sometimes all night, playing cribbage and gambling at various card games. He didn't want to put down his cards and he didn't want to use a fork so he ordered his valet to bring him meat between two pieces of bread so as not to get his hands dirty. He wasn't the first person to hold food between or under food, but his gambling escapades made him locally famous and soon everyone was wanting to eat their food "like Sandwich does." Did you know that Hawaii was once called the Sandwich Islands? Lord Montagu, the First Lord of the Admiralty, sponsored James Cook's Pacific Ocean expeditions. When Cook

found the islands by chance in 1778, he named them after his benefactor. The name was changed in 1840 to the Hawaiian Islands. Fiji did something similar. They discovered that changing their name from the Cannibal Islands greatly helped tourism.

Before Montagu's two-piece sandwich, a one-piece was common. Trenchers were used during the Middle Ages in Europe. They were made of thick flat rounds of coarse stale bread which were used like plates. After the main meal the trenchers would sometimes be eaten with a sauce, but more often would be given to the house dog or as alms to the poor.

How would you like to sit down to enjoy a drink and a meal and be served a week old, hard as a rock, sandwich? Or better yet, a brick between two pieces of moldy bread. That's what you might get if you visited a New York tavern in the late 19th century. As the playwright Eugene O'Neill put it, you were served "an old, desiccated ruin of dust-laden bread and mummified ham or cheese." Once you were served one of these delightful sandwiches, the wait staff would pick it back up moments later be given to the next patron. This would go on for weeks. In 1896, New York politicians passed what was known as the Raines Law to stop public drunkenness, especially on Sundays. Unfortunately for saloon owners, most of their business was conducted on Sundays as the men of the time worked a six-day week with Sundays being their day for relaxing and drinking. The new law increased the price for liquor licenses and mandated that drinks on Sunday could only be served at hotels with at least ten rooms and food had to





be served with the drinks. Saloon owners soon added barely furnished rooms to the premises and applied for hotel licenses. Bar food is much more palatable now... usually.

Every country has their own unique cultural version of the sandwich. Let's look at a few of these delectable treats.

USA – SUBMARINE SANDWICH

One of the more requested sandwiches in this country is the submarine sandwich. During World War II, the Benedetto Capaldo's Italian deli in New London, CT got a call from the nearby US Navy's submarine base. They placed an order for 500 hero sandwiches. From that day forward, any time a customer ordered that torpedo shaped sandwich, the employees at the deli called it a "submarine." The nickname spread and the term "sub" is now used throughout the country.

TURKEY - DÖNER KEBAB

The literal translation means "turning meat." These are served up all hours of the day from street carts. Made from beef, chicken, lamb, or veal (no turkey) cooked on a vertical spit similar to the Greek gyro, enveloped in a pita with onions, pickled cucumber, lettuce, and tomatoes.

AUSTRALIA – VEGEMITE SANDWICH

I tried this during my travels, and it leaves you scratching your head and asking, "Why?" Maybe not

the most appetizing sandwich, but an interesting cultural experience.

What do you do with leftover yeast extract when you make beer? You spread the salty, brown paste on toast, sometimes adding cheese, and call it a sandwich.

VIETNAM - BÁNH MÌ. This sandwich was invented in the early '20s by a smoothie street vendor named Le Vo. It's a French baguette filled with mayo, cilantro, garlic and fish sauce, cucumber, pickled carrots, plus barbecue pork, fried tofu, pork belly, or ham. In 1972, Le Vo left Vietnam to escape the war and moved to San Jose and opened Ba Le Bakery, the first Bánh mì restaurant in the US.

CUBA – MEDIANOCHÉ. Medianoche, or "midnight," was a late-night snack served in Havana's night clubs around, you guessed it, midnight. It quickly became the favorite sandwich for night workers in the sugar and cigar factories. Made on a soft egg roll with roast pork, ham, two layers of swiss, pickles and mustard and then heated on a press.

CHINA – DONKEY BURGER. It's precisely what it sounds like with the addition of a few veggies of your choice and served cold. It originated in the Hebei province where it is highly sought after. They have a saying there: "In Heaven there is dragon meat, on Earth there is donkey meat."

Sandwich

THE NETHERLANDS - BROODJE KROKET.

A Kroket or croquette is a small breadcrumb fried roll usually made of ground meat or fish with vegetables, cheese, and sometimes mashed potatoes. Broodje means that it is served on a bread roll similar to a hot dog bun. It is so popular in the Netherlands that the McDonald's there sells a McKroket served up with beer.

There are so many interesting sandwiches to tell you about and not enough time. So, let's do something fun and make a burger together. We will take up a notch though and make a Hamburger Caprese.

The two things that make this hamburger special is the basil pesto and the marinated tomatoes. You can use store bought pesto, but fresh has a richer flavor. Let's start by making the pesto first.

You will need:

- 2 cups fresh basil leaves
- ½ cup freshly grated Parmesan cheese
- ½ cup sunflower oil
- ⅓ cup pine nuts
- 2 medium garlic cloves, minced
- salt and pepper to taste

You will want to lightly toast the pine nuts first. Place them on a baking pan and heat them in the oven on medium heat, about 250 degrees, until they just start to turn color. Watch these little guys, they can turn from just right to "oh no" in a blink of an eye. Remove from heat and let cool. Combine the basil and pine nuts in a food processor and pulse a few times. Add the garlic, pulse a few times more. Slowly add the sunflower oil in a constant slow stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated Parmesan and pulse again until well blended. Add salt and pepper to taste. Set aside while we gather the rest of our ingredients.

- 2 – 2 ½ pounds hamburger
- 8 each hamburger buns
- 2 medium slicing tomatoes, cut into 1/4" round slices
- ¼ cup freshly grated Parmesan cheese

- ½ cup mayonnaise
- ¼ cup balsamic vinegar
- 1 tsp dried oregano
- ½ tsp salt (adjust to taste)
- mozzarella cheese (enough for 8, 1/4" thick slices)
- lettuce (enough for 8 hamburgers)

Take the sliced tomatoes and stack them in a glass bowl. Between each slice, pour a small amount of the balsamic vinegar and sprinkle a pinch of the oregano. Cover and let sit until you are ready to assemble the hamburgers. For the sauce, mix ½ cup mayonnaise and ¼ cup of the basil pesto until smooth and set aside. You will have extra pesto leftover to use for other tasty projects. It stores well in the refrigerator. For the patties, combine the beef, ¼ cup Parmesan, and salt in a large bowl. You should have enough to form eight 4" diameter, 3/4" thick patties. To keep the patties flat while cooking, first place a small well using your thumb in the middle of each patty. Cook for about 5 minutes on the stove-top or grill. Adjust the time accordingly to how well you like your meat cooked. Turn the patty over and place a slice of mozzarella cheese. Cook for about another 5 minutes until cooked through and the cheese is slightly melted. Alternately you can place the cheese directly on the bun without melting it, which is how I prefer it. Allow the burgers to rest for 5 minutes. You can slightly toast the buns while you wait. Spread the pesto-mayo on both halves of the toasted buns, add the hamburger patty, 2 slices of the tomatoes, some lettuce and serve.

Enjoy! See you at the grill.





THE FOOD CO-OP ANNUAL REPORT

2020

Love & Appreciation

“Working together to nourish our community.”
Thank you to all of our members and community.
We could not have made it without you!

BOARD OF DIRECTORS

Owen Rowe,
Board President

Juri Jennings,
Board Vice President

Claire Thomas,
Board Secretary

Charlie Dick,
Board Treasurer

David Dunn,
Board Member

Lisa Barclay,
Emeritus Board Member

Monica Le Roux,
Emeritus Board Member

GENERAL MANAGER

Kenna S. Eaton,
General Manager
gm@foodcoop.coop

A Challenging Year

RENEWS OUR CONNECTIONS

by Juri Jennings, Board Vice President

Where does one start with 2020? It has challenged me and my family in all directions. It has also challenged our grocery business in all directions: from disrupted supply chains, unprecedented safety protocols, pressures of DEI (Diversity, Equity and Inclusion) work, disinformation on the internet, and everything else I left out here. For me, it felt like we were in this dark maze, not only with a mask, but a blind fold, too, and things kept on getting worse. And the worst feeling of it all was the realization that for some members of our community, this isolation and oppression has been their whole life all along, living in the worst of circumstances because of their differences.

2020 was also a year that brought a spotlight on how dysfunctional global supply chains are during a pandemic. At the Co-op, we experienced a positive side to this problem, with so many of our local vendors and distributors stepping up and filling the gaps. And hopefully this new opportunity (or non-opportunity) has brought local businesses different avenues for—and perspectives of—community support, in which one could re-discover the happiness of getting up in the morning to do the work.

“Working together to nourish our community.” Our mission could not be more appropriate in tackling the challenges of the coming years.

Being a proud member of the Co-op Board as well as delivering groceries (my new business that grew out of the crisis) keeps me feeling connected to my community. I am also a mother of a two-year-old, and find myself always questioning how to be a mother, and also how to be a good friend to fellow mothers experiencing the challenges of raising a brand new human being who seemingly absorbs everything.

I realize that what matters most are the people who are close to our lives, who nourish each other and keep us in the middle lane—preventing us from running too fast, but also challenging us to take a risk.

We thank you for being an active member of the community, and for all the things that you do that we don’t know about.

Cooperatively yours,
Juri Jennings

Love & Appreciation

by Kenna S. Eaton, General Manager

2020 was a heck of a year. You were there, so you know that. You've witnessed the ripple effects within our Co-op as well as in the greater community, the country, and the world. COVID has affected all of us.

Here at the Co-op we've experienced it through extra sanitizing, Plexiglass shields, and masks, and from social distancing in the store to curbside shopping. From the get-go, staff at the Co-op jumped in to ensure we kept our shoppers and ourselves safe. First, they implemented operational changes such as switching our salad bar from self-serve to packaged and figuring out how to limit access to our bulk room so we could all keep a safe distance. Then, in the ensuing months, they found ways we could do our work within the continually evolving mandates of all the different governing bodies: the Jefferson County Health Department, Labor and Industries, the Liquor/Cannabis Board, and the State of Washington itself.

We believe in the importance of keeping wages moving upwards, so we instituted a \$1.10 per hour raise at the beginning of the year. Then recognizing the difficulties

of working under stressful pandemic conditions, we gave staff an extra \$2 per hour, which we later converted into a permanent pay raise. And at the end of the year, using some of our Paycheck Protection Program funds, we were able to give \$100,000 to staff as a bonus.

Thank you, members, for your sweet notes of support and appreciation throughout the year. Those brought us much needed joy during the long, dark days of winter. And staff kept our spirits high with extra treats like little bags of Wellness goodies.

Thank you also to the local mask makers, who turned their skills into a wonderful gift of protection and fun. Thank you to our board and volunteers who jumped in to help us launch a shopping and delivery service for those who couldn't come into the store, which we've since been able to convert into an online shopping option. The ways in which all our staff and our members stepped up and shone throughout the year has been both humbling and impressive!

Thank you all,



\$1.10
/hour raise at
the start of
2020

+\$2
/hour additional
Covid raise


123
employees

\$100K
PPP funds given
as staff bonus

When the Co-op Hit the Road

by Lisa Barclay, Board Emeritus

Last spring was a scary and confusing time. As the dangers of Covid became more apparent and the state lockdown began, many members could no longer shop for their food. Since staff at the Co-op were inundated with work to keep the store as safe as possible, they simply didn't have enough bandwidth to shop and deliver food, too. That's when the co-op community stepped up.

Juri, our board VP, asked me and fellow board member Monica to help get food to people. Having no idea what we were getting into, we came up with a plan—with input and support from front end manager Dave—to shop for and deliver food on Sundays and Thursdays. Then we put out a call to Co-op members for help. The response was tremendous—we had more volunteers than we could use. Most people were not working during the lockdown and everyone really wanted to help during this crisis.

The logistics for this new service were complicated: organizing shoppers and drivers; compiling orders and arranging lists by store department for smoother shopping; grouping deliveries by address plotted out on Google maps to consolidate delivery runs; arranging for payment; and even the mechanics of smoothly handing off boxes of groceries to the drivers. As you might expect, there were a few hiccups with this totally new service. It's really hard to shop for someone else! And customers at home had to work from memory—and yet be as specific

as possible—to make their lists. There were a few items delivered that weren't quite as expected—whole boxes of chocolates instead of the single servings sold at the checkout line, for instance. And sometimes we had to improvise, like the time the gate at Kala Point wouldn't open. Luckily, the house wasn't too far from the gate, so we could walk in the groceries.

Staff were terrific—helping designated shoppers find unfamiliar items, making sure we could check out as expeditiously as possible, and calling customers to get their payment information. Staff were always calm and helpful, no matter how crazy it got. And then they were able to use what we learned from the process to help launch Coop2Go, which is much more sophisticated than our operation, to put it mildly, with photos of items, prices, and even online payment. I'm still amazed how quickly they were able to get such a complex system up and running. Andrea in Marketing and Lisa in IT pulled together to get 11,000 items in the new system!

A new business also grew out of this volunteer work. Juri started a service to deliver Co-op goods by bike, called PeddlerPT. How cool is that?! And there's yet another community connection here: Rick of Cape Cleare and Heidi, one of our volunteer drivers who used to bike salmon for Rick, helped Juri develop her trailer system and passed on their insider tips, like how to ride a utility bike in the wind without tipping over or blowing away.

All in all, we had a lovely time meeting so many friendly and generous Co-op members, and I just want to say how grateful I am to live in a community like ours. Thank you!



May 2020 - So many staff to thank...

Keeping the co-op running smoothly is a challenge in optimum circumstances. That it is running safely and with such calm and efficiency during a pandemic is an impressive accomplishment. Each of you had contributed to that. Take your bow. So thank you again for being such a constant and stabilizing force in PT, for keeping shelves stocked, for your shopping, and delivery, for helping keep the community safely fed and nourished. With kind regards, A Member



Community Sharing 2020

By Andrea Stafford, Marketing Manager

What does it mean to nourish a community? Sure, it can mean feeding people nourishing local food, but it can also mean supporting the community as a whole, sharing prosperity and organizational resources when feasible. One of the greatest things about being a co-op is that we share our profits, and part of those funds are shared with the amazing nonprofits and community groups doing the necessary work to making Jefferson County a great place to live.

In order to make the biggest impact in the areas we are most passionate about, the Co-op focuses our efforts on organizations that work within our 4 Pillars of Giving: Food Access, Sustainable Land and Sea Stewardship, Healthy Communities, and Supporting the Co-operative Model. Last year we also made a promise to work toward a more equitable community by supporting projects and organizations doing diversity, equity, and inclusion work. In the inaugural year, 10% of our total giving was geared towards organizations and programs addressing racial equality, which included an investment into the Jefferson County Farmers Markets' BIPOC (Black, Indigenous, and People of Color) Business Start-up Fund.

One of the most successful giving programs we use to further our community sharing goals is our Beans For Bags program. We started Beans For Bags (B4B) back in 2008, and over the years we have seen significant growth in the program. B4B rewards shoppers for their sustainability efforts by giving 5 cents back for each bag re-used. Customers can either keep the bag credit OR get at bean (= \$.05) to donate to 1 of 3 nonprofits in Jefferson County, which rotate every two months. Last year was a little different due to Covid-19 restrictions. For the first few months, reusable containers were discouraged and we all had to use new bags. As bag supplies began to

shrink, reusable containers were encouraged again. By the end of the year, we'd been able to donate \$10,500 to local organizations—\$4,500 going to the local food bank—a slight decline but something to celebrate none the less. For comparison, in 2019 we donated over \$12,500 to local organizations. So don't forget to reduce and reuse those bags and containers.

Food Access

Providing access to healthy nutritious food is super important to us. Food Co-op donated 6400+ items of food to the Jefferson County Food Bank, worth \$25,000 retail. We also extended support to the Food Bank with annual cash donations, a pick-up bin located in our lobby for customer food donations, and a permanent Beans For Bags donation jar, in addition to our weekly food donations.

We continued to subsidize food access at the Farmers Markets for their "SNAP Market Match" program, which doubles the purchasing power of Supplemental Nutrition Assistance Program (SNAP) dollars.

In 2020, we were excited to see the Food Bank Farm and Gardens putting their new food dehydrators to good use preserving the local bounty, a project we supported financially in late 2019.

Using the interest generated by our participation in the Twin Pines Cooperative Community Fund, the Co-op's Grow Fund awarded \$1,070 to both Peddler PT and the Food Bank Farm and Gardens to develop a bike food-delivery program serving many families impacted by the pandemic.



Sustainable Food System Development

In 2020, the Co-op furthered its commitment to farms, farmland, and organic producers across the North Olympic Peninsula. Our ongoing partnership with the Eat Local First Collaborative allowed us to help launch the first annual Eat Local First Month for the Olympic Peninsula and develop a new online Food and Farm finder tool for consumers. The Co-op provided financial support for the Jefferson Land Trust in its pursuit of protection for threatened farmland in Jefferson County by sponsoring events and through our Change for Change program, a program that allows our members the opportunity to round up the change of their purchase to the nearest dollar to support non-profits and co-ops that fit into our areas of community sharing.

The Co-op also provided financial support to the Covid Farmer Relief Fund, managed by the NODC (North Olympic Development Council), which helped farmers navigate some of the difficulties that arose from the pandemic. The fund raised over \$120,000 for ten farms, who supplied area food banks and other access programs with fish, meat, goat cheese, raw milk, produce, and honey.

Healthy Communities

The Co-op also works to support a healthy community through strategic partnerships, community sharing, and participating vendor programs.

Strategic Partnerships

For the third year, in partnership with Jefferson Healthcare and the Jefferson County Farmers Markets, we offered families who qualify for Apple Health and have children 18 and under a \$50 voucher for fresh fruit and vegetables (called VegRx). Vouchers were given out by Jefferson Healthcare clinicians when children came in for a medical appointment or a Well-Child-Check. VegRx vouchers were redeemable at the Port Townsend and

Chimacum Farmers Markets June through December and at the Food Co-op in Port Townsend January through March. Visit the market info booth or ask your child's doctor at your next medical appointment for more information about VegRx.

Community Sharing Last year, the Co-op supported dozens of local nonprofits and organizations through in-kind donations and event sponsorships, with the goal of nourishing the community through education and outreach. The Co-op values the importance of supporting organizations doing meaningful work in our local as well as our larger regional community, so we share as much as we can. For instance, two things we do regularly that may go unnoticed: at Head Start, the Co-op supplies organic milk for children ages 3-5, and we donate organic broths to the Just Soup program, which provides soup weekly to those who are looking for a hot meal.

Vendor Support Programs

In partnership with the Organically Grown Company, we sold bagged Farm to School Apples benefitting the Community Wellness Project Farm to School programs at the Chimacum, Quilcene, and Salish Coast elementary schools which totaled \$1,606.

Supporting the Cooperative Model

We love cooperatives and look for opportunities to help other cooperatives grow and thrive. We do this by financially supporting organizations that share this goal, including the Twin Pines Cooperative Foundation, the Food Co-op Initiative, and the Olympic Cooperative Network, because together we can do more.

To learn more about The Food Co-op's community sharing programs, please visit www.foodcoop.coop/communitysharing.

Connecting with Our Community

BY THE NUMBERS

Food Access



\$1,606
COMMUNITY WELLNESS PROJECT

Farm to School Apple donations



6400+ items
\$25,000 (retail value)
donated to the Food Bank

Healthy Community



\$1,800
CO+OP EXPLORERS
free fruit given to kids



\$850
BIKE BENEFITS
free fruit given to bicyclists

Sustainable Food Systems



\$2000+
to BIPOC organizations
doing food system work in our local
and regional communities



\$2500
COVID Farmer Fund

Nourishing the Community



\$14,470
LOCAL SPONSORSHIPS



233,500
beans collected



\$21,720
LOCAL DONATIONS



\$1070
GROW FUND
awarded to **2** local organizations
PT Peddler & Food Bank & Food
Gardens



60
PARTNERS SUPPORTED



136 students enrolled
in free online cooking school

Farming During Covid: GIVE LOCAL TWICE THE LOVE

by Amanda Milholland, Produce Manager

This past year, we had a reality check as COVID-19 caused disruptions in the food supply chain, impacting grocery store shelves even here at the Food Co-op. While shoppers felt the unease and insecurity of shortages, local and national farmers have been struggling to survive the economic hit. The Food Co-op's work to "Give local twice the love" continues to play an important part in our local economic recovery.

This last year was a challenging one for local and regional farmers. We experienced a wet spring in Jefferson County, forcing farmers to start planting late and reducing the overall production of many crops, especially spring and long-growing-season crops such as winter squash. While farmers know climate fluctuations are a constant companion, no one was prepared for a pandemic. Farmers were planting spring crops and getting ready for the farmers market season when COVID-19 emerged in March. As we begin the next local growing season, it is an important time to reflect on how COVID-19 has impacted local farmers.

Market Disruption

Our Jefferson County farms and neighboring county farms rely on local and regional buyers: grocery stores including the Food Co-op; restaurants and other small-scale wholesale buyers; and direct sales at farmers markets, farm stands, and through Community Sustained Agriculture (CSA). In 2020, farmers markets nationally were forced to start their seasons late. This happened at the same time that restaurants closed their doors to most dining. Some farms reported as much as 50% loss in annual income due to COVID-19 disruptions, according to the Jefferson County Farmers Markets. The farms that fared best in 2020 were those with diversified income streams, such as established wholesale relationships, CSA programs, and farm stands. However, many of these farms still reported as much as 15-30% in sales reductions.

Local 5 is defined as Jefferson plus the four surrounding counties: Clallam, Kitsap, Island & Mason.



Increased Costs

At the same time farms were experiencing decreased income, they were required to practice increased safety precautions, requiring financial and staff time investments. For example, farms were required to provide hand washing stations and/or hand sanitizer and masks to their staff, implement social distancing, and change their market layouts so only farm staff touched produce before purchase. While the federal government rolled out farm relief packages in response to COVID-19, these were designed to serve large-scale agriculture and were generally not available for small to mid-sized farms.

Successes

COVID-related supply, transportation, and labor force disruptions revealed many faults in our food system. At the same time, there were some great successes that supported the continued operation of local farms as well as local food security. Local farms became suppliers to our schools and food banks thanks to financial support from the North Olympic Development Council, the Jefferson Community Foundation COVID-19 Response grants, and the Farm to Food Pantry program. Seeing the vulnerability of our local food system, community members joined CSAs and increased their farm stand shopping. The Jefferson County Farmers Markets opened an online store to serve local farms as well as shoppers who were not able to shop directly at the farmers market. These and many other local efforts helped Jefferson and neighboring county growers make it through the first year of COVID-19.

What Now?

While COVID-19 vaccinations have begun, we are not through the pandemic. Robust local farms require community commitment and investment. The Food Co-op's commitment to "Give local twice the love" is part of this investment. Efforts like the "Eat Local" month in September and prioritizing purchasing local crops when available—even if they come at a higher price—help support the survival and resilience of our local farms. We are a part of our local food system. Our practice of choosing local has a ripple effect that sustains local farms.



Diversity, Equity & Inclusion

By Juri Jennings, Board Vice President

2020 marks the year the Co-op board officially formed a Diversity, Equity, and Inclusion (DEI) Committee. We started this work several years ago, but it was the deep sorrows and the tragedies of 2020 that pushed us to bring this topic to the front burner.

The work we have done thus far includes both personal and collective learning experiences for the general manager and the whole board, including:

- Forming a steering committee to guide the Co-op board in our DEI work.
- Creating a DEI Library so board members and managers have access to a wide variety of carefully selected books on the topic.
- Individual board members attending the Local Anti-Racist Training as well as online training sessions and conferences in DEI work provided by our cooperative network.
- Several guided “Study and Engagement” sessions with our board consultant from Columinate. Our readings included *Between the World and Me* by Ta-Nehisi Coates, *Eloquent Rage* by Brittney Cooper, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer, and *Freedom Farmers: Agricultural Resistance and the Black Freedom Movement* by Monica M. White.
- Discussing how our culture perpetuates white supremacy, in particular how it can show up in our work culture and what the antidote might be.
- This summer we plan smaller, more focused groups for projects such as researching potential community

partnerships, looking at our governing documents from the DEI lens, and studying *My Grandmother’s Hands: Racialized Trauma and the Mending of Our Bodies and Hearts* by Resmaa Menakem.

This work will not be fast, and it shouldn’t be. One idea that stood out for me in our studies is that even a seemingly straight-forward concept like “we should move quickly and efficiently” is actually part of our history of racism. Being quick and efficient seems such a normal thing to strive towards, but it can exclude people and ideas. What is so scary to me is that it is how I have lived pretty much my whole life!

It is frightening to question the foundations we’ve built our lives on, and we each have different ways of dealing with these emotions. The board knows we can only do our DEI work effectively in a safe environment, where it is okay to make mistakes and where we work together to correct them. A safe community like this is powerful—and a privilege of its own.

The board is in this for the long haul. To fulfill our civic duty as community members and representatives for our Co-op member-owners, we’ll strive to provide an equal and safe platform for all colors, genders, and accessibility needs, so that we all have an equal chance.

With hope,
Juri Jennings
DEI Steering Committee Chair



Looking at Finances

by Charlie Dick, Board Treasurer

From a financial point of view, 2020 was a most interesting year, with many twists and turns along the way to serving the members' needs. The 2020 Business Plan was crafted well before the Covid pandemic surfaced, and that initial version of the plan forecast a sales increase of 5.8%. However, when the year ended, sales in 2020 totaled almost \$18.2 million, which is 12.4% above sales in 2019. Even though this increase in sales is more than double than what was anticipated, our safety practices and the regulations imposed on operations in 2020 grew substantially during the progression of the pandemic. These new regulations resulted in increased operating expenses of \$1,173,531 versus 2019. The primary driver of that increase came from the need for extra staff and staff hours. Thus, at year-end there was a net operating loss on sales of \$98,072. Unfortunately, with a net operating loss result for the year, the Co-op cannot offer a patronage dividend in 2020.

However, receipt of the Payroll Protection Plan (PPP) and Economic Injury Disaster Loan (EIDL) monies from the Federal Government's Small Business Administration (SBA) boosted the cash on hand by \$831,623, driving the

net income (all income minus all expenses) to a positive result of \$521,813. Two very valuable successes occurred associated with the SBA economic help. By just applying for an EIDL loan, even though the loan was not approved, a consolation grant of \$10,000 was given to the Co-op. And by using the PPP funds for staff salaries and certain other qualifying items (e.g., no staff layoffs), the PPP loan was converted into an outright, non-taxable grant.

2020 was a difficult year for both the members and the Co-op in many ways. Because this period was not "Co-op business as usual," it has been difficult to compare 2020 results with prior years, and it will be difficult in future years to compare those future years' results with 2020's results. In addition, 2018 and 2019 results were not "normal" either because of the remodel with all its disruptions, expenses, debt, and the increased capacity it provided. In a way, these three years combined (2018-2020) mark the beginning of a shift from the old Co-op to something new that is still emerging. Despite the many struggles both past and to come, the Co-op has a solid financial foundation that will allow it to emerge stronger than ever.



85

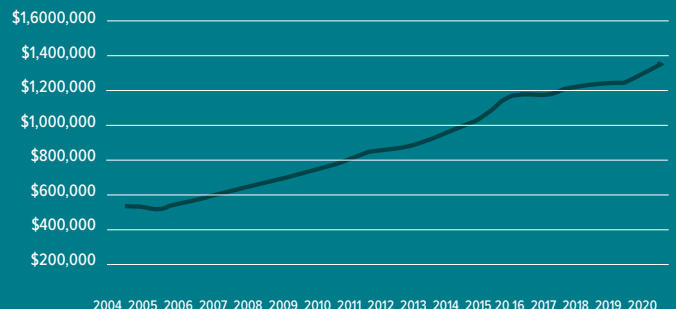
local service providers



129

local farmers & producers

Purchases from Local 5 Farmers & Producers



Profit & Loss Summary

December 2020

| | Dollars | % Sales |
|-------------------------------------|---------------------|------------|
| SALES | \$18,138,506 | 100% |
| Cost of Goods Sold | \$11,324,865 | 62% |
| Gross Profit Margin | \$6,812,284 | 38% |
| OPERATING EXPENSES | | |
| Total Personnel | \$4,969,421 | 27% |
| Total Operating | \$520,732 | 3% |
| Total Administrative | \$583,879 | 3% |
| Total Occupancy | \$309,391 | 2% |
| Depreciation | \$319,086 | 2% |
| Marketing & Outreach | \$130,526 | .72% |
| Board Governance | \$84,238 | .46% |
| Total Operating Expenses | \$6, 911.713 | 38% |
| Total Other Income (from PPP grant) | \$697,802 | 4% |
| Net Income After Taxes | \$521,813 | 3% |
| Local Farmers & Producers | | |
| Purchases | \$1,335,465 | 11.5% |

Balance Sheet

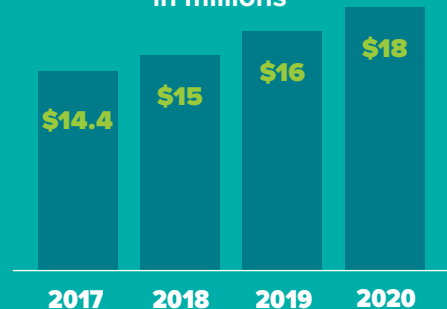
| | |
|-------------------------------------|--------------------|
| Assets | |
| Total Cash | \$1,456,881 |
| Inventory & Receivables | \$985,204 |
| Total Current Assets | \$2,442,085 |
| Land, Building, Equipment | \$5,515,775 |
| Investments | \$224,379 |
| TOTAL ASSETS | \$8,182,239 |
| LIABILITIES | |
| Total Current Liabilities | \$851,717 |
| Total Long Term Liabilities | \$2,217,069 |
| Total Liabilities | \$3,068,786 |
| Member Equity | |
| Members Capital | \$1,036,658 |
| Retained Patronage | \$1,279,530 |
| Retained Earnings | \$2,797,265 |
| Total Members Equity | \$5,113,453 |
| Total Liabilities and Equity | \$8,182,239 |



% net
of total sales

1 | **1** | **3** | **2** | **3**
2016 | 2017 | 2018 | 2019 | 2020

store annual sales
in millions



| | 2020 | 2019 | 2018 | 2017 | 2016 |
|-------------------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| Sales | Dollars (%) \$18,138,506 | \$16,133,815 | \$15,547,819 | \$15,158,547 | \$14,429,951 |
| Net income(loss) after taxes | \$521,813 (3%) | \$275,643 (2%) | \$436,993 (3%) | \$132,559 (1%) | \$133,215 (1%) |
| Local Farmers & Producers Purchases | \$1,335,465 | \$1,263,780 | \$1,243,675 | \$1,227,395 | \$1,171,040 |

Meet Us Online

ANNUAL GENERAL MEETING

Love & Appreciation

2021

Saturday, June 26, 2021

**STRICTLY
BUSINESS**
FoodCo-op



**Register for the meeting at www.foodcoop.coop
Business Meeting at 3PM - Meet the Candidates at 4PM**

BIG ROUND

Savory Summer Pies

What's round like the sun, stuffed with summer abundance, and eaten with delight?

Pita!



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

But isn't pita bread, not pie? Yes, the Arab and Israeli bread that puffs into a pocket is pita, but in Greece, pita usually refers to a thick pie—think of spanakopita, which means spinach pie.

There is a wide world of pitas

Tiropita (cheese pie)—stuffed with several types of cheeses

Kolokithopita (zucchini pie)—onions, scallions and parsley

Prassopita (leek pie)—potatoes, leeks, kalamata olives and cheese

Hortopita (greens pie)—any greens in season wild or tame with lots of herbs

Kotopita (chicken pie)—everything you'd put into a chicken pot pie

Kreatopita (meat pie)—pork, beef or lamb. Try it with a pinch of cinnamon

Arnopita (lamb pie)—fennel, orange, lemon and other spices

We're used to spanakopita made with phyllo dough and shaped into a rectangular casserole. Nothing wrong here, but let's get a little crazy and branch out.

If we were to draw a triangle from Greece to Slovenia to Romania with all the countries between, including Turkey, we would have a world class pie heritage area—beautiful, lovingly-made, everyday home pies. Here phyllo isn't paper thin, and pitas are often made in-house with only a top and bottom crust, stuffed with seasonal vegetables, handmade cheeses, plus occasional meats and fermented foods like kraut.

You can make these pies at home

They're easy to make once you have the technique down. I'm including several recipes for dough but the techniques are the same.

1. Using a 12-inch pizza pan and a marker, trace a circle on two pieces of parchment paper.
2. Make the dough and separate it into two balls. Coat your hands with olive oil.
3. You'll roll the top inside the circle, and the bottom in the same way. To roll: Press an oiled dough ball into a flat disk in the center of the marked circle. With your rolling pin, start in the center of the disk and roll twice in one direction. Roll and turn the circle, round and round, until the dough is card-stock thin and fills the circle. It won't be perfect, so don't worry. Cut off any excess dough and patch the inside of the circle where needed. Make the second in the same way. The bottom crust will sit on the pizza pan, so trim away the extra parchment paper.
4. Keep the rolled crusts on the parchment. The pie will bake on the pizza pan with the parchment beneath. Use the paper to flip the top over the filling, then peel it away.

Dough

WHEAT PHYLLO

for 12-inch covered pie

- 4 cups all-purpose flour
- 1 teaspoon sea salt
- 1 cup warm water
- 1 egg
- ¼ cup olive oil
- ¼ cup yogurt
- 2 tablespoons apple cider vinegar

Work the liquids into the flour until a dough forms. Knead for ten minutes by hand or with a dough hook. Let rest one hour before using.

CHICKPEA & BUCKWHEAT PHYLLO

for 12-inch covered pie

- ½ cup raw buckwheat groats
- ½ cup raw chickpeas
- ¼ cup flax seeds
- 1 tablespoon konjac root powder (glucomannan) or 2 tablespoons psyllium seed husk powder
- 2 teaspoon baking powder
- 1 teaspoon sea salt
- 2 tablespoons apple cider vinegar
- ½ cup boiling water

1. Using a Vitamix or high-speed blender, grind dry ingredients together for 1 minute at high speed. Sift the flour into a mixing bowl and discard the fines.
2. Add the apple cider vinegar to the boiling water. Stir into the flour until a dough forms.
3. Divide the dough into two balls.

WALNUT PHYLLO

for 12-inch covered pie

- 1 cup walnuts
- ½ cup sunflower seeds
- ¼ cup flax meal
- 2 tablespoons psyllium husk powder
- 2 teaspoons baking powder
- 1 teaspoon fine sea salt
- 2 tablespoons apple cider vinegar
- ½ cup boiling water

1. Using a Vitamix or high-powered blender, process all the dry ingredients together at the highest speed into a coarse flour. I run the machine until I hear the motor slowing down. Remove any chunks of walnut, because they tear the dough when rolled.
2. Dump the flour into a mixing bowl, using a spatula to get everything out. Break it up between your fingers until it resembles a fine meal. Add the boiling water and vinegar to a glass liquid measure. Mix liquids into flour until a dough forms.
3. Divide the dough into 2 balls.



Pie Tips

Leave a 1 ½ inch border when you mound the filling onto the bottom crust. This will allow you to roll and crimp the top and bottom edges together.

There are many recipes for homemade phyllo. If you are interested in the subject, *The Glorious Foods of Greece* by Diane Kochilas goes into more depth.

Fillings

CHARD AND HERB

- 4 packed cups chopped chard, including stems
- 1 packed cup mixed herbs, finely chopped (I used wild fennel, fresh thyme, and parsley)
- 14 ounces firm tofu crumbled
- 1 cup sheep feta crumbled
- ¼ teaspoon red pepper flakes
- ¼ teaspoon black pepper
- 1 teaspoon sea salt
- ¼ cup chopped scallions
- 2 cloves garlic minced
- 3 tablespoon fresh lemon juice

1. Steam or blanch chopped chard. I use the Instant Pot at high pressure for 3 minutes with an instant release. Press the moisture out of the chard.

2. Combine everything in a large mixing bowl

3. Mound the filling on the pie bottom, leaving a 1 ½ inch border. I use my hands to shape the mound. Flip the pie top over the mound and peel away the parchment paper. Roll and crimp the top and bottom edges together. Lightly score the top of the pie with a design if wanted.

4. Bake at 400 F for 30 to 35 minutes.

ZUCCHINI AND WALNUT

- 4 cups summer squash, cut into a medium dice
- 3 cloves garlic, minced
- 1 packed cup herbs (I used parsley, dill, and mint)
- 1 cup toasted walnuts, chopped
- ½ cup scallions, chopped
- 1 teaspoon sea salt
- ¼ teaspoon red pepper flakes
- ¼ teaspoon black pepper
- 1 ½ cups sheep feta, crumbled
- 3 tablespoons fresh lemon juice

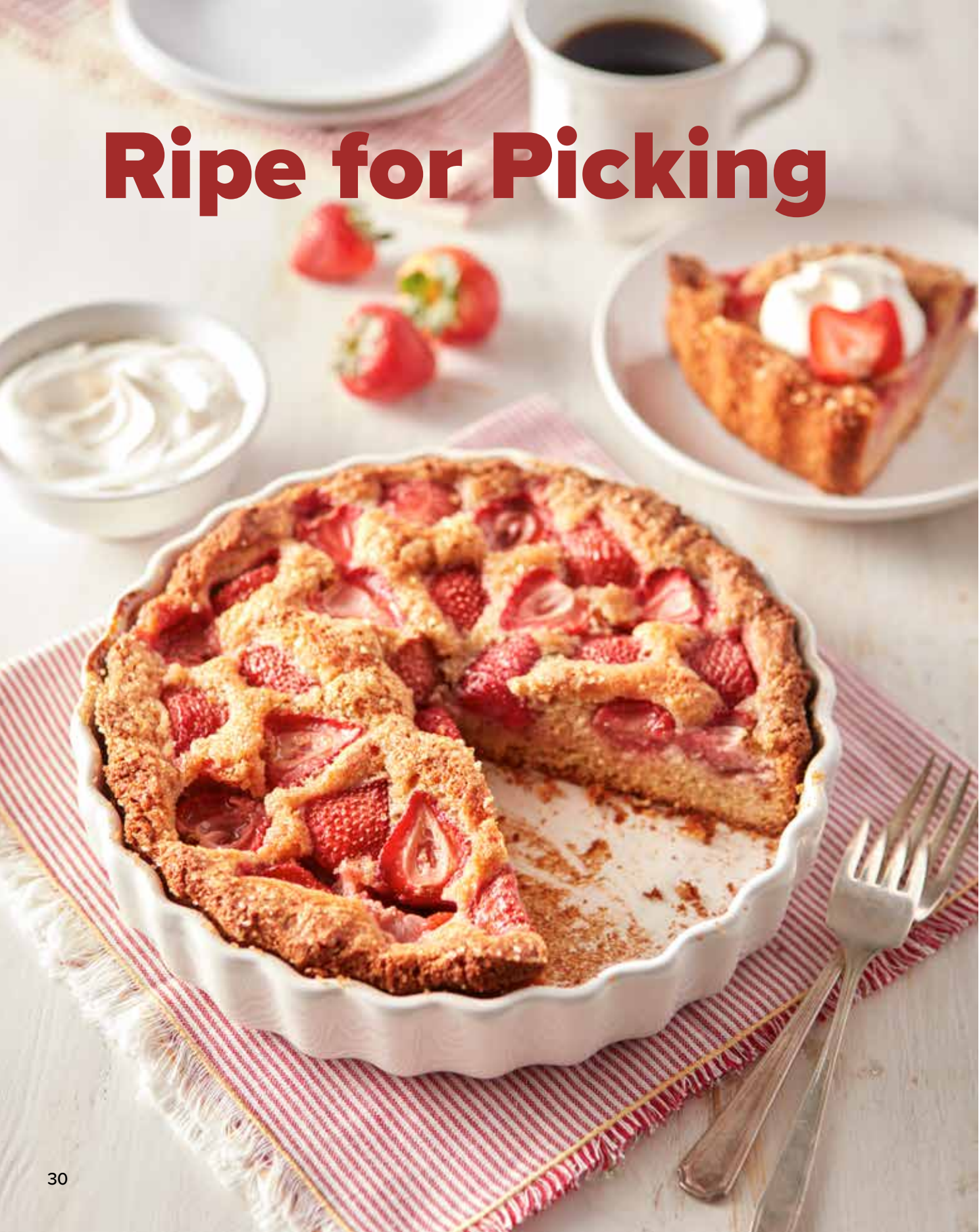
1. Steam or blanch chopped summer squash. I use the Instant Pot at high pressure for 3 minutes with an instant release.

2. Press the moisture out of the summer squash.. Combine everything in a large mixing bowl.

3. Mound the filling on the pie bottom leaving a 1 ½ inch border. I use my hands to shape the mound. Flip the pie top over the mound and peel away the parchment paper. Roll and crimp the top and bottom edges together. Lightly score the top of the pie with a design if wanted.

4. Bake at 400 F for 30 to 35 minutes.

Ripe for Picking



Scoop up fresh, local strawberries while they're in season — these desserts are sure to delight.

They are among the most anticipated fruits of the summer — sweet, juicy strawberries are so enticing! It's hard to resist those plump, glossy red berries with their fresh green caps. But let's face it: They're also quite perishable. When you go overboard with your berry buying and are left wondering what to do with all those beauties before they go bad, turn to these dessert recipes.

STRAWBERRY CAKE

Serves 8. Prep time: 1 hour, 15 minutes;
(20 minutes active.)

¼ cup unsalted butter, softened
¾ cup all-purpose flour
½ cup whole wheat pastry flour
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ cup sugar
1 large egg
½ teaspoon vanilla
½ cup fat-free plain yogurt
¾ pound strawberries, hulled
and halved vertically
2 tablespoons turbinado sugar

Preheat oven to 350°F. Use a ½ teaspoon butter or vegetable oil to grease a pie pan.

In a medium bowl, combine the all-purpose flour, pastry flour, baking powder, baking soda and salt.

Whisk to mix.

In a stand mixer with the batter paddle, or a large bowl with an electric mixer, beat the butter until creamy, and then beat in sugar. Beat for about 2 minutes, until fluffy and light. Beat in the egg and vanilla, scraping down and mixing again to make a creamy mixture.

Alternate beating in half the yogurt, half the flour mixture, then half the yogurt and half the flour mixture, just until mixed.

Spread the batter in the prepared pie pan. Arrange the strawberry halves on top, placing them lightly, starting along the rim, then filling in concentric circles to cover the batter completely. Sprinkle with turbinado sugar.

Bake for 50 to 55 minutes, until the top is golden and crackly, and a toothpick inserted in the center of the cake comes out with no wet batter.

Cool on a rack for 5 minutes before slicing. Keeps, tightly wrapped, for up to 4 days in the refrigerator.

A touch of butter gives this meltingly tender cake rich flavor. It's light enough for a weeknight dessert and equally delicious for breakfast with a dollop of yogurt.



STRAWBERRY WALNUT SCONES

Servings: 8. Prep time: 45 minutes; 20 minutes active.

- 3 cups whole wheat pastry flour
- ½ cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup butter, chilled
- 1 large egg
- ¾ cup low-fat plain yogurt
- ½ teaspoon vanilla
- ½ cup walnuts, coarsely chopped
- 1 cup fresh strawberries, halved
- 2 tablespoons sugar

Heat oven to 400°F. Line a baking sheet with parchment or coat with vegetable oil spray. In a large bowl, whisk the flour, sugar, baking powder, baking soda and salt. Cut chilled butter into cubes and work the butter into the flour mixture quickly with your fingers or a pastry blender until the mixture is crumbly but small chunks of butter remain. In a small bowl, whisk the egg, yogurt, and vanilla; mix well. Make a well in the dry mixture and pour in the wet, stir just until mixed, then stir in walnuts. Place half the dough on a floured counter or breadboard and shape into a circle 8 inches across, then cover with halved strawberries. Crumble the remaining dough over the strawberries and pat to cover, and form a disk about ¾-inch thick. Sprinkle with sugar and pat to adhere.

Use a knife to slice like a pie into 8 wedges. Place each wedge onto the sheet pan with at least 1 inch between them. Bake for 15 to 20 minutes, until golden. Transfer to a wire rack to cool.

Serve warm, or cool completely and store, tightly covered, for up to 4 days at room temperature.



MIXED BERRY CRUMBLE

Serves 8. Prep time: 40 minutes; 15 minutes active.

- 1 cup rolled oats
- ¾ cup light brown sugar
- ¾ cup whole wheat pastry flour
- ½ teaspoon salt
- 2 teaspoons lemon zest
- ½ cup unsalted butter, melted
- 4 cups fresh strawberries, stems removed
- 2 cups fresh raspberries
- 1 cup fresh blueberries
- 2 tablespoons sugar
- 1 tablespoon arrowroot or cornstarch
- 1 teaspoon vanilla

Heat the oven to 400°F. In a large bowl, combine the oats, brown sugar, flour, salt, and zest. Add the melted butter and stir to mix. Reserve.

Place the berries in a 2-quart baking dish, and sprinkle with sugar, arrowroot or cornstarch, and vanilla. Toss gently to coat, until well combined. Crumble the oat mixture over the berries in the dish.

Bake for 25 minutes, or until the topping is golden and the juices are thick and bubbly all the way around the dish. Let cool on a rack for 5 minutes before serving.

Juneteenth celebrations often feature red foods to symbolize the perseverance, strength, and resilience of enslaved ancestors. Carry on this culinary tradition with a festive Strawberry Slab Pie (pictured on the facing page), which brings familiar pie ingredients together in a baking pan instead of a pie plate.



STRAWBERRY SLAB PIE

Serves 12. Prep time: 2 hours, 30 minutes; 1 hour active.

3½ cups all-purpose flour
1½ cups sugar, plus 2 tablespoons
1½ teaspoons salt, plus ¼ teaspoon
2½ sticks unsalted butter (10 ounces)
¾ cup ice water
3 pounds fresh strawberries, hulled and halved
¼ cup cornstarch
1 tablespoon fresh lemon zest
1 teaspoon vanilla
2 tablespoons half and half
3 tablespoons turbinado sugar

In a large bowl, mix the flour, ½ cup sugar, and 1½ teaspoons salt. Cut in the butter, then drizzle in ice water as you toss with a fork. If needed, drizzle in an additional tablespoon or so of ice water to make a dough. Form into a rectangle, wrap in plastic wrap, and refrigerate for 30 minutes. Note that the crust will have a biscuit-like texture when baked.

Place the hulled, halved strawberries in a large bowl. Add the remaining sugar, cornstarch, lemon zest, vanilla, and remaining salt. Mix.

Heat the oven to 425°F. Get out a 10 x 15-inch baking pan that is 1 inch deep.

On a floured counter, cut off one third of the dough. Roll the larger piece to 12 by 16 inches. Transfer the dough to the pan, pat lightly to fit into the pan, leaving the edges hanging over.

Roll out the remaining piece of dough into a piece 11 by 16 inches. Distribute the berries over the dough in the pan. Place the second sheet of dough over the pie. Fold the edges of the lower crust over the upper crust, crimp the crust, and slash the top.

Brush the top of the pie with half and half and sprinkle with turbinado sugar.

Bake for 15 minutes at 425°F. Reduce temperature to 400°F. Place a sheet of foil over the pie, then bake 25 to 30 minutes, until bubbling.

The Summer of Love Staff Appreciation!



Hearty Thank You

HEARTY THANK YOU AWARDS ARE \$125 OR 8 HRS OF PTO
NOMINATED BY A CO-OP MEMBER OR STAFF.

February: James R

March: Petra C

April: Lisa J

Nominations for the February Hearty Thank You award:

James R: "James steered me to a fabulous red wine that was memorable! I look for it & him every time * come in, to thank him and buy more!" – A Member

Christopher O: "Christopher did a beautiful job with the landscaping nearest Clay St office. There was lots of trash, the bushes were grown down to the ground, and the vibe was unkempt & dirty. Now, it's a breath of fresh air!" - Abi C



Bravocados

BRAVOCADO RECOGNITIONS ARE A QUICK, ON THE FLY, THANK
YOU FROM A STAFF MEMBER:

Daniel T: "Thanks, Daniel, for doing such a great job of settling into bulk quickly & taking good care of everything!" – Laura J

Paul C: "Thank you, Paul, for helping with a Coop2Go order on the fly!" – Kathy P

Katy M: "Thank you for being the Super Hero today – staying late, covering janitorial tasks and SAVING THE RING!" – Anami C

Peter P: "Thanks for being an awesome leader and guiding the AM crew to success! I appreciate you!" - Scout A



Staff ANNIVERSARIES

| | | | | | |
|------------|----|----------|---|------------|---|
| Anne S | 19 | Liam C | 6 | Nick D | 2 |
| Layne D | 15 | Cathy B | 5 | Anami C | 1 |
| Rob R | 14 | Rene H | 4 | Tara W | 1 |
| Abi C | 13 | Thomas K | 4 | Mary B | 1 |
| Debbie V | 12 | Phuong N | 3 | Catharines | 1 |
| Kristina D | 11 | Paul C | 3 | Amy H | 1 |
| Kenna E | 10 | Alicia D | 3 | Samuel C | 1 |
| Crystal N | 10 | Thea S | 3 | | |



High-5 Awards

A HIGH-5 IS A THANK YOU GIFT AND “KUDOS” FROM A MANAGER OR SUPERVISOR:

Cha W: “Cha, thank you for stepping in and taking the lead in the Produce Department in my absence. You have done a great job balancing meeting the needs of the department while training new staff. Thank you for your work!” - Amanda P.

Thea S: “Thank you for helping to cover just about any and every open shift with positivity! We’ve needed help for so many random shifts, and you’ve helped cover and always with a smile. Thank you!” – Dave D

The Store Float Team: “Many thanks for the flexibility in scheduling to allow for training and the sharing of ideas, and for amazing teamwork! Thanks for supporting each other & the Co-op!” – Marcia A

TRAIL MIX WITH BAGEL BOB

BY WHAT ATTACK

I'D BEEN MESSING WITH BAGELS FOR A FEW YEARS WHEN I FOUND A SOURDOUGH RECIPE I LIKED




IT MADE 27 BAGELS



AND MY WIFE + I COULD ONLY EAT 4

SO I ENDED UP PUTTING THE REST IN MY FRIENDS MAILBOXES




HEY WAIT

STRANGERS WOULD STOP ME IN THE STREET TO REQUEST THEM




AFTER THE HOUSING MARKET CRASH IT BECAME MY FULL TIME JOB



I WOULD BAKE ALL NIGHT



DELIVER TO NORDLAND GENERAL STORE AT 7AM



AND THEN RIDE AROUND UNTIL I DELIVERED TO THE SHIPWRIGHTS CO-OP AT 10!



PEOPLE STILL KEEP EATING EVERYTHING I MAKE

IT'S REALLY HUMBLING



FIND BOB'S BAGELS, PIZZA DOUGH AND PECAN BURGERS AT THE FOOD CO-OP!



414 KEARNEY STREET, PORT TOWNSEND, WA 98368
WWW.FOODCOOP.COOP • 360-385-2883 • OPEN 8AM-9PM DAILY