

Spring 2019 • Free

# COMMONS

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

*Sustainability Issue*



*Food*  
**co-op**  
PORT TOWNSEND

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# Building Sustainability

by Kenna S. Eaton, General Manager

Last year we updated our Ends—those statements that guide our work here at the Co-op. End A4 now states that “as a result of all we do, our members and customers are proud to shop at a local cooperative grocery that is working to reduce its impact on the environment.”

As we near the end of our expansion and remodeling project, I can begin to think about the ways in which we are making progress on this goal. All our construction work was designed with an eye to lowering our energy needs, from extra insulation in the roof to almost all new, more efficient equipment both in the workrooms and in the store. This new refrigeration not only requires less energy to run but also uses a coolant that has a smaller impact on the environment. Those new cases also have motion sensitive lighting—which only comes on when a customer approaches the doors. We upcycled and re-used most of our construction materials and gave away much of our deconstruction, such as our old produce and freezer cooler panel walls, which went to local farms. Our new west entryway should lessen the frigid winds that blow into the store from the Fraser Valley every winter, which in turn will mean that we’ll use less heat to warm the store. We’ve got a new upcycling center planned for the entryway, where you can drop off reusable egg cartons, clean glass jars (which we’ll sanitize and put out for re-use), and the plastic we collect for Trex, the wood alternative. For more on the other ways we work to reduce plastic consumption, check out some of the related articles in this issue as well as on our website.

While our Ends set our direction, our strategic plan speaks to how we will reach that End: “Our food cooperative is rooted in the environment—an environment that is facing increasing challenges. We can all participate in addressing wider issues through the individual choices we make, while our partnerships strengthen us and allow us to go farther than we could alone.”

We continue to work with our local partners such as Beyond Waste—a climate action group of Local 20/20—to shift the dial in Port Townsend when it comes to commercial composting. While the Co-op successfully sends our produce compostables to local farms, we know that a significant portion of our trash is compostable containers, and we are not alone. Many businesses in PT share the same challenge, and sadly, those containers do not decompose in the landfill. We need access to a commercial composter, in our community, sooner rather than later.

On an even larger scale, we work with the other Co-ops across the country to address climate change through measuring our impact and looking for ways to mitigate that impact. For this reason, in 2018 we joined the Climate Collaborative, which asks their members to commit to take meaningful climate actions. For more on what the Food Co-op has done to lessen our impact on the environment and what we plan to do in the future, please visit our website [www.foodcoop.coop](http://www.foodcoop.coop) and check out our most recent sustainability report under “Your Co-op.”

# What Do We Mean by Cooperative Values?

by Lisa Barclay, Board Secretary



In the last issue of the Commons, Board President Owen Rowe discussed our mission and principles. In this issue, I'm going to talk a little more about our principles and values. The three are closely tied: Our mission describes what we do, our values say why we do what we do, and our principles say how we do what we do.

Currently, we do not have specifically enunciated values. Instead, we adhere to the values enumerated by the International Cooperative Alliance: self-help, self-responsibility, democracy, equality, equity, and solidarity plus the ethical values of honesty, openness, social responsibility, and caring for others.

In addition to these values, The Food Co-op and the ICA each have a set of principles, which overlap but are not the same. The ICA's principles cover every kind of cooperative, so they remain on the philosophical level. Ours pack in a lot of detail and range from larger philosophical and political principles—such as acting democratically—to principles specific to our area and the fact that we are a food co-op—such as supporting local farmers. This plethora of values and principles can be confusing and rather unwieldy.\* So part of our task as we review our mission, values, and principles is to sort out our values and principles from the ICA's—we want to reflect our own particular community without

unnecessarily repeating the international cooperative values and principles.

As we've been talking with staff member-owners and member-owner shoppers about our mission, many of the same words and concepts keep recurring: community, great food, support of local, ethical practices, environmental sustainability, accessibility, community hub. It's one of the pleasures of being on the board to see every day how deeply our staff and our shoppers care about what we are trying to accomplish. We all essentially agree on what we do, why we do it, and how we should do it. Now all we have to do is get that down in as clear and concise language as possible. Easy!

We've been at this task for several months now, and we're nearing the finish line, but we'd still love to hear your ideas and comments, so remember you can email us at [mission@foodcoop.coop](mailto:mission@foodcoop.coop), which goes directly to the board. Mark your calendar for the Food Co-op's Annual Meeting at Fort Worden on May 26, which has sustainability as its theme, and where we'll unveil our updated mission, values, and principles—plus eat great local food!

**\*You can read the ICA's and our principles on our beautifully revamped website at <https://www.foodcoop.coop/about-us/>.**



# Voting Guide to the 2019 Board Elections May 1- May 14

**Voting begins at 12:00 pm on Wednesday May 1st and ends at 9:00 pm on Tuesday May 14th.**

All Active Members—that is members who have shopped at the Co-op within the past year and are paid up as of April 30, 2019—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.

Voting will be online and in the store. Ballots will not be mailed to members.

This year we have four seats to fill: one 1-year term, one 2-year term, and two 3-year terms. Each candidate is running for a particular seat, and you may vote *For* or *Opposed* for each candidate. A candidate must receive at least 51% For votes to gain the seat.

## Four ways to vote:

- 1** On May 1, 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](http://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 red ballot box.
- 4** Alternatively, you can print a ballot off the Co-op's website and mail it to The Food Co-op at 414 Kearney Street, with your name, member number, and signature on the outside of the envelope. You can also drop the envelope into the red ballot box at the store.



We asked our candidates several questions, and here are their answers to “Why are cooperatives in general and The Food Co-op in particular important to you?” Their answers to additional questions, plus brief films of them, are available at [www.foodcoop.coop/elections](http://www.foodcoop.coop/elections)



**Owen Rowe is running for a 3-year term. He has served as vice president and currently as president.**

The power of the cooperative business model is what brought me to the board in 2015, and it remains my core reason for board service. Co-ops strengthen the local economy by sharing economic benefits with member-owners and keeping money circulating locally rather than going to distant corporations. The cooperative governance model invites us to listen to diverse voices and craft policies which achieve the consent of all members. A food co-op like ours nourishes our bodies and supports local farmers and producers who steward, repair, and renew our planet.

I am involved with many groups and organizations in Port Townsend, from arts and culture to economic development. On the co-op board, I have seen first-hand how facilitating learning, engagement, and civil dialogue can strengthen our democracy and our society. While we can't solve all the world's problems from the Annex, we can take those steps that are accessible to us. The Food Co-op can be a model and inspiration for others, which is part of why I've helped start the Olympic Cooperative Network, to support other businesses implementing or considering the co-op business model.

Our Food Co-op board is a great group of people and we work well together. Since the board chose me to serve as president last year, I've been proud to lead our process to review and renew our Mission and Values statements, applying and extending my skills in systems design, project management, and guiding groups to alignment. With your support, I'll be elected for another three-year term to continue my service and help lead The Food Co-op to our 50th anniversary in 2022.



**Monica le Roux is running for a 1-year term. Monica has been on the board for six years and served as president, vice president, and treasurer. She is currently our treasurer.**

Cooperatives are important to me because they allow people to participate in their local economies in a very direct and democratic way. At the Food Coop in particular, as both an owner and a member of the board of directors, I have watched us successfully work through complex issues to find common ground. I enjoy regularly discussing alternate perspectives and creating and valuing inclusive processes.

Questions? Contact our board assistant at [boardassistant@foodcoop.coop](mailto:boardassistant@foodcoop.coop) or 360-379-5798.



**Jennifer Dimon-Hardesty is running for a 2-year term. Jen was appointed to the board last year and currently serves on two of our committees, BCC and C3.**

I would like to continue to serve on The Food Co-op's board of directors because it feels like the right thing to do. Like other cooperatives in this town, The Food Co-op is such an incredibly valuable organization to our community. I want to do what I can to help it continue to run smoothly and in a direction that meets all of our needs. In the past years, the members have all been able to have a say in what changes take place at The Food Co-op... as we grow, The Food Co-op grows with us. In many ways cooperatives—especially The Food Co-op—are a reflection of our values and our commitment to the future.



**Candace McKay is running for a 3-year term.**

I have been attending board meetings and participating in committees and other board work for several months. When I was working as a reporter in the early 1990s, I was researching a movement called "Community Supported Agriculture," then virtually unknown in the United States. Japan was one country where this was thriving, an arrangement whereby a group of people paid a farmer to grow food for them. What evolved was more of a partnership with shared risks and responsibilities than the usual producer-consumer relationship. Translated into English, this arrangement was called "Food with a Face." This stuck with me, and describes in a few words why cooperatives have been a part of my life since the mid-1980s. It is more than a mere exchange of money for goods, but a connection—face-to-face—that values the questions: Who produced this? What was the social/environmental cost? Who benefits? Where does the money go?

When I decided to move to Port Townsend about a year and a half ago, the purchase of a membership at The Food Co-op came before that of a house. Yes, I knew the philosophy of food coops, but philosophy is rather hard to digest. We eat what nourishes the body and dazzles the senses, and this is what grabbed me. The palette of produce (so much local!), and there was Booda Butter, my favorite body cream, and the cup from the deli of a hot ginger lemon infusion that almost instantly cured an incipient cold (maybe not, but it was delicious anyway).

# Stewardship in the Home

by Jacqui Carpenter, Wellness Manager

By 2015 the world was producing 322 million tons of plastic a year. Plastic is not biodegradable. You all know it takes years to break down. Plastic also does not break down into compounds like carbon dioxide or water that can be easily reused, so when it is not recycled properly, it often ends up in our oceans. Sadly, not all countries have waste or recycling programs, and in some poorer countries, plastic blows in the wind and hangs up on trees, buildings, and streets. But we are luckier. All around us are opportunities that afford us the chance to fulfill our trust of care for this good earth we live on.

Home. Generally one of our favorite places, our homes contain everyday items that can help us take steps toward careful and responsible management of daily life. At your Food Co-op, we've acquired a few things to help you transition to this renewing way of living in your home! Here are just a few of our favorite things!



## Bee's Wrap

Bee's wrap is a sustainable food wrap made of cotton, beeswax, plant resin, and jojoba oil. It's reusable for six months to a year. Bee's wrap is an age-old technique used to preserve food before plastic began being mass produced in 1953. You say, "I like my plastic wrap. What's the harm?" PVC or PVdC is ... well, look it up. Stewardship includes research. Please search LDPE, too! Commercial wrap is not even recyclable! So much can be said here! Here's more homework: search "plastic food wrap."



## Bulk Personal Care

Come one, come all! Bring your clean jars and plastics and refresh your personal care supplies. You get variety while buying only as much as you need—stewardship and recycling! Buying bulk doesn't always save you money (immediately), but it saves by lovingly reconditioning our oceans and helping the critters that live there. It reduces emissions that emanate from all this rubbish.

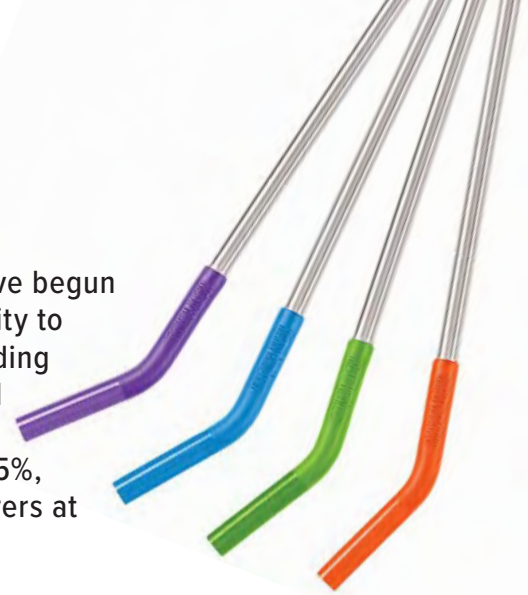


It invites us to ponder why we shop the way we shop and ask, "Is there something I can do in my home on a daily basis?"



### Klean Kanteen Stainless Steel Straws

These straws are a big hit at The Co-op. Cities and states have begun legislating bans on plastic straws. (Seattle was the first US city to ban plastic straws and stir sticks.) Yet straws are not the leading type of plastic waste. That record goes to food wrappers and containers, which account for 31% of all plastic pollution (as of 2017). Next come plastic bottles and container caps at 15.5%, plastic bags at 11.2%, and then finally plastic straws and stirrers at 8.1 percent. So then why all the fuss?



Straws are small and lightweight, so they end up everywhere. At recycling centers, they contaminate loads so they must be disposed of as garbage. Animals eat them or get entangled with them. An analysis of trash collected on U.S. coastlines during cleanups over five years found that there are nearly 7.5 million plastic straws on America's shorelines. Estimates range from 437 million to 8.3 billion plastic straws on the entire world's coastlines.

If the average person uses 1.6 straws per day, as is estimated, then every 25,000 people who stopped using straws would eliminate over 10,000,000 straws a year, preventing them from entering oceans and harming wildlife. Prime example of stewardship.



### Dental Lace

Zero waste. This dental floss comes with a glass cylinder for refills purchased at your leisure. Count how many time your dentist recommends you floss and count how many dental floss dispensers you've tossed out or recycled—and not all are recyclable! Think of a football field, six stories high, filled with floss dispensers. This calculation is based on everyone following the recommendations of the ADA for good hygiene. Dental Lace is 100% mulberry silk floss, which means it's biodegradable! Mulberry silk is the highest quality silk available. Silkworms of the *Bombyx mori* moth are fed only mulberry leaves, resulting in a pure, long fiber that is odorless, hypoallergenic, and durable. The Food Co-op has a couple of choices of Dental Lace: a dispenser with two 33-yard spools and a refill that contains two 33-yard spools.

This is just a small summary of our offerings. We are happy to give you a tour of our bio products and our reduce-reuse products. I'm so glad you're joining us in this call to home stewardship.

# Cover Crops: Plants that Give Back

Barbara Faurot, WSU Extension Master Gardener intern

Everything we grow depends on the soil! A simple and sustainable way to protect and improve soil is the use of cover crops.

## Cover crops have many benefits:

They add organic matter, improve soil structure, suppress weeds, and attract beneficial insects. They also help protect water quality by reducing nutrient leaching, soil erosion, and water runoff. Rather than being harvested for food, cover crops are returned to your garden soil just before they go to seed. Nutrients are released as the plants decompose.

## When to plant cover crops

You can plant cover crops to hold space for your winter vegetables, as part of your summer rotation, or in the fall to provide winter cover. In general, crops that are planted earlier recover more nutrients, cover the soil more quickly, and produce more organic matter. Existing gardens or new planting spaces all benefit.

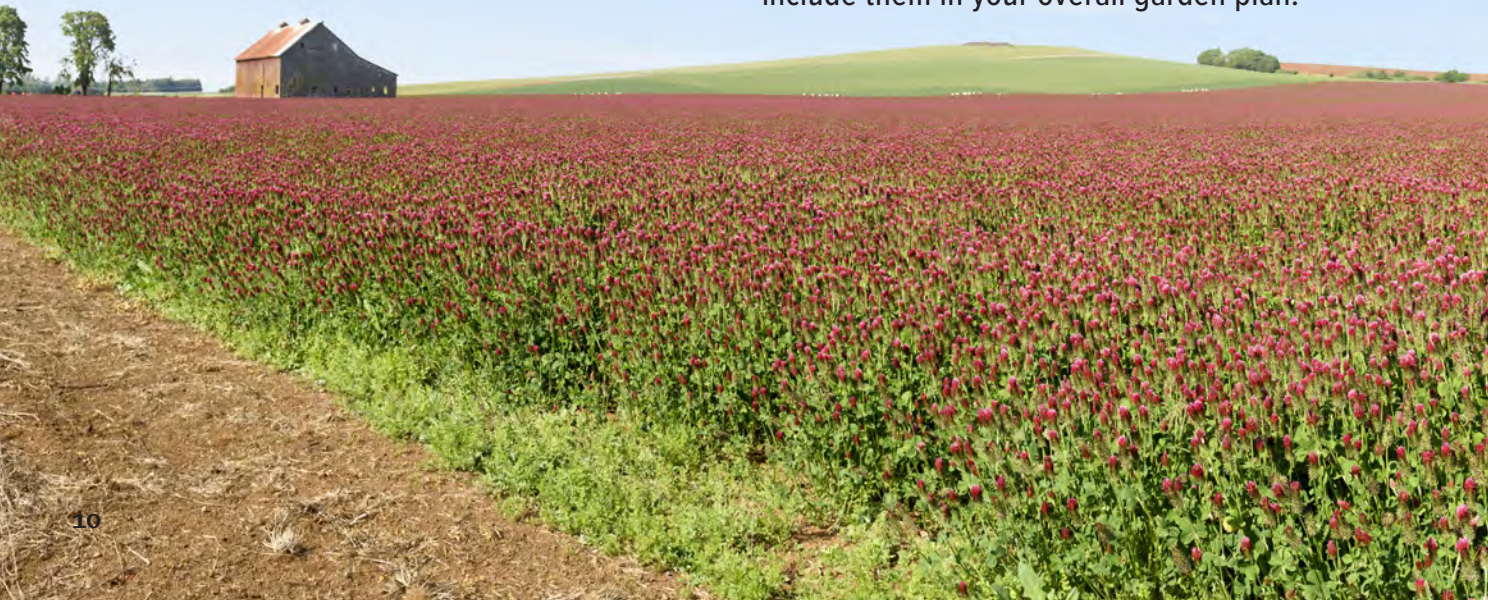
The time of year and your garden plan will help you choose which cover crop to plant.

Many seed companies and local garden centers offer cover crop seeds and mixtures, with descriptions of planting criteria and crop benefits.

Terminating the cover crop is as important as planting the crop in the first place

When the plants are just about to produce seed or the top growth is getting out of control, you can cut off the crop at the base of the plant or mow the area. Add the tops to your compost bin, or leave them on the soil surface for several days before turning them under with a shovel or tiller, or just leave the surface residue for mulch. Wait two or three weeks before planting vegetables or flowers; the decomposition of green material can tie up soil nitrogen, and some cover crops such as rye can inhibit initial seed germination.

Start with a cover crop that is easy to grow and manage, such as crimson clover or a rye-vetch mixture. Plant in a small area of your garden and compare the results to the rest of your garden. As you gain experience, you can experiment with other cover crops and include them in your overall garden plan.





## Good cover crop choices for our area:

**Grasses:** cereal rye, winter wheat, oats, barley, and annual ryegrass. Grasses produce great quantities of organic matter, their roots break up compacted soil, and they are cold hardy for overwintering.

**Legumes:** clovers (such as crimson, red, or Dutch white), hairy or common vetch, fava beans, bell beans, and Austrian winter pea. Legumes fix nitrogen from the atmosphere. When the plants decompose, some of the fixed nitrogen is released for use by future plants.

### Other cover crops:

brassicas (such as mustards or oilseed radish), buckwheat, phacelia, and calendula. These are great plants to encourage pollinators and other beneficial insects. They are often grown as short-season summer cover crops.

### Cover crop mixtures:

legumes and cereal grasses (winter mix), sorghum-sudangrass and vetch (summer mix). Many mixes combine the benefits of individual seeds and increase the odds that you've planted something suited to your garden's soil and microclimate.

For more information, including recommended planting dates for winter and summer cover crops, visit the Washington State University Extension website, Publication FS111e: <http://pubs.cahnr.wsu.edu/publications/pubs/fs111e/>. Jefferson County Master Gardener volunteers offer free plant clinics from April through September.

**BRING YOUR QUESTIONS:**  
Jefferson County Community  
Development Office  
621 Sheridan Street  
Port Townsend  
**Mondays from 1-4 pm**  
or  
WSU Extension office  
121 Oak Bay Road  
Port Hadlock  
**Tuesdays from 11 am -2 pm**



Crop	Apr	May	Jun	Farmer
Arugula: Bulk, Bunched			●	Red Dog Farm
Asparagus	●	●	●	Solstice Farm/Dharma Ridge
Baby Bok Choi			●	Dharma Ridge Farm
Beans: Fava			●	Red Dog Farm
Berry - Raspberry			●	Dungeness River Lamb Farm
Berry - Strawberry			●	Dungeness River Lamb Farm
Broccoli			●	Dharma Ridge Farm
Cabbage: Napa		●	●	Finnriver Farm
Cabbage: Savoy			●	Joy Farm
Carrot: Bunch		●	●	Dharma Ridge Farm
Carrot: Rainbow Bagged 3lb.			●	Midori Farm
Chard: Rainbow & Red			●	Red Dog Farm
Chard: Green	●			Red Dog Farm
Cilantro			●	Dharma Ridge Farm
Collards	●		●	Red Dog Farm
Cucumber: English		●	●	SpringRain Farm/Colinwood
Cucumber: Mini English			●	Midori Farm
Currant: Black			●	Solstice Farm
Dandelion: Red	●	●	●	Red Dog Farm
Endive: Frisee		●	●	Red Dog Farm
Fennel		●	●	Finnriver Farm
Garlic: Scape		●	●	Solstice Farm
Herb - Basil			●	Red Dog Farm
Herb - Chives	●	●	●	Red Dog Farm
Herb - Oregano		●	●	Red Dog Farm
Herb - Parsley, Curly	●			Red Dog Farm
Herb - Rosemary		●	●	Red Dog Farm
Herb - Sage		●	●	Red Dog Farm
Herb - Spearmint	●	●	●	Red Dog Farm
Herb - Thyme		●	●	Red Dog Farm
Herbs Tarragon	●	●	●	SpringRain Farm
Kale: Green Curly, Lacinato, Red Curly, Red Russian			●	Red Dog Farm
Kale: White Russian	●			Red Dog Farm
Kohlrabi: Bunched Purple		●	●	Midori Farm
Lettuce: Green Leaf, Green Butter	●	●	◐	Finnriver Farm
Lettuce: Green Leaf, Green Butter			◑	Dharma Ridge Farm
Lettuce: Red Leaf, Romaine, Red Butter		●	●	Dharma Ridge Farm
Lettuce: Red Romaine,			●	Red Dog Farm
Microgreens: Radish, Daikon, Sunflower & Pea	●	●	●	SpringRain Farm
Mizuna: Bunched		●	●	Red Dog Farm

Crop	Apr	May	Jun	Farmer
Mushrooms: Shitake, Lion's Mane, Trumpet, Maitake	●	●	●	Skokomish Ridge Mushroom Cooperative
Onion: Purplette			●	Midori Farm
Onion: Sweet Fresh			●	Wildwood
Onions: Green Onions & Purple Green Onions			●	Red Dog Farm
Pea: Sugar Snap			●	Dharma Ridge Farm
Peas: Snow	●	●	●	Dungeness River Lamb Farm
Raab: Assorted Varieties	●	●		Various farms
Radishes	●			Finnriver Farm
Radishes		●	●	Red Dog Farm
Rhubarb	●	●	●	Wildwood/Solstice Farm
Salad Mix: Bulk & 5 oz. Bag	●	●	●	Red Dog Farm
Spinach: Baby 5 oz. Bag	●			SpringRain Farm
Spinach: Baby Bulk & 5 oz. Bag		●	●	Red Dog Farm
Spinach: Bunch			●	Dharma Ridge Farm
Stir-Fry Mix	●	●	●	Red Dog Farm
Tomato: Slicing		●	●	Colinwood Farm
Turnip: Bunch Hakuri		●	●	Finnriver Farm

### Get To Know Your Farmer

- Colinwood Farm** – 1.1 miles from The Food Co-op. Port Townsend WA. Selling at the Food Co-op since 1997. Certified Organic. Self-serve farmstand.
- Dharma Ridge Farm** – 18 miles from The Food Co-op. Quilcene WA. Selling at the Food Co-op since 2005. They grow between 40-50 acres of crops on 100 Organic acres.
- Dungeness River Lamb Farm** – 30 miles from The Food Co-op. Sequim WA. 40 Acres of fruits and vegetables. Lamb Farm Kitchen produces spreads, hummus, shortcake and more!
- Finnriver Farm** – 9 miles from The Food Co-op. Chimacum WA. 33 Acres of berries & vegetables, Salmon Safe certified.
- Joy Farm** – 35 miles from The Food Co-op. Sequim WA. 7 Acres of organic fruits & vegetables. Draft horse work farm.
- Midori Farm** – 23 miles from The Food Co-op. Quilcene WA. 29 Acres of organic vegetables, garden seedlings, seeds & craft their own traditionally fermented sauerkraut & kimchi.
- Red Dog Farm** – 10 miles from The Food Co-op. Chimacum WA. 23 Acres of berries, vegetables & flowers. Salmon Safe certified.
- Skokomish Ridge Mushroom Cooperative** – Skokomish Ridge Mushroom Growers' Cooperative - 73 miles from the Food Co-op. Producing Shiitake, Maitake, Lion's Mane And King Trumpet mushrooms.
- SpringRain Farm & Orchard** – 8 miles from The Food Co-op. Chimacum WA. 28 acres of berries, perennial vegetables, orchard fruit, greenhouse crops, eggs, chicken, duck, turkey, rabbit, & farmstead jams & pestos.
- (Local Farms Not USDA Certified Organic)**
- Solstice Farm** – 12 miles from The Food Co-op. Chimacum WA. Selling at the Co-op since 2002. 33 Acres of fruits, vegetables, lambs, pigs & free range chicken eggs.
- Wildwood** – 27 miles from The Food Co-op. Quilcene WA. Locally grown assorted vegetables & peonies.

● In Season

◐ Arrives part-way into the month

◑ Leaves part-way through month

Produce availability is subject to change



# Sustainability and Your Animal Friends

by Dr. Anna Maria Wolf, PetSynergy

There are many ways you can extend sustainability into the care you give the animals in your life. In general, the commercial pet food industry is far from sustainable, but there are some sustainable pet food brands, and a few even have recycled packaging. Look for products from companies that participate in the Pet Sustainability Coalition (PSC), an organization trying to build a more sustainable pet industry.

Making your own pet food, either raw or cooked, and buying the ingredients locally improves its sustainability, plus your pet will appreciate it and benefit from the healthy ingredients. Consult with your veterinarian or a holistic veterinarian to make sure the recipe you use is nutritionally balanced. You can find recipes online for making pet food as well as healthy cat and dog treats. Home-made diets and treats also avoid the recalls that are all too common in the pet food industry today.

Using biodegradable bags to pick up dog poop and then composting it is a good practice, though not recommended for vegetable gardens. At the very least, avoiding non-degradable plastic bags makes a big difference by lowering the amount of plastic going into landfills. For your cat, you

can buy sustainable cat litter like those made with recycled newspaper or wood chips. Holistic medicine is very sustainable. Using treatment modalities like acupuncture and homeopathy can minimize the need for drugs and medications, be healthier for your animal, and provide other benefits such as increased longevity. Look for local and/or sustainably-sourced version of things like cannabidiol oil (CBD oil) and herbs. CBD oil can help a lot with pain and inflammation as well as conditions such as arthritis and gastrointestinal issues.

Be creative and make your own dog and cat toys from safe, recycled materials, such as old socks or sweaters, and nobody loves an empty box more than a cat!

Lastly, adopt from the local shelter! This will not only directly save an animal, but will reduce the huge expense of maintaining all the animals in shelters. With so many animals needing homes, it is an important and life-saving thing to do!

*Dr. Anna Maria Wolf is a licensed holistic veterinarian who specializes in holistic care including homeopathy and acupuncture. Dr. Wolf is available for house-calls and phone consultations at [www.petsynergy.com](http://www.petsynergy.com) and [doctorwolf@petsynergy.com](mailto:doctorwolf@petsynergy.com).*

**Editor's note: You can find sustainable pet food and holistic pet medicines at the Co-op. For instance, we carry Rescue Remedy Pet, which helps calm nervous animals, especially on car rides or the 4th of July!**



# Home Composting 101: BECAUSE A RIND IS A TERRIBLE THING TO WASTE

By Laura Tucker, Waste Reduction and Outreach Coordinator  
with Jefferson County Public Environmental Health

**Did you know that every day Jefferson County sends an average of three semi-truckloads of garbage to a landfill 350 miles away?**

About a third of that trash could be composted into nutrient-rich fertilizer. Here are four reasons why composting is a “green” thing to do.

### **Composting reduces landfill waste and, therefore, methane emissions.**

When garbage goes to a landfill, it lies stagnant where the vital oxygen needed to facilitate the decaying process cannot reach it. This results in the release of potent greenhouse gases that contribute to global warming. The amount of methane emitted from a home compost heap? Zero.

### **Composting reduces dependence on fossil fuels.**

Most people buy compost for their gardens, but in reality, homemade compost is far superior. Commercial composting uses a sped-up method, oxidizing organic matter

at high heat so it breaks down quickly but killing beneficial microbes. Commercial composting requires the use of oil-reliant machinery, making the carbon footprint high. If we compost all of our food waste, we could also save the fuel needed to send one truckload of garbage every day to our landfill in Roosevelt, Washington, 350 miles away.

### **Composting is part of the natural cycle of growth and decay.**

“Waste” is a human concept and also a human problem. In nature there is no waste, as every living thing serves a greater purpose than its own lifespan and contributes to the growth of something else. It is easy to forget this crucial fact, but when we compost our food and yard waste, we learn to appreciate the cycle of life that involves decay and new growth in equal measure.

Everything you compost at home becomes a thriving habitat and nutritious fodder for

an entire population of beneficial bacteria, insects, worms, and fungi. What they leave behind becomes nutrient-rich compost for your garden.

Composting is nature's way of recycling, using a natural process to produce rich organic matter known as humus. Humus provides channels for air and moisture to get into the soil and other gases to get out. It also holds moisture in the soil, thus reducing the need to water your plants.

### There is a lot you can compost.

You can compost anything that comes from plants and trees: fruits and vegetables, coffee grounds, tea bags, beans and rice, fruit rinds, moldy bread, bouquets of flowers, eggshells, nuts, and even nutshells.

If odors are a problem, you can remedy this by adding more dry materials, such as shredded cardboard or dried leaves. However, don't put animal products like meat and cheese in your compost—they smell and attract pests.

**Find out more!! The Food Co-op is offering a Lunch and Learn class on home composting on Earth Day, April 22nd.**



## COMPOSTING 101: BECAUSE A RIND IS A TERRIBLE THING TO WASTE

Turn your food and yard waste into treasure! Learn how to create and maintain a healthy compost system at home. It's easy and fun. Join us for an engaging hands-on workshop with instruction on how to create and maintain a healthy compost system with food and yard waste. Create compost to amend your soil, retain moisture, provide essential nutrients for your plants & MORE! Participants will explore different types of soils and compost, and evaluate the organic matter in each. Handouts will be provided to support the many ways you can use compost in your yard and garden.



**Monday April 22nd 11:30-1pm**

Member: FREE / Non-Member: \$5

Register at: [www.foodcoop.coop/classes/](http://www.foodcoop.coop/classes/)

**FOOD CO-OP  
ANNEX**

2110 Lawrence Street  
Port Townsend 15

# Join The Fun!



photo by Wendy Feltham

## Earth Day Beach Clean Up and Citizen Science Day at the Port Townsend Marine Science Center

On Saturday, April 20, volunteers from near and far will converge on the Port Townsend Marine Science Center to celebrate Earth Day weekend. After checking in, many will spread out to area beaches at Fort Worden State Park, Fort Flagler State Park, Fort Townsend State Park, Chetzemoka Park and North Beach to pick up trash and debris. Others will be honoring Citizen Science Day, officially one week earlier on April 13, with a BioBlitz at Fort Worden.

The Port Townsend Food Coop will provide \$5 gift cards, to be used the same day, for all registered volunteers.



The beach clean-up is part of Washington CoastSavers' annual effort to remove debris from state beaches. Participants in the Bioblitz will use the free iNaturalist app to make observations of every living species that can be found at Fort Worden in a single day. People of all ages and skill levels are welcome.

**More information, including participant pre-registration, is available on the PTMSC website at [ptmsc.org](http://ptmsc.org)**

30  
volunteers  
found 659  
pounds of trash  
in 2018!





# Talking Trash

by Carol Cummings,  
Beyond Waste Action Group



Did you know that each month, on average, Americans generate the equivalent of their body weight in trash? The mission of the Beyond Waste Action Group, a part of Local 20/20, is to reduce that amount by composting, refusing, reusing, repairing, reselling, and recycling. We aim to support and educate local businesses, organizations, and individuals to reduce their contributions to the waste stream.

Food waste comprises a large percentage of what goes into trash cans and dumpsters, up to 24% by weight. Backyard composting is an ideal way to recycle food waste and enrich our local soils, but not everyone has access to a back yard pile. To make composting available for all, our group is bringing local businesses and government agencies together to explore food waste composting on a larger scale. We have partnered with The Food Co-op to form EAT, Eco Action Team, to investigate how commercial food waste composting might work for our community.

In support of the best practices in recycling, we have encouraged the City of Port Townsend to continue with separated curbside recycling to keep our recyclables clean, thereby supporting Skookum Contract Services, our local processor, in maintaining the marketability of our recycled materials. Last fall, we volunteered at the transfer station to support the county's efforts to inform citizens about contamination in our local recycling stream.

In partnership with Jefferson County Public Health, we helped present a class through The Food Co-op on alternatives to plastic use. In August, we helped promote a zero-waste Community Picnic by setting up an informational recycling station, transporting corncobs to a local farm for composting, and providing reusable eating utensils.

The Beyond Waste Action Group meets the second Tuesday of the month. If you are interested in participating, we welcome new members. Come talk trash with us! See us at <https://l2020.org/beyond-waste/>.



# Creating a Sustainable Pantry

by Sidonie Maroon, A Blue Dot Kitchen

I recently taught “The Potent Pantry” at the Co-op Annex. By potent, I mean that our stored foods should be nutritionally dense, have flavor enhancing capacities, and be the primary building blocks to great dinners. I later realized that a potent pantry is a sustainable pantry: By buying local and cooking from scratch, we decrease our reliance on processed foods.

## TIPS FOR A SUSTAINABLE PANTRY

### The two ingredient rule

With minor exceptions, try stocking your pantry with items that have two or fewer ingredients on the label. This will help you to cut back on processed foods and packaging waste. It will also give you more control over what’s in your food.

### Rotate pairings of grains and legumes

Fill quart mason jars with colorful legumes and grains. Keep them in sight where you won’t forget them. Experiment with new combinations as the starting point for your meal. I keep round fridge magnets with pictures of 12 different grains and legumes so I can move them around and play with the possibilities.

### Make dinner one or two days a week from your pantry

Look at what you already have and add fresh produce. It helps on the grocery bill and rotates your stock.

### Buy bulk

Save money and reduce packaging by buying bulk. Refill your oil, honey, and tamari bottles. Be ready to use your own containers by setting up jars and sacks to hang out in your car. Put a reminder to use them on your grocery list.

### A pantry includes all the places you store food

Your pantry isn’t just a room or cupboard. It includes cold storage places like the fridge and freezer. Remember that homemade fermented foods and frozen fruits are great to draw on as pantry items.

### Keep pantry essentials stocked up

Fresh and local foods become delicious meals when you have pantry essentials on hand.

### Try ingredients out of your comfort zone

Every month learn how to use a new ingredient and work with it until you become comfortable using it in your daily cooking. With bulk foods, we support not only our health but the environment.



## PRO TIP

SHOP OUR BULK  
& CO-OP BASICS  
TO SAVE \$

### PANTRY ESSENTIALS

The pantry is the place to keep flavor amplifiers like sweet, sour, acid, and heat

**Vinegars and citrus:** balsamic, apple cider, rice, sherry, preserved lemons

**Oils and fats:** walnut, olive, coconut, avocado, butter, ghee, lard

**Sweeteners:** coconut sugar, date sugar, maple syrup, blackstrap molasses, raw honey, monk fruit, stevia

**Salts:** real salt, Celtic salt, smoked salt, local finishing salts, tamari

### WHOLE SPICES, HERBS, AND DRIED CHILIES MAKE A MEAL

Start with whole spices and herbs—it only takes a moment to grind them yourself (Your herbs and spices should be only one year old—after that you might as well be sprinkling dust on your food)

**Nuts, etc:** nuts and seeds, dried fruits, veggies, mushrooms

**Cans and jars:** canned tomatoes, coconut milk, salmon, sardines, anchovies, mustard

**Baking basics:** baking powder, baking soda, baking yeast

**A few of the essentials I mix up myself:** gluten-free all-purpose flour, baking mix, pastry mix, herb-salt mixes



### FLAKY PASTRY DOUGH

- 2 $\frac{1}{3}$  cups pastry mix
- 1 cup or 2 sticks (226g) chilled cultured unsalted butter cut into a small dice
- 2 tablespoons apple cider vinegar
- $\frac{1}{2}$  cup cold water or milk

In a food processor (or in a bowl by hand), add the pastry flour and diced butter, then pulse until the pieces of dough are the size of French lentils. Put into a mixing bowl and add the liquid. Bring together and form into 2-4 flat discs, then chill before using.

Notes: Gluten-free doughs need time to expand their gums and gels (xanthan gum and flax meal), which help to bind the dough together. The chilling time allows the fat to harden, which creates flakiness. The vinegar is important because gluten-free flours do better in an acidic environment.



## BEST G.F. PASTRY FLOUR MIX

Makes 28 cups of mix

This gluten-free pastry mix makes wonderful flaky pie crusts. I also use it for homemade crackers.

- 4 bags (623g) Bob's Red Mill sweet white sorghum flour
- 1 bag (454g) Bob's Red Mill tapioca starch
- 1 bag (623g ) Bob's Red Mill potato starch
- 1 ½ cups plus 2 tablespoons golden flax meal
- ¼ cup plus 1 teaspoon xanthan gum
- ¼ cup plus 1 teaspoon aluminum-free baking powder
- 2 tablespoons good quality sea salt

Combine everything with love. ♥

## HOMEMADE CHEESE & ONION CRACKERS

If you've never had fresh crackers straight from the oven, then you're in for a treat. The recipe will work for any flavor combination you can dream up.

- 1 cup pastry mix
- 2 tablespoons nutritional yeast
- ¼ cup avocado oil
- ¼ cup milk or water
- 1 tablespoon apple cider vinegar
- ¼ cup parmesan

### Spices

- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon caraway seed
- 1 teaspoon dried thyme

Preheat the oven to 400 F. Line a baking sheet with parchment paper. Add all dry ingredients to a mixing bowl. Mix the wet ingredients together separately and pour over the dry. Mix and shape into a large ball. Divide into golf ball sized pieces and press—between parchment paper—in a tortilla press, or roll out to a 6-inch diameter between parchment paper. Peel off the rounds and lay them on the baking sheet. Pierce the rounds with a fork and cut them into eighths. Bake for 12 to 14 minutes or until they're golden colored. The crackers will get crunchier as they cool.



# Spring Classes & Events @ The Food Co-op

Date/Time	Event/Class	Price	
		Co-op Member	Non Member
Sat Apr 20th all day	<b>Beach Cleanup with Marine Science Center</b> At the beach! See details at <a href="http://www.foodcoop.coop/calendar">www.foodcoop.coop/calendar</a>	Free	
Sat Apr 20th 10:30am-2:30pm	<b>The Art of Soup: Pots of Gold—Chicken Pho</b> at The Market Kitchen (1433 W. Sims Way)	\$25	\$40
Sun Apr 21st 4-6pm	<b>Ask the Chef - Vietnamese: Focus on Dipping Sauces</b> with Sidonie Maroon at The Food Co-op	Free	
Mon Apr 22nd 11:30-1pm	<b>Composting 101 – Because a Rind is a Terrible Thing to Waste</b> with Laura Tucker from JC Public Health at the Food Co-op Annex (2110 Lawrence St.)	Free	\$5
Sat Apr 27th 10:30am-2:30pm	<b>The Art of Soup: Pots of Gold—Chicken Pho</b> with Sidonie Maroon at The Market Kitchen (1433 W. Sims Way)	\$25	\$40
Sat May 4th 10:30am-2:30pm	<b>Cook the Books: Provence to Pondicherry</b> <i>Recipes from France and Faraway</i> with Sidonie Maroon at The Market Kitchen (1433 W. Sims Way)	\$25	\$40
Sun May 5th 4-6pm	<b>Ask the Chef - Cinco de Mayo: Mexican Salsas</b> with Sidonie Maroon at The Food Co-op	Free	
Sat May 4th 10:30am-2:30pm	<b>Cook the Books: Provence to Pondicherry</b> <i>Recipes from France and Faraway</i> with Sidonie Maroon at The Market Kitchen (1433 W. Sims Way)	\$25	\$40
Tue May 7th 5:30-8:30pm	<b>Board Meeting</b> at the Food Co-op Annex (2110 Lawrence St.)	Free	
Wed May 8th 12-1:00pm	<b>Lunch &amp; Learn: Smile! Nutrition &amp; Herbal Care for Healthy Teeth &amp; Gums</b> with Linden de Voil at the Food Co-op Annex (2110 Lawrence St.)	\$25	\$40
Sun May 26th 3-6pm	<b>Annual Meeting</b> at JFK Building, Fort Worden	Free	
Sat June 1st 10:30am-2:30pm	<b>Cook the Books: Vegetarian Indian with Confidence</b> with Sidonie Maroon at The Market Kitchen (1433 W. Sims Way)	\$25	\$40
Sun June 2nd 4-6pm	<b>Ask the Chef - Vegetarian Indian Dishes</b> with Sidonie Maroon at The Food Co-op	Free	
Sat June 8th 10:30am-2:30pm	<b>Cook the Books: Vegetarian Indian with Confidence</b> with Sidonie Maroon at The Market Kitchen (1433 W. Sims Way)	\$25	\$40
Tue June 4th 5:30-8:30pm	<b>Board Meeting</b> at the Food Co-op Annex (2110 Lawrence St.)	Free	

 @ The Food Co-op  
414 Kearney Street Port Townsend

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

 @ Market Kitchen  
1433 W. Sims Way Port Townsend

 Offsite

For our complete class & event list visit: [www.foodcoop.coop/calendar](http://www.foodcoop.coop/calendar)

# What's in a Name?

by Liam Cannon, POS Tech

Do you ever wonder why a food is given a name that has nothing to do with what it is? You might get slapped if you try to eat a lady's finger. I didn't think that chickens had fingers, but apparently they do. Let's examine a few food etymologies, misnomers, and translations.



**Ladyfingers:** Also known by its original 15th century Italian name, *savoardi*, a ladyfinger is a dry egg-based biscuit shaped like a finger, similar to a biscotti. It was created to celebrate a visit of the King of France to the court of the Duchy of Savoy. To make things a little more confusing, the okra plant and its seed pods are called “lady’s fingers” as well. As a side note, the Bantu word for okra is *ngombo*, which is where gumbo stew got its name.



**Sloppy Joe:** Most of us are familiar with that tasty and sometimes messy sandwich made of ground beef, onions, green pepper, garlic, and tomato sauce. It is not named after the messy nature of the sandwich though, but after the two famous bars that first served it. The soon-to-be world famous concoction began at Sloppy Joe's Bar in Havana, Cuba, and Key West, Florida, in the 1930s.



**French Fries:** At one time the main diet for the people of the Meuse Valley in Belgium was small river fish that they would fry whole. When winter froze the river, they would cut potatoes thin into rectangular strips and fry them the same as they did the fish. They say that during WWII, American soldiers stationed in the region started calling these potatoes “French fried potatoes” and later “French fries,” as the language spoken in that part of Belgium was French. There is earlier evidence of fried potatoes originating in France, but these resembled chips or shreds, not the fries that we know so well.



**Sweetbreads:** When you think of sweetbread, it conjures images of tasty, sweet desert breads or even swirly cinnamon rolls, but you won't find any of these in a bakery. Sweetbreads are the thymus glands found in the neck and heart of calves and lambs. It is typically served fresh and considered a delicacy by many. The name is derived from the fact that it has sweetness to its flavor and from the old world word “*brede*”, meaning roasted meat.



**Buckwheat:** You can purchase it with a few bucks but it is not related to wheat. Sometimes incorrectly considered a cereal grain, it is actually a fruit seed from the same family of plants as rhubarb. Although it originated in China, it is known from its Dutch word *bockweit*, which means beech whea, from its triangular beechnut-like shape.



**Awful or offal:** It may be awful to some, but it's a delicacy to others. Offal are the intestines and internal organs of butchered animals. It comes from the Germanic word meaning "off-fall," because it fell off the carcass during butchering. Although now repulsive to some, offal came from a time when it was considered proper and practical to use all of the parts of an animal.



**I yam what I yam:** Have you ever called something by its wrong name for so long that it would be too complicated to change or too embarrassing to explain why? That's what has happened to the yam in this country. Most yams found in this country are actually sweet potatoes. True yams, which can reach lengths of up to five feet, come from Africa or Asia and are related to lilies, unlike sweet potatoes which come from the morning glory family. There are two types of sweet potatoes, "firm" and "soft." The first ones grown in this country were the firm variety. When the soft type entered the commercial market, they needed to differentiate it from its lighter colored counterpart, and since it resembled the true yam in color, they chose to call it a yam, thinking that nobody would know the difference.



**Eggplant:** If you thought that eggplants are where eggs come from, you are partially right. They don't actually produce eggs, but the original vegetable, introduced in Europe from India, was not the familiar purple fruits we know today, but small and white, resembling chicken eggs. Botanists of the 1500s prophesied that these eggplants, along with potatoes, tomatoes, and peppers, would cause insanity if consumed. I am grateful that they were wrong, or were they? It might explain a few things.



# What's in a Name?



**Wazzup with wasabi:** Most of what we call wasabi in this country is not wasabi but horseradish with green coloring added. Most of us are familiar with the pungent sushi condiment that burns the nose when you eat too much of it. The plant is found along stream beds in only four regions of Japan, and record of it as a food dates back to 8th century CE. It wasn't popular in this country until about 1980. Growing conditions cannot satisfy the commercial demand, and with expensive production costs, it is rare to find real wasabi plants or fresh wasabi outside of Japan. True wasabi can only be found in specialty grocers or high end restaurants.



**Spotted Dick:** Do you know why this British pudding made of bread boiled with dried fruit makes people snigger? It's because we know Richard and he doesn't have spots. It is also known as "spotted dog" in England or "railway cake" in Ireland. Food historians agree that "spotted" references the dried fruit. The rest is a little less certain, except it is believed that "dick" and "dog" are both dialectal references to pudding and dough.



**Lost in translation:** For a lot of us, packaging is everything. A product has to have an attractive wrapper with colors and pictures that beckon us to buy it, so that we can take it home and throw the packaging in the trash before we use or consume the item. A lot of foreign food manufacturers display a product's information in their native language along with its English translation. Unfortunately, some of these do not inspire purchasing and can be unintentionally offensive. How about a soup cracker called "Only Puke" or a package of ramen called "Soup for Sluts."? Consider "Shrimp Flavored Crack," "Nuclear Licorice" (not a candy), or Ghana's "Pee Cola." How about a refreshing drink of "Pet Sweat"?

It is amazing that despite the amount of documentation people have done to retain knowledge and bring it forward to new generations, much of that information still gets lost with time. Is it a failure of the process or a lack of care in maintaining the details or a failure to even use the knowledge? Whichever reason, it is a fascinating and sometimes tasty journey to ferret out food history.





With all of the NEW exciting stuff happening at the Co-op, we wanted to give tribute to our past, a where we came from of sorts.

Our summer issue of the Commons is dedicated to just that! We are currently looking for all the amazing co-op stories from over the years.

Was the co-op your first job?

Has the co-op helped you bring a product to market?

Did you meet your partner in the bulk aisle?

Maybe you served as a board member in the 80s?

Whatever the story is, we want to hear it! If your story is chosen to be published in the Summer Commons (Released July 3rd), you will receive a \$25 Gift Card for The Food Co-op.

### *How to:*

- ✿ Please visit [www.foodcoop.coop/co-opstories](http://www.foodcoop.coop/co-opstories) or email us at [coopstories@Foodcoop.Coop](mailto:coopstories@Foodcoop.Coop) to submit your story.
- ✿ Submissions Due by May 1st.
- ✿ Please keep story between 100 - 300 words
- ✿ Including Pictures would be Amazing!
- ✿ Please include Full Name and Member Number to be considered. We need to know who to send the Gift Card to.

*Food*  
**co-op**

BRINGING OUR  
COMMUNITY  
LOCAL AND  
ORGANIC FOOD  
SINCE 1972

# Growing a Humane Meat Department

by Jacob Genaw, Meat and Seafood Department Manager

In The Food Co-op's Meat and Seafood Department, we emphasize products that are raised or produced under humane methods or conditions. We give preference to meat products certified by third-party inspection, including the Global Animal Partnership rating (GAP), organic certification, and personal visits to our local producers to see how our protein is being farmed.

All of our fresh, frozen, and canned seafood meets the guidelines of the Monterey Bay Aquarium (MBA) Seafood Watch best choice or good alternative, or is Marine Stewardship Council (MSC) certified. For species either not covered by MBA or MSC—for example some sardines and anchovies—we support small, community fisheries. I also consider other factors, such as fair trade and Best Aquaculture Practices (BAP) when looking for products for our expanding department.

Even with the small space I have currently, I've started exploring what is possible to do now. For example, in 2017 we sold 1800 pounds of Spring Rain chicken. Then I visited the farm and had conversations with John Bellows about what his customers had expressed a need for. We changed how we displayed his product, and in 2018 we increased our sales to 2500 pounds. It was such a drastic improvement that Spring Rain was unable to keep up through the winter! With our new space, we have big plans for our local producers and look forward to a bright future!

Read our policy at: <https://www.foodcoop.coop/product-requirements/#Seafood-Sustainability-Policy>



# Sustainable, Fair-Trade Shrimp at The Food Co-op

by Adam Eshleman, Ocean Beauty Seafoods

Each year, the United States imports about 1.5 billion pounds of shrimp—that's 4.4 pounds per person per year. Most of that shrimp comes from chemical-happy farms in India and Southeast Asia that bulldoze increasing amounts of rainforest to dig more shrimp ponds to meet a rising global demand. We can do better. The first step is to ask for wild caught shrimp.

Ocean Beauty Seafoods has taken it one step further by sourcing our wild-caught prawns from the world's most sustainable shrimp fishery. The Food Co-op carries our Del Pacifico prawns, which come from a co-operative of artisan fishermen in Sinaloa, Mexico. Here, fisherman sail the Sea of Cortez in small day boats with brightly colored sails, using wind power to maneuver and small hand-tossed nets to haul in their catch. These old-world features enable them to land a premium shrimp with the lowest bycatch and fuel consumption per pound anywhere in the world.

As great as this product is for the environment, it's even better for the fishermen and their communities. Del Pacifico shrimp is fair-trade certified, meaning a small portion of the price you pay for it is given back to the fisherman (on top of the original market price) to reinvest in the local community. This money can be used for environmental improvements within the fishery such as stock assessments and proper waste management, or invested in infrastructure like docks and even schools.

We eat a lot of shrimp in this country. That gives us plenty of opportunity to make choices that have a positive impact on our environment and the health of global communities. To learn about the other seafood options at the Co-op, just ask Jacob, the meat and seafood manager.



# Seeds of Our Own

by Cara Loriz,  
Executive Director of the Organic Seed Alliance



This winter showed that despite our “temperate” climate, the Olympic Peninsula offers a wide range of weather experiences. The February snow was beautiful, but it also brought sustained below freezing temperatures and power outages, creating challenges to year-round farmers. Overwintering crops like purple sprouting broccoli were also pushed to the limit of their cold hardiness.

A field full of wilted crops—be it from cold or heat, drought or flood—will often yield a few survivors that rebound once the conditions normalize. What looks like a disaster may be seen by a plant breeder as an opportunity. Hearty plants that survive these extreme weather conditions are prime candidates for seed saving so that their genetic strengths can be passed on to future generations. Researchers and farmers engaged in



participatory plant breeding projects seize the opportunity to make good things happen in the wake of bad weather.

True, broccoli can be shipped from California in the winter and sweet corn sourced from Eastern Washington in the summer, but the goal of the Port Townsend Food Co-op is to provide as much locally grown, organic food as possible for its members. This is why the Co-op has partnered with Organic Seed Alliance (OSA) in the work of breeding vegetable varieties that are regionally adapted, such as organic purple sprouting broccoli. Developed in response to farmers' need for a cold hardy vegetable to harvest in late winter, purple sprouting broccoli is proving to be a favorite with Co-op members. While we work to finish breeding and cultivate a market for purple sprouting broccoli, farmers are growing it and Co-op members can enjoy it into early April.

On the opposite end of the growing season is sweet corn. It requires warm soil to germinate and a hot growing season similar to that of eastern Washington. Maritime climates like ours here on the Olympic Peninsula generally experience cool summers and mild winters, with a much smaller annual temperature range. Breeding an organic sweet corn variety that is fully adapted to our region is a challenge, but with support from the Co-op and local farms like Nash's Organic Produce in Sequim and the Organic Farm School on Whidbey Island, the end goal of a truly local sweet corn is in sight.

When the summer is upon us, Co-op members will be invited to participate in a tasting of this delicious, organic sweet corn. In the meantime, the Co-op is seeking your input on names for this new variety.

Submit your idea to [www.foodcoop.coop/namethatcorn](http://www.foodcoop.coop/namethatcorn)

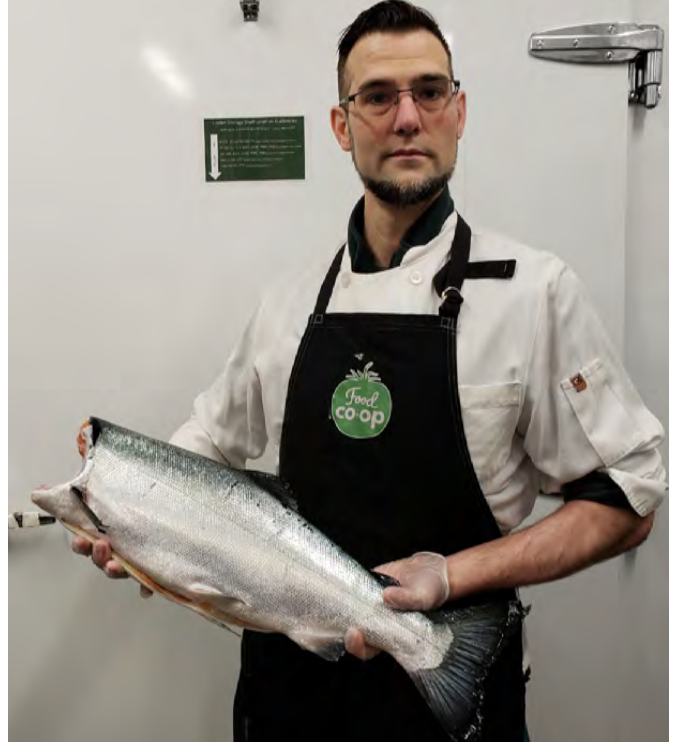
**“Nash’s Purple Sprouting Broccoli crop was devastated by geese this year creating a huge loss for their farm.**

**If you want to help, please visit <https://www.gofundme.com/help-nash039s-farm-recover-from-damage-from-birds>**

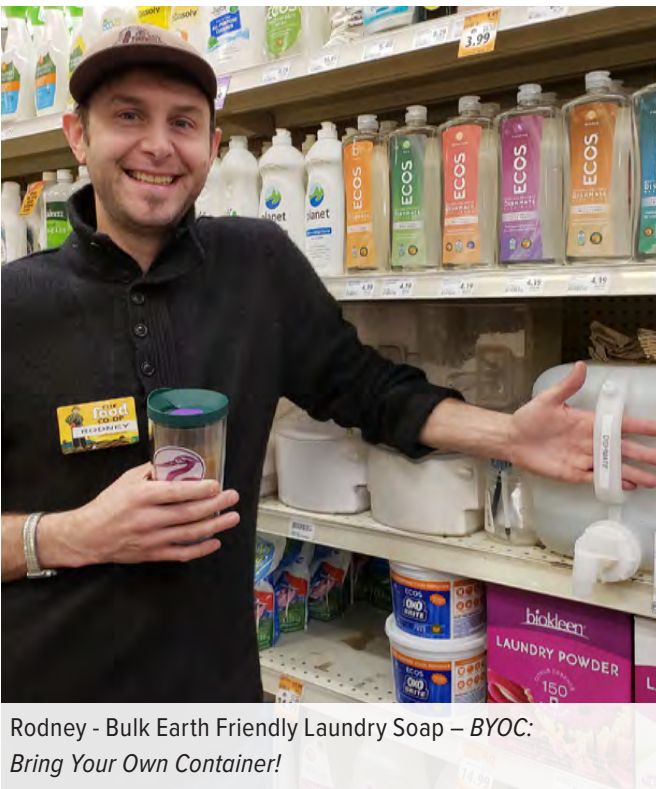
# Sustainability—Staff Picks!



Mike - Bow Hill - Organic Blueberry Jam – *Local Fave!*



Jacob - Cape Cleare Salmon – *Delivered by Bike!*



Rodney - Bulk Earth Friendly Laundry Soap – *BYOC: Bring Your Own Container!*



Julie - Bonterra Biodynamic Wine - *with a Label Made with Recycled Materials!*



Laura – Alpenfire Trail Cider – *Packaged for adventure!*



Adam – Local Organic Baby Spinach – *Fresh from the Farm!*



Deborah – Seed Dreams & Uprising Seeds – *Local 5 & Local WA!*

## Staff Hearty Thanks

January: Thomas C

## Employee Anniversaries

### December

Andrea S 1 year  
 Jess B 1 year  
 Steph B 4 years  
 Peter P 12 years

### February

Jacob G 2 years  
 Cara L 4 years  
 Lisa J 5 years  
 Ben L 6 years  
 Jessie H 6 years  
 Jan T 10 years  
 Teresa S 13 years  
 Deborah S 17 years

### January

Jacqui C 1 year  
 Al C 1 year  
 Mabel M 2 years  
 Julie D 3 years  
 Daniel P 3 years  
 Cha W 8 years  
 Dan G 16 years  
 Sky B 24 years  
 Gale W 24 years

# Sustain

## & FLOURISH

Help us celebrate our expanded and refreshed store, renewed Mission Statement, and annual report. Seasonal foods by Fort Worden Catering.

### THE FOOD CO-OP'S ANNUAL GENERAL MEETING

May 26, 2019

3:00pm - 6:00pm

JFK Building, Fort Worden  
200 Battery Way  
Port Townsend



Music by Jack Dwyer



Guest speaker Carol Sanford, internationally recognized “thought leader”, and author of multiple award-winning books is passionate to share her insights about cooperative business models. Carol’s first work was in building farm co-ops!

Food  
co-op