



Winter 2018 Issue

The Food Co-op Commons

Port Townsend, WA

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Investing in
Our Local Food
Systems

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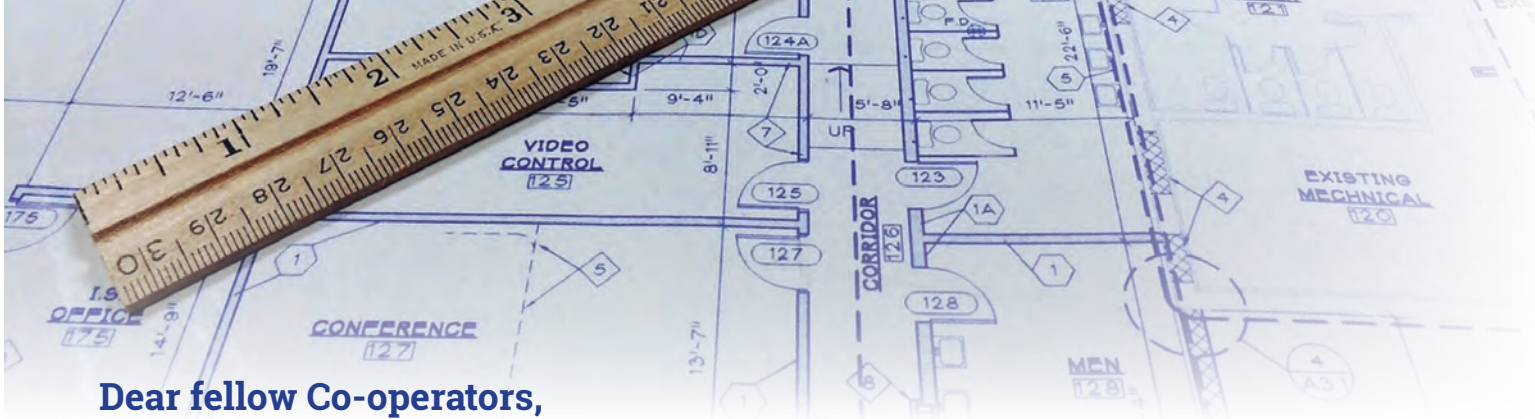


Where we seek to uphold the health of our community and world by making available reasonably priced whole foods and other basic goods and resources by means of our life-affirming democratic organization.



COMING SOON

an artistic vision of our newly expanded store



Dear fellow Co-operators,

Plans for our expansion and remodel are still on track, chugging along a little slower than I had hoped, but still moving ever forward.

We spent the end of 2017 finalizing our plans and having all the different engineers do their part to draw the architectural, mechanical, electrical, plumbing, and civil versions of the blueprints. Our goal was to submit our materials for the construction permit by the end of November with hopes that our permit would be issued by the end of the year. Were we successful? We'll know by the time you read this!

If those plans are on track, we'll spend January nailing down costs and negotiating contracts for the work to be done and we'll be breaking ground as soon as weather permits. We'll probably start by constructing the retaining wall that will form the east wall of the addition as well as create space for our waste/recycling stream. We are proud of the fact that we divert 65% of our waste away from the landfill, but as you know from your own home experience, that means we need to store all those recyclable and reusable materials somewhere prior to pick up. By enlarging our lot to the property line, we should be able to accommodate all those needs and not lose any parking.


Once the addition that will house all our receiving, processing, and storing of goods is built, we move into the store and begin the interior work. We anticipate that will be done in phases, mostly at night, and will (mostly)

allow for us to do our work and you to shop throughout the length of the project. You can expect to see a copy of the new floor plan posted in the store at the New Year, along with our timeline and any other news we might have.

Between now and then we are working on several aspects of the expansion, including securing financing, thinking about which pieces of equipment must be replaced, and with what, as well as how the product will be set in our new layout. There is so much planning work that goes into a relatively small project like this that it can be overwhelming at times. Thank goodness we have such an excellent staff working at the Co-op. They have been instrumental in helping us decide what we are going to do, where, and how. And they will continue to play a vital role in shaping our workplace, as I'm sure plans will continue to evolve between here and there.

And thank you, members, for your continued support as we work through it all. I love hearing your feedback, your excitement, and your questions. We know by the time we are done with this project we will have fixed some of our most pressing concerns. We also know that we will create a few new challenges—but I am also sure that by working together we can find some awesome solutions.

As they say in co-ops, we're stronger together!



Kenna Eaton, GM

Why Do We Exist?

by: Lisa Barclay, Board Secretary

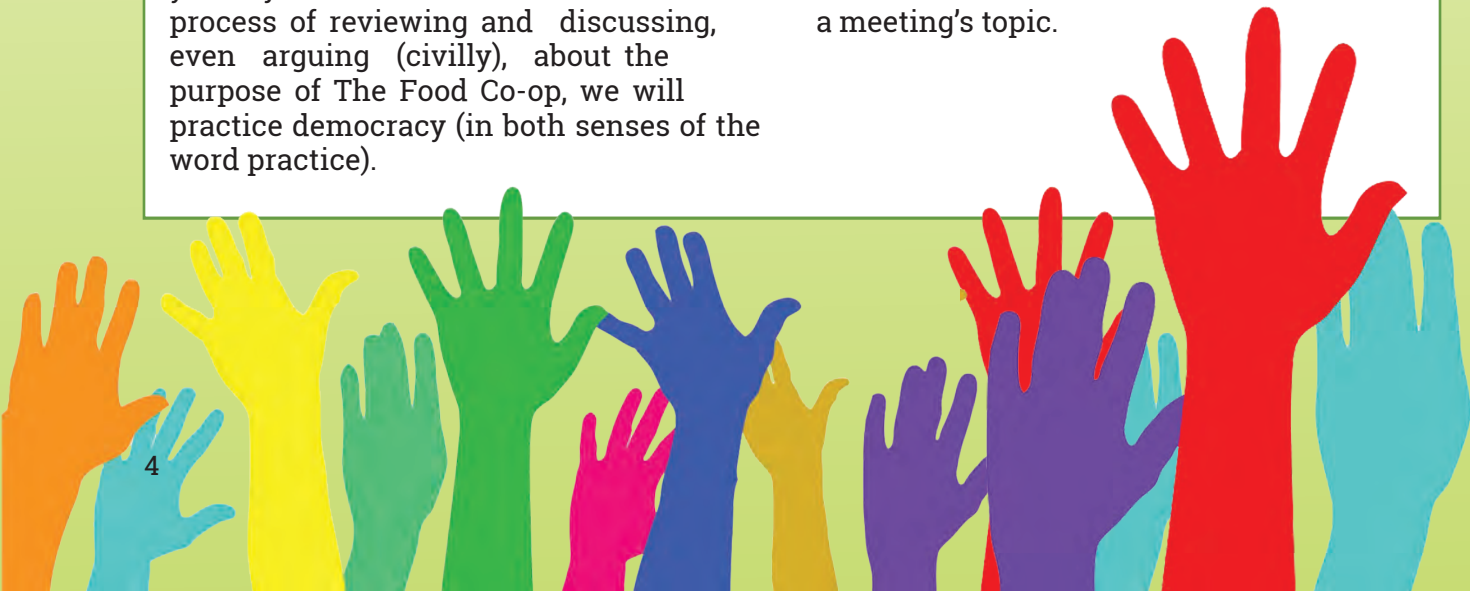
“In order to use democratic processes to change the world, we must learn to use the tools of democracy. We should make good use of our co-ops as gardens in which to germinate and nurture the seeds of democracy.” — Michael Healy, *Democracy in Cooperatives*

On a basic level, The Food Co-op exists to bring good food to our community, but we have other purposes, too. For instance, we exist to strengthen our community, working with our local farmers and producers to make our food shed as robust and healthy as possible. But because we are a cooperative, we also exist for less tangible reasons, not all of them related to food. Notably, we exist to practice democracy.

In the article cited above, Healy proposes that democracy is not just about voting. Rather, “democracy is the conversation and argument that precedes and follows the choice.” At The Food Co-op, we periodically review our guiding documents, giving us an opportunity to have those conversations about issues important to our co-op and community. In the coming year, we will be reviewing and possibly revising our Mission and Principles, and we invite you to join our conversation. In the process of reviewing and discussing, even arguing (civily), about the purpose of The Food Co-op, we will practice democracy (in both senses of the word practice).

At upcoming board meetings, we will make presentations on the history of cooperatives as well as discuss what it means to be a food co-op in early-21st century Port Townsend. We’ll learn how other co-ops use their mission and principles as well as review our own, and we’ll discuss possible revisions. I cannot promise we’ll make you happy with the result (in fact, I think I can guarantee that there will always be someone who is unhappy), but I can promise that we will do our best to listen.

To participate you needn’t sit through entire three-hour board meetings, as the study and discussion segment is always the first hour. After the discussion, you can join us for a bite to eat, with no pressure to stay for the rest of the meeting. Board meetings are always the first Tuesday of the month at 5:30 p.m. at TFC Annex at 2110 Lawrence Street. Be sure to check the Board’s board at the front of the store or our website to learn a meeting’s topic.



Run for the Board!

by Owen Rowe, Board Vice President

It's almost time for board elections!
Two seats will be up for election in May, both for three-year terms.
Have you ever thought about running?

At The Food Co-op, you're not just a member, you're an **owner**. That's part of what makes cooperatives different: every member-owner has a stake in the success of the business that we own together. The Food Co-op is one of the most prominent and successful businesses in Port Townsend, and the board draws on the talent and expertise so abundant in our town to help guide our business to continued success. The member-owners elected to serve on the board craft policies and plans which ensure that we remain a healthy and vital organization.

The Board is a group of member-owners who care about our local food system and community, and who are able to work and play well with others for the benefit of The Food Co-op we all love. We've got a great team now, and we're always on the lookout for more. You don't have to be nominated, you just have to be interested.

Come to a board meeting and see how we do it! In fact, we require candidates to attend at least one board meeting before the election—so why not plan on joining us this winter?

Board meetings are held on the first Tuesday of each month, starting at 5:30, in the Co-op Annex at 2110 Lawrence Street. We discuss and decide on Co-op strategies and policies, but we also take time to learn about our community, our products, and our business. And we share delicious food—we **are** The Food Co-op, after all! There's no better way to build community than eating together.

If you're interested in running for the board, you should plan to attend our **Candidate Orientation** at 7:00 on Tuesday, February 13th, in the Co-op Annex. You'll learn about the election process and candidate requirements, and you can pick up the Candidate Application. If you can't make the meeting, contact our Board Assistant, Sharon D. at boardassistant@foodcoop.coop.

Keep an eye on The Board's board and The Food Co-op website for election information as well as meeting agendas, study topics, and other opportunities to engage. We hope to see you at a Board meeting soon!



Not So Strange Brews at the CO-OP



Winter Beer

IMPERIAL STOUT

Lagunitas Brewing Co.
Petaluma, CA

*"Dark, Thick, and Scary!
Made with highly roasted
malted barley, and plenty of it,
to give the beer an uncommon
richness and smoky, roasty
depth."*

-Dylan L., Food Services Team
ABV 9.9% - IBU 73.54



MILK STOUT NITRO

Left Hand Brewing Co.
Longmont, CO

*"Super smooth with soft
roastiness and mocha flavors.
America's great milk stout will
change your perception about
what a stout can be."*

-Deborah S., Front End Team
ABV 6% - IBU 25



JUBELALE

Deschutes Brewery, Bend, OR

*"Warm spiciness and tradition grace
this bold, complex winter ale. You will
taste cocoa, dried fruit and toffee
notes. The deep garnet color pairs
perfectly with holiday celebrations."*

-Andrea S., Marketing Manager
ABV 6.7% - IBU 65



CBS (CANADIAN : BREAKFAST STOUT)

Founders Brewing Co.
Detroit, MI

*"An imperialized version of
Breakfast Stout, aged in
maple bourbon barrels. Rich
maple syrup, roasted coffee
and velvety chocolate meld
together in what can only be
described as a transcendental
drinking experience."*

-Juli V., Grocery Team
ABV 11.7% - NO IBU



BIFROST

Elysian Brewing
Seattle, WA

*"Bifrost is a winter pale ale.
Smells alluringly sweet like
caramel apples with a little
spice and orange zest. Bold
and balanced with a good
amount of citrus and earthy
hop."*

-Andrea D., POS Team
ABV 8.3% - IBU 58

FIRESIDE CHAT

21st
Amendment
Brewery
San Francisco,
CA

*"Brewed like a
classic warming, strong
ale but with a subtle blend of hand-selected
spices for just the right festive flair."*

-Adam C., Produce Team
ABV 7.9% - IBU 45



What Will You Find in Our Egg Cooler?



Local egg producers:

Solstice Family Farm Chimacum, WA – chicken eggs; delivers weekly

Spring Rain Farm Chimacum, WA – duck eggs in the spring; selling chicken eggs to other markets

Clucks & Quails Port Hadlock, WA – chicken & quail eggs; delivers every 2-3 weeks (See article about quail eggs in this issue)

Sid's Cackleberries Port Townsend, WA – chicken eggs; delivers occasionally

Valley Rock Farm Quilcene, WA – chicken & duck eggs; delivers occasionally

Dry Creek Farm Port Angeles, WA – chicken eggs; most of these eggs go to other markets

Dungeness River Lamb Farm Sequim, WA – certified organic chicken eggs; delivers weekly when eggs are available

Western Washington egg producers:

Misty Meadow Farm Everson, WA – Continuous, year-round access to pasture
Certified organic, non-GMO & soy-free grains
Top rating on the Cornucopia egg scorecard

Stiebrs Farms Yelm, WA – third generation family farm; all hens vegetarian fed; very good rating on the Cornucopia egg scorecard

- **GoOrganic eggs** – certified organic, certified humane, non-GMO verified
- **Sunrise** Fresh bulk eggs – cage free, certified humane
- **Fry n Try** – hens in community cages, eligible for WIC purchase
- **Farmer Jon's duck eggs** - Vegetarian fed, private nesting boxes

Wilcox Family Farms Roy, WA – 100 years of farming, all organic eggs, including Omega 3 & pasture raised, very good rating on the Cornucopia egg scorecard

See <https://www.cornucopia.org/scorecard/eggs> for more information about these and other egg producers.

Would you like to join our egg producers? Before we can purchase from you, we need to have a copy of your master business license with an egg handler/dealer license, both available from the Washington Department of Licensing and renewable annually. You may contact either deb@foodcoop.coop or morganc@foodcoop.coop for more information about selling to The Food Co-op.



The BIG News about little eggs

**by Marty Canaday, Board Member
& Proprietor of Clucks & Quails**

Quail aren't really new news. Early Egyptians and Chinese used them in traditional medicines for the last few thousand years. In Japan, the USA, Indonesia, Africa—well, pretty much everywhere—quail and their eggs are on the menu. Why? We all know they are rich and tasty. Their cuteness is truly hard to beat with those dark speckles on a cream to turquoise background. What's not to love about quail eggs?

Want an egg-cellent surprise? Quail eggs are more nutritious than chicken eggs. Did I mention they are non-allergenic? Seriously. They contain ovomucoid, which is anti-allergenic. Not only does it fight congestion and inflammation but MANY anti-allergy drugs contain...quail egg! Another surprise: unlike chicken eggs, quail eggs do not contain salmonella due to 1) an increased amount of lysozyme, which kills bacteria and 2) quail have a higher body temperature than chickens, which helps prevent the bacteria that infect humans. According to Livestrong.com and Dr. Hebin, quail are the safest egg to eat raw.

Let me help you get a little perspective on the big nutrition in quail eggs. First, these silky spotted sleek little gems have 13% protein in a mere 45g serving (that's 3.5 of my eggs from Clucks & Quails) versus 11% in a normal-sized chicken egg. Also unlike chickens, quail eggs have complete amino acid chains, to the tune of lysine, leucine, and linoleate acid, helping out your bones, heart, and hair. Don't forget that complete amino strands also increase the hemoglobin amount in blood cells. They don't stop there, though! The aminos and other components in quail eggs actually bind to heavy metals and mercury, carrying them out of your body. Instant Egg Purification!

Quail eggs really are a nutritional powerhouse. How? They contain Vitamins A (244 IU), E, D (5% RDA), B1 (6x chicken eggs), B2 (15x chicken eggs), B12, choline (119 mg), potassium (60 mg), iron (1.6mg), selenium (26% RDA), folate, calcium, zinc, pantothenic acid, phosphorus, riboflavin, and a healthy amount of HDL fats.



Now that you know WHY to eat quail eggs, HOW are you going to do it? The internet is full of wonderful recipes for these cute little eggs. I also have a few of my own family's favorites I'm sharing with you now. I suggest you go ahead and choose some quail eggs, they may be the healthiest choice you make today.

Brilliant Beet Quail Egg Pickles

½ cup cider vinegar
½ cup filtered water
2 T mixed pickle spice
½ T sugar
1 large RED beet (thinly sliced)
2 dozen boiled and peeled quail eggs
1-2 jars with lids

Bring vinegar, water, pickle spice, sugar, and sliced red beet to a boil. Set aside and let cool to room temperature. Strain out beet and seasonings. Place the peeled boiled eggs into jar(s) and pour pickle liquid over them. If you need a bit more liquid, just add filtered water to cover eggs. Let set 24 hours in fridge for brilliant maroon color. Good for up to 4 weeks in the fridge.

Fancy Baked Egg Cups

12 servings

4 dozen quail eggs
12 tomato slices
12 T frozen grilled green peppers and onions
your favorite grated cheese
salt and pepper
ham or bacon (optional)
cupcake pan(s)

Preheat oven to 350° F. For best results, oil cupcake pan(s) with butter or shortening. Place a tomato slice in bottom of each cupcake pan space. Add 4 raw quail eggs on top of each tomato slice. Sprinkle over egg 1 TB pepper/onion mix, salt and pepper, and bacon/ham if desired. Top with a pinch of grated cheese. Bake for 10 to 15 minutes, or until whites are cooked through and yolks begin to thicken.



APPETIZERS

by Liam Cannon, The Food Co-op staff

Appetizers are bite-sized morsels served before a meal to stimulate the appetite. In the spirit of mental morsels to whet your intellectual palate, check out the following ten historical appetizers.



Does a Potato Have Toes?

In 1992 Vice President Dan Quayle was mocked when he spelled that famous nightshade tuber “potatoe” instead of “potato” while officiating at a school spelling bee. In reality, he was correct. The now forgotten spelling was once common in the 16th through the 19th centuries. The Oxford English Dictionary lists 64 alternate spellings that have existed over time, including pittayatee, pertaayer, and pertater.

Can You Play a Drumhead?

Have you ever seen anyone eat a drumhead? No, we are not talking about ravenous musicians. Victorians ate a great deal of drumheads, more accurately, drumhead cabbages. Over time we have dropped “drumhead” and now just call them cabbages.



Did the “Windy City” Make People Cry?

Wild onions once grew in abundance around the area that we now call the Chicago River. Native Americans called it Shikaakwa or Shikako, which translates to “skunk place” for its pungent odor. French explorers of the 1600s translated it to “Chicagou.”

How Much is a Butt Tun?

About 126 gallons. A butt is a unit of liquid measure that was used up through the early 1800s for wine, oil, or honey. One butt is equal to one-half of a tun and half of a butt is a hogshead. If you figure that the average weight of a gallon of wine is nine pounds, a butt tun would be 1,134 pounds. So, what would a metric butt tun be?



Dentists and Sugar

Machine-spun cotton candy was invented in 1897 by dentist William Morrison and confectioner John C. Wharton. It became wildly popular when it was demonstrated at the 1904 World’s Fair as “Fairy Floss.” They sold 68,655 boxes at 25¢ per box (equivalent to \$6 per box today). In 1921, Joseph Lascaux, another dentist, invented a similar cotton candy machine. He patented the sweet confection as “cotton candy” and the name “fairy floss” faded away. Did these dentists see a nutritional benefit of raw cane sugar that we overlook today?

The Art of Chocolate

Most chocolate lovers know that Droste is a famous Dutch chocolate manufacturer. Founded in 1863, they are known for their high quality chocolates and cocoa. What Droste didn't expect was that they were going to be remembered forever in the art world for something completely different. In 1904 they created a new package for their cocoa. The package depicted a woman in nurse's clothing, holding a plate with a cup of milk and a Droste cocoa package, bearing a smaller version of her image. This recursive visual effect is known today as the Droste effect. They still use this image today and it can be seen at the Co-op on the baking aisle.



An Apple a Day Keeps the Doctor Away

This well-known proverb was first seen in print in this country in 1922 and originated in 1860s Wales as "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." Once an appropriate saying due to apple's high vitamin C content, it may not be so accurate anymore. Various studies indicate that the current nutritional value of fruits and vegetables that are not certified organic contain as much as 35% less vitamin content than they did a decade ago. This is primarily due to current agricultural methods, which strip valuable nutrients from the soil. It is estimated that you would have to eat eight oranges today to derive the same amount of vitamin A that our grandparents would have gotten from one. Another disturbing element of these studies found that 98% of the non-organic apples tested contained up to 48 different pesticides.

Is That a Mushroom in My Ketchup?

The sweet and tangy sauce that we have come to love today is far different than its original incarnation. Today catsup or ketchup is typically made from tomatoes, sweetener, vinegar and spices. In the 17th century, the Chinese consumed a sauce of pickled fish and spices called kê-chiap, meaning the brine of pickled fish. By the 18th century, English colonists brought this tasty sauce back to the United Kingdom, now altered to contain a primary base of mushrooms with walnuts and sometimes shallots. Because tomatoes were first thought to be poisonous, it wasn't until the early 1800s that tomatoes finally took the place of mushrooms. In 1835, ketchup was sold, not just as a condiment, but as a medicine for illnesses such as diarrhea, jaundice, and indigestion. Due to the tomato's high lycopene and antioxidant properties, current belief is that they make a good food to prevent certain types of cancer.



I hope you found some tasty morsels to take home in your doggy bag. I am going to leave you now to ponder some unusual laws that still exist. Who knows why they were enacted to begin with.

Alabama:

It is illegal to put an ice cream cone in your back pocket.

Georgia:

In Gainesville, it is illegal to eat a chicken sandwich with a fork.

Missouri:

In Natchez, it is illegal to give beer to elephants.

Nebraska:

In Lehigh, it is illegal to sell donut holes. I sense a joke here about donut police.

Oklahoma:

It is illegal to take a bite out of anybody else's hamburger.

South Dakota:

It is illegal to lie down and fall asleep in a cheese factory.

Developing Our Local Food System

by Laura Llewellyn, Produce Manager



A lot of the work I do is focused on developing our local food system, which comes in a complex array of shapes and sizes. It's not just about the farmers or our local producers of value-added products. It's also about the schools, the restaurants, the farmer's markets, all the grocery stores and various institutions. It's about the gleaners and The Food Bank, the policy workers and the leaders of our community, the home gardeners and CSA members. It's about each and every one of you. Naturally, eating is the one thing we all share in common.

Currently, I am The Food Co-op's representative on the Jefferson County Local Food System Council (JCLFSC). Our mission: Working

together to create, expand, and strengthen a local food system that is accessible, healthy, sustainable, and economically vibrant.

The JCLFSC was founded in 2015 and is comprised of about 20 volunteers who meet once a month. Each member represents a different sector of our food system. Much of the last three years has been spent on dialoging, networking and mapping. The result of this work is just starting to ripple out into the community.

The Food Council has two main committees in addition to the Executive Committee. The Policy Committee has spent considerable time drafting input to the Comprehensive Plan for both Port Townsend and Jefferson County. The

The Education and Outreach Committee is currently working with the Eat Local Campaign on two main fronts (more on this campaign to come). First is a farmer meetup on January 5 to plan how to increase local food use by restaurants.

The goal of this meeting is to strengthen relationships and thus purchasing power between farmers and chefs county-wide. Second is an initiative to start a number of "Menu for the Future" discussion courses. In the winter, groups will be meeting for six weeks all over the county to discuss food-related topics. Anyone can participate in this grassroots educational opportunity. For more information on the JCLFSC or if interested in signing up for a "Menu for the Future" group, email Judy Alexander at jclocalfoodsystemcouncil@gmail.com.

Through the workings of The Food Co-op and the Food Council, an "Eat Local First" campaign has been born. More accurately, the campaign is still in its inception stage. After three meetings, a group has surfaced that shares the common goal of turning up the dial on local food consumption. We are taking inspiration from the work Sustainable Connections is doing in Whatcom and Skagit Counties. The steering committee is working to identify our vision and mission, create structure for the campaign and find funding. If you are interested in learning more as the details unfold, joining our efforts or contributing any resources to the campaign, you can email me at laura@foodcoop.coop.

I have found that many of the conversations I have personally and professionally about eating local comes back to the topic of education. It might be information about certain products or vendors, actually getting people to taste the food, info about general nutrition, the economics of local businesses, or simply a story that paints a picture in one's mind. Bottom line, our food system is comprised of the choices we make three or more times per day. These decisions are made for many reasons, ranging from budget, to diet, to access, or to what we simply crave. All I ask is, next time you have a choice to make, think about eating local. Every dollar spent in our community multiplies within our community. Since we are what we eat, it serves every one of us to learn more about where our food comes from.

What we did in 2017:



- * Held a thank you dinner/workshop with local farmers
- * Bought from 122 different local farmers and makers
- * Purchased over \$1.2 million in goods from local producers
- * Added the amount of local dollars you spent at The Co-op to your register receipt
- * Gave microloans totaling \$10,000 to 2 local farms

Investing in the Local Food System

by Kenna Eaton, GM



Marko Colby and Hanako Myers | Midori Farm

In 2011 we identified five key strategic areas that The Food Co-op wanted to work on. It took some wrangling to agree to the language in all five areas, but one area in particular proved very easy—the idea that we wanted to strengthen the local food system. Research has shown that when our local producers are strong, the local economy benefits in return. For instance, did you know that every \$1 spent in Port Townsend has a ripple effect and becomes \$1.60.

In 2015 local producer Mountain Spirit Herbs was in need of some extra funding to purchase a much-needed tractor. The Food Co-op stepped in and lent her \$4,000 as a pilot program. Denise Joy, the owner, was relieved to be able to move forward with growing her business and The Food Co-op was pleased to be able to help. Within one year, Denise had repaid the loan within the agreed-upon terms (low interest and flexible payments).

With the success of that first loan, we thought to take it to the next level and offer a microloan of \$10,000 to one of our anchor farms. Two farms, Midori and Dharma Ridge, applied and both planned to do the same thing: to use the funds to build a hoop house to extend the growing season. Both applicants had great stories to tell about how they would use the funds effectively and so our team decided to divide the pool in half and offer each of the farms \$5,000 at a low interest rate and a flexible payment scheme that suits their ability to repay.

Several of our sister co-ops offer similar microloans; we created an internal policy based on theirs that states “Loans from The Food Co-op exist to assist farmers in improving their farms and to ensure the success of their work, as well as help us get closer to our Global End A2: As a result of all we do a vibrant local and regional food system will provide our community with a year-round supply of food sold at prices that are fair to both consumers and producers.”

There are many other actions that we are taking to get us closer to that goal, such as partnering with the Jefferson County Farmers Markets to ensure another strong outlet for locally grown food and goods. We are also partnering with the Jefferson County Local Food System Council to create a campaign to increase consumer awareness of the importance of eating local first. And we are expanding our store to improve our capacity to hold and sell locally grown meat, produce and other goods.

Zach Wailand, Haley Olson and family | Dharma Ridge Farm



Good News for Farmers and Foodies

by Judy Alexander, The Jefferson County Local Food System Council

Winter's here and gardens are taking a break, but you can still be a part of our local food scene by joining one of many discussion courses called Menu for the Future. In six short weeks, you'll find out all you want to know, like: how to eat well, what to buy, and how our choices can create a healthy local food system.

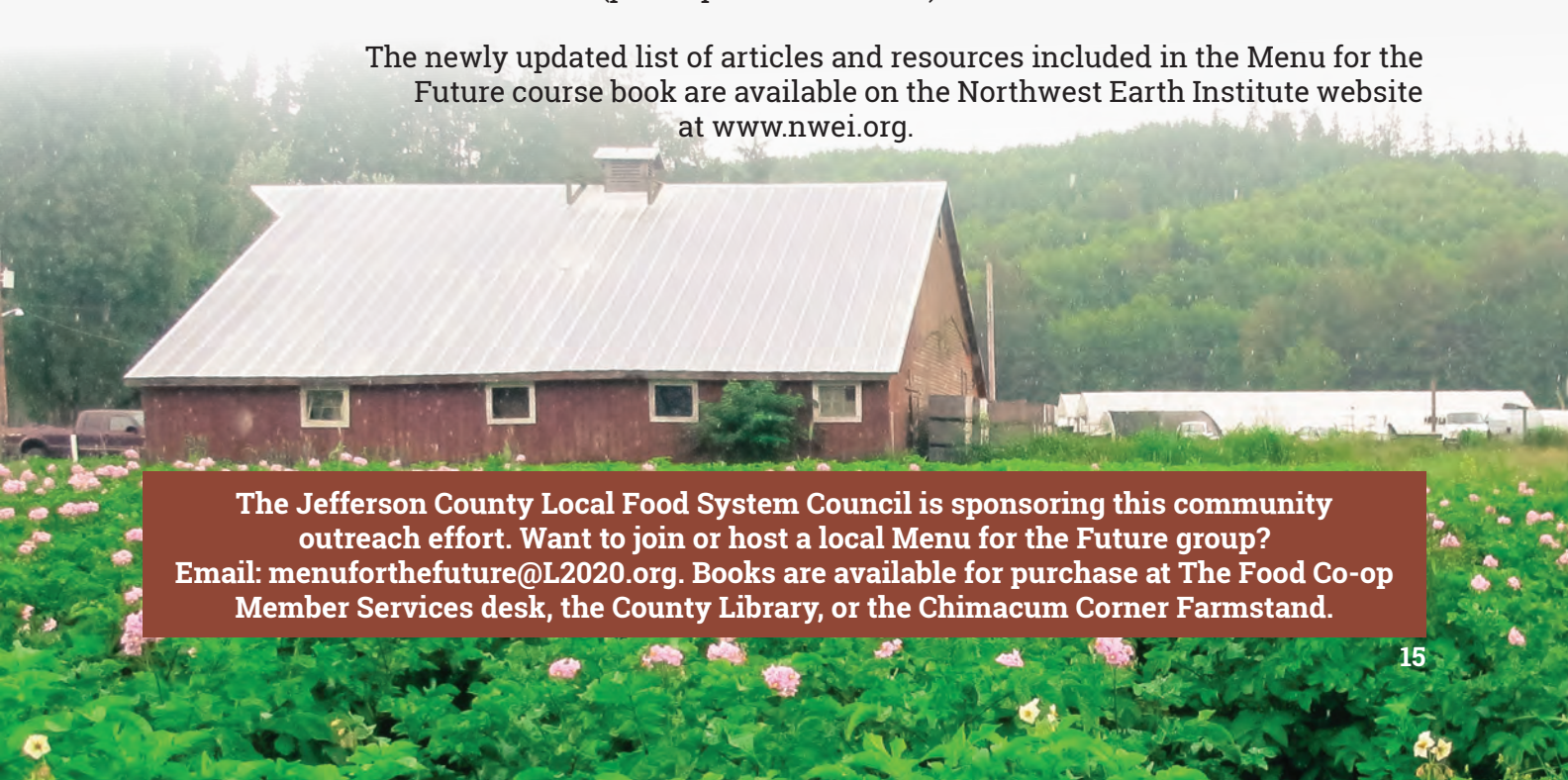
Over the last century, the way we grow, harvest, transport, and consume food has changed radically. It's easy to overlook the impact this nationwide shift has had on our environment. Menu for the Future explores the connections between what and how we eat and our long-term sustainability. Participants will learn about the many cultural, social, and environmental implications of our buying and eating habits. Together, we can create choices that are good for us and for the health of both people and our place, economically and ecologically.

The Northwest Earth Institute created self-led discussion courses, designed to spark shared learning, shared stories, and shared action.

In addition to reading materials—articles, book excerpts, and links to online content—group members will take turns facilitating the sessions. Each course provides guidelines to help with facilitation and relevant discussion questions in each chapter.

"... The class was surprisingly intimate. I guess I had grown accustomed to sitting in rows facing a teacher. Sitting around the Menu for the Future table is the metaphoric equivalent to sitting at a dinner table. We are feasting on ideas—about sustainability, food, nature, family, love, imbalance, and tragedy. The participants become storytellers and the stories we share are about our families and food." (participant testimonial)

The newly updated list of articles and resources included in the Menu for the Future course book are available on the Northwest Earth Institute website at www.nwei.org.



The Jefferson County Local Food System Council is sponsoring this community outreach effort. Want to join or host a local Menu for the Future group? Email: menuforthefuture@L2020.org. Books are available for purchase at The Food Co-op Member Services desk, the County Library, or the Chimacum Corner Farmstand.

Loving Your Pet



by Dr. Anna Gardner, Holistic Veterinarian

Loving your pet definitely does not involve giving them chocolate for Valentine's Day as chocolate can be very toxic. Loving your pet in a healthy way can include the right treats. I recommend treats like freeze-dried meats and vegetables. There are lots of healthy options, including freeze-dried salmon, chicken, turkey and rabbit as well as healthy chews made from pure ingredients like sweet potato. I also suggest limiting too many dried treats and feeding things like fresh carrots or apples (raw is fine) or small pieces of healthy meat and avoiding ingredients that you don't know the name of and can't spell! Many treats have a lot of fillers and starches; I would suggest sticking to treats that have no grains or sugars and have simple, healthy ingredients you would eat yourself like meat, fish and vegetables. Sardines, mackerel and small pieces of cooked fish are also healthy and have added health benefits as well as being a tasty snack.

Ask the Veterinarian!

For future issues we will be including a column, "Ask the Vet"! Please email your questions to Dr. Gardner to the email address below for consideration and inclusion in the next edition. Thank you!

Dr. Anna Maria Gardner is a holistic veterinarian based in Jefferson County and licensed in both Washington and Texas. She is a graduate of Cambridge University in UK and now specializes in holistic care including homeopathy and acupuncture. Dr. Gardner does house-calls in the local area and phone consultations worldwide.

www.petsynergy.com

drgardner@petsynergy.com

There are also a number of websites where you can find recipes to make your own healthy dog or cat treats at home. Special treats for the holidays will often include healthy ingredients like apples, pumpkin, meats and other fruits and vegetables.

Chocolate Toxicity



One thing to avoid at all costs is chocolate, so make sure your chocolate kisses are put away from harm's reach and inquisitive cats and dogs. Chocolate is a stimulant and only a small amount can be fatal, though it depends on the size of the dog. Also, darker chocolate with more of the active ingredient theobromine is more toxic. So, the darker the chocolate, the more risky it is for your pet. For example, approximately 1.5 ounces of dark chocolate for a 10-pound dog can be toxic.

Signs include vomiting and diarrhea, increased thirst, panting or restlessness, excessive urination, and a rapid heart rate. The clinical signs can develop slowly once the chocolate is absorbed, so it is best to take your pet immediately to the veterinarian, who will induce vomiting and treat them as needed.

The vet might have you give some hydrogen peroxide first because it can be a long drive to the clinic and time is of the essence. The dose is one teaspoon per 10 pounds of body weight and is best given immediately; after an hour, the chocolate will be absorbed and it won't help. Activated charcoal can help after the event, too, but there is no substitute for correct veterinary treatment. Once your animal is home, or has vomited, then homeopathic Nux vomica can help settle the stomach and is a safe and natural way to follow up at home. Slippery Elm can help soothe and heal the digestive tract.

Other Foods to Avoid



Other foods to avoid in cats and dogs are grapes, raisins, onion and garlic (small amounts of garlic are tolerated in dogs, but do not overdose) as well as avocado, macadamia nuts, coffee, and xylitol, which is in sugar-free human products and quite toxic to dogs. Also avoid dough, which can swell up and cause bloating. Alcohol and marijuana are obviously toxic. Marijuana toxicity in dogs is being seen much more frequently in emergency rooms since it was legalized. Hemp and CBD can be beneficial for treatment purposes but I would stick to that and not take any chances of toxicity with THC products.

So have a fun Valentines with your dog and cat and enjoy healthy treats, a good walk or play and some fun time and save the chocolates until later!

Warm Winter Drinks Using Chai Masala

by Sidonie Maroon

How about a couple master recipes that will make your winter rock with warm drinks? Then how about eight more ways to use them?! You'll be so happy. But first, let's set the stage with some clarifications. In Hindi, Masala Chai literally means mixed spice tea. A masala is a spice mix and chai is tea. Think about that the next time you ask for a chai tea. Chai has become a loanword for Americans when they really mean masala chai. Another clarification: tea actually refers only to the leaves of the tea plant, *Camellia sinensis*. So, tea's yet another American loanword for any plant-infused drink. In my recipes, I'll use the words chai and tea in the faulty but truly American sense. When I say chai, I'll mean a spicy drink which doesn't necessarily contain *Camellia sinensis*. When I say tea, I'll mean a drink steeped with a plant. Ok, got it?

As far as authenticity goes, there isn't one recipe or even method for making masala chai. It differs from place to place and every Indian family has their own favorite way. What most chai masalas do have in common are ginger, cardamom, milk, sugar and tea.

I'm giving you my masala recipe in tablespoons and as a ratio. It makes a powder which is easy to use and great to have around for baking and cooking in general. Note that it's important to always strain your drink so you won't end up with bits of spice shells or peels. I've also included the recipe for the Ayurvedic favorite, golden paste, so you can make a golden milk masala. Yum.



Chai Masala

Recipe Mix

Always use fresh whole spices. Makes about 1 cup of masala chai powder. Measure and grind fine all spices together. Don't worry about the shells because you'll strain them out of your drinks. Store in a dry, airtight container. Will keep 2 months. Use with your favorite milks and sweeteners.

Fennel seeds

3 parts = 3 tablespoons

Cardamom pods

4 parts green = 4 tablespoons

Cloves

1 part whole = 1 tablespoon

Allspice Berries

2 parts = 2 tablespoons

dried Ginger root (not powder)

4 parts = 4 tablespoons

Black Peppercorns

1 part = 1 tablespoon

Whole Nutmeg (grated)

1/2 part = 1/2 tablespoon

broken Cinnamon sticks

3 parts = 3 tablespoons

Coriander seeds

2 parts = 2 tablespoons

Golden Paste

Used to make golden milk.
1/2 cup/60g turmeric powder
1 cup/250ml water
1/3 cup/70ml coconut oil
Add the coconut oil at a low heat. Once it's melted, add the turmeric and briefly saute while stirring off the heat for a minute. Add the water and simmer on the heat until you have a paste, about 7 minutes. Store the paste in the fridge for up to two weeks or freeze.

Roasted Dandelion Root Chai

Locally harvest or buy prepared dandelion roots. Grind the dry root pieces into a powder and pan roast on a low heat until it smells heavenly, like baking chocolate and vanilla together. It'll be coffee-colored but don't burn it. How dark you'll want the roast depends on taste. I like mine dark and full-bodied. Use 2 tablespoons roasted dandelion powder per 1 quart water, with 1 teaspoon chai masala or to taste. Steep for at least 15 minutes and up to several hours. Lovely with added steamed milk and sweetener to taste.

Cinnamon Chai

Use 1 teaspoon powdered cinnamon and 1 teaspoon chai masala per quart of boiling water. Let steep 15 minutes or longer, strain and serve. Add milk and sweetener of choice. Children really like this.

Golden Milk Chai

Gently heat one cup of coconut milk in a pot. Whisk 1 heaped teaspoon of the turmeric paste and 1 teaspoon masala chai into the milk. Let this infuse for a few minutes while keeping the milk at a low simmer. Strain and add sweetener of choice.

Citrus and Ginger Chai

Save all organic orange-flavored citrus peels. I have a plate on my counter where I put them and snip into thin strips with scissors. They'll air dry within a few days and then can be stored in a jar.

Per quart of boiling water:
small handful citrus peels
8 slices of fresh ginger
1 teaspoon chai masala
Fresh turmeric and/or galangal are nice additions. Slice the turmeric up like the ginger in the same amount and use half as much galangal. Then grind the ginger, turmeric and galangal in a food processor with a little water to make a paste and add to the infusion with the chai masala.

Morning Chai Broth

The night before, add: three quarts water, 1 tablespoon chai masala, and any of the following good quality vegetable and fruit scraps to a slow cooker: I use ginger and turmeric peels, potato and yam skins; all ends and pieces of things like parsnip, celeriac, mushrooms, apple

or pear cores, plums; parsley and other stems and leaves of all kinds; squash peels and innards are particularly good. I use just about anything vegetable or fruit* that I'd compost while preparing a meal.

*Warning: don't use anything in the cabbage family because they'll stink if cooked for long, or onion skins and citrus rinds, unless you want a bitter broth.

Everything goes into a large crock pot, cooked on low for 10-15 hours. In the morning, I dip out a mug full and add salt or sweetener and drink. I strain the rest to drink hot throughout the day or use in soups. I have a broth like this going almost everyday, all winter long.

Holy Basil Chai

Add 2 tablespoons Holy Basil and 1 teaspoon chai masala per quart of boiling water. Infuse for 15 minutes.

Chai Green Tea (Gunpowder)

1 quart almost boiling water
4 teaspoons green tea and
1 teaspoon masala chai
brewed for 3 minutes before straining.

Chai Black Tea (Assam)

1 quart almost boiling water
4 teaspoons loose black tea
and 1 teaspoon chai masala
brewed for 5 minutes before straining.



2018 Saturday Cooking Classes



February 17

Introduction to Gluten Free and Low Sugar Baking

Get comfortable with everyday gluten free baking. Learn to make your own flour and baking mixes, convert favorite recipes and incorporate sourdough techniques, and best of all, experience how gluten free is absolutely delicious.

March 17

Baltic

Influenced by neighboring Germany, Scandinavia and Russia this premier peasant cuisine has always been closely linked to the seasons and artisanal foods. They've been doing well for a long time, what we're just waking up to: seasonal, fresh, local, foraging, and fermentation.

Because they have a short wet growing season, foods that do well in the maritime Northwest also grow in the Baltics. Their recipes are filled with yummy everyday ideas to fill a late winter belly.

April 21

Introduction to Spices

Do you love well seasoned food but spicing confuses you? Not sure what combinations to use and what they'll do for a dish? In this intensive, we'll learn to identify and use common kitchen spices. We'll think like a chef in our approaches to flavoring. Plus we'll hands-on grind and mix up some 'must have' blends to try.

May 12

Love Indonesian Food

The fabled Spice Islands of Indonesia encompass an astonishing range of culinary diversity. A place filled with healthy, beautiful and exciting food. Join us as we cook up tasty dishes from the classic cookbook "Groot Indonesisch Kookboek" by Dutch-Indonesian writer Beb Vuyk. Together with Pisang Susu's accompanying food blog to help us understand the recipes we can't go wrong.

June 9

Discover Korean American Food

Around the world Korean cooking is exploding in popularity. Not only does it have a delicious and sophisticated living tradition, it's also healthy: with its uses of fermentation, gelatin rich broths and a wide array of fresh vegetables. Learn introductory Korean cooking techniques and how to adapt Korean dishes to our local food scene. With over a million Korean Americans, this cuisine will have an important impact on our meals for years to come.

July 7

Cook Vegetarian Indian with Con idence

Inspired by "The Art of Indian Vegetarian Cooking" by Yamuna Devi, we'll explore the basics and by the end of the day you'll be able to confidently make delicious Indian meals at home.

August 4

Cook Persian: The Food of Life

The cuisine of any country is a fundamental part of its heritage. Its ingredients reflect geography, while its flavors and colors tell about the aesthetic tastes of its peoples. Join us for a hands-on, tasty, introduction to Persian food, using Najmieh Batmanglij's beautiful cookbook "Food of Life". Roll up your sleeves and join this fascinating excursion into the cradle of culinary civilization. This class is especially placed to use our bounty of Summer produce!

September 1

The Armenian American Kitchen

Armenia has an ancient and delicious cuisine, brought to America by her immigrants. Join us as we experiment with our luscious late Summer produce using Armenian techniques and recipes. Food connects us across all boundaries, so it's fun to share a meal, try regional recipes and explore the flavors of another country-- all the while learning the art & science of cooking.

October 20

For the Love of Pie

Find your way to baking fabulous pies Be a pastry dough pro. Make creative pie tops and decorations. Learn to use seasonal produce to fill your pies. Play with sweet and savory fillings.

Classes held at Market Kitchen, Port Townsend. Book online at www.BrownPaperTickets.com