

Summer 2019 • Free

COMMONS

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

Co-op Stories SEE PAGE 10



Thanks To

General Manager

Kenna Eaton

Managing Editor

Andrea Stafford

Designer

Mindy Dwyer

Copy Editors

Lisa Barclay, Lisa Jensen,
Deb Shortess, Deborah
Schumacher

Contributors

Justine Gonzalez-Berg,
Liam Cannon, Jacqui
Carpenter, Kenna Eaton,
Kathryn Lamka, Sidonie
Maroon, Owen Rowe and
many co-op members!

Board of Directors

Owen Rowe, Juri Jennings,
Lisa Barclay, Monica le Roux,
Jennifer Dimon-Hardesty,
Candace McKay

The Commons is published
by The Food Co-op on a
quarterly basis and comes
out in January, April, July, and
October. If you are interested
in contributing content for
The Commons, please contact
marketing@foodcoop.coop to
discuss your article idea.

Table of Contents

From Small Beginnings.....	3
The Story We're Living	4
Meet Your Co-op Board.....	5
A Big Welcome.....	6
Co-ops, Vanilla and Beavers.....	8
Your Stories.....	10
Local Produce Calendar	20
Save the Date - We're Having A Party!.....	22
Class Schedule	23
Farm Tour	24
Garlic is Good.....	26
GROWing Healthy Students in Chimacum	29
Staff Picks & Thanks	30
Annual General Meeting.....	31
Mission & Values	32

From Small Beginnings

by Kenna S. Eaton, General Manager

One thing I know about co-op members is that we all have tons of stories. Wonderfully, sweet crazy stories mostly, from how we were started to how we grew, and how we survived and even thrived 50 years later.

My first co-op experience was in Newark, Delaware, back in the late seventies. At that time, all members had to work for two hours to be able to spend \$50. Mostly I remember debating with my roommates about who was going to go down there and bag the raisins so that we could buy some food! My next co-op, in Moscow, Idaho, also depended on volunteers. There I would cut and wrap cheese, which I enjoyed, to earn a discount on my groceries. However, it would be simplistic of me to only remember the good times, as that decade—the eighties—was a tough time for the Moscow Co-op. With Safeway jumping into the bulk game, our sales were slumping, and we were running out of cash. I remember we held a yard sale one summer to raise some much-needed payroll funds for our three co-coordinators, the only paid staff, which by that time included me.

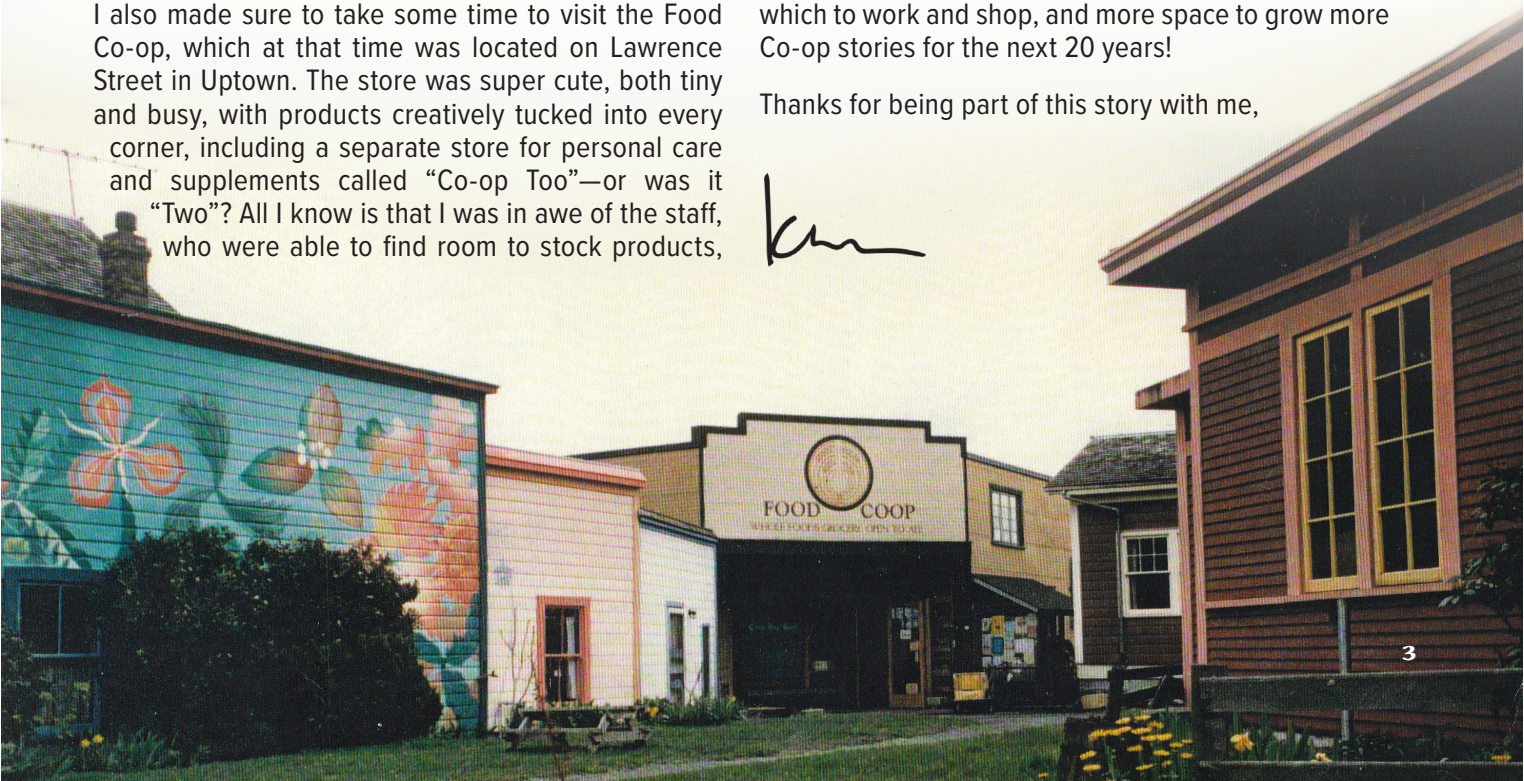
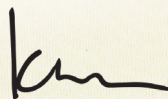
I remember visiting Port Townsend around that time for a natural food conference, one we still attend, called the Provender Alliance. Held that year out at Fort Worden, I attended classes such as Zen & the Art of Grocery (or why it was important to make a profit, something we didn't all agree about in those days). I also made sure to take some time to visit the Food Co-op, which at that time was located on Lawrence Street in Uptown. The store was super cute, both tiny and busy, with products creatively tucked into every corner, including a separate store for personal care and supplements called "Co-op Too"—or was it "Two"? All I know is that I was in awe of the staff, who were able to find room to stock products,

help shoppers, and still do their other work, and of the shoppers, who successfully navigated the maze of doorways and secret pathways.

This Food Co-op, my third co-op, just went through its first major remodel since moving to this spot 20 years ago. When we moved into this building in 2000, we didn't have much money, so we bought used equipment or got items for free, like the check stands that were built before Dave, our Front End manager, was even born. That old, funky equipment served us well during those years, but it had been getting increasingly cranky, demanding more and more maintenance and adaptation. In fact, some parts we needed for the freezer were considered "antique," meaning hard to find and expensive. Now we have bright, shiny new cases that are both more energy efficient and more shoppable, cases we think will serve us well for the next 20 years.

And we also have refreshed mission and values statements. Just as our old store worked well for many years, but was crowded and wasn't super functional, the same was true for our Mission Statement. Now it says what we do, how we do it, and for whom. Six simple words: "Working together to nourish our community." I am thrilled with this statement because it is clean, simple, and easy to work with. Just like our newly refreshed store, where we have more space in which to work and shop, and more space to grow more Co-op stories for the next 20 years!

Thanks for being part of this story with me,



The Story We're Living

by Owen Rowe, Board President

Our mission and values statements tell a story in the present tense. “Working together to nourish our community” is what we’re doing right now and our values describe how we approach that work.

How we got here is its own story and it demonstrates values like Inclusion and Participation. Last year, board Vice President Juri Jennings and I launched an in-depth process to review and renew our mission and principles. We liked every bit of the content, we just wanted to cut to the chase and express it more clearly and succinctly. We started with a series of study sessions at board meetings, then we got down to the words themselves. Along the way, we renamed “principles” to “values,” to better capture their dynamic, aspirational nature. We met with member-owners in the store, wrote articles for the Commons, and set up a special email address for input. We met with every staff team and hosted a work session with all the Co-op’s managers. At board meetings, we talked about word choices, what they implied, and how

they resonated. And in May, the board formally adopted our new mission and values statements.

One cold December afternoon, Juri and I sat shivering at a table outside the entrance (the alcove was already unavailable due to construction work). We were asking member-owners to tell us why they valued The Food Co-op. It’s a pretty abstract question, not the sort of thing that makes people stop on their way to some place warm. But one member-owner did stop, and we got to talking about the Co-op’s mission and values, the role of the board, and the work of governing a cooperative organization. The next month, that member-owner came to our board meeting and she began learning about the board’s work and what it takes to be a candidate for election. In June, Candace McKay took her seat as the newest member of The Food Co-op’s board!

Thank you for sharing your stories with us and for joining us as we write the next chapter together.



Meet Your Co-op Board

by Lisa Barclay, Board Secretary



Our newest member, Candace McKay, has been involved with cooperatives and the food movement since the 1980s. To prepare to run for The Food Co-op board, she has been attending our board meetings, work weekends, and other board events for several months, and we appreciate her calm, her thoughtfulness, and her sense of humor.

Our next newest member is Jennifer Dimon-Hardesty. Jen effectively and serenely balances her co-op work with both her physical therapy job and a new baby—Asher!

Owen Rowe returns as our board president. Owen is deeply involved with our community, from chairing the Arts Commission to working to extend the cooperative model through the Olympic Cooperative Network.

Monica le Roux returns for a seventh and final year as a board member. She and I began our board careers

together, so I was thrilled she agreed to stay for one more year. She has brought her excellent organizing skills to the jobs of vice president, president, and now treasurer.

The final two board member are myself (board secretary) and our vice president, Juri Jennings, who had a baby boy, Nikola, in April. Juri is the new chair of C3, our board outreach committee, and she is particularly interested in involving young people and children in Co-op activities.

Remember, member-owners are always welcome at our meetings on the first Tuesday of the month at the Co-op Annex (2110 Lawrence Street), from 5:30 to 8:30 pm. You needn't stay for the whole meeting if you find three hours daunting (as we all do at first). The first hour is usually devoted to discussing and/or learning about some interesting topic, so feel free to just come for that.

Now Is the Time to Consider Board Service

Yes, I know—the next board vote isn't until May 2020, but the board election process is really year round. In order to prepare candidates, we provide education about and hands-on practice in board work, which takes several months to complete and must be done before the candidate submits their application in February.

If you are interested in board service, this process should be interesting and—dare I say—even fun, but it does take time, so start soon. Come to a board meeting no later than October 1, and we'll tell you all about it. We look forward to meeting you!



A Big Welcome!

by Jacqui Carpenter, Wellness Manager

In previous months, this community has birthed some distinguished citizens. Although short in stature and dependent on being held, they prompt abundant love and cooing, and they're able to fall asleep anywhere! They don't vote or drive, and they tend to slobber sometimes. You guessed it, I'm talking babies!

While talking to new mamas Jen and Juri (our very own board members), I asked, "In a few words, how would you describe your experience?" Jen said, "A squishy miracle," while Juri added that being a new mother taught selflessness. Before "all I did was ME-centric," Juri explained, "Now I feel he comes first." Their statements underline the reasons for what we offer to our new little citizens in the realm of baby personal care at The Food Co-op.

Skin care for babies has become a million-dollar industry these days, but with that being said, many consumers have shifted from overrated commercial skin care products to the best natural skin care products. It turns out that when it comes to skincare for babies, more and more mamas and papas want the best products for their infants. Baby skin is more delicate than adult skin, so their requirements are different. A baby's skin is five times thinner than an adult's, and that means choosing the right kind of products is essential.

Here are a few benefits of natural skin care. First off, the best natural skin care products are made of ingredients that are not harmful to infant skin, derived from the botanicals that grow amongst us. The body recognizes these natural ingredients as an

excellent form of nourishment and readily accepts them through the skin.

Second, there is a huge selection of natural ingredients, and each one has its special effect on the body. Take lavender, for example, which has a great reputation for its calming effect, and when blended with chamomile, it can soothe mild cases of eczema and other skin irritations. Another good example would be aloe vera, an ingredient that has extensive soothing capabilities. Even shea butter is blended with natural skin care products due to its anti-inflammatory properties.

The third benefit one can reap from using the best natural skin care products is protecting the infant from the dangerous side effects of chemical or petroleum-based skin care products. Natural ingredients have a way of making things better, even though they tend to cost more. A baby is born with skin that has natural oils. Using synthetic products can strip the skin of its oil and increase penetration of the skin surface, while the best natural skin care products help prevent common skin problems like dryness, redness, and irritation. This is perfect for all skin types, but most especially for babies. Lastly, the best natural skin care products, being natural and all, are environmentally friendly. So apart from them keeping each family member's skin healthy, they also enable one to care for the environment by putting fewer chemicals into the air and water.

I've picked out some items we carry that can support the little one's delicate skin and hair:

Find baby care products next to the baby food on aisle 2.



Weleda uses the calming character of calendula, perfect for the delicate skin of newborns, infants and toddlers. A baby's skin requires care to protect its delicate mantle. The Food Co-op carries a variety of Weleda Baby products!

Wild Carrot's plant based skin care is made with organic and honest ingredients. Baby Carrot was created for the delicate skin of your baby or toddler. Babies will smile and say, "goo-goo", when you use their soothing line of emollients. The Food Co-op carries a variety!



Bunny's Bath Lavendar Sulfate-Free Shampoo has NO sodium lauryl or sodium laureth sulfate, paraben, gluten, or phthalates in this creamy shampoo. With a 5.5 pH balance it is kind to hair and scalp.

Body Powder is a silky talc- and fragrance-free powder perfect for baby's delicate skin. It contains Allantoin - the active ingredient of comfrey root - to help with diaper rash. This silky powder has a luxurious feel – perfectly soothing for grown-ups too!

These are a few of our favorite things for our new members of this good earth—helping families in our community nourish their bundles of joy. Congratulations to all you new mamas and papas!

Food Cooperatives, Vanilla...



By Liam Cannon, POS Tech

Food Cooperatives are typically socially and environmentally conscious entities that are democratically controlled, non-trading businesses comprised of members who have invested limited capital in exchange for sharing benefits and/or profits. Unlike traditional corporations where individuals can have multiple votes depending on the type and quantity of shares owned, cooperative member only have one. It is estimated that a billion people participate in coops worldwide.

It is thought that coops originated in 19th century Great Britain in response to economic conditions brought about by the Industrial Revolution, which obliterated the agrarian way of life. Corrupt company stores controlled much of the food supply, selling contaminated food at inflated prices. Coops were seen as a possible solution to this problem. Many started but quickly failed. In 1844, a group of 28 craftspeople started the Rochdale Society of Equitable Pioneers coop grocery store on Toad Lane in Rochdale, England. Unlike their predecessors, they were successful. By the 1860s more than 4000 Rochelle-inspired coops were operating in England. They quickly spread to other industrialized nations.

Immigrants from Finland and Bohemia established the first successful American food coop. Economic hardships and food shortages of the Great Depression of the 1930s brought about a flurry of coops. The Federal Emergency Relief Administration promoted buying clubs as a method of self help. Coops from this time period were referred to as New Deal or Old-Wave coops. Most of these faded as the economy recovered, but some of these evolved into large super markets that still are operating today.

Currently there is a renewed interest in having access to healthy and nutritious foods. As such, there is a growth in coop businesses again in this country. With a renewed interest in what we consume come many questions regarding food terms and certifications such as “natural” and “organic.”

Environmentally aware organizations and individuals of the 1970s prompted each state to define what organic meant and determine their own standards. In 1990, in order to have a uniform standard for food and fiber production, the United States Congress passed the Organic Foods Production Act, mandating that the USDA develop and write regulations for every aspect of organic production. It also created the National Organic Standards Board to make recommendations regarding the substances that could be used in organic production and handling and to help the USDA write the regulations. Twelve years later these rules and regulations were completed and implemented. You can find the detailed rules on the USDA’s website, but in general, all natural (nonsynthetic) substances are allowed in organic production and all synthetic substances are prohibited. Every agriculture producer, processor, or handler who sells over \$5000 annually in products and wants to label their product “organic” must be certified by a USDA-accredited agency. Any operation with less than \$5000 a year is exempt from certification. Their products can be labeled organic, but it can’t display the USDA Organic Seal. Anybody should think twice before violating any of the USDA organic regulations, as they would be subject to a minimum \$10,000 fine.

and Beavers

I want to talk a little about “natural” ingredients. Everyone wants to believe companies that put “natural” on their list of ingredients have good health in mind. Unfortunately, some companies use this term only to entice sales, as there is no legal definition for “natural.” Trustworthy companies should be evident by doing a little research before you buy their products. More than 3,000 food additives, preservatives, flavorings, colors and other ingredients that we find in US foods are banned for health reasons in other countries. The FDA allows “artificial flavors” to be made from petroleum and other inedible substances. Furthermore, the FDA doesn’t require food labels to say what’s in a “natural flavor” unless the ingredients include a common allergen like milk, egg, fish, shellfish, tree nuts, wheat, peanuts, or soy.

How about some scrumptious methyl cyclopentenolone (maple flavor)? One of the biggest head scratchers of the food industry is “flavors.” There is little governance over the \$25 billion flavor industry and the closely related fragrance industry. It is not uncommon to have flavoring and fragrance manufacturing or testing units in the same facility. In order to keep costs down, companies have been adulterating their ingredients since the 1800s. As an example, let’s look at vanilla, which is the only flavor currently regulated by the U.S. government.

We all love that rich vanilla flavor we find in our cookies and favorite ice cream, but did you know that only about 1% of it is real?

In 1858, a French chemist discovered how to isolate the main flavor compound of vanillin from the vanilla

bean, which is the only edible fruit of the orchid family. Because vanilla is the most labor-intensive agricultural product in the world, there was a desire to find a cheaper alternative. Only 16 years later, two German chemists, now referred to as flavorists, found a way to replicate vanillin by using coal tar. We used this artificial vanilla in this country through the 1930s and it is still used in Mexico today. We now make it from (a better alternative?) petrochemicals and wood pulp.

Thanks to consumer demand for better ingredients, real vanilla and other natural ingredients are starting to enjoy a renaissance. Last year, some giant food companies, including General Mills, Hershey’s, Kellogg’s, and Nestle, vowed to eliminate artificial flavors and other additives from many of their products.

Before I conclude this article, I have to address a very serious question about another natural ingredient that I am frequently asked about. Does natural raspberry flavoring come from beaver butts? The FDA regards beaver extract as safe and natural. Beavers mark their territory by secreting a pungent compound from the castor sac located near their anus. This extract—known as castoreum—is collected, diluted, and processed into flavorings. You don’t hear too much about this, as beaver farmers usually keep it to themselves.

In closing, the best way to find healthy ingredients is to not be complacent consumers, cook from scratch with organic ingredients and trust the original organic flavorist, Mother Nature.





THE BUILDING THAT KEEPS GIVING

Walking into The Food Co-op is a surreal experience for me, as I reflect on growing up in this building when it was a bowling alley. A flood of memories rush in, and I stand in complete and utter awe of what it looks like today. It's slightly disorienting, but I realize that helping to run the family business is about as grass roots as it gets.

Between the years 1980 to 2001, my parents ran the bowling alley, and while it wasn't always easy, I look back on my childhood between these four walls with fond memories of gathering people and building community, which holds a lot of similarities to what is happening at The Food Co-op today.

In 2008, I had the opportunity to work, again, in this building for the Food Co-op, and every day many solid memories rushed me back to the bowling alley days of my childhood...running to the back to fix a bowling pin jam (I can still hear the sound the machine made when jammed), walking gingerly between lanes to grab a stuck bowling ball, tearing endless amounts of plastic score sheets, spraying endless amounts of bowling shoes, looking forward to certain league nights when friends became family, eating french fries, playing video games, running around in the hills behind the building, making mud pies in the parking lot, and the list goes on. Helping out wasn't a choice, but it brought me great joy to be surrounded by so many loving people gathering for a common purpose—to be part of a team and have fun.

While I feel nostalgic for what was (the bowling alley sounds and smells run deep), there is excitement for what is. This building has nurtured many, many years of building community and continues to do so. Be part of the team, build relationships, and have fun. As the old saying goes...if these walls could speak.

—Cindy Scott, Board Assistant (2008-2014)
featured on the cover with her family



AS LONG AS MY KIDDOS

have been able to walk, they have loved using the tiny shopping carts to push around the store. Luckily, and I'm not sure how it how it always works out, there is always a tiny and a medium sized cart, allowing my daughter and son to each have one. Although my heels have been run into multiple times, they love it. Brown Cow yogurt always follows us home and, occasionally, they try to sneak extra carrots into their carts. Those always come home with us too....

—Sarah Zablocki-Axling





REMEMBERING OUR CO-OP ELDERS

When I first began as a volunteer at The Food Co-op, almost 30 years ago, I remember people of all ages working together, from 14 years (volunteers had to be 14) and up. I was amazed at the support given by elders to the bunch of “hippies” who worked at the store. I wanted to mention a few elders that I particularly remember.

Frank Kilham – I saw Frank as always supportive of the Co-op. He sold eggs to us for several years. A member of his family still sells us eggs now.

Frank & Kitty Reithel – Kitty was in charge of their apple orchard and sold us many varieties of fruit. They were regular Co-op shoppers.

Lois Twelves – Lois also had an orchard full of apple varieties. She sold us fruit and was a regular shopper.

Mo Fuller – Almost every month Mo would special order a case of bath tissue to donate to the Food Bank. He would ask everyone else to think about doing the same.

Robert Jackson – I worked alongside Robert a number of times. He enjoyed working together to complete our tasks.

Some years have passed and we are looking ahead to new leadership and later to moving the store to our current location.

Paul Becker – Paul acted as a business mentor during a time between general managers.

Ruth Bascom – Ruth had the ability to be a mentor to all age groups, from 14 and up. This was true with customers as well as volunteers or staff.

Phil Johnson – Phil was the general contractor when we rebuilt the inside of this building. He answered a number of questions for us throughout the years since. Phil often came for lunch from the courthouse when he was county commissioner.

Vern Leckman - Vern was the architect for this building. He was retired and living in Port Townsend, but agreed to help us with our project.

(My apologies if I have missed someone. I did not intentionally forget. I was not here for the early years of the Co-op and don't know the details of that time. My memories will not cover that period. This is totally my perspective.)

–*Deb Shortess, Co-op Employee 28+ years*





IN 2013, Kathie Meyer, then Outreach Coordinator for the Food Coop, walked into the library with a great idea. She proposed that the Port Townsend Library’s next Community Read be Atina Diffley’s memoir “Turn Here Sweet Corn.” What a great collaboration that turned out to be. The committee approved the choice because of the engaging and dramatic story of a young family who face many obstacles to establish their own organic farm. From drifting GMOs to the Koch brothers and all the natural and man-made disasters that afflict farmers, this was a perfect story for Port Townsend and Jefferson County. The Food Coop was our partner all the way. We celebrated with a dance and farm supper at the Quimper Grange. Thanks for the all the great food and community support over the years!

–*Cris Wilson, Retired Librarian of Port Townsend Public Library and KPTZ Radio Host of Booklovers’ Cafe*

EVEN THOUGH I’m more involved with animal health, my connection to the Co-op has been personal. I first came to Port Townsend in 1989 on vacation and fell in love with Washington State, and that’s the first time I visited the Coop. I felt a strange connection to the town and ended up back here (via the San Juan Islands and Spokane) in 2006 with my toddler and animal family. The Coop was always a favorite place to go, with free fruit and coloring pages and a place to help raise a child who asked for homeopathic remedies by name and ate all the cheese samples if I wasn’t careful. The Coop helped when we had a fundraiser to send the now teenager to a global Destination Imagination competition in Nashville, Tennessee. For many children and families, the Coop has been a safe and welcoming place with healthy food and treats, and I know it’s much appreciated by so many families in our community. Not to mention our feathered, fur, and scaly animal families too!

–*Dr. Anna Maria Wolf*

THE PT FOOD COOP has been a long-time supporter of Quimper Grange, both contributing to programs during Cooperative Month (October) and making donations of food and Cooper Cards to help pay for refreshments at fundraising events. There are a very small number of active members who regularly attend concerts, dances, and educational events that garner donations to help improve and maintain Quimper Grange’s hall and grounds—ten at the most. It has been immensely helpful to receive the support of The Port Townsend Food Coop to provide refreshments at these events. By supporting Quimper Grange, The Food Coop is also supporting the Quimper Grange Food Bank Garden. The Grange donates use of land and pays for water to grow crops for the Food Bank. Last year the garden donated over 3,000 pounds of food to the Food Bank. But this garden could not exist if there were no Quimper Grange. Thank you PT Food Coop!

–*Marla Streator, Quimper Grange President (2013-2018)*





I CAME TO LIVE IN PORT TOWNSEND in 1979.

At that time, the Food Co-op, born from and nurtured by Steve and Janeen Hayden, was located in Uptown where the Printery now does business. It was a small affair with boards-on-bricks shelving for the goods. Modeled on the food-buying clubs that provided bulk staples to the alternative culture in the 60s and 70s, it served the newbies—the hippie newcomers to the area.

With more newbies arriving, the Co-op grew and needed new digs, so it moved around the corner to the space now occupied by the Jefferson Land Trust offices. It was a good neighbor to The Ace of Cups—a living room/coffee house born from Etta and Gabriel McCormick and nurtured by their hospitality and by Etta's amazing desserts. This is the Co-op I worked in as a newbie volunteer, finding my footing in my new community, making new friends, and preparing organic Co-op foods on the camper stove in the yurt where I lived just out of town.

The Co-op continued to grow and moved downtown when the bowling alley went out of business and that space became available. It was an unnerving leap of faith to take on a mortgage and to gut the bowling alley—including the beautiful flooring of the alleys, which was snapped up by the locals and is now a part of many local homes. The remodel of the space was accomplished by contractors and volunteers, and our new, big Food Co-op continued to grow and serve the folks who nurture it by shopping locally. From boards-on-bricks to thriving business, the Food Co-op reflects some of the best of the changes this small town has undergone in the last four decades, and helps to define the modern identity of Port Townsend.

—*Leslie Aickin*

LIKE MANY NEW PEOPLE to the area, we found our way to the Food Coop in the mid 90s when we were trying to find a home and to decide if this place was it. The Coop was in the old location uptown and had a cozy atmosphere, while still being packed with good food and lots of friendly folks shopping and working. I recall thinking that as long as the town had a food coop, we would be okay...there would be people around who valued healthy food, and perhaps we would be lucky enough to grow it ourselves some day!

We used to bowl at the old alley and it seemed outrageous that the Food Coop would fill that big space! It's a HOOT to go in there now and see the place full of folks and shelves brimming with options. We are so darn lucky to have access to so much good food. And of course we've always been so grateful to the Food Coop for being willing to purchase our organic produce and then our hard cider—it was one of our first wholesale accounts and gave us a big boost of confidence and encouragement! Thank you!

—*Crystie Kisler, Finnrivier Farm & Cidery*





IN 2009, I WAS IN 10TH GRADE, and I was invited to be a regular teen contributor to The Co-op Commons. I only wrote maybe three articles, but one of them has come full circle over the past few years. The article in question was about how terrible the cafeteria at PTHS was. I wish I still had a copy of it to reference what I said, but I believe it was something about how bad the place smelled and how gross the food looked. That same year, I initiated an independent study to revive the high school's garden. I spent every 6th period outside with a few friends, weeding, creating beds, planting seeds, and then watching the whole thing bloom. We even used my dad's—Bob Alei—math classroom window sills to start tomatoes and eggplants. Of course, at the time I had lofty visions of serving the vegetables in the cafeteria, but then I decided to study abroad in 11th grade and basically just left the whole project to fate.

AND FATE SWOOPED IN! New students took over, eventually someone built a greenhouse, and every time I visited Port Townsend, the garden was more developed. Now the garden space has been doubled and is producing food for the Food Bank as well as, lo and behold, the PTHS cafeteria! So this isn't a story about the Co-op so much as it is about moments in time, and how seeds are planted that come to fruition in their own strange way, often through many hands, over much time, and in mysterious ways.
—*Justine Gonzalez-Berg*

WHAT'S IN A NUMBER? NOT WHAT YOU'D THINK!

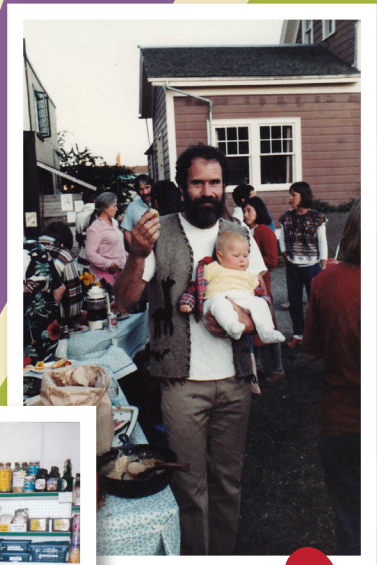
I happen to have the dubious distinction (I think) of possessing THE LOWEST Food Coop Member Number! #4. WOW. How prestigious is that? For me, it has been a sort of challenge. Being rather invested in "personal authenticity," the amazement conveyed by literally every new Coop checker when I report my number as #4 requires an explanation to set the record straight. No, I am not one of the the first people to join the Food Coop. Yes, the Food Coop started up long before I moved to town. Yes, there are people still living in town who were members much before I was, some of whom even STARTED the Coop and deserve true appreciation for their efforts. No, I do not deserve the amazement I get. I have said this many, many times!

I have the lowest number, not only because numbers 1, 2, and 3 have (apparently) left town, or died, or otherwise disappeared from Coop shopping, but because my last name starts with the letter A. So it is about the alphabet, yeah, more than numbers! No longer amazed? Good.

At some point well after the Food Coop was a thriving business, someone made the decision to alphabetize members' names, and assign people member numbers. While I moved here in 1979, until mid-1983, my last name began with V, so I know this numbering system started after that! So please don't be impressed. I am just a regular Coop member! That said, I am considering donating my member number when I die to the a fundraising auction for the Food Coop and am willing to accept early bids on it any time!

—*Judith Alexander, #4*

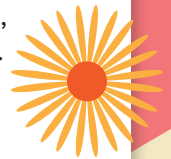






I REMEMBER PARADING from the old uptown PT Coop location (currently Chester Square) down to the new location (the old bowling alley) with a big bag of food. There were maybe 200 or more of us hand delivering food from the old to the new when they made the transition. I also remember climbing around in the old fig tree uptown, outside the Food Coop, while my parents shopped or worked or whatever they did in there. I pretty much grew up at the Food Coop. And look at me now; still growing up, still spending time at the Food Coop. Happy to see the Coop growing along with me. BOOMSHAKALKA!

– *Danny Milholland*



THE FOOD CO-OP WAS one of my early employers, my first job when I came home for the summer from college. I worked in the juice bar. I greatly appreciate being brought on the team of my home-town co-op.

As the Director of the Jefferson County Farmers Markets, I greatly appreciate the Co-op's sponsorship of our food assistance matching program, Gimme5. I'm also thankful for the support of Co-op members through the Beans For Bags program. In March, we received over \$400 in support of our SNAP and WIC/Senior Farmers Market Nutrition Program matching, just from the bean donations given by our community. Thank you for investing in making healthy, locally grown food accessible to all people in our community.

Last! The Food Co-op was the first place I learned to walk to as a Port Townsend kid. My family and I lived uptown, and I walked almost daily to the Food Co-op with my mom when it was uptown. I was so proud of myself when I walked there for the first time solo. I still love shopping at my Food Co-op.

–*Amanda Milholland*



WHEN I WAS A HOP-HEAD, the Co-op had a healthy selection of beer. When I switched to cider, it was even better. Later on, I preferred wine, and the bases were still covered. As time went on, I realized I was better off without alcohol, and the Co-op had sparkling water, juice, and kombucha. Meanwhile, I started eliminating carbs and lingering in the fantastic meat aisle and the deli. The salmon, the chicken, the grass-fed beef, and the cheese aisle are all superb. Coffee started giving me migraines, but the Co-op offered yerba mate, which doesn't. The Co-op had the supplements I required for a ketogenic diet. This worked well for my body, but eventually my mind was troubled by the ecological impact of so much meat, so now I am back to the sensible "eat food, mostly plants, and not too much" approach. The Co-op is perfect for this, of course. Sometimes it feels like a full-time job to dial in something as seemingly simple as figuring out what to eat, but the Co-op has been there all along, offering whatever it is I seemed to need at the time.

–*Robert Campbell*





WHEN I LIVED ON WHIDBEY ISLAND, I used to consider it a big treat to come over and shop at the Co-op. Now I live in PT, and it's still a treat to shop there any time I want!

—Laurie Riley

MY FRIENDSHIP AND RELATIONSHIP with the Food Co-op began long ago, when it was located uptown on Lawrence Street. It was there that I found and discovered the special kinds of fruits and vegetables that changed my way of looking at the kinds of food I need to live a healthier life style. I made friends with Liz from Wellness, who guided me toward so many new choices, and even if I was on a budget, she showed me the best deals! I loved when the Coop moved and realized how great the vitamins were, and more than that, the people who work there were so open and friendly and willing to share their expertise. My dog Izzy loves the Coop too since I buy her pet food and treats there, and she knows when I tie her up outside that people will pet her and be kind.

Being part of this community at the Coop allows me to learn and grow, going beyond my own comfort level and expanding my ideas. Over the years, the Food Coop has changed and evolved, and I have, too, so my love story with the Coop continues. The deli and bulk selections are amazing, and as I think back, I realize in the last fifteen years that there is no end to possibilities in how a Coop can change and affect your lifestyle. My story does not end because each time I go to the Coop I find something new to try!

Thanks for being there for me over the years since 1991. I have come to rely on the Coop for many ways to regain my health.

—Nan Toby Tyrrell



I MOVED TO PT in early August of 1987. I already knew about the coop, because I had gone to massage school in PA in 1985 and had come to PT to shop at the Coop. The Food Coop was right at the top of my list of reasons to move here. Cooperative principals were and still are important to me.

I immediately joined the Coop and started volunteering. My first job was learning to cut and wrap cheese—big thanks to Phil Andrus for that! I did several other jobs over the years and ended up being a paid cashier.

There was a short time period when the HABA department moved to a separate space. It was called “Coop Too” and I worked there. I also served on the board for a brief time. These were challenging times. There was a lot of disagreement about the direction that the Coop should go. We’ve sure come a long way, and I think it is incredible how we have thrived even as other food coops failed. It’s been an amazing experience and one I am proud to have been a part of for 32 years.

—Beth Lorber





I JOINED THE CO-OP when my partner and I began looking for a house in Port Townsend years ago, but I didn't "pay in full" until we'd actually found and closed on a house, because I didn't want to jinx our chances. (Of course, I don't believe in such things, but it's best not to take any chances, don't you think?) I was thrilled with what a great store we had, but I didn't quite realize how good it was until I visited my mom in Redmond, and stopped by the local PCC, figuring I'd stock up on things I couldn't get at the Coop. I wandered the long aisles and realized that PCC didn't actually have more variety than we do, just more of everything.

So, how great is our Co-op? John and I were car camping a few years ago in eastern Washington when a man walked by, glanced at our license plate, and declared: "You're from that town with that great store." Okay, admittedly his statement was a little vague, and our license actually says Port Angeles, not Port Townsend, but I knew just what he meant. "The Food Co-op," I ventured. "Yes, that's it," he agreed. He went on to tell me he was so impressed with The Food Co-op that he actually joined his local co-op because of it! Yea, Coop!

—Lisa Barclay, Board Secretary



WE HERE AT JEFFERSON LAND TRUST so appreciate all that The Food Co-Op does for the community and its steadfast support of our work! This year, the Land Trust is celebrating 30 years of community conservation in Jefferson County, and The Food Co-Op has been our partner all along the way. Both of our organizations work to support local farmers and cheer for their success, grateful that they produce amazing food for us all to enjoy and take care of the land that nourishes and sustains us. Sending a big thank you to everyone at The Food Co-op for all you do each day to better our community! —Jefferson Land Trust, Jefferson Land Trust Staff

I THINK THAT MY FAVORITE PART about shopping at our co-op is...shopping at other stores! When I say shopping, I mean checking them out. I like to see what is out there, both from a personal and a professional perspective. What does someone have that I want and that I want in our store?! I like to see new and fun products as well as changes to old favorites! My favorite area to shop is the produce department. I like to see how they stack up compared to our coop....mostly they do not! I am shocked almost every time I shop at another store by how good I (as a coop member in Port Townsend) have it! Sooooo much local, with almost all of it organic...literally doesn't exist most places I have been! We are doing it right IMO!

—Rodney Just, Grocery Manager



RE-PURPOSE - RENEW - REVIVE

Close your eyes, take a deep breathe and try to remember entering your co-op through our previous north entry way. You may remember the sound of live music coming from the gentleman with the banjo tucked gently under the cedar trellis, the sweet smells of an organic bin of apples shipped here from a local Washington farm. The beautiful colors of the fresh picked dahlias from our neighbor down the street, or you may have stopped to talk with a community artist that was selling jewelry they made with their own hands. No matter what you remember the trellis overhead was the gateway to your co-op experience. As we embarked on this expansion/remodel journey, we knew we couldn't let that beautiful cedar go to waste but we had no idea how far it would carry us into our next big story.

We got with a local woodworker, staff, and our construction crew and came up with some creative ideas. As months went by, beautiful new wood accents began to take shape around the store: near the Member Service Desk, wrapping our new Wellness office, outlining our new windows in the seating area and providing a backdrop for our NEW aisle signs.

Local woodworker Kevin Reisinger helped us take some of the cedar from the old trellis and re-purposed it into new beautiful aisle signs. Our Construction Crew milled up pieces of the old cedar pillars and created beautiful cedar paneling and trim for inside the store.

When we started this adventure, we had no plans for the old cedar trellis, thanks to our creative minds, our sustainable attitudes, and our flexibility, we arrived with such a beautiful outcome. We hope next time you find yourself shopping at the Co-op, you enjoy the new look and find comfort in the stories of our past.

—Andrea Stafford, Marketing Manager



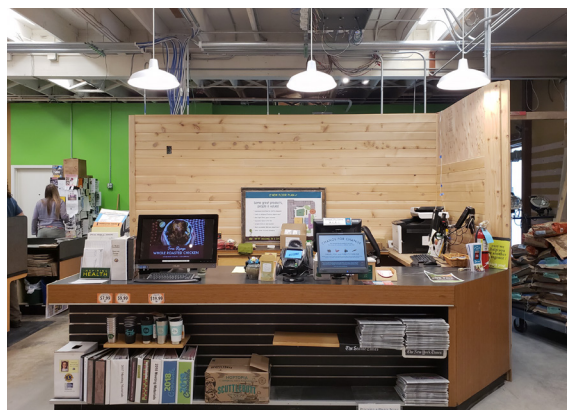
The north entrance cedar trellis



Before and after re-purposed cedar planks



Custom aisle signs made from the cedar



Member Services Desk with cedar backdrop



Local Produce Calendar

July | Aug | Sept 2019

Crop	Jul	Aug	Sept	Farmer
Arugula: Bunched & Bulk	●	●	●	Red Dog Farm
Baby Bok Choi	●	●	●	Dharma Ridge Farm
Broccolini	●	●	●	River Run Farm
Beans: Fresh Shell	●	●		Midori Farm
Beans: Fava	●			Red Dog Farm
Beans: Green	●	●	●	Dharma Ridge Farm
Beans: Romano	●	●	●	Solstice Farm
Beet: Chioggia			●	Red Dog Farm
Beet: Cylinder Bulk	●	●	●	Midori Farm
Beet: Gold Bulk	●	●	●	Dharma Ridge Farm
Beet: Red Bunched & Bulk	●	●	●	Dharma Ridge Farm
Berry: Blueberries	●	●	●	Finnriver Farm
Berry: Currants, Black	●			Solstice Farm
Berry: Gooseberries	●			Solstice Farm
Berry: Kiwi Berries			●	Finnriver Farm
Berry: Raspberries	●	●	●	Dungeness River Lamb Farm
Berry: Strawberries	●	●	●	Dungeness River Lamb Farm / SpringRain Farm
Berry: Sylvanberries		●		SpringRain Farm
Broccoli	●	●	●	Dharma Ridge Farm
Broccoli: Romanesco		●	●	Red Dog Farm
Burdock Root			●	Midori Farm
Cabbage: Green & Red	●	●	●	Dharma Ridge Farm
Cabbage: Napa	●	●	●	Midori Farm / Finnriver Farm
Cabbage: Savoy	●	●	●	Joy Farm
Carrot: Bulk, Bunch, 2 lb, 5 lb bag, Juice	●	●	●	Dharma Ridge Farm
Carrot: Red Bunched			●	Dharma Ridge Farm
Carrot: Rainbow 3 lb bag	●	●	●	Midori Farm
Carrot: Purple Bunched and Bulk	●	●	●	Red Dog Farm
Cauliflower	●	●	●	Dharma Ridge Farm
Cauliflower: Orange & Purple		●	●	River Run Farm
Celery		●	●	Red Dog Farm
Chard: Rainbow, Green, Red	●	●	●	Red Dog Farm
Chicory Mix: Bulk			●	Midori Farm
Collards	●	●	●	Red Dog Farm
Corn		●		Dharma Ridge Farm
Cucumber: English	●	●	●	SpringRain Farm, Colinwood Farm
Cucumber: Mini English	●	●	●	Midori Farm
Cucumber: Lemon	●	●	●	SpringRain Farm
Cucumber: Pickling	●	●	●	Solstice Farm
Cucumber: Slicing	●	●	●	Midori Farm / Joy Farm
Dandelion: Red	●	●	●	Red Dog Farm
Eggplant: Italian		●	●	SpringRain Farm
Eggplant: Japanese		●	●	Midori Farm
Endive: Frisee	●	●	●	Red Dog Farm

Crop	Jul	Aug	Sept	Farmer
Escarole			●	Midori Farm
Fennel: Bulb	●	●	●	Red Dog Farm
Garlic	●	●	●	Joy Farm / Solstice Farm Midori Farm
Garlic: Elephant		●	●	Lazy J Tree Farm
Herb - Basil: Bulk	●	●	●	Red Dog Farm
Herb - Basil: Bunched	●	●	●	Midori Farm
Herb - Basil: Thai		●	●	Midori Farm
Herb - Chive	●	●	●	Red Dog Farm, SpringRain Farm
Herb - Cilantro	●	●	●	Dharma Ridge Farm
Herb - Dill Baby	●	●	●	Red Dog Farm
Herb - Dill Head	●	●	●	Solstice Farm
Herb - Oregano	●	●	●	Red Dog Farm / SpringRain Farm
Herb - Parsley: Curly, Italian	●	●	●	Red Dog Farm
Herb - Rosemary	●	●	●	Red Dog Farm / SpringRain Farm
Herb - Sage	●	●	●	Red Dog Farm / SpringRain Farm
Herb - Spearmint	●	●	●	Red Dog Farm / SpringRain Farm
Herb - Thyme	●	●	●	Red Dog Farm / SpringRain Farm
Herb - Tarragon	●	●	●	SpringRain Farm
Horseradish			●	Solstice Farm
Kale: Green Curly, Lacinato, Red Curly, Red Russian	●	●	●	Red Dog Farm
Kale: White Russian			●	Red Dog Farm
Kohlrabi: Purple	●	●	●	Dharma Ridge Farm
Leek	●	●	●	Red Dog Farm
Lettuce: Green Leaf, Red Leaf, Green Butter, Romaine	●	●	●	Dharma Ridge Farm
Lettuce: Iceberg, Red Romaine	●	●	●	Red Dog Farm
Lettuce: Red Butter	●	●	●	River Run Farm
Melons		●	●	Dharma Ridge Farm / Red Dog Farm
Microgreens	●	●	●	SpringRain Farm
Mushroom: Shitake, Lion's Mane, Maitake	●	●	●	Skokomish Ridge Mushroom Grower's Cooperative
Onion: Purplette	●			Midori Farm
Onion: Red Dry		●	●	Joy Farm
Onion: Sweet	●	●		Wildwood / Dharma Ridge Farm / Midori
Onion: Yellow	●	●	●	Wildwood / Joy Farm
Onion: Yellow Cipollini		●	●	Midori Farm
Onions: Green Onions, Purple	●	●		Red Dog Farm
Parsnips		●	●	Solstice Farm
Pea Greens			●	Red Dog Farm
Pea: Sugar Snap	●	●		Dharma Ridge Farm
Peas: Sugar Snap			●	SpringRain Farm

Crop	Jul	Aug	Sept	Farmer
Peas: Snow	●	●	●	Dungeness River Lamb Farm
Pepper: Anaheim, Poblano		●	●	SpringRain Farm
Pepper: Italian Sweet, Mini Sweet Pints, Jimmy Nardello		●	●	Midori Farm
Pepper: Red Bell			●	Red Dog Farm
Pepper: Shishito	●	●	●	Midori Farm
Potato: Red & Yukon Creamer		●	●	Dharma Ridge Farm
Potato: Red, Russet & Yukon	●	●	●	Dharma Ridge Farm
Potato: Russet, Yukon 5Lb Bag		●	●	Dharma Ridge Farm
Potato: Purple		●	●	Red Dog Farm
Pumpkin: Sugar Pie			●	Solstice Farm
Pumpkin: Winter Luxury			●	Midori Farm
Quince			●	Solstice Farm
Radicchio: Castlfranco, Trevios, Rosalba			●	Midori Farm
Radicchio: Round	●	●	●	Red Dog Farm
Radish: Daikon			●	Dharma Ridge Farm / Midori Farm
Radishes: Easter Egg, French Breakfast, Pink, Red	●	●	●	Red Dog Farm
Radish: Watermelon	●	●	●	Red Dog Farm
Rhubarb	●	●		Wildwood / Solstice Farm
Salad Mix	●	●	●	Red Dog Farm

Crop	Jul	Aug	Sept	Farmer
Shallot: Bulk			●	Midori Farm
Spinach: Baby Bulk	●	●	●	Red Dog Farm
Spinach: Bunch	●	●	●	Dharma Ridge Farm / Red Dog Farm
Squash: Costata Romanesco, Green	●	●	●	Finnriver Farm
Squash: Yellow	●	●	●	Red Dog Farm
Stir-Fry Mix	●	●	●	Red Dog Farm
Tomatillo: Green	●	●	●	Finnriver Farm
Tomato: Cherry	●	●	●	Finnriver Farm / SpringRain Farm
Tomato: Roma		●	●	Midori Farm
Tomato: Slicing	●	●	●	Dharma Ridge Farm / Red Dog Farm / Colinwood
Tomato: Heirloom		●	●	Dungeness River Lamb Farm / SpringRain Farm
Turnip: Bunch Hakuri	●	●	●	River Run Farm
Winter Squash: Acorn			●	Dharma Ridge Farm
Winter Squash: Baby Hubbard, Buttercup, Butternut, Spaghetti			●	Red Dog Farm
Winter Squash: Delicata			●	Midori Farm / Dharma Ridge Farm
Winter Squash: Blue & Green Kabocha			●	Midori Farm
Winter Squash: Red Kabocha			●	Solstice Farm
Winter Squash: Lower Salmon River			●	Finnriver Farm

● In Season

◐ Arrives part-way into the month

◑ Leaves part-way through month

Produce availability is subject to change

Local Farms - Certified Organic

Colinwood Farm – 1.1 miles from The Food Co-op, Port Townsend, WA. Selling to co-op since 1997. Self-serve farm stand.

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 WSDA Certified 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, shortbread and more!

Finnriver Farm – 9 miles from The Food Co-op, Chimacum WA. 33 Acres of berries and vegetables, Salmon Safe certified.

Joy Farm – 35 miles from The Food Co-op, Sequim WA. 7 Acres of organic fruits and vegetables. Draft horse work farm.

Lazy J Tree Farms – 40 miles from The Food Co-op, Port Angeles WA. Apples, vegetables and Christmas trees.

Midori Farm – 23 miles from The Food Co-op, Quilcene WA. 29 Acres of organic vegetables, garden seedlings, seeds and their own traditionally fermented sauerkraut and kimchi.

Red Dog Farm – 10 miles from The Food Co-op, Chimacum WA. 23 Acres of berries, vegetables and flowers. Salmon Safe certified.

River Run Farm – 36.5 miles from The Food Co-op, Sequim, WA, Founded 2013. Raises organic vegetables, berries and flowers along the Dungeness River

Skokomish Ridge Mushroom Cooperative – Shelton, WA, Since 2016, Grown on alder sawdust with certified organic nutrient additives.

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, and farmstead jams and pestos.

Local Farms - Not 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 and free range chicken eggs.

Wildwood – 27 miles from The Food Co-op, Quilcene WA. Locally grown assorted vegetables & peonies.

Save the date!

GRAND RE-OPENING PARTY

Friday, August 16

3-6pm



Lettuce thank you



for your patience during our remodel!

ROCKIN' DEALS, STORE TOURS, LIVE MUSIC,
PRIZES, TREATS AND EATS!

GRAND RE-OPENING PARTY



You Rock!

LET'S BROCC-N-ROLL

Summer Classes & Events @ The Food Co-op

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

Date/Time	Event/Class	All are welcome!	Non Member	Co-op Member
Sat July 6th 10:30am-2:30pm	Cooking with the Co-op - Itinerary of Spanish Sauces with Sidonie Maroon at Market Kitchen		\$40	\$25
Sun July 7th 4-6:00pm	ASK THE CHEF Store Demo - Spanish Sauces to Fly For at The Food Co-op		Free	
Sat July 13th 10:30am-2:30pm	Cooking with the Co-op - Itinerary of Spanish Sauces with Sidonie Maroon at Market Kitchen		\$40	\$25
Sun July 28th 11:30am - 2pm	Ayurvedic: Learn To Eat for Your Body Type with Bharti Nagal at Market Kitchen		\$50	\$40
Sat August 3rd 10:30am-2:30pm	Cooking with the Co-op - Mexican Regional Sampler: Oaxaca with Sidonie Maroon at Market Kitchen		\$40	\$25
Sun August 4th 4-6:00pm	ASK THE CHEF Store Demo - Mexican Regional Sampler: Oaxaca at The Food Co-op, 414 Kearney Street		Free	
Sat August 10th 10:30am-2:30pm	Cooking with the Co-op - Mexican Regional Sampler: Oaxaca with Sidonie Maroon at Market Kitchen		\$40	\$25
Mon August 12th 11am-1pm	Sustainable Kitchen: Beeswax Wraps & Snacks (kids 8+) with Sidonie Maroon at The Food Co-op Annex		\$30	\$25
Friday Aug 16th 3-6:00pm	Grand Re-opening Party! at The Food Co-op		Free	
Mon August 19th 11am-1pm	Sustainable Kitchen: Sew A Pouch & Make Trail Mix (kids 8+) with Sidonie Maroon at The Food Co-op Annex		\$30	\$25
Sun August 25th 11:30am - 2pm	Ayurvedic: Discovering the Six Tastes with Bharti Nagal at Market Kitchen		\$50	\$40
Sat Sept 14 10:30am-2:30pm	Cooking with the Co-op: Classical Turkish Cooking with Sidonie Maroon at Market Kitchen		\$40	\$25
Sun Sept 15th TBD	Book Tour: The Promise of Food Co-ops in the Age of Grocery Giants at The Food Co-op Annex		Free	
Sun Sept 15th 4-6:00pm	ASK THE CHEF Store Demo - Classical Turkish Cooking at The Food Co-op		Free	
Mon Sept 16 6:30-9pm	Growing Groceries: Sept 16th - Oct 21st – 6 Week Class at The Food Co-op Annex \$60 class series/+\$5 each field trip		\$70	
Sat Sept 21 10:30am-2:30pm	Cooking with the Co-op: Classical Turkish Cooking with Sidonie Maroon at Market Kitchen		\$40	\$25
Sun Sept 29th 11:30am - 2pm	Ayurvedic: Incompatible Food Combinations with Bharti Nagal at Market Kitchen		\$50	\$40

 @ 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

Looking Back... at the Farm Tour!

by Justine Gonzalez-Berg

Over the past two decades, agriculture has grown to be a firm part of Jefferson County's identity, thanks to many efforts and organizations, including the Food Co-op and Farm Tour. Farm Tour began at a time when it seemed like farming was on the brink around here, as the number of historic dairies dwindled. The first Farm Tour boasted only a handful of participating farms; now in its 17th year, Farm Tour has tripled the average number of farms that invite the public to learn about their products, processes, and ways of life.

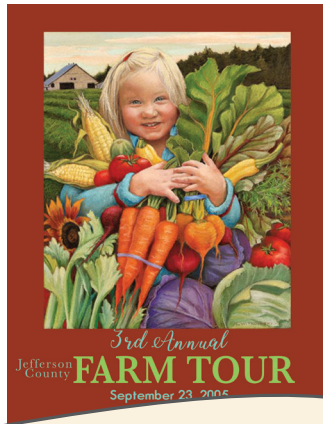
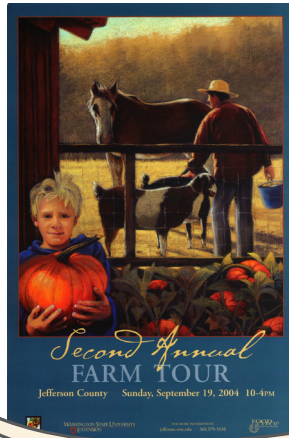
The Food Co-op has been part of Farm Tour's success, sponsoring the event since year one. "It fits with our mission and values of supporting local food," said Deb Shortess, one of the Food Co-op's longest-serving employees. In some of Farm Tour's early years, the Food Co-op was a starting point for Farm Tour participants, offering a gathering place for rideshares, bicycling groups, and even providing transportation to farms. More recently, the Food Co-op donated \$5 Co-op coupons for Farm Tour participants who submitted evaluations, which helps us keep the event "by donation." This year, the Food Co-op and Farm Tour, as well as many other local stakeholders, are partnering to launch an Eat Local First campaign on the Olympic Peninsula to further support our local farmers.

"Farm Tour is a great opportunity for people to learn about what's happening around here, because there's a lot of synergy in Chimacum and Quilcene, and even in Discovery Bay," Deb emphasized. "It's really a surprising amount of farming activity, if you think about it."

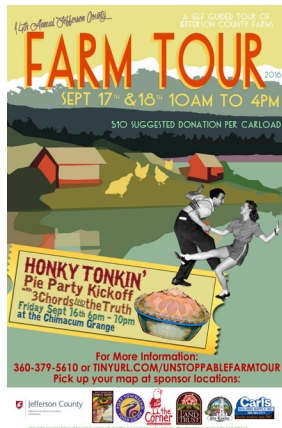
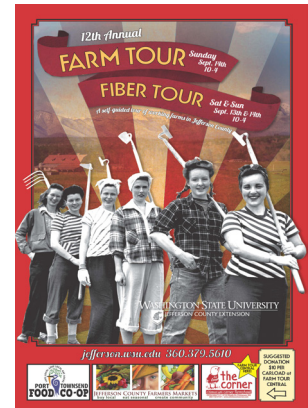
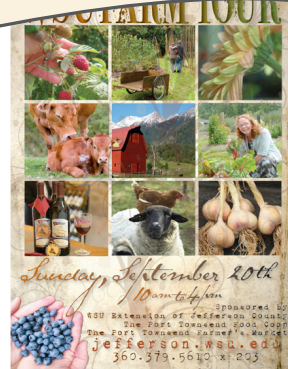
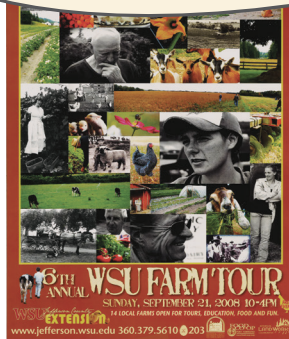
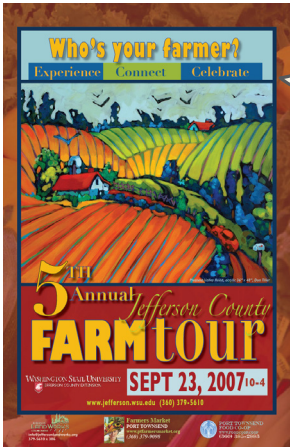
Join the 17th Annual Farm Tour on September 21st and 22nd, any time from 10am – 4pm! Start your tour at Farm Tour Central, located at the Chimacum Corner Farmstand, or at any participating farm! Check out www.getonthefarm.org to see a complete list of this year's farms.



A poster for the 17th Annual Farm Tour 2019. The top half features a colorful collage of various farm-related items, including a cow, a pig, a sheep, and various farm tools and produce. Below the collage, the text reads: "17TH ANNUAL FARM TOUR 2019", "A SELF-GUIDED TOUR OF JEFFERSON COUNTY FARMS", "SEPTEMBER 21ST & 22ND", "10AM-4PM | WWW.GETONTHEFARM.ORG". At the bottom, there are logos for several organizations: Food Co-op, Port Townsend Farmers Market, Jefferson County, and others.



Looking Back... at the Farm Tour!



Garlic is Good, but Mentors are Better

by Sidonie Maroon, A Blue Dot Kitchen

If you're lucky, mentors will show up in your life to guide your way. I met not one, but three, when I arrived in the City of Dreams with my toddler son in 1984. We rented a room from Nancy and Doug Milholland on Jefferson Street. Their daughter, Amanda, now the Farmer's Market manager, was three, and Nancy was pregnant with Danny. It was Nancy who first introduced me to the Food Coop.

Macrobiotics was gospel, so the Food Coop carried all sorts of seaweed and miso in crocks. It had that hippie feeling, like my first food coop in Ashland, Oregon.

Nancy taught me to rinse and soak my brown rice and let me take over her kitchen to bake bread. She was always curious what I was up to and available to nurture my understanding of natural foods. I still see the sunlight in their kitchen and hear her voice as we worked together.

Abundant Life Seed Foundation had a small bookstore next to the Food Coop. I was passionate about botany and herbal medicine, but shy. So shy I stopped by several times before I had the courage to talk with Forest Shomer. Forest always took the time to listen and supported my passion for plant medicine. My life changed forever after attending an herbalism workshop taught by Forrest and Tinker Cavallaro. They combined herbalism with Sufi dances and cooking, and their combination of art, science,

and gratitude still influences the way I teach today.

Tinker Cavallaro, who sometimes worked at the Food Coop, is still who I want to be when I grow up. She's taught me so much over the years—not only from her sensai level of knowledge about food and farming but also the intelligence and grace that radiates from her easygoing, unpretentious ways. It was Tinker who taught me how to plant onion starts in the spring and set garlic bulbs in the fall. She taught me how to clean Amaranth seeds by tossing them up into the wind and watching the sunlight pour through the red chaff.

I've met so many authentic people through the Food Coop. People who cook real food, using fresh local produce and bulk foods. They start from scratch, taking the time and effort to cook. They eat together—sharing their stories and laughter. They take part in where they live—here, with a profound commitment to give back to our community and land. They were at the Food Coop's beginnings and they're still the ones I look to for wisdom and guidance.

Garlic is good, but mentors are better. Garlic is a superfood, a medicine to eat every day. It gives much but asks little. You plant it before the winter, and it comes up in the spring. It's there for us—, giving that extra punch that'll make the difference. Mentors, many who will never know how much they've given, are Super People—sharing much and asking little. A food coop is nothing without its people, nothing without garlic.



GARLIC GREATNESS

*How to peel a whole head of garlic in less than a minute:

Lay the garlic head on a cutting board. Take another cutting board and bring it down with force on the garlic head. Didn't that feel good? Now, with two medium metal mixing bowls, put the broken cloves in one bowl and turn the other bowl, domed, over the top of the first. Shake, shake, shake, as hard as you can. Uncover, and presto, we peeled the whole head of garlic. Discard the skins and get on with the recipe.

Many home cooks mistakenly cook garlic right after chopping it. To maximize the health benefits, chop the garlic at room temperature and allow it to sit for 15 minutes. This triggers an enzyme reaction boosting its healthy compounds.

You can sprout your own garlic cloves and keep them in a sunny window for a continuous supply of green garlic shoots. There's a YouTube video for it.

All parts of the garlic plant are edible. Try chopping up the leaves and using the scapes in the spring.

Garlic symbolizes courage and strength and will protect you against vampires—or at least Transylvanian soft-necked garlic will.

CITRUS GARLIC MOJO

Makes $\frac{3}{4}$ cup

This is one of those recipes to always keep around—a roasted garlic emulsified sauce with powers. You'll find many uses for mojo, from scrambled eggs to chicken tacos and beyond.

INGREDIENTS

1 head garlic, cloves peeled, green parts removed, and cloves smashed (see garlic tip*)

1 lime, zested, peel and pith removed, and then chopped

1 teaspoon zest

$\frac{1}{3}$ cup avocado oil

$\frac{1}{4}$ teaspoon fine sea salt (you may need more salt to finish)

$\frac{1}{2}$ teaspoon toasted cumin seed

Fresh lime juice

INSTRUCTIONS: Toast the cumin. Preheat oven to 325 F. In a lidded casserole, lay all the ingredients onto a piece of parchment paper. Mix the oil in and wrap together. Put the lid on and roast for 1 hour. When finished, unwrap and puree together in a small food processor until it emulsifies. Taste and swoon. It may need more salt or a squeeze of fresh lime.

DAM TOI

 Makes 1 pint

(Vietnamese Garlic Vinegar)

Use this garlic- and chili-infused vinegar to add a bright note to your pho. A little vinegar added to soups brings out the inherent flavors of the broth.

INGREDIENTS

10 cloves garlic, thinly sliced

3 thick slices ginger, unpeeled

2 fresh Thai chilies, partially split lengthwise

2 cups apple cider vinegar

1 teaspoon fine sea salt

2 teaspoons coconut sugar

INSTRUCTIONS: Heat the vinegar with the salt and sugar until dissolved. Add the other ingredients to a pint-sized jar, pouring the vinegar mixture over the top. Cover and age in the refrigerator overnight. It will keep for months getting better with time. Serve it with a teaspoon for guests to help themselves, or use it in other cooking creations.

PROVENÇAL GARLIC SOUP

Inspired by Julia Child's recipe *Makes 2 quarts*

A vitalizing, pick-me-up soup. The garlic's bite is tamed through simmering. A liaison of egg yolks and oil, tempered with two ladles of warm broth, creates structure and creaminess. Excellent with cheese, toasts, or a poached egg.

INGREDIENTS

2 heads garlic
2 quarts water
1 teaspoon chopped fresh rosemary
1 tablespoon chopped fresh thyme
1 teaspoon sea salt or to taste
black pepper to taste
3 egg yolks
¼ cup olive oil
Juice of one lemon

INSTRUCTIONS

Bring 2 quarts of water to a boil in a soup pot. Break the unpeeled garlic into individual cloves. Drop them in the boiling water. After two minutes, scoop the cloves out with a sieve. Peel the garlic, taking out green inner parts, and return all the peeled cloves to the pot. Add the herbs and salt. Simmer for 20 minutes. Puree the soup in a high-powered blender, or with an immersion blender, and return it to the pot, bringing it up to a low simmer.

Meanwhile, in a bowl, slowly drizzle the olive oil into the egg yolks, whisking to make a liaison.

While whisking, add a ladle of warm garlic stock. Continue to whisk so the eggs don't scramble. Add a second ladleful and continue whisking. Finally, pour the warmed egg and olive oil liaison into the soup and whisk until smooth. Taste for salt and add black pepper.

Serve with Gruyere cheese, toasts, or a poached egg.

POULET RÔTI À L'AIL *Serves 4* (Roast Chicken with Garlic)

Inspired by Thomas Keller's Simple Roast Chicken

Rubbing olive oil and garlic under the skin and roasting the bird at a high temperature makes a moist, flavorful chicken with a crispy, garlic-infused skin. It's the perfect center of a meal—and the first step to easy chicken stock.

INGREDIENTS

3-pound organic whole chicken, giblets removed and patted dry
2 tablespoons olive oil
1 head garlic, finely minced
1 tablespoon Celtic sea salt
Baker's twine for trussing the chicken

Variation: add 2 tablespoons freshly minced herbs, like rosemary or thyme, to the garlic when it's stuffed under the skin.

INSTRUCTIONS

Preheat the oven to 450 F. Line a roasting pan with parchment paper to catch the precious drippings and save on cleanup. Prep the garlic and measure out the salt and oil.

Carefully, to minimize tearing, insert your hand under the breast skin and gently loosen the skin from the meat. Don't worry if there are a few tears, because you can pull the skin together later. Turn the chicken over and do the same to the back side and up into the legs. The more you practice this technique the easier it becomes. It's worth the effort to create excellent roast skin.

Rub the olive oil all over the bird, especially under the skin. Salt the outside of the bird and inside the cavity. Stuff the minced garlic under the loosened skin. Regardless if you truss or not, pull the skin back over any exposed flesh so it won't dry out.

Roast for 50 minutes, resting for 15 minutes before removing the twine. Be sure to take this opportunity to snatch the wing tips and chicken butt, before slicing and serving. This bird is all about the skin.

If I don't make a sauce with the pan juices, then I soak the leftover meat in it. By the next day; the flavors have penetrated the meat and make excellent eating.

To truss or not to truss?

go to www.foodcoop.coop/blog/sidonierecipe



GROWing Healthy Students in Chimacum

by Kathryn Lamka, Community Wellness Project

The Community Wellness Project (CWP) was awarded the first GROW! grant from The Food Co-op last year TOTALING \$885. We were delighted with the grant and have put the funds to work as promised!

Our work aligns with that of the Coop: we want to grow healthy eaters among our students. We know that kids who eat healthy food are better able to learn; we know that eating habits established in childhood are likely to last for life; we know that kids who participate in growing fruits and vegetables are more likely to eat them. To that end, we are breaking ground on our first Chimacum Elementary School garden! The Chimacum High School garden had some room to share, so as of the middle of April, we began tilling and making the ground ready for nine elementary classes (grades 3-5) to spend time each week preparing, planting, tending, and harvesting fresh food. Concurrently, with the help of new Food Services Director, Margaret Garrett, the Chimacum School District (CSD) has begun implementing a Farm to School program, with an updated menu and veggie bar featuring local produce. We hope these dual efforts will help kids connect the act of growing food to the new, fresh, locally-grown foods that they see in their cafeteria.

APPLY
FOR THE
GROW
FUND
in AUGUST

Using the interest generated by our participation in the Cooperative Community Fund, The Food Co-op will offer small grants to qualifying, local nonprofits to help them grow a healthy community. More info at www.foodcoop.coop/grow

The CWP raised funds to contract with a part-time garden coordinator for the final 10 weeks of this school year—Alexa Helbling, affectionately called “Farmer Lex.” We used grant money and other donations to acquire garden tools, soil, seeds, starts, and hay bales. Lex and Margaret are collaborating with the students to plan what they will grow. They are already asking to grow watermelon radishes and kale... and bananas! (They will, of course, learn a lot over the 10-week program about our PNW food production possibilities.)

The small garden space is a pilot project, and we hope to maintain it with volunteers over the summer months so students can harvest in the fall what they plant this spring.

Success with this project will directly feed the bigger plans of the school district to offer school gardens K-12, connect schools with farmers and other local partners (e.g., 4H, WSU Small Farms), and provide healthy snacks and produce (where possible) in the school cafeterias. Thanks so much to The Food Coop’s GROW! grant for helping make this pilot project possible!



STAFF PICKS



Cameron in Grocery loves the Beyond – nice taste with a kick!



Dave's faves are cold summer treats ! Awesome!



No joke - Emily picks the seedless watermelon. Can she juggle these?
30



Nick chooses Local for his barbecue!

Hearty Thanks

AGM



Skylark is excited about CBD Oil for aches and pains.



Elisabeth was the winner for May 2019. Congratulations Elisabeth!



Lisa and Monica recruiting board associates.



The newbies, Nikola and Asher. ♥♥

Anniversaries

April

- Aaron C 18 years
- Karolyn B 18 years
- Anne S 17 years
- Layne D 13 years
- Robert R 12 years
- Abigail C 11 years
- Deborah V 10 years
- Crystal N 8 years
- Kenna E 8 years
- Dorothy H 4 years
- Thea S 1 year
- Alicia D 1 year

May

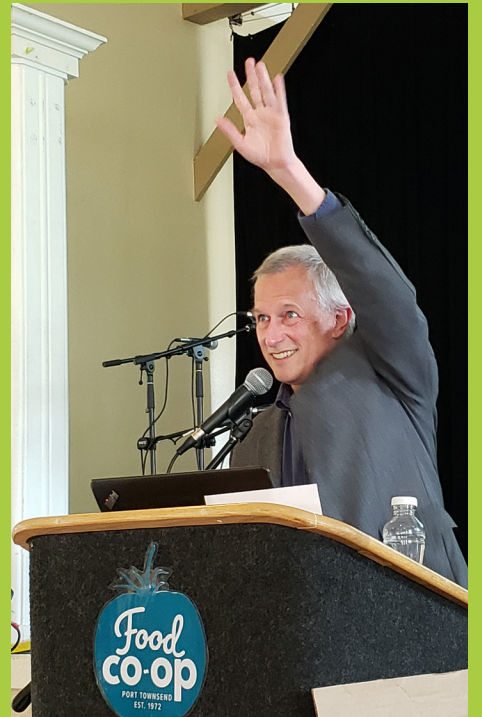
- Rene T 18 years
- Liam C 4 years
- Cathy B 3 years
- Thomas C 3 years
- Kimberly 2 years
- Paul C 1 year

June

- Estelle G 16 years
- Kevin T 11 years
- Kristina D 9 years
- Thomas K 2 years
- Phuong N 1 year



Julie says, "No carbs, no sugar, no calories –all fun!"



The prez Owen, at the AGM.

Respect

We respect our community as individuals and treat each other with civility and grace.



Inclusion

We work to welcome and include our whole community.



Participation

We participate wholeheartedly in our community, our local food system, and the governance of our co-op.



Working Together TO NOURISH OUR COMMUNITY



Integrity

We commit to integrity in our work, governance, and community relationships.



Love

We love what we do, and we share that passion with our community.



Stewardship

We steward our resources to sustain and regenerate our community.



Resiliency

We build resiliency in our community, economy, and food system so that future generations can thrive.

Food
co-op

MISSION AND VALUES