

SUMMER 2018 • FREE



# COMMONS

THE FOOD CO-OP • PORT TOWNSEND, WA



THINK  
the food CO-OP EAT  
LOVE LOCAL

# THANKS TO

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# GROWING THE LOCAL FOOD ECONOMY

by Kenna S. Eaton, GM

The theme for this year's Annual Member Meeting—and this issue of *The Commons*—sums up one of our major goals: growing the local food economy.

What began as part of the research for our first strategic plan back in 2011 has grown into one of our five strategic directions and an important motivator behind our expansion project. In the many conversations we held with key stakeholders that year, we heard time and time again that one way the Co-op could help was to increase the number of local eaters, specifically by buying and selling more locally produced food and goods. Our small storage coolers and our limited retail space for produce, meat, and other goods was hampering our ability to buy and in turn, sell more local goods. Now we've embarked on expanding our facility with the idea that increasing our holding capacity will help us increase our impact.

Over the next few months, we will be adding 3,000 square feet of space to buy, process, and sell food. In addition to expanding our storage capacity for produce, including local, we are also growing our meat and seafood department from its current tiny operational space—literally a former closet—to something larger. We made that decision, which some of you have asked about, based on many hours of conversations and meetings with our local meat producers, who told us they needed more outlets for their product so they can continue their operations and have a sustainable source of income for their families. We also heard from our customers that they wanted to make healthier choices by being able to buy good, clean meat (beef, pork and chicken, as well as seafood) raised here in Jefferson County, so this seemed like one direction the Co-op could take to benefit our producers, our members, and our broader community.

As the project continues to unfold, our opportunities will as well. We anticipate being in our new addition by the end of summer, which is very exciting for our staff. We know it will take us a little time to learn how best to use that space, but while we are doing so, the rest of the store will be going through its own refreshment. As soon as we can occupy our new backrooms, we will begin working on updating the front of the store one section at a time, moving product into one area and then working on another in a sort of continuous wave. Not all changes will happen sequentially, so we will have our work cut out for us preparing for, and working with, the ebbs and flows of construction. Thankfully, our staff is being very flexible, as are you, our members. Thank you for being supportive and patient as we work through this time—and know that we are super excited to see if our dreams can come true and we really can make a difference to our local food economy.



# BOARD NEWS

by Lisa Barclay, Board Secretary

Spring was a busy time for The Food Co-op Board. We had board elections, put on the Co-op annual meeting, elected our officers, and decided our committees for the coming year.

## ELECTIONS

I am very pleased to announce that Juri Jennings and Dylan Carter were elected in our board election in May. They are dedicated, full of enthusiasm and energy, and coincidentally, they both love theater! Juri majored in theater at college and you've probably seen Dylan in Key City Public Theater productions, like last summer's *Henry IV, Part One* at Chetzemoka Park. You'll see Juri in The Food Co-op when she and I do food demos highlighting easy ways to use local and regional foods. Juri works at the Fort—Worden, that is—and Dylan works in The Food Co-op, so if you see either of them, be sure to say hi and congratulations.

## OFFICERS

Monica le Roux is retiring from her position as president, spending her final year as a board member supporting and mentoring new board members as chair of the Elections Committee. Owen Rowe was elected board president, following two years as vice president. Juri will move into the vice president's seat, while Lia Karoura remains treasurer and I stay on as secretary.

## COMMITTEES

You might have noticed that co-ops tend to have rather jargony names for committees. We like to think we've taken it to a new level. Our committees are:

**The Cooperative Connections Committee**—otherwise known as **C<sup>3</sup>**—is our member and community engagement committee. They put on the annual meeting and other member/board functions like forums or alcove events. Marty Canaday will be the new chair, as current chair David Wayne Johnson is retiring from full board service this year after five years on the board. We're happy he's agreed to stay on as our first emeritus board member, a new non-voting position we've created to help us retain the knowledge and expertise of retiring board members. Thank you, David!

I chair the **Board Cultivation Committee**, which strives to make the board effective, consistent, collegial, and trained. We create the board's yearly work plan, arrange the Study and Engagement sections of board meetings, and organize training, field trips, and board retreats.

**Governance**, chaired by Lia, makes sure that our governing documents are clear, up to date, and agree with each other.



**Elections**, chaired by Monica, oversees the various tasks that ensure we have a full complement of board members ready to work cooperatively together.

## ANNUAL MEETING

I've attended six Food Co-op annual meetings now, and I've heard some good speakers, but this year was probably the most inspiring and informative, all about what is happening in our own Co-op and community. General Manager Kenna Eaton gave an update on the expansion, describing the rather surprising fill they found with they dug down for the addition, plus she announced that we had a great year, so we'll be distributing member patronage dividends soon. Monica unveiled our updated Strategic Plan (see following pages), crafted by the board with the help of members and staff, to guide all The Food Co-op's activities for the next few years.

C<sup>3</sup> gathered an impressive slate of speakers to talk about our local food system. Emcee David Wayne was pleased to note how far we've come in the three years since he gave his report on the opportunities and shortfalls in our food shed at our 2015 annual meeting.

The speakers gave a wide overview of the strides being taken in our community: Judy Alexander talked about the efforts of the Jefferson County Local Food System Council; Allison Hero, co-owner of the Silverwater Cafe, discussed the Chef Expo, which brought together 70 local farmers and chefs, with the goal of more local food in our restaurants; Stacey Larsen, food service director of Port Townsend schools, told us about the amazing progress they are making to bring fresh food to our schools as well as teaching kids how to eat well; Amanda Milholland, director of our local farmers markets, gave an overview of the new Eat Local First campaign; and Dave Seabrook talked about the many gardens of our Food Bank Gardens—as well as exactly why the chicken crossed that road!

Attendees got to meet some of our local farmers and producers and play a Fun Facts! game for a chance to win baskets of local products. We thank those producers for taking time out during a busy season to help us: Michelle Bell of Red Dog Farm, Camille Bergot of Alpenfire Cidery, Denise Joy of Mountain Spirit, Rick Oltman of Cape Cleare Fishery, and Rodney Just of Lamb Farm Kitchen. Bunnie's Bath couldn't attend, but sent her wide variety of products for us to check out.

We also want to give a big Thank You to the staff of Fort Worden for providing a pleasingly thorough spread of local food!





# 2018–2022 Strategic Plan

The Food Co-op's Strategic Plan guides all our activities, laying out what we seek to achieve—our Ends—and the strategies we believe will best accomplish those Ends. The work of reviewing and renewing this document involved the board, the staff, and our membership in a year-long process that included reaching out to the membership in the store and online, consultations with the heads of each department in the store, and thorough discussion amongst the board and the general manager about where our priorities lie. Notably, we found ourselves returning again and again to the importance of partnerships to achieve our Ends—partnerships between our members, board, and staff; and between our store and our wider community of shoppers and producers.



## **MARKET RELEVANCE** Our community is well served by a strong cooperative grocery store, integral to the lives of our customers, our farmers, and our producers.

At its core, The Food Co-op exists to provide access to healthy food for member-owners in our community. To deliver on that promise, we need to establish and secure our position in a competitive marketplace and ensure our continuing relevance to our membership and the community as a whole. All of the choices we make in running our store support this goal.

### **STRATEGIES:**

- Distinguish our Co-op as the best place to buy sustainable and reasonably priced whole foods and basic goods.
- Provide a vibrant, fun atmosphere with exceptional customer service from a knowledgeable, well-trained staff.
- Cultivate and promote member benefits to retain and attract loyal members to our Co-op.
- Ensure that our facilities planning meets the ever-evolving needs of our community.



## **FOOD SYSTEM DEVELOPMENT** Our community has a resilient local and regional food economy, supported by our Co-op and our community partners.

As an organization, our greatest contribution to our food system lies in growing the market for local, independently owned, and/or cooperative businesses. In order to do so, we must collaborate with various partners to create a resilient local and regional food economy, for only in such a system will those varied foods and products we hope to market be available.

### **STRATEGIES:**

- Increase quantity and diversity of locally and regionally produced food available through the Co-op.
- Provide information and assistance to local producers to meet the growing demand for local products.
- Expand and strengthen relationships with independently and cooperatively owned producers and distributors.
- Collaborate with local partners to support wholesale buyers in purchasing more regional and local products.





## **THRIVING WORKPLACE** Our staff and board have the knowledge, skills, and passion to make our cooperative thrive.

Everything starts with people. We believe our cooperative values are best expressed in a supportive and collaborative environment. To have a good store and a successful cooperative, we must have a workplace where staff, management, and board all flourish.

### **STRATEGIES:**

- Cultivate best practices as an employer, including fair wages and benefits as well as opportunities for staff and board development.
- Strengthen and develop systems that inspire our staff, management, and board to achieve goals, cooperate effectively, and have fun!
- Continue to improve the efficiency and safety of our workplace.



## **ENVIRONMENTAL SUSTAINABILITY** Our members and customers are proud to shop at a local cooperative grocery that is working to reduce its impact on the environment.

Our food cooperative is rooted in the environment—an environment that is facing increasing challenges. We can all participate in addressing wider issues through the individual choices we make, while our partnerships strengthen us and allow us to go farther than we could alone.

### **STRATEGIES:**

- Measure and report on our progress towards environmental sustainability with an emphasis on product choices and waste reduction.
- When making capital investments, find feasible ways to mitigate our impacts.
- Partner with local, regional, and national groups to leverage our waste reduction efforts.
- Build a culture of appreciation for food management at home and at work.



## **OUTREACH** Our community is informed, engaged, and empowered to join us in making a difference.

We have an important story to tell about how cooperatives can be a powerful vehicle for change. What we do matters beyond the walls of our store. We work with partners to increase access to healthy food in our community, enhance our foodshed, and further the cooperative economy and ideals.

### **STRATEGIES:**

- Share our inspiring stories with our community.
- Leverage partnerships in our educational and advocacy efforts.
- Cultivate community awareness of the cooperative model and why we need cooperation to build healthy systems.



# THINK eat LOVE LOCAL

by Laura Llewellyn

I read an article recently that was dispelling myths behind grocery stores. One of which was that we are trying to get our customers to buy food. Well duh! That is the business we are in. Granted, the myth was more about impulse purchasing, getting you to buy what you didn't intend to purchase. While this may be true, I see it in a different way. Some people come to grocery stores with lists and some don't. I think both parties are looking for inspiration, on different levels. We aim to create displays that will motivate you to eat this or cook that. Personally, I want to inspire every one of you to buy local produce! And lots of it! You are what you eat. Studies show that the nutritional value of produce diminishes as time from harvest increases. If it's local, you know it is in season, fresh and good for you!

I have read that farms receive only 12% of every dollar you spend on produce. I can assure you that is not the case when it comes to buying local produce at the Co-op. Our business is based on making a 38% margin, of which 37% goes into running the Co-op (paying employees, utilities etc) and the remaining 1% is our profit (which we use to pay for projects such as our expansion). In produce we look at our cost of goods every week and set our retail prices accordingly. We can juggle our margin across the department to bring you great deals AND pay our local farms a fair price for produce. This means that on average we pay the farmer sixty-two cents of every dollar spent on produce. Sometimes much more and rarely less. That is at least five times more than the average farmer receives nationally. With the increase of minimum wage, our local farmers are feeling the crunch. What was a high risk, slim margin game has only gotten worse. Buying directly from the farmer will always gain them a greater return. If you have that option – go for it! If you don't, we will have local produce available whenever possible. Since we are open seven days a week, our sales really do add up and contribute significantly to our local farm's overall income.

It can be hard to navigate a grocery store. There are so many choices and plenty of sale signs to distract you. What does local even mean? The definition differs from store to store. The Co-op defines local as our county and the four other counties that touch us. We also try to make it easy for you to find local produce at The Co-op. Mainly because we don't often give you a choice. For example, when we can buy local slicing tomatoes, we buy them and don't carry the on-the-vine tomatoes that we sell the rest of the year. Same with almost every produce item grown locally. However, sometimes we do give you a choice, such as with salad mix. We buy it locally whenever possible and sell it in bulk. We also bag it up in house in 5oz compostable bags instead of carrying the 5oz clamshells. We do still carry 1# clamshells year-round as some customers want to buy ready to eat salad. (Local greens are washed but are not certified as washed, ready to eat salad mix). In this case, we want you to be a smart shopper and vote with your dollar. If no one bought those clamshells, we wouldn't carry them. Support us supporting our truly local farms. Your purchase does make an impact.

**Support your neighbors.  
Invest in our community.  
Get inspired and buy Local!**





# PACIFIC NORTHWEST SUPERFOODS

by Linden de Voil, RH

CLASS  
INSTRUCTOR  
SEE PG 15

Every few months there seems to be a new miracle superfood making the rounds on the internet - acai and goji berries, lucuma and maca root, mangosteen, chia seeds - touted for near-magical powers to lower cholesterol and blood pressure, stimulate effortless weight loss, and protect against heart disease and cancer. Some of these claims may be true, some of the time ... but the reality is that many of these 'superfoods' are also exotic global travelers that may be heavy on packaging, hard on your pocket book, and a long way from home when you find them in the supermarket.

Luckily for us, we can find super-nourishing, power-packed foods all around us! In addition to local favorites like salmon and kale, here are a few more options for Pacific Northwest superfoods you can harvest yourself - look for them at The Co-op or farmer's markets. The common denominator is that all these foods are nutrient dense and have some particular health benefits that make them a superstar addition to a regular healthy diet.

- A recent study showed that **salal berries** may beat blueberries for health benefits, with up to four times as much antioxidant potential. Salal berries are a traditional food of many PNW indigenous peoples; they can be eaten raw, and while not as sweet and tender as some other berries, they're excellent in baking, jam, syrups and other preserves.
- Goji berries are touted for their high vitamin C content, but **rose hips** have almost 100 times more vitamin C than goji, along with a dose of minerals like magnesium and calcium. There's some evidence that regular consumption of rose hips may even have an anti-diabetic effect. You can use the fruit from any of our local wild roses, either fresh or dried - but take note, the inner seeds are covered with tiny hairs that can be irritating when consumed; most people prefer to remove these before using the rest of the fruit in tea, jam, syrup, or fruit leather.
- There's a reason **nettle leaf** is the darling of Northwest foragers. Used as a cooking green, it's incredibly high in amino acids - it beats almonds and chicken, ounce for ounce! As a food or tea, it's an excellent source of calcium and iron, making it a great addition to vegan and vegetarian diets, and a super pre- and post-natal booster.

If this whets your appetite, **check out Linden's upcoming Kitchen Medicine series at the Food Co-op!**

Linden de Voil is a Registered Herbalist, offering individual health and nutrition consultations at Bear Root Apothecary & Wellness Center. Learn more at [lindendevoil.com](http://lindendevoil.com)

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# THINK, eat, LOVE LOCAL FOR YOUR ANIMAL FRIENDS

by Dr. Anna Maria Wolf

The animal food and supplement industry is a huge area that can be changed to a more sustainable model. There are local options for home made food, raw and cooked, and many recipes and books that can help to transition your healthy animal to a nutritionally balanced, locally sourced and healthy diet. There are options for sourced locally meat, including beef, bison, venison and other meats. The cost of premium pet food has escalated in recent years and the source can be dubious at best. Ingredients in pet foods, even healthier brands, are mass produced and processed, bringing with it the risk of recall and other problems such as increased packaging and more landfill waste.

## THINK

Think of ways that you can be more sustainable, such as shopping locally for your animal's entire diet including a variety of healthy local, preferably organic meats, fish and vegetables. Even incorporating some local foods can be helpful for both health and sustainability. Within the commercial pet foods there are foods that are produced within the USA and are more ethically sourced. There is a lot more transparency within pet food companies about the source of ingredients, whether they have single ingredients that are from other countries such as China, and how the animals were raised and treated, as well as whether and which ingredients are organic, and so a little research can go a long way to determine the actual facts about a 'natural' or 'holistic' food. Read the labels, look for organic and search for sustainable local sources where possible!

## eat

Eat homemade foods – but it is very important to balance the diet with the right calcium-to-phosphorus ratio, and to make sure there are adequate nutrients like taurine and other amino acids as well as vitamins and minerals. The right supplement or combination of supplements can help if feeding an entirely raw food-balanced diet, is too overwhelming. Bones, bone meal, ground egg shells and organ meats can be added depending on your animal's dietary needs and requirements and are an important part of a raw food based diet. It is important to find a good balance and make sure it is appropriate for your animal, especially if they have health issues. Find a balanced recipe that works for your lifestyle and your particular animal companions.

## LOVE

Love! There are several ways to look at this aspect – love for your personal animal friends in providing a healthier diet that you built from healthy and local ingredients. Then there is the love for animals in animal based food, ensuring they were raised in healthy, humane environments and killed humanely with minimal stress. Dr. Pitcairn, the well known holistic veterinarian who was my teacher and mentor, is moving towards vegan, plan-based animal diets in recent years, for ethical and moral reasons as well as improved health. It is important to balance vegan animal diets correctly to avoid deficiencies, but for people choosing a vegan lifestyle for themselves, it is a definite option and it is worth looking into and checking out his research. There is also a local group I belong to called Quimper Animal Advocates that is supporting the health and well-being of all animals and I am including the link below.

So, remember your animal friends when you Think, Eat, Love Local!  
Dr. Anna Maria Wolf at [www.petsynergy.com](http://www.petsynergy.com) - please note my new name

## resource LIST

OVERVIEW OF NUTRITION: <http://petsynergy.com/articles/nutrition-for-cats-and-dogs-overview/>

RAW FOOD LINKS AT PETSYNERGY: <http://petsynergy.com/links/raw-food-links/>

RAW FOOD DIET PREMIX FELINE INSTINCTS: <http://www.felineinstincts.com/>

TRUTH ABOUT PET FOOD: <https://truthaboutpetfood.com>

VEGAN FOOD INFORMATION: <https://compassioncircle.com/dogs/>

QUIMPER ANIMAL ADVOCATES: [www.quimper.org/quimper-animal-advocates](http://www.quimper.org/quimper-animal-advocates)



# SUMMER HERBAL MOCKTAILS

## ADRENALS HALF FULL SIGNATURE MOCKTAIL {FOR ADRENAL SUPPORT}

### INGREDIENTS

- 2 bags of Tulsi Tea (holy basil)
- 16 oz of filtered water
- 1/4 teaspoon pink Himalayan sea salt
- 2 oranges (freshly squeezed)
- 1/2-1 Tablespoon grade B maple syrup (optional)
- 16 oz of sparkling mineral water
- Fresh basil leaves to taste (we recommend thinly slicing 2 leaves)



### DIRECTIONS

Heat filtered water on the stove top, removing from heat prior to water boiling. Ideal temperature would be 208-212° F. Let steep in Tulsi Tea bags for 4 minutes. Remove tea bags and place in freezer to cool.

Add Himalayan sea salt, the juice of 2 oranges, maple syrup (optional) and whisk to combine. Store overnight in an airtight container or jar.

Prior to drinking, add 16 ounces sparkling mineral water and fresh sliced basil leaves, and stir to combine. **Serving: 2**

WWW.COTTERCRUNCH.COM - LINDSAY COTTER

## ANTI-INFLAMMATORY TURMERIC LAVENDER BEE'S KNEES

### INGREDIENTS

- 1 teaspoon ground turmeric
- 1 tablespoon honey
- Juice of 1 lemon
- 1 teaspoon culinary lavender
- 1 cup filtered water
- Handful of ice cubes



### DIRECTIONS

In the bottom of a cocktail shaker or glass, muddle the lavender (you can use a muddler or the back of a wooden spoon) until it's crumbled apart.

Add turmeric, lemon, honey and shake or stir well, until all ingredients are combined (if using a shaker, add ice; if not, wait till the next step).

Strain and serve cold (over ice if you weren't using a shaker) with a sprig of lavender for garnish. **Serving: 2**

WWW.MINDBODYGREEN.COM - LIZ MOODY

## NETTLE TEA MOJITOS

### INGREDIENTS

- 1 lime
- 1/2 cup hot water
- 2 Nettle Tea Bags
- 1/2 tsp raw honey
- 1 cup crushed ice
- 1/2 cup sparkling water or cold water
- 1/2 cup fresh mint leaves (plus more for garnish)



### DIRECTIONS

Brew tea 2 bags with the 1/2 cup hot water in a mug according to directions on the package (approx. 5 mins).

Split the tea in half, pouring in each cocktail glass. Add 1/4 tsp of raw honey to each glass and stir to dissolve in the hot water.

Next, squeeze half a lime in each glass and stir.

Tear mint leaves up by hand a bit to release some of the oils and divide evenly, muddle with a spoon in the bottom of the glass.

Add your crushed ice, followed by your sparkling or cold water to fill to the top. Garnish with whole mint leaves and serve! **Serving: 2**

WWW.FOODBYMARS.COM - ALISON MARRAS

## ROSEMARY CITRUS SPRITZER

### INGREDIENTS

- 1 Lemon
- 5 4-inch Sprigs of Fresh Rosemary
- Sparkling Water of your choice
- Honey (to taste)
- Sugar (if you want)
- 1 Cup Water
- Apple Cider Vinegar
- Ice



### DIRECTIONS

Combine 1 Cup of Water, Honey to taste (start with 1 tablespoon), and 4 sprigs of Rosemary to a medium sized saucepan, over medium heat. If you prefer sweeter drinks, you can add more honey or sugar. Bring to a boil and stir to dissolve the honey. Reduce to about half the original amount of liquid. Strain and allow to cool.

To serve, fill a glass with ice and add 2-3 tablespoons of the syrup (or to taste). Fill glass with sparkling water and stir.

Garnish with citrus slices + rosemary if you'd like!

WWW.HERBANDNECTAR.COM - COLLEEN GRACE

# INDONESIAN BLANCHED SALADS

by Sidonie Maroon

CLASS  
INSTRUCTOR  
SEE PG 15

Urap Urap and Gado Gado are two well known Indonesian salads that use blanched vegetables. The salads layer fresh herbs and spicy dressings over crudite style sturdy greens, carrots, green beans, peppers and more. I've been playing around with this technique and am hooked.

It all began when I harvested broccoli leaves from the garden last summer and wondered how they'd turn out blanched for a cold antipasto salad. It worked well, so I began blanching kale, collards, chard, green beans, carrots, peas, onions...and over the summer I blanched every sturdy vegetable we had.

For Indonesian style salads, I blanch up several types of in season sturdy greens, roots, pods, beans or summer squash and keep them in the fridge ready to go. Then I make the dressings, which are easy, and have fresh herbs like Thai basil, mint and cilantro washed and ready—a squeeze of lime and we have amazing salads.

Blanching makes vegetable colors pop. It creates bright verdant beans, and flashing orange carrots. It produces a crisp crudite bite. Now, my more challenging veggies aren't left raw at one extreme or limp on the other, but just right.

I'm also making all kinds of quick pickles by first blanching sturdy vegetables and then adding herbs, and spices. I'm including a recipe for a tumeric carrot and onion pickle that's become an addiction.

Blanched salads have expanded my repertoire. I eat a lot more veggies cold that I thought should only be eaten warm. Blanching also slows down spoilage, so I have salads for significantly longer. I just pull them out of the fridge, add some dressing and I have a meal.

**Urap Urap** is an Indonesian salad made of blanched greens and other colorful vegetables with a coconut Thai lime leaf dressing.

**Gado Gado** is another famous blanched salad served with peanut sauce.

Both salads combine blanched vegetables with fresh herbs, crunchy mung bean sprouts and flavorful dressings.

## HOW DO YOU BLANCH AGAIN?

- Bring a pot of water to a rolling boil with the lid on.
- While you're waiting for the water to boil, cut the vegetables up: carrot sticks, broccoli florets, chopped greens. Try to make each kind of vegetable the same size and shape so they'll cook evenly. Put them into separate piles, because they'll also need to cook for different amounts of time.
- Have a big bowl of ice water sitting in the sink, or if you're feeling lazy just really cold water.
- Add the vegetables to the boiling water in small batches so that the water continues to boil. I usually don't add salt, but you can.
- If you're blanching more than one kind of vegetable, blanch each separately and blanch lighter colored ones first, so they won't darken whatever comes next.
- It will take a moment for the water to come back to the boil after adding the vegetables, so start timing when the water is boiling.
- When each type of vegetable is done, quickly remove them with a slotted spoon and plunge into the ice bath to stop the cooking process (This is called "shocking"). If you were lazy and didn't use ice water then keep changing the water until the vegetables are cool.
- When the vegetables are cool, remove them from the ice bath and drain on a towel. Pat the greens dry.

## APPROXIMATE BLANCHING TIMES

Taste veggies every 30 seconds the first time blanching so you can find out how you like them

**Green Beans:** 3 minutes

**Broccoli with 1 ½ inch florets:** 3 minutes

**Shredded cabbage:** 1 ½ minutes

**Carrots - diced, sliced, or lengthwise strips:** 2 minutes

**Cauliflower with 1 inch florets:** 3 minutes

**Chopped Collards, Kale, Chard, Mustard Greens:**  
2-3 minutes

**Onion rings:** 1 minute

**Parsnips:** 3 minutes

**Edible pod Peas:** 2-3 minutes

**Sweet Pepper Rings:** 3 minutes

**Summer Squash:** 3 minutes

**Turnips:** 3 minutes





## JAVANESE CASHEW SAUCE

Makes about 3 ½ cups

2 cups dry roasted cashews

1 ½ teaspoons shrimp paste

1 teaspoon sriracha hot sauce

2 cloves garlic minced

3-4 tablespoons coconut sugar

1 ¾ cup unsweetened thick canned coconut milk

1 tablespoon rice vinegar

½ teaspoon sea salt or to taste

Water as needed to loosen the sauce

Dry roast the cashews in a heavy bottomed saute pan until toasty and fragrant

- Put shrimp paste into a folded over a piece of parchment paper, squishing it slightly to flatten. Lay it in a saute pan on medium low heat. Turn the paper often, until it releases a burning shrimpy smell about 1½ minutes.
- Add the shrimp paste, cashews, sugar, chili, and garlic to a food processor and process until well ground but not buttery.
- Add ingredients to a heavy bottomed saute pan with the coconut milk. Cook at a gentle simmer for about 7 minutes, and then add the salt, vinegar and water. The sauce should be the consistency of pea soup. Add water or continue to cook until it reaches this consistency. Taste and correct seasoning as needed.

## CARROT ONION PICKLE WITH TURMERIC

Makes 1 quart

4 medium carrots cut into thin 2 inch sticks

1 medium onion sliced thin Chinese style

### FLAVOR PASTE

2 cloves garlic

1 inch piece peeled fresh ginger

1 inch piece peeled fresh turmeric

½ teaspoon black mustard seed

1 teaspoon whole coriander seed

½ teaspoon sea salt

1 tablespoon white whole cane sugar

4 tablespoons rice vinegar

- Blanch the onions and carrots in rapidly boiling water for 1 minute.
- Drain and immediately plunge into an ice bath.
- Combine the flavor paste ingredients and blend in a food processor until smooth.
- Mix the paste with the drained vegetables to serve. They keep well and the flavor develops with time.

## COCONUT AND LIME LEAF DRESSING

5 Thai lime leaves with ribs removed

2 cloves garlic

2 fresh chilies (you choose the heat level)

2 teaspoons fresh turmeric

1 ½ tablespoons fresh ginger

4 tablespoons palm sugar

4 tablespoons lime juice plus zest of the whole lime

1 cup lightly toasted coconut flakes

Enough coconut milk to loosen the dressing and make it moist

1 teaspoon sea salt

Grind all ingredients together into a chunky smooth paste--taste and correct the flavors as needed.

# SUMMER CLASSES & EVENTS @ THE FOOD CO-OP

SAT JULY 7TH - 1:30-5PM: COOK VEGETARIAN INDIAN WITH CONFIDENCE  
with Sidonie Maroon at Market Kitchen (1433 W Sims Way)



SUN JULY 15TH - 2:00-4:00PM: ASK THE CHEF - INDIAN 101 Free  
with Sidonie Maroon at The Food Co-op

SAT JULY 28TH - 11:00AM-12:30PM: WILD EDIBLES WALK/CASS \$25  
with Nancy Slick at The Food Co-op

SAT JULY 28TH - 3:00-5:00PM: SALAD DRESSING DEMO Free  
with Lisa Barclay & Barbara Kurland at The Food Co-op

SAT AUG 4TH - 1:30-5PM: COOK PERSIAN: THE FOOD OF LIFE  
with Sidonie Maroon at Market Kitchen (1433 W Sims Way)



SAT AUG 4TH - 1:00PM-3:00PM: ZERO WASTE LIVING \$15  
with Siobhan McComb at The Food Co-op Annex (2110 Lawrence St.)

TUES AUG 7TH - 5:30-8:30PM: BOARD MEETING: A BRIEF HISTORY OF COOPERATIVES  
at The Food Co-op Annex (2110 Lawrence St.) - All are welcome

SAT AUG 11TH - 3:00-5:00PM: SALAD DRESSING DEMO Free  
with Lisa Barclay & Barbara Kurland at The Food Co-op

SAT AUG 18TH - 10:00AM-12:00PM: KITCHEN MEDICINE - HEALTHY GUT, BODY, MIND \$15  
with Linden de Voil, RH(AHG) at The Food Co-op Annex (2110 Lawrence St.)

SAT SEPT 1ST - 1:30-5PM: THE ARMENIAN KITCHEN  
with Sidonie Maroon at Market Kitchen (1433 W Sims Way)



TUES SEPT 4TH - 5:30-8:30PM: BOARD MEETING: THE FUTURE OF COOPERATIVES  
at The Food Co-op Annex (2110 Lawrence St.) - All are welcome

SAT SEPT 8TH - 10:00AM-12:00PM: MOZZARELLA & RICOTTA CHEESE \$30  
with Julie Kamen-Martin at Market Kitchen (1433 W Sims Way)

SAT SEPT 8TH - 1:00PM-3:00PM: WILD YEAST SOURDOUGH STARTER \$30  
with Julie Kamen-Martin at Market Kitchen (1433 W Sims Way)

SAT SEPT 22TH - 11:00AM-12:30PM: WILD EDIBLES WALK/CASS \$25  
with Nancy Slick at The Food Co-op

TUES OCT 2ND - 5:30-8:30PM: BOARD MEETING: HISTORY AND THEORY OF CO-OP MISSION AND PRINCIPLES  
at The Food Co-op Annex (2110 Lawrence St.) - All are welcome

Learn more & Register at: <http://foodcoop.coop/education/classes/>

 AT THE FOOD CO-OP  
414 Kearney Street Port Townsend

 AT THE FOOD CO-OP ANNEX  
2110 Lawrence St. Port Townsend

 AT MARKET KITCHEN  
1433 W. Sims Way Port Townsend





Photos by: Dr. Anna Maria Wolf



# Farm TOUR

by Aba Kiser

Ever wondered how to rehab a sick orchid? How about how to steward a beehive or a herd of goats? Have you ever wanted to crush grapes with your feet like Lucille Ball at Port Townsend's newest winery? Jefferson County Farm Tour is the one weekend a year where you can visit over a dozen local farms to connect with hard working farmers in our community. On September 15th & 16th from 10 am – 4 pm over a dozen local farms open up their gates to the public for tours, educational demos, tastings, kids' events, music and more.

Now in its 16th year, the Jefferson County Farm Tour connects you to all things local: food, fiber arts, ales and ciders, and more! The primary goals of Jefferson County Farm Tour are to celebrate locally grown food, fiber, and farm-made product, invite community members to learn from and engage with their local farmers, and to stimulate economic opportunity for farms in Jefferson County.

New this year are Raincoast Farms, Center Valley Animal Rescue and Port Townsend's Eaglemount at Arcadia. Returning farms include Kodama Farm and Food Forest, Port Townsend Vineyards, Wilderbee Farm, Jacob's Fleece, the Organic Seed Alliance, Compass Rose Farm and many others. The weekend will celebrate the hand-crafted food and fiber products that our bountiful region has to offer.

Jefferson County Farm Tour is sponsored by Jefferson County Cooperative Extension, Jefferson County Farmers Market, The Port Townsend Food Co-op, the Jefferson Land Trust, Chimacum Corner Store, Carl's Building Supply, and the Port Townsend Leader.

The Tour is free to the public with a \$10 suggested donation per carload, no one turned away.

**For a full list of farms and to pre-donate go to:**  
[www.tinyurl.com/getonthefarm](http://www.tinyurl.com/getonthefarm)

**visit us on facebook:**  
[www.facebook.com/jeffersoncountyfarmtour](http://www.facebook.com/jeffersoncountyfarmtour)

**Follow us on Instagram:**  
[@jeffcofarmtour](https://www.instagram.com/jeffcofarmtour)



we're ba-aaa-aa-aack!

16TH ANNUAL **FARM TOUR**  
A SELF GUIDED TOUR OF JEFFERSON COUNTY FARMS  
SEPT 15 & 16TH, 2018  
[TINYURL.COM/GETONTHEFARM](http://TINYURL.COM/GETONTHEFARM)

Sponsors: food co-op, Port Townsend Farmers Market, Raincoast Farms, Center Valley Animal Rescue, Port Townsend Vineyards, Wilderbee Farm, Jacob's Fleece, Organic Seed Alliance, Compass Rose Farm, WSU, and others.

# LOCAL GREENS DESERVE HOME-MADE DRESSINGS

by Lisa Barclay, Product Research Committee

The season for local veggies is approaching full swing, and I'm pretty excited. In early spring, there was Nash's Purple Sprouting Broccoli and Red Dog sweet kale raabs; then came Spring Rain pea shoots; and now we have Midori's Hakurei turnips and Dharma Ridge snap peas, just to mention a few. I like to mix and match these greens, and I often add them to various combinations of cooked grains, beans, and quinoa for a quick, healthy meal.

To top off my salad, I throw a few ingredients in a Ball canning jar and shake. Viola—salad dressing for a week or so. To give you some ideas for easy dressings, I asked various members, staff, and farmers to tell me their go-to dressings. And if you are really busy, try Serendipity Farm's fresh salad dressings, which you'll find in the Produce Department next to Midori kraut.

You may be wondering why someone from the PRC is writing about home-made salad dressings. Well, perhaps you noticed that two brands of pre-made salad dressing—Briannas and Cardini's—are no longer on our shelves, due to PRC research. We thought what better time to talk about how to replace pre-made dressing with homemade.

So why are some dressings gone from our shelves? The world of packaged foods is extremely complicated and ever changing. With the help of the PRC and observant staff and member-owners, the Co-op tries to keep up with these changes. For instance, a company may abruptly change their label to say the product contains genetically modified ingredients, then remove the label a little later. Or a company may unexpectedly add an ingredient from our list of unacceptable ingredients. Or a company transitioning to non-GMO may decide it isn't feasible or necessary. We initially labelled the questionable salad dressings with red dots, giving companies time to convert to non-GMO and customers a chance to decide to buy or not. Now we want to give our focus—and shelf space—to dressings that meet our standards. So we'll keep looking for the best salad dressings we can find, and in the meantime, why not try some of these home-made dressings?



# RECIPES

Of course, the easiest and most versatile salad dressing is a **simple vinaigrette**: vinegar, oil, salt and/or pepper. PRC member Barbara likes to use Nonna Pia's Balsamic Reduction and extra-virgin olive oil. For variety, try Alpenfire's special barrel-aged cider vinegar or a fruity olive oil like Bariani. Basically, you can use whatever oil and vinegar you have on hand and make a big jar of vinaigrette and then you can change it each day by adding a little garlic or a sprinkling of fresh herbs or a few grinds of fresh black pepper. We forget how potent fresh pepper can be. And if you want to keep the ingredients from separating, emulsify the dressing by whisking/shaking in a little mustard.

**For Honey Dijon Dressing:** make a vinaigrette with either red wine or apple cider vinegar and add a tablespoon of Dijon mustard and a similar amount of honey.

Rachael and Cora of Mystery Bay Farm gave us their go-to dressing, **Cilantro Yogurt Dressing**: 1 cup Mystery Bay Farm Yogurt, 1 cup oil, 1/4 cup lemon juice, 1 teaspoon salt (dissolved in lemon juice), and a big bunch of cilantro, roughly chopped. Mix in a blender. You can replace the cilantro with whatever herb you like best.

Janet of Finnriver Farm says her favorite dressing right now is as simple as it gets: **Napa Valley Natural Aged Vinegar**. No need for oil or any other ingredient. Just drizzle it on and toss.

Produce Lead Cha's new favorite ingredient for salad dressing is **golden balsamic vinegar**, which she mixes with plain yogurt, olive oil, garlic, and lemon (or any citrus—orange is good for a milder dressing). Mix the ingredients with an immersion blender for a creamy dressing or just shake in a jar. Cha doesn't measure her ingredients, but try 1/4 cup golden balsamic, 1 cup yogurt, 1/2 cup olive oil, 1 or 2 crushed garlic cloves, and 2-3 tablespoons of citrus, and then adjust to your taste.

Estelle, who wears many hats at the Co-op, recommends **The Food Co-op Deli's Vegan Caesar Dressing**. To make your own, just blend 1/2 cup Veganaise mayonnaise, 1/4 cup sunflower oil, 1/8 cup lemon juice, 2-3 tablespoons veg Worcestershire sauce, 5 cloves crushed garlic, 1 tablespoon sherry vinegar, 2 teaspoons Dijon mustard, and 1 teaspoon ground black pepper.

**Poppy Seed** is a popular dressing that you can easily recreate at home: put 1/3 cup cider vinegar, 1/4 cup honey, 1 tablespoon plus 1 teaspoon Dijon mustard, 1 tablespoon poppy seeds, 1/2 teaspoon salt, freshly ground black pepper, and 1/3 cup vegetable oil in a jar. Shake. If you want to be closer to familiar pre-made poppy seed dressings, add in a teaspoon of grated white onion. Onion powder would also work, just let the dressing sit for a bit before using, then shake again.

Hanako from **Midori Farm's go-to recipe**: Thinly slice a knob of shallot and pound it in a mortar and pestle. Let it marinate there with a tablespoon or two of red wine vinegar for at least half an hour. Transfer mixture to a bowl, add your favorite oil, reduced balsamic vinegar to taste (available at the Co-op), salt, pepper, a pinch of sugar, and a few drops of vanilla extract. After dressing your salad, toss it with a little grated Parmesan (not shredded). You won't see the Parmesan, but it takes the taste up a notch!

**Versatile Sesame Miso Dressing** One of my own favorite dressings takes only four ingredients, shaken vigorously in a jar: 1/4 cup local CB's peanut butter, 2-3 tablespoons toasted sesame oil, 1-2 tablespoons chickpea miso, and unseasoned rice vinegar (plus a little water to thin it). You can also add a dash of maple syrup, crushed garlic, and/or chopped ginger.

**Hot tip:** Chopped fresh lemon makes everything amazing. Don't worry about the pith, although you may want to remove the seeds. The bitterness of the pith sets off the other flavors in your salad.

**Cool tip:** The greens of turnips and radishes are edible and make a lovely, spicy salad green. Fresh carrot greens make a nice change-of-pace pesto, using walnuts or almonds to replace pine nuts. Actually, you can use any nut you please in pestos.

**Bean tip:** Rather than use all beans in a salad, which can be hard to digest, mix in a handful or two of beans with quinoa, rice, and/or grains, like Nash's wheat berries.

Barbara and Lisa (PRC Members) will be demoing some of these dressings at The Food Co-op on Saturday July 28 from 3-5pm and on Saturday August 4 from 11-1pm





# LIAM'S SPRING PIZZA

by Liam Cannon



Who doesn't like that disk shaped bread covered in mouth watering toppings that we call pizza? Have you ever been asked what one food you would choose to eat if you could only pick one? My answer would be pizza! It could be savory, sweet or anything in between. There are as many styles and flavors as there are pizza chefs.

The precursor of pizza is thought to be the Roman panis focacius or focaccia that was baked on the hearth. It was seasoned with just olive oil and salt and sometimes herbs. Persian soldiers of King Darius also enjoyed a break from battle by baking flatbreads with cheese and dates on top of their battle shields.

Modern pizza can be traced back to 18th century Naples, Italy, when tomato, onion and sometimes cheese was added to the focaccia. The word pizza was first documented in AD 997 in Gaeta, Italy. Pizza was mainly eaten in Italy by emigrants and the poor who purchased them from street vendors. The popularity of pizza changed dramatically after WWII, when allied troops stationed in Italy discovered that the local cuisine, especially pizza, was superior to military food.

One of the most popular toppings for pizza today is tomatoes or tomato sauce. Europeans didn't start using this tangy sauce until the late 17th century. Up until then, tomatoes, being from the nightshade family, were considered poisonous and not eaten. It was the starving poor of Naples to first try tomatoes on their yeast-based flatbread. As they didn't die, tomatoes quickly became a popular topping. Open-air vendors were the only source for buying pizza. You wouldn't find any in "proper" Italian restaurants until after 1830. Pizza made its way to the United States with Italian immigrants in the late 19th century. You could find peddlers selling pizzas from metal washtubs carried on their heads for only two cents a slice from the Italian populations of New York City, Chicago, Philadelphia, and Saint Louis. After WWII American troops returning home from the Italian campaign were responsible for a dramatic increase in U.S. pizza consumption.

I would like to briefly discuss types of pizza. Amongst the myriad of pizza styles, 5 are recognized widely in the U.S.

1. **Neapolitan Pizza.** Sometimes called the original pizza as this was the style that the Italian immigrants brought to the U.S. One of the most popular varieties of the Neapolitan is the Margherita Pizza. On June 11, 1889, to honor the Queen consort of Italy, Margherita of Savoy, the Neapolitan pizza maker Raffaele Esposito of Pizzeria di Pietro created the "Pizza Margherita," a pizza garnished with tomato slices, mozzarella, and basil, to represent the national colors of Italy.
2. **Chicago Pizza.** During the early 1900's in Chicago, the Neapolitan evolved into the Chicago-style or "Deep Dish" pizza. The toppings are usually assembled "upside down" with cheese, vegetables, and meats placed on top of the crust, and an uncooked tomato sauce on the top layer, to help the vegetables and meats cook all the way through in the oven.
3. **New York Pizza.** Similar to the Neapolitan but slightly thinner, inspiring consumers to fold the pizza in half for a quick lunch.
4. **Sicilian Pizza.** This is a spongy, square, deep dish pizza sometimes called the sfincione. Typically topped with a tomato sauce, onions, herbs, anchovies, and then covered with bread crumbs. This version is typically served on holidays like Christmas and New Year's Eve in Sicily.
5. **Greek Pizza.** This style was created by Greek immigrants who came to America and were introduced to Italian pizza. The crust is puffer and chewier than thin crust pizzas, but not as thick as a deep-dish crust. Greek pizza typically uses a tangy tomato paste that has a strong oregano flavor and is topped with a blend of mozzarella and cheddar cheese.

**Is your mouth watering yet?** Well, let's make a pizza. Spring Pizza is one of my favorite recipes. There are no springs in it and it has nothing to do with the seasons. For those of you that can't properly "toss" your dough, this recipe is for you. It is done with a springform pan instead of the traditional pizza stone.

## LIAM'S SPRING PIZZA

### WHAT YOU WILL NEED:

Two 9-10 inch springform pans  
Pizza toppings of your choice  
Grated mozzarella cheese

### INGREDIENTS - DOUGH

1 2/3 cups All-purpose flour  
1 tbsp Sugar  
1 tsp Instant yeast  
2/3 cup Water, luke-warm  
1/2 tsp Extra-virgin olive oil  
3/4 tsp Salt

### INGREDIENTS - PIZZA SAUCE

6 oz can Tomato paste  
15 oz can Tomato sauce  
1 1/2 tsp Dried oregano  
1/4 tsp Dried thyme  
1/2 tsp Dried marjoram  
1/2 tsp Salt  
3 tbsp Red wine vinegar  
2-4 tsp Fennel seeds (optional)

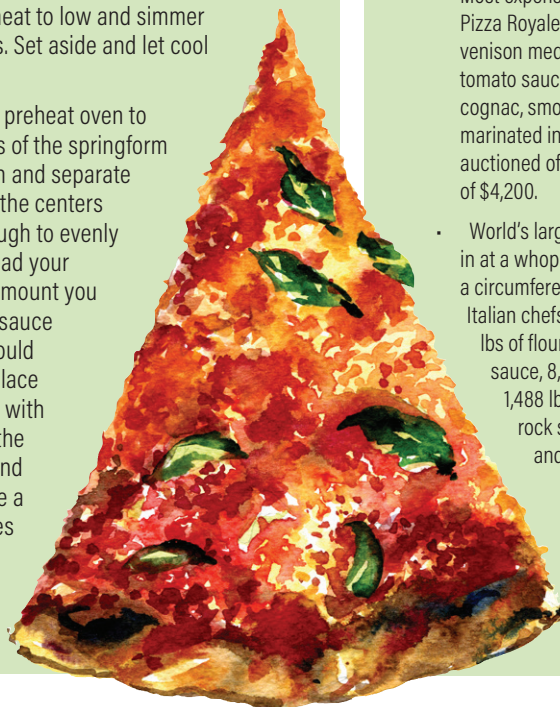
Let's start by making the dough. Using a stand mixer combine flour, sugar, and yeast until thoroughly mixed. With mixer running, slowly add water until just combined and no dry flour remains. Let dough stand for 10 minutes. Add salt then oil to the dough and mix until dough forms satiny, sticky ball that clears sides of the work bowl. Shape dough into a single tight ball and place in greased bowl. Cover with a tea towel and let rise at room temperature until almost doubled in size, 2 to 2.5 hours.

For the pizza sauce, mix all ingredients together in sauce pan. Heat on Med-Low until sauce starts to bubble. Reduce heat to low and simmer until sauce reduces by 1/3, about 20-30 minutes. Set aside and let cool until your dough is ready.

Place your oven rack to the lowest position and preheat oven to 400 degrees Fahrenheit. Lightly coat the insides of the springform pans with olive oil. Punch down the pizza dough and separate into two equal portions. Place the portions into the centers of the pans and using your fingers, work the dough to evenly cover the bottom and about 1" of the sides. Spread your pizza sauce (about 1/3 cup) on the dough. The amount you use depends on your preference, but too much sauce may cause the dough to become soggy. You should have sauce left over to use another time. Now place the toppings of your choice on the sauce. Cover with plenty of cheese making sure that it creeps up the side just above the dough. Place pans in oven and bake for 12-15 minutes or until edges of pizza are a golden brown and cheese is bubbling. The edges of the cheese should be dark and crunchy. Remove pizzas from pans and serve.

### FUN FACTS:

- 350 slices of pizza are eaten every second in the United States.
- 5 billion pizzas are consumed every year worldwide.
- "Hawaiian" pizza, topped with pineapple and ham, was invented in Canada.
- In 1943 Ike Sweell and Ric Riccardo invented the Chicago-style deep-dish pizza.
- The first documented US pizzeria was G. Lombardi's in Manhattan in 1905.
- One of the quirkiest American pizzas is the Rocky Mountain pie, baked with a supersized, doughy crust to save for last to dip it in honey to have for dessert.
- October is national Pizza month.
- In 2001, Pizza Hut paid Russian Space Agency \$1 million to deliver a 6" pizza to the International Space Station.
- World's highest pizza toss was by Joe Carlucci when he tossed a 20-oz slab of dough 21 feet 5 inches into the air.
- Most expensive menu pizza is the Mino's Bellissima Pizza in Manhattan and costs \$1,000. Made of white truffles, lobster and caviar.
- Most expensive single pizza is the Pizza Royale 007 with edible gold, venison medallions, sunblushed-tomato sauce, lobster marinated in cognac, smoked salmon, and caviar marinated in champagne. It was auctioned off for charity at a price of \$4,200.
- World's largest round pizza weighs in at a whopping 51,257 pounds with a circumference of 131'. Created by 5 Italian chefs, it was made of 19,800 lbs of flour, 10,000 lbs of tomato sauce, 8,800 lbs of mozzarella, 1,488 lbs of margarine, 551 lbs rock salt, 220 lbs of lettuce, and 55 lbs vinegar.











## STAFF HEARTY THANKS

January	Linda D
February	Jessie H
March	Hank W
April/May	Angela M



## EMPLOYEE ANNIVERSARIES

### MARCH

Aaron C	17 years	Deborah V	9 years
Karolyn B	17 years	Kenna E	7 years
Anne S	16 years	Mario G	7 years
Layne D	12 years	Crystal N	7 years
Rob R	11 years	Dorothy H	3 years
Abigael C	10 years		

### APRIL

René T	17 years	Cathy B	2 years
Liam C	3 years	Kimberly J	1 years
Thomas C	2 years		

### MAY

Estelle G	15 years	Thomas K	1 years
Kevin T	10 years	Steven W	1 years
Kristina D	8 years		



THE FOOD CO-OP 414 Kearney Street, Port Townsend, WA 98368  
[www.foodcoop.coop](http://www.foodcoop.coop) • 360-385-2883 • Open 8am-9pm Daily