

Spring 2018 Issue

COMMONS

DIGGING IN AT

THE FOOD CO-OP

Port Townsend, WA

Board Elections

THE
VOTING GUIDE

2018

May 1st-14th



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Digging in – Expansion Update

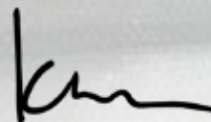
When I was a little girl my father loved to read to me—he especially resonated with the poetry of A.A. Milne, the author of *Winnie-the Pooh*. To this day, I am known to quote some of those pieces and to even play a quick game of Pooh Sticks. (If you haven't already played, consider starting now!) So when I went searching for a quote about patience, I knew that I had to pick the one A.A. Milne wrote on Pooh's behalf, "Rivers know this; there is no hurry. We shall get there someday."

We are super excited to get going on our expansion and remodeling project and we are getting closer to being able to set a firm date for groundbreaking—I hope that by the time you read this we will have announced that date! In the meantime, we've put together several ad-hoc groups of staff to help us get creative about how to minimize the impact to operations (and shopping) while we are under construction.

The receiving team has been tasked with looking at how we will do our daily work of accepting and processing product coming into the store. Currently, our plan is to use the south entrance (the water side)—which means that you, our shopper, will have to use

the north door to enter and exit the store during that time. Another team is focused on parking. It seems our parking lot will be even more crowded while we build, with fencing, trucks and people in hard hats. Ideas we are playing around with include hiring a staff person to help bag and run groceries out to your car, covering the cost of a bus trip to The Co-op to do your shopping and rewarding our cyclists and walkers in new, creative ways.

Regardless of how crazy our parking lot and store get, we sure hope you can commit to shopping here throughout construction. The Co-op will need your love and support more than ever as we go through this expansion. We expect construction will take approximately three months and we'll be moving into our new warehouse as we start remodeling the store. My understanding is the parking lot won't be quite so crowded while the interior work is going on—like an unhurried river, we will be flowing. And as A.A. Milne stated so eloquently—we will get there some day.



Kenna S Eaton, GM April 2018

Board Elections
THE
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May 1st-14th

Voting begins at 12:00 pm on Tues. May 1st and ends at 9:00 pm on Mon. May 14th.

There are two candidates running for two seats. Each seat is for a 3-year term. You may vote for one or both candidates. Only active members are eligible to vote. Ballots will not be mailed to members.

Four easy ways to vote:

1. On May 1, if The Co-op has your email address on file, we'll email you instructions and a link to the vote. Voting opens at noon.
2. If you don't receive an email, you can go to The Food Co-op website (www.foodcoop.coop), click the Vote button and follow the instructions.
3. If you prefer paper to computers, you can fill out a paper ballot at the store. Look under the Board's board for ballots and envelopes. Put your ballot in an envelope, sign and write your member number on the envelope and then deposit it in the red box.
4. Alternatively, you can print a ballot off The Co-op's website and mail it to The Food Co-op at 414 Kearney Street, Port Townsend WA, 98368 with your name, member number and signature on the outside of the envelope. You can also drop the envelope into the red ballot box at the store.

Questions? Contact Sharon at boardassistant@foodcoop.coop or 360-379-5798.

Don't Miss the Meet the Candidates event in The Co-op Annex April 24 at 6 pm.



SAVE THE DATE

Annual General Meeting
June 10, 2018 • 3-5pm
Fort Worden State Park • JFK building
Local Vendors • Local Food • Strategic Plan

BOARD NOMINEE

Juri Jennings



What skills and experience will you bring to the board of The Food Co-op?

Organizational skills (design and management of events), biculturalism (extended periods of time in both Japan and USA) and creativity/performance arts, all being my passion.

I am a current member of the sustainability committee at Fort Worden where I work as a Sales Manager, working to implement their first recycling program. I have humbly been on The Co-op board for a year now and would like to continue to share my passions and representing a voice for all.

How would you introduce and explain The Co-op to someone new?

You cannot not notice the beautiful display of fruits/vegetables that are at the center of The Co-op. There is an abundance of seasonal goods displayed with care and colors that make you happy. There is a product research committee that works to identify “unacceptable ingredients list” and the “dot list.” And then there’s all the people who are really indescribable. There is staff that has been working at The Co-op for 26 years and some of the incorporators from 1972 are still with us! I think that speaks a lot about The Co-op culture and the passion.

What issues and/or opportunities would you like to see The Co-op board address over the next three years?

Traditions and inclusivity. Driving our community so that healthy food is accessible to everyone and especially the children who steer our future. I’m also inspired by our GM Kenna’s phrase “we want to be small but mighty.” One of my teachers in Japan once told me that you want to be like a willow tree, so agile in the wind that no storm can take it down. But first things first, I would like to see through the expansion and make sure The Co-op remains sustainable and thriving with all of the moving parts.

BOARD NOMINEE

Dylan Carter



The Food Co-op has always seemed to exist on its own separate magical plane of existence. I remember my first time walking inside and being struck by the lively colors, the lush produce and the jovial atmosphere. People know each other and know where their food comes from (or are even on a first name basis with whoever grows it) and if they don't and are interested in learning, staff can help to inform them at the drop of a hat. The Co-op is a tightly knit community inside the tightly knit community of Port Townsend, bound together by shared values. I want to continue to foster these ideals as much as I can within my power.

I was appointed to the board at the beginning of 2018 and have enjoyed my time immensely so far. As an employee working for The Co-op as a point of sale technician, I want to bring my experiences from inside

the organization to help improve our internal workings and learn more about how to bolster our co-op further in the long term. I work in a wonderful atmosphere and I would like to share that with as many people as possible while simultaneously molding it to attract new members and visitors.

In my time as an interim board member, I have been serving on the governance committee, which helps the board keep functioning smoothly by writing and revising policies and procedures. As someone who always tries to find the devil in the details, focusing on refining our principles and finding any sticky wickets in the process has led me to great satisfaction in better shaping our co-op. With our changing world, it is important that we continue to grow, evolve and adapt to best serve our community.

In the coming term, I plan first and foremost to assist in streamlining The Co-op's biggest project at the moment: the coming expansion. In my capacity as a board member, a member of the safety committee and an employee, I want to keep workflow and safety as high priorities through these big changes - the fewer surprises for staff and members, the better. Additionally, I would like to focus on more outreach to local businesses and organizations - not just to bring in new desirable products, but for outreach partnerships that will benefit both entities.

If elected, I am interested in joining our board cultivation committee. I am a serial networker by nature and I would love nothing more than to spark passion in others. Bringing everyone to contribute their best qualities to The Co-op, be that as a member, an employee or a future board member is a noble and necessary endeavor. I truly believe that the more we all contribute, the more community we foster, the more cooperation we undertake the more we will all receive in the long run.

What is Governance?

By Lia Karoura

In a traditional corporation, the Board of Directors provides oversight of the executive of the corporation while representing the interests of its shareholders, which are often limited to maximizing profits. The Food Co-op Board of Directors provides the same functions, with two important differences. 1) Instead of a small group of shareholders, Co-op Board members must represent all 6,500 member-owners of The Co-op and 2) The Board holds the General Manager accountable for keeping The Food Co-op profitable, but also for enacting other strategic organizational priorities, as defined by our Mission, Vision and Values and delineated in our Strategic Plan.

Governing documents hold the Board accountable for its fiduciary oversight responsibilities, define the boundary between Board work and operational duties, describe how the Board communicates with and receives input from member-owners and provide guidelines for maintaining an effective Board/General Manager relationship. If the organizational structure of our Co-op were a physical building, like our store, then each governing document would be a thermostat in a room. The Board and General Manager regularly “take the temperature” of our practices to determine whether we are in compliance with our governing documents. While our physical store may be small, our policy structure alone has 26 different rooms!

The Food Co-op has four different types of governing documents.

Articles of Incorporation: Legal document filed with the state when The Co-op was incorporated. Amendments require a member vote.

Bylaws: Legal documents that provide a backbone for how our Co-op is governed and managed. They describe the requirements for member-ownership and raising capital, the composition and responsibilities of the Board and other essential guidelines. They also lay out the required communication channels for the Board to provide member-owners with opportunities to help influence the direction of their Co-op. The bylaws can be amended by the Board of Directors, but only after written notice of the proposed amendment is provided to members. A few bylaws, related to member capital investment and financing, require a member vote to change. In 2014, our member-owners voted to amend the articles of incorporation and bylaws to introduce member patronage dividends.

Policies: Detailed descriptions of how to implement the requirements outlined in our Bylaws. They define roles, responsibilities and authority limits for the Board and General Manager and provide guidelines for how the Board and General Manager work together. Our Board has adopted the Policy Governance system—a standardized, comprehensive package of policies that is common among cooperatives, perhaps because it meshes well with the democratic governance structure. Policies can be “customized” for each Co-op. They can be altered with a Board vote. Typically, the Board spends a few successive meetings reviewing and discussing suggested policy changes and members are invited to participate in the process.

Board Procedures: These documents outline standard operating procedures for the Board. Some delineate procedures for implementing a specific policy; others document the process we use for routine board tasks (for example, planning the monthly meeting agenda). Procedures describe how the current Board gets work done. This year, the Governance Committee will begin reviewing and updating Board procedures on an annual basis.

The exciting thing about being a member-owner of a cooperative is that you can participate directly in the governance process. This is exciting to me, anyway, which is probably why I was asked to be chair of the Governance Committee. You, too, can run for the Board, or you can attend a board meeting on the first Tuesday of the month at 5:30 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.



Digging in...the dirt

by Liam Cannon

Archaeologists love to dig in the dirt. Sometimes they find things that they didn't expect, like 4,000 year old noodles from a site at Yellow River, China. Once it was thought that pasta originated in the Italian region, but this find strengthens the hypothesis that Marco Polo brought it from China to Europe in the 13th century.

At another site in Xian, China, while expanding an airport runway, a tomb was discovered with a 2,400 year old three-legged bronze pot. It contained the earliest example of bone soup. Still liquid, it had turned green from oxidation. Anybody for seconds?

Popeye knew a thing or two about Olive Oil and so did the Turks. The oldest known olive press was unearthed in the settlement known as Lyrboton Kome in southern Turkey. The operation, which was the center of oil production 2000 years ago, was run by Arete and subsequently by many generations of her children.

Have you ever taken a cheese snack with you on a long road trip? 200 Chinese mummies did. They were uncovered in the Taklamakan Desert with chunks of cheese tied around their necks for the journey to the afterlife. Are we there yet?

Cheesecake is too tasty to leave behind for scientists to find, but it is believed that this decadent food dates back to about 2,000 B.C. and came from the Greek island of Samos. While probably not required eating for today's athletes, Grecian athletes were served this delicious desert at the first Olympic Games. The oldest known cheesecake recipe was written in 168 B.C. by Roman Senator and historian Marcus Cato the Elder.

Who doesn't like a snack of popcorn? We can thank the Peruvians for that. Historians have determined that 6,700 years ago they made popcorn by wrapping a cob in leaves and resting it on coals until the kernels popped. Unfortunately for them, they didn't use nutritional yeast or Silverwater's Popcorn Spice.

How about some butter for that popcorn? Ireland's "bog butter" might be for you. Each year large chunks of butter are unearthed from the peat bogs. The oldest example dates back 5,000 years and the largest piece weighed 77 pounds. Why was so much butter hidden in the bog? Many think it was due to the tax man. At one time butter was so valuable it was used to pay taxes. It was much easier to hide it in the bog instead of stuffing it in a mattress.

Considering how fast food goes bad, it is amazing that these and other historical food finds are unearthed. Before you eat that next mud pie or excavate that pizza crust from under the sofa, check with your local archaeologist to see if it has any historical significance.

Digging Into Your Pet's Nutrition

by Dr. Anna Gardner, Holistic Veterinarian



Modern pet food began in about 1890 when James Spratt, from Ohio, went to England to sell lightning rods. He noticed the dogs were being fed poor quality left-over food and had the idea of making a dog food from wheat, vegetables, beet and meat. He called his new food Spratt's dog cakes.

In recent years pet foods have improved and at the same time have become distinctly overwhelming. Many ingredients are added, such as cranberries, either as fillers or to be attractive to the consumer, with debatable real benefits. It is obviously important to avoid preservatives and artificial coloring or flavoring, however there may be ingredients that sound healthy but in reality are not good for your cat or dog. Your pet may have specific health needs that preclude certain foods. I recommend testing for dietary allergies and sensitivity. I use a saliva test to determine which foods an animal might react to, which helps to determine the best diet for their needs and avoid potential allergens.

There is a trend towards grain-free meat-based diets, which is generally a good thing, but always read the labels and don't just look at the packaging, as this can sometimes be misleading. For example, if it states it is rabbit, it might also contain pork as a second ingredient. There are many hidden ingredients even in healthier, high-end pet foods that includes fillers like soy, sorghum, corn, corn gluten, brewers rice, rice flour and rice gluten. Ideally, the food should not include meat by-products or meal.

There has also been a shift towards raw food diets, which became popular with the BARF diet, which is an acronym for Bones and Raw Food Diet. Most healthy dogs and cats do very well on a raw food diet as this is what their digestive tract evolved to process. I would add that small, elderly or sick pets have special requirements and recommend working with a holistic veterinarian to determine the best diet for their needs. Easier options exist with raw food now, from freeze dried to frozen, but many people choose to make their own. Meaning, you can control the ingredients better and adjust it to your own animal's needs, plus it can often be more affordable.

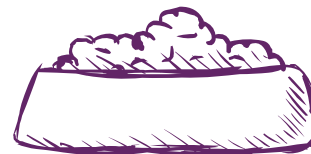
In general, the more natural a diet the better, as long as it is nutritionally balanced. A home-made diet that is not balanced can be harmful as animals have specific needs, such as taurine, the correct calcium to phosphorus ratio and other requirements. However, the right home-made diet can be highly beneficial and there are several good books listed below. Dr. Pitcairn's latest edition also includes vegan diets for people who prefer not to eat or feed meat-based diets for ethical or personal reasons.

If you do decide to use kibble instead of raw, in general grain-free is best and you can definitely add some meat, as well as fresh steamed or pureed vegetables, into the meal daily. I would also include some supplements like salmon oil, yogurt, probiotics, digestive enzymes and specific supplements that would benefit your animal companion. Get as good a quality kibble as you can, FDA meat-based with minimal fillers and consider supplementing with a high quality raw frozen food as at least part of the diet. It often comes in convenient patties or medallions you can defrost and mix in as part of the diet, so your pet gets something more natural and less processed in their daily diet.

I hope this helps a little to demystify the complicated choices of what to feed your animal friends!

READING LIST

Natural Nutrition for Dogs and Cats -The Ultimate Diet by Kymythy Schultze
Give your Dog a Bone by Dr. Ian Billinghurst
Switching to Raw by Susan K. Johnson
Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats
The Healthy Dog and Cat Cookbook by Joan Harper





Greek-Style Beans and Greens

by Sidonie Maroon



I feel an affinity for beans and greens - the bittersweet mineral edge of fresh chard, kale, collards or mustard greens with a ladle of flavorful beans. I adore legumes and eat them three or four times a week, with many favorites, but am partial to black-eyed peas. They soak up cooking flavors well with a nutty taste. I'm familiar with their usual place as a southern good luck symbol for the New Year, but it's become a personal mission to find and cook up delicious black-eyed pea recipes from around the world. They're eaten in curries, soups, salads, as fritters, breads and even desserts across India, Africa, Europe, Asia and the Americas.

Greece has a rich history of combining black-eyed peas with greens in fabulous ways. Their traditional cuisine is the epitome of local, seasonal and making do with what's at hand. Horta, from the same root as horticulture, is both the act of gathering wild greens and the term for the greens themselves. Finding and using seasonal wild greens and then combining them with slow cooked beans is an ancient practice. But ancient translates best into modern health and convenience and luckily, there are many Greek black-eyed pea and greens recipes that fit the bill.

Highlights of Greek Black-eyed Pea Recipes

- Cooking methods that ensure maximum nutrition and digestibility: soak beans and change the cooking water once
- Combos of greens and beans are nutritional powerhouses
- Combinations of raw and cooked vegetables together
- Use of fresh herbs like dill, wild fennel, cress, chives and parsley
- Highlighting flavorful aromatics when stewing the beans, like garlic, onions, bay, Greek oregano, thyme and chillies
- Abundant use of in-season vegetables like tomatoes, peppers, zucchini, cucumber, cauliflower, eggplant, mushrooms, celery and carrots
- Ample use of sturdy greens like chard, kale, collards, mustard greens, spinach, amaranth and nettles
- Sparing but effective use of animal proteins, used more as condiments than as the main feature: goat and sheep cheeses, fish, lamb, beef, chicken and pork (often cultured or smoked)



Greek method for cooking black-eyed peas

If you follow this method, you'll end up with flavorful and digestible beans that won't give you any trouble. Once you get in the habit, this method is straightforward. By the way, I don't change my cooking water for any legume except black-eyed peas.

1. Soak the peas in water overnight, covering them by 2 inches.
2. After the peas have soaked, drain and put them into a heavy bottomed pot. Cover with water by 2 inches. Bring them up to a boil and then drain off the boiling water. Return the peas to the pot, adding the same amount of water and bring them back to a simmer.
3. After bringing them to a simmer, skim off any foam and add whatever aromatics you are using. Add 1 teaspoon of sea salt for every 2 cups of dried beans.
4. Cook them at a simmer for 45-60 minutes, depending on the age of the beans. They're done when they taste smooth without any raw flavors, yet hold together with few broken skins. The pot liquor is delicious and should always be saved.



Black-Eyed Pea Skordalia

Serves 4-6

Adapted from *The Glorious Foods of Greece*
by Diane Kochilas

A luscious lemon-garlic black-eyed pea spread. Serve it with crusty bread and a salad. The lemon-garlic sauce needs time to temper its bite. When it's settled, usually overnight, it's amazing. If you are short on time, use roasted garlic instead of fresh.

- 2 cups dried black-eyed peas cooked per directions
- 1 cup toasted walnuts, chopped fine
- ½ cup chopped parsley

For the skordalia

- 1 medium head garlic, chopped (8-10 cloves)
- ½ teaspoon sea salt or to taste
- ⅓ cup walnut oil
- ⅓ cup extra-virgin olive oil
- ¼ cup fresh lemon juice or more to taste (I usually use a whole lemon)
- Zest of lemon

To make the skordalia:

1. Combine chopped garlic, salt and lemon juice in a food processor. With the machine running, slowly add the oil through the feeder tube until the sauce emulsifies into a smooth paste. This can also be done with a mortar and pestle. Taste for salt and acid. If you are using fresh garlic, let the sauce temper in the fridge overnight.
2. Mash the sauce and black-eyed peas together into a semi-puree. You should be able to see some whole beans, but overall it should look like mashed potatoes. Spread the toasted walnuts and chopped parsley over the top. Serve at room temperature.



Spicy Black-Eyed Peas with Greens and Sardines

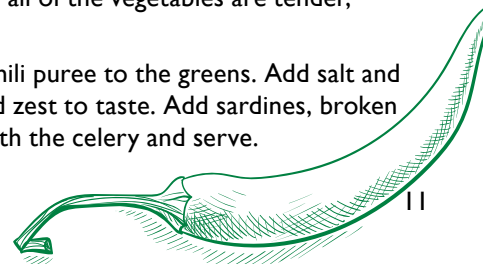
Serves 4-6

Adapted from *Ikaria* by Diane Kochilas

Surprisingly, sardines and black-eyed peas pair well together in this flavorful salad, but when you think of the Italian combination of white beans and tuna, it makes sense. Any smoked fish will work well here.

- 2 cups dried black-eyed peas
- 8 cloves garlic, chopped
- 2 dried fruity ancho chilies
- 1 large onion, finely chopped
- 2 stalks celery, finely diced
- 2 lbs sturdy greens: kale, collards, mustard greens, nettles, etc. chopped into small pieces
- ½ cup extra-virgin olive oil
- 1 medium lemon, juiced and zested
- Sea salt and freshly ground black pepper
- 2 tins wild sardines

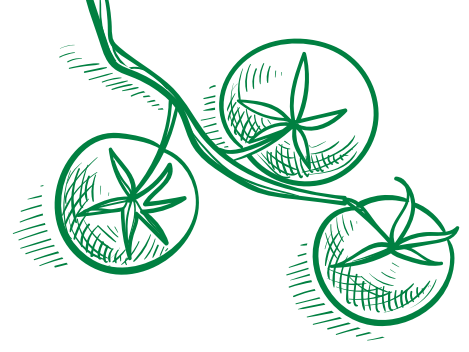
1. Cook the black-eyed peas as directed, adding the chilies and garlic to the pot after the change of water. When peas are cooked, drain them, saving the pot liquor and set the chilies aside.
2. Remove the skins and seeds from the chilies. Puree chili flesh with ½ cup of the pot liquor; add to the drained black-eyed peas.
3. Heat a saute pan with ½ cup olive oil and saute onions for 10 minutes or until sweet. Add the greens, cover and cook on a low heat, stirring occasionally, until all of the vegetables are tender, about 15 minutes.
4. Add the black-eyed peas and chili puree to the greens. Add salt and pepper to taste; add lemon and zest to taste. Add sardines, broken into large pieces, to the top with the celery and serve.



Black-Eyed Peas with Roasted Tomatoes and Wild Fennel

Serves 4-6

This is a show stopper dish. The roasted tomatoes and black-eyed peas are made separately and then added together at the end. Yum.



For Black-Eyed Peas

- 2 large onions, finely chopped
- 6 cloves garlic, minced
- 1 lb (2 cups) dried black-eyed peas, soaked overnight and drained
- 2 cups chopped wild fennel leaves or fennel bulb fronds (reserve ½ cup chopped fennel for serving)
- 3 wild fennel stalks about 4 inches each or 3 bulb fennel stalks
- ¼ cup extra virgin olive oil
- Sea salt and pepper to taste
- 1-2 tablespoons white wine vinegar or to taste

1. Cook black-eyed peas per directions adding garlic and fennel stalks after changing the water. Discard the fennel stalks after cooking. Reserve the pot liquor
2. Saute the onions in olive oil until caramelized and sweet, about 15 minutes
3. Add the chopped fennel to the onions and briefly saute for 3 minutes.
4. Add the drained black-eyed peas, plus ½ cup of the pot liquor and continue cooking to meld the flavors for 5 minutes
5. Take off the heat, add salt, pepper and vinegar to taste
6. On a serving platter lay the roasted tomatoes over the black-eyed peas, garnish with more fennel and serve

For Roasted Tomatoes

- 8 Roma tomatoes, cut in half lengthwise
- ¼ cup extra virgin olive oil
- 6 cloves minced garlic
- 2 tablespoon freshly chopped wild fennel leaves
- salt and black pepper to taste
- 1 cup crumbled goat feta

1. Preheat an oven to 425 F
2. Mix together the olive oil, garlic, fennel and salt and pepper in a bowl, working the seasonings into the cavities of the tomatoes.
3. Roast the tomatoes in the preheated oven until cooked, about 20 minutes.
4. Sprinkle feta over each tomato and roast another 5 minutes. The tomatoes are best when some of their juices have cooked off and their flavors have intensified.





Ask the Chef

FREE Culinary Demos 2-4pm
@ The Food Co-op



April 29: Spice Mixes 101

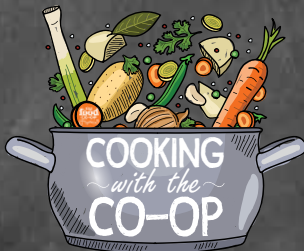
May 27: Intro To Indonesian

June 3: Korean 101

July 15: Indian 101

Cooking with The Co-op

4hr Classes @ Market Kitchen
Register at www.foodcoop.coop/calendar



April 21: Introduction To Spices

May 12: Love Indonesian Food

June 9: Discover Korean American Food

July 7: Cook Vegetarian Indian
With Confidence

For more information and additional classes go to:
www.foodcoop.coop/calendar



In-store Tasting!

LOCAL PURPLE SPROUTING BROCCOLI

Sat. April 7th 3-6pm

PURPLE IS THE NEW GREEN

by Amy Grondin

“Purple is the new green!” said Kenna Eaton, Port Townsend Food Coop’s General Manager. What on first glance seems to be a snippet from a review of the latest fashion trend was really from a discussion between Kenna and Cara Loriz, Executive Director for Organic Seed Alliance, about the coming of spring and anticipation of local produce. The purple part? Not a trend hot off the runway from Paris but a new crop of purple sprouting broccoli fresh from a field near you.

After a winter of kale and root vegetables, one of the joys the change of seasons brings is a switch up in the variety of vegetables in the produce department. It’s true that these hearty winter staples provide comfort food when the days are short and nights cold. But come the earlier sunrises and warming days, our thoughts turn to fresh and tender shoots such as those from purple sprouting broccoli, ready for harvest in the end of February and on through March. Low in calories, rich in antioxidants, iron, folic acid, calcium, fiber and vitamin C, purple sprouting broccoli – call it PSB for short – will meet the craving for fresh as we shed winter and slip into spring.

PSB is uniquely suited to fill the gap in the produce department between winter and spring when few locally grown fresh vegetables are available. PSB is an overwintering crop, one that is planted in late summer and matures to harvest in the last of winter to early spring. Overwintering crops require the chill of winter to produce their springtime florets. In the language of farmers, this essential chill time is known as vernalization.

Why is it that PSB hasn’t been more readily available here in the Pacific Northwest? The varieties of PSB that growers in our region have had access to were bred and developed for milder climates and are sensitive to our cold temperatures can dip to the teens. This is where the work of the Organic Seed Alliance has played an important part in bringing PSB to our farms and grocery stores.

Based here in Port Townsend, The Organic Seed Alliance is a nonprofit organization that works with farmers in their fields to breed and develop regionally adapted seed for crops that are hardy in our climate; naturally resistant to the pests and plant diseases found in this area; and suited to organic growing conditions. Farmers are taught the art of plant selection for seed saving, a once common skill that has been lost but is now being recognized as a necessary part of organic farming. Seed saving and plant breeding skills make farmers more self-reliant while expanding the biodiversity of the foods we eat.

PSB turns a deep green when cooked. For optimum nutrition, just trim and lightly steam or sauté. Oven roast or grill after a toss in olive oil as you would fresh asparagus; split larger stem halfway up for even cooking. However you cook it, purple sprouting broccoli will bring spring into your kitchen and liven your plate.



Digging into Your Garden

by Laura Llewellyn, Produce Manager

Have you started digging into your garden yet? If not, now is the time! I like to think of the time between spring equinox and the summer solstice as the golden days for plant growth. Days are getting longer and I am always amazed at the plant's direct response. It's basically like pressing the fast forward button and if you don't press play quick enough, summer will be here and gone before you know it. As a gardener (as compared to a farmer), I can relish in the growth of plants and actually take a moment to enjoy it all!

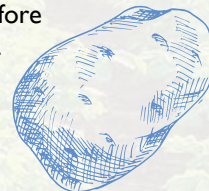
I was asked to write about my top five plants for your garden. It is really hard for me to narrow it down to only five! However, this year I aim to simplify my garden, so this is a good task for me. My strategy will be to focus on storage crops and simplify my rotations of everything else. Storage crops are crops you plant once and get to eat for a long time. My favorites are onions and potatoes. Arguably, cabbages and carrots are also storage crops. Finally, I will tell you about my green successions.

Storage Onions: Plant sets (small onion plants) around mid-April to early May. These are available for purchase at The Co-op from Midori Farm. (Seeds need to be planted in February.) Trim the roots to 2" before transplanting and trim 1" off the tops. Tuck roots in firmly, pointing down. I prefer to drip irrigate my onions. Keep them weeded and watch them grow! I like to foliar feed them at least twice in May and June. My understanding



is that after the solstice, the onion will bulb up correspondingly to the amount of growth the greens had up to June 21. Sometime in August or September, I stop watering the onions and wait for the tops to fall down (or I knock them over). Wait until the neck of the onion right above the bulb feels like paper (as compared to fleshly vegetable). If it is getting late in the game and a big rain storm is coming, it is time to harvest. Move the onions to an airy table (or pallet off the ground) to cure them, keeping the onions dry with as much air flow as possible. After the onion tops become paper like, I trim the tops and roots off and bag them up in net bags. They will store in dry conditions until late in the winter or spring if you are lucky. Onions take work, so it is a good thing you can eat them at any time in the process and quite satisfying to have a giant basket of these golden gems in the winter.

Potatoes: Pick a good source of seed. The Co-op carries certified organic seed potatoes from Grand Teton Organics in Idaho. You technically could plant potatoes we sell for eating, but I wouldn't recommend it. Seed potatoes are certified disease free. I also recommend chitting your seed potatoes, which allows the potatoes to transition from storage mode. Duck-egg-size potatoes are best, but you can also cut larger ones into pieces to about that size. Cut a day or two before planting so the cut surface can dry. Plant the seed potatoes about 1' below the surface and about 18" apart. As the potatoes greens



grow, hill dirt around the greens (don't bury them). Water them evenly and remember, drip irrigation is best to avoid disease. Come fall, you should cut the water once the potatoes size up. Once the tops have died back and skins set, you can dig them up. I store my potatoes in our pump house (where they are cold but safe from freezing). They should last into the late winter.

Cabbage/Kale: I start mine in pots from seed and plant in two successions (early April and early June), yielding me food for most of the year. You can buy plant starts and plant them 18" apart in the ground in the spring and summer. I plant a small amount in the earlier planting. But for the winter succession I like to grow a lot. Deacon and January King cabbages are my main two. If your cabbages don't size up in the fall, they will likely make an effort to make a head in the early spring. My garden does have some tall trees around it, thus my earlier planting date for winter cabbage. I like to grow a mix of kale varieties. I didn't think I could grow enough, but 100' of kale turned out to be plenty! Overall, the beauty of these two is that they can be stored in the garden (for the most part).

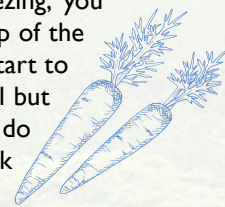


Greens: We all have our personal favorite varieties. I tend to plant greens in three successions between early spring and summer (roughly early April, mid-May and early August), plus a fourth one in the greenhouse in late fall. I usually plant a lettuce mix,

arugula, wrinkled crinkle cress, ruby streaks mustard, spinach, beet greens, and red Russian kale. I direct seed all of them except sometimes I do lettuce in pots. The August planting is most successful if you seed the lettuce in the shade. Many of these are also available as starts at The Co-op. Earlier and later in the season, plants grow slower, so I plant larger plantings (about 5' per variety). For the June planting, I can plant 2' of each and still have plenty of greens. Spinach is the one I often plant more of, especially in the late planting.



Carrots: I plant two successions of carrots. One for summer harvesting and the other for winter. My summer planting is equivalent to about 15'. This always turns into way more carrots than I think it will. I aim to double the size in my winter planting. The ground is the perfect place to store carrots. In order to keep them from freezing, you have to hill dirt 1-2" above the top of the carrot or mulch them. They can start to succumb to rotting in the wet soil but they can hold out pretty long. I do cover my carrots with cover suck as remay, to keep rust fly away.



As you can see, my main objective is to plant a few times a year but harvest year-round. I could go on about many other crops that I love, but the above five are my basic garden recipe. As I write this article in mid-February, I am still eating all of these from my garden. So don't hesitate, dig in!

Product Research Committee Update

By Deb Shortess, SIPS Manager

Every year I like to give an update of projects the Product Research Committee (PRC) has been working on and what is on our list for the coming year. The PRC includes staff, board members and member-owners. The PRC investigates questions about products brought to us by store staff, committee members or member-owners. We have a binder at the Board's board at the front of the store that contains results of various product surveys we have conducted and some articles from past issues of the *Commons*.

Our work in 2017 has included developing a process to review current boycotts and how to use it. Right now we have just one boycott, on Coca Cola owned products, which for us only affects Coke subsidiaries, like Honest Tea. This gets quite complex as many smaller companies are now owned by the largest food processors, many more than when the boycott was put into place. Do we evaluate the parent company or the company who manufactures the product? As the number of acquisitions continues to grow, it makes sense to me that we stay focused on the product and the company who makes the product, not a parent company. We are also reviewing our boycott policy, as well as those of other co-ops and drafting updates to recommend to the general manager and board.

As we work towards an expanded meat department later this year, we have drafted a humane meat policy and also researched some potential products for the expanded department.

We have completed our annual review of TAUFIL (The Acceptable and Unacceptable Food Ingredient List). The two biggest changes are that we have eliminated cheese containing natamycin, a mold inhibitor and we have moved carrageenan to our unacceptable list. While we still have some products that contain carrageenan, we will not bring in any new products containing carrageenan (see the 2017 winter issue of the *Commons* on our website for an article about carrageenan). You can obtain a copy of our updated TAUFIL in our brochure rack near the bathrooms at the front of the store.

One resource that has been helpful to us for several topics is cornucopia.org, the website of The Cornucopia Institute. You, too, may find this helpful as one resource to answer your questions. Check out the scorecard page for their producer ratings for eggs, dairy, cereal, toothpaste and more. They maintain a list of independent brands, as well as ownership diagrams for organic foods, seeds and beer.

What exciting things will we be working on in 2018? We will be finishing our work on a boycott review process or policy. It is time for the next review of "Products We Choose to Carry", one of our documents that helps to guide product selection. Do you have a question for us? Send them to deb@foodcoop.coop. If you are interested in helping us with our projects, come to our meetings the first Tuesday of each month at 3 pm at The Food Co-op Annex (2110 Lawrence).

Earth Day is Every Day at The Co-op!

By SURF, The Co-ops Green team

The Food Co-op's green team got started five years ago with a goal of making The Co-op a more sustainable business and workplace. With lofty goals in mind (could we get to zero waste?), we recognized that we would benefit from knowing more about what The Co-op did throw away before committing to going to zero. The SURF (Sustainable Resource Fellowship) members, being a very hands-on group, agreed that conducting waste audits was a great starting place and this February marked our third year of jumping—literally—into our dumpsters and measuring our trash!

Diving into dumpsters is NOT for the faint of heart—as one never knows what lurks beneath the surface of those sanitary looking trash bags. But dive we did and what we've discovered is endlessly interesting (at least for us). We are impressed by how little we do find in our trash cans that could be recycled or reused, meaning our staff does a great job diverting as much as they can, typically 65% (by weight) of our waste. On the flip side, at least 40% of our trash (by volume) is plastic that cannot be recycled and 40% is contaminated paper that cannot be recycled either. Darn it. Which is why we have identified that if our community had a commercial composter—one that would take everyone's compostables and process them at a high temperature of at least 140 degrees—we could recycle almost all of that paper waste and even the compostable plastics! But until that happens, having compostable cups, plates or utensils at The Co-op or elsewhere in town is moot.

Waste collection and disposal is a complicated topic here in Jefferson County as many different departments are involved. However if you agree that a commercial composter is one possible solution to reducing the amount of trash that we send to the landfill please be sure to contact the Public Works Director, Greg Lanning. His email is: glanning@cityofpt.us



DID YOU KNOW?



BEANS FOR BAGS

Beans for Bags is a program fueled by our Member-Owners. Any Member-Owner can nominate their favorite non-profit organization to be considered for the program. To participate in the fun, check in at Member Services Desk and fill out a nomination form. **YOUR CHANGE MAKES BIG CHANGE.**

2017 YEAR END TOTAL: \$11,702 • 2018 JAN + FEB TOTAL: \$1900.85



BICYCLE BENEFITS

Ride your bike, invigorate your spirit, reduce emissions and get rewarded with a FREE Apple, Banana, or Carrot. The Food Coop is a proud supporter of Bicycle Benefits, a program designed to encourage citizens to bike more regularly. To participate, get your Bicycle Benefits sticker from member services for only \$5 and place it on your helmet. You can then get rewards from a variety of businesses in the area, including The Food Co-op!



ABC KIDS CLUB

Co-op kids 13 and under can get a FREE Apple, Banana or Carrot once per visit. Present your ABC kids club card to a cashier to redeem. Need an ABC card? Visit Member Services to get yours.