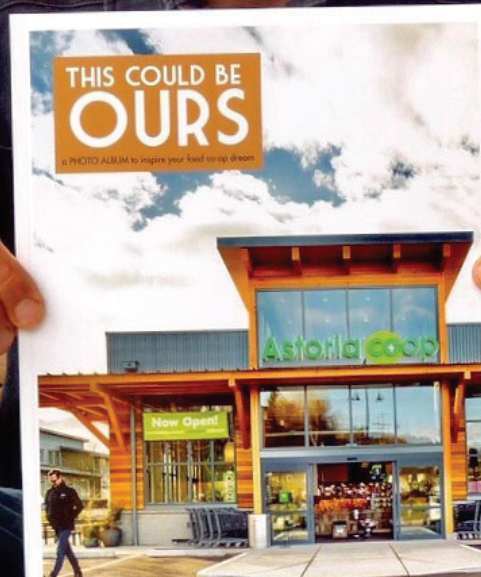


**THE FOOD CO-OP QUARTERLY NEWSLETTER**  
**AROUND THE TABLE**

**WINTER 2024**

**FREE**

**JOIN US FOR A  
COOPERATIVE  
DIALOGUE  
EVENT!  
DETAILS INSIDE**



**ALL ABOUT CO-OPS! PLUS DEMOCRACY  
IN ACTION, COOPERATIVE EVENTS AND  
KITCHEN INSPIRATIONS.**



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### *Around The Table*

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## **CO-OPS INCREASE FOOD ACCESS**

BY KENNA S. EATON, GENERAL MANAGER

Call us co-op geeks, but we get super excited when we hear about new co-ops opening—even more when they are food co-ops. There’s been an increase across the country of food co-op’s opening since the start of the pandemic and the death of George Floyd. Perhaps coincidentally—or perhaps not—communities of all types have come together to fill a common need: access to food. Food access is an increasing problem because conventional grocery stores have been closing in many places, especially in communities that are often already underserved, such as Black neighborhoods. Sometimes grocery stores close due to mergers and buyouts. Other times, they close due to a lack of customers or weak bottom lines. Or store owners leave or retire and no one wants to take on the task of feeding a community in the increasingly difficult environment of supply challenges, rising costs, and staff shortages. And this is where the cooperative structure can help, increasing a community’s access to good food.

While the events of the last few years have given extra impetus to the push for food co-ops, the foundation for these efforts began years ago. The organization Food Co-op 500 was launched in 2005 by a group of visionary co-op supporters to jumpstart more food co-ops. They began by offering development grants and peer support to groups interested in starting new food co-ops in diverse settings. By 2010 they had provided services to over 100 potential startups and decided to incorporate as a non-profit, renamed the Food Co-op Initiative (FCI). FCI’s vision is to “pave the way for new food co-op excellence, leading to better fed, healthier communities with local control and connections” ([www.fci.coop](http://www.fci.coop)). They aim to increase the number, success, and sustainability of new food cooperatives, delivering access to healthy food in diverse communities across the country.

With startup groups from southern California to rural North Carolina, from Detroit to Connecticut, food co-ops are opening in more towns, with grassroots owners and leadership, at a greater rate than ever before. One recent example is the Dorchester Food Co-op in Boston, Massachusetts, which was created to help offset the inequalities caused by the practice of red lining certain neighborhoods. This co-op partnered with a local housing developer to build a store at street level along with 41 units of affordable housing above.

Earlier this year, along with Owen and Cameron, two of our intrepid board members, I attended the CCMA (Consumer Cooperative Managers Association) conference in Sacramento. While the workshops were interesting, what really struck me this year was the number of new co-ops attending, like Detroit People's Food Co-Op, which plans to open in February 2024. Lanay Gilbert-Williams, DPFC's board president, noted, "This is unapologetically Black led. It's 12 years in the making. Everyone involved is so excited. I look forward to seeing what the young people do over the coming generations with this democratically owned store." Other new food co-ops that recently joined the National Co+op Grocers (NCG—our co-ops of co-ops) include Food Shed Co-op in Woodstock, Illinois; Lovettsville Co-op Market in Lovettsville, Virginia; and Asssabet Co-op Market in Maynard, Massachusetts. Closer to home, Kitsap Community Food Co-op, located in Bremerton, opened in 2017. The list goes on, with co-ops growing community, filling a need for access to good food, and owned and operated by those who benefit. What could be better?





# What Makes Democracy?

BY MICHAEL FLOWERS, BOARD VICE PRESIDENT

There's a bumper sticker in my neighborhood that reads: ***VOTE: DEMOCRACY DEPENDS ON IT.***

And though it may seem like an obvious and innocuous message, I found it chafing at me.

Democracy has been one of the cornerstones of the modern cooperative movement from its very beginnings in the 19th century. And our food co-op, here in Port Townsend, carries on this tradition, primarily through our board of directors, who are elected by member-owners, and to whom the board is accountable.

Our board election is held annually, with lots of fanfare and, in the last couple of elections, even an incentive of \$1.00 per vote cast donated to the food bank. Photos and candidate statements are posted, and member-owners can conveniently vote on-line or on secure paper ballots in the store. The opportunity to vote is open for at least a couple of weeks.

In our food co-op (and not just ours), only 10% to 11% of our members vote in board elections—which, to call attention to what often goes unmentioned, means that between 89% and 90% of eligible voters do not. If our democratic aspirations do in fact depend on members voting, then can we honestly lay claim to this basic cooperative principle and value?

I believe we can. For democracy may not just depend on voting. In our case, the board is primarily responsible for promoting and assuring a democratic process. We do so in multiple ways that include: open monthly meetings with a dedicated section for member-owner comments and questions; on-line and in-store systems for contacting the board; a board secretary whose task it is to respond to member-owner communications while keeping the board apprised; periodic opportunities, outside of board meetings, for members and directors to discuss matters relevant to governance; occasional surveys sent to all current members seeking input and guidance regarding what matters most to our constituents.

These are some of the ways that your board tries to enable democracy in our co-op. It's our task to be accountable to our members as a whole. We're always open to hearing from you. And while it may be in the nature of democracy not to be able to please everyone, we do sincerely try to carefully consider all the different voices that speak to us and want to be heard.





# Looking For Visionaries

BY OWEN ROWE, BOARD TREASURER

The Co-op board is diving into our regular fall work of planning for 2024 and beyond. We're also deepening our teamwork as we bring our two new board members up to speed. As I write, we're about to have our first intensive work weekend, wrapping up our work on re-envisioning our Ends, our statement of the overarching goals of The Food Co-op.

The past few years have been rough. We made it, but it's clear that the years ahead will hold just as many challenges and changes. Are you good at long-term thinking, adapting to trends that are still in formation? There might be a role for you on the Co-op board. What kinds of folks are we looking for?

- Visionary**—to see where we should be headed in the long term
- Creative**—to come up with new ideas and solutions
- Patient**—to stick with the process as we discuss and decide
- Cooperative, of course!**—to enjoy learning and working with a team

Does that sound like you? There are two easy ways to see if you might like this work. One is to talk to a board member! Say hi when you see us in the store or around town, or if you have a specific question you can always email us at [coopboard@foodcoop.coop](mailto:coopboard@foodcoop.coop).

The other way is to come to a board meeting. Meetings are on the first Wednesday evening of each month. Our meetings are hybrid now, but member-owners can always attend virtually. The agenda is posted in the store a week before each meeting, and right at the top it says how you can attend. Thanks to our committed and connected member-owners, The Food Co-op is at the heart of what makes Port Townsend a special place. Running for the board is one way you can help keep it that way, for many years to come.

## The Food Co-op Board of Directors



**JURI JENNINGS**  
PRESIDENT



**LISA BARCLAY**  
SECRETARY



**MICHAEL FLOWERS**  
VICE PRESIDENT



**OWEN ROWE**  
TREASURER



**DAVE DUNN**



**CAMERON JONES**



**SASHA KAPLAN**

### Thank you for your service!



# First Food Co-op Farmer Fund Grants!

BY LISA BARCLAY, BOARD SECRETARY

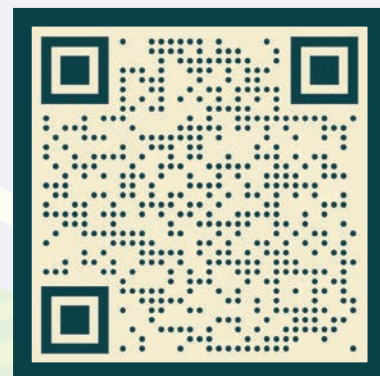
I'm very excited about our new Farmer Fund Grants. The purpose of these grants is to strengthen our farmers' ability to provide food to our community, to make us more resilient. Local farmers have been submitting grant applications, and the first grant will be awarded in January. This year we have \$2500 in the grant fund, which is perhaps not a huge amount of money, but it can still make a big difference to a local farmer, and we hope the fund will grow.

The grants can be used for diverse projects. Each fall, farmers (including dairy, meat, etc.) submit grant proposals for machinery, programs, supplies, infrastructure, etc., and our Community Engagement Committee chooses one or more proposals, depending on how much money we have. Some criteria the committee considers include farms that increase diversity in our agricultural economy; projects that nurture historically marginalized communities; projects that increase the applicant's environmental sustainability; and/or farms that work cooperatively with or purchase directly from other local farmers, producers, or businesses. Applicants do not have to be currently selling to the Co-op, but they do need to be in Jefferson County. In future, we may include other nearby counties, if grant funds grow enough.

The grants are funded by donations from members and shoppers, both at the register and on the Co-op website. And now it's even easier, because when you check out your groceries, the card machine will ask if you want to donate \$1, \$3, or \$5 to the fund. This is great for me, because I often forget to ask about donating until I'm on my way out the door!

The Farmer Fund Grants are part of Change for Change, our overall donation program. For nine months of the year—January through September—we'll raise money for the Farmer Fund Grants, and during the holiday season—October through December—we'll raise money to give Co-op gift cards to the Food Bank to distribute to their clients. With our spare change, together we can make a huge impact in our community!

**Remember, to help, you can give at the register, scan the QR code or go to [www.foodcoop.coop/change-for-change](http://www.foodcoop.coop/change-for-change)**



**Scan Me!**

# Living the Cooperative Principles

BY LOREN ALEXANIAN, MARKETING ASSISTANT

The Food Co-op is a living embodiment of the seven cooperative principles—established by the International Cooperative Alliance (ICA)—that guide our cooperative journey. For each of these principles, we can find a reflection in The Food Co-op's seven Values, formulated to shape our daily operations and express our deep commitment to fostering a resilient community.

**Voluntary Membership = Inclusion:** Our doors are open to all, embracing the principle of voluntary membership. Anyone who wishes to partake in the cooperative experience and share our values of inclusion, respect, and participation is welcomed with open arms.

**Democratic Member Control = Respect:** In our cooperative, the principle of democratic member control is the cornerstone of our governance. We respect the power of democratic decision-making and treat one another with civility and grace, fostering an environment where every voice is heard and valued.

**Member Economic Participation = Participation:** Members actively contribute to our cooperative's success through their purchases, and they share in the financial benefits through patronage dividends. And beyond economics, members, staff, and board participate whole-heartedly in our community, our local food system, and the governance of our co-op.

**Autonomy and Independence = Integrity:** This cooperative principle reflects our commitment to integrity in all aspects of our work, governance, and community relationships. We make independent decisions that prioritize the well-being of our community. By focusing on local sourcing and sustainable practices, we reduce our dependence on external forces and create a more resilient local economy.

**Education, Training, and Information = Stewardship:** The cooperative principle of education, training, and information is at the core of our values. We believe in the importance of educating our members and the broader community about sustainable practices, responsible consumption, and cooperative values, thus advancing our commitment to stewardship and the regeneration of our resources. By promoting knowledge, we empower individuals to make informed choices.

**Cooperation among Cooperatives = Resiliency:** We actively practice the principle of cooperation among cooperatives. By collaborating with like-minded organizations, we build resiliency in our community, economy, and food system. This collaborative spirit enhances the vitality of our community and contributes to a better world.

**Concern for Community = Love:** Our primary concern is the well-being of our community. We aim to provide affordable, high-quality food options, while also engaging in charitable and community-building activities. We are also dedicated stewards of our resources, actively working to sustain and regenerate our community. By sourcing locally, we reduce our environmental impact and contribute to the health of our ecosystem.

At The Food Co-op, the international cooperative principles and the Co-op's values are interwoven, creating a rich and vibrant tapestry of cooperation, sustainability, and community development. Together, we are weaving a future that is both equitable and enduring, where the cooperative spirit and values we hold dear are the guiding force for a brighter tomorrow.

# Cooperative History

BY LISA BARCLAY, BOARD SECRETARY

While we often think of cooperatives in terms of the food co-ops begun in the 1960s and 70s or perhaps the Rochdale Pioneers of 1840s Britain, organized cooperative efforts go back much further. There are records of a porters' cooperative in medieval Scotland, for instance, and probably there are many unrecorded instances lost to history. Wherever people have a need, cooperation will likely spring up.

Some of the earliest instances of organized cooperation in the Americas were the efforts of Black Americans to improve their circumstances. Before the United States ever united, Black people were pooling their resources cooperatively in mutual aid societies to take care of widows and children, free people from enslavement, and pay for burials, and that was just the beginning. The extensive history of Black cooperation in America is not well known, so Jessica Gordon Nemhard set out to fill that gap in the record with her thorough study *Collective Courage: A History of African American Cooperative Economic Thought and Practice*. She documents the huge range of Black cooperative organizations of the last 400 years, from the Consumers' Cooperative Trading Company in Gary, Indiana, to the Colored Farmers' National Alliance in the south to the modern Cooperative Home Care Associates (CHCA) in the South Bronx, the largest worker cooperative in the United States.

One of my favorite examples is the story of Ella Baker, because it demonstrates how cooperative efforts are never really lost even if a co-op doesn't last. Baker was the national director for the Young Negro Cooperative League, which was founded in 1930 to "to gain economic power through co-operation." The League was short-lived, but Baker went on to play a major role in the Student Nonviolent Coordinating Committee (SNCC), one of the pivotal organizations of the Civil Rights Movement, where she utilized the lessons she learned working in cooperatives, such as grassroots leadership, education, democratic decision making, and working step by step toward large goals.





Such cooperative principles go back at least to 1844, when a group of (mostly) weavers in Rochdale, England, started the Society of Equitable Pioneers, who are often considered the “founders” of modern cooperation. They wanted to be pioneers for a more equitable world, and they were, helping spur great changes in their society. In a country where only men with property could vote, the Pioneers practiced democracy, with each member having an equal vote, women included. In the Rochdale co-op, women had control of their money, something not true elsewhere in England, where fathers and husbands controlled a woman’s money. The Pioneers also created reading rooms and hosted guest speakers at a time when there were no free public libraries or schools in England. The Pioneers began with one small shop selling only a few staples and candles (because the owner of the building turned off their gas), but they had big plans and they fulfilled many of them, including building houses at a time when few people had their own homes and starting cooperative factories.

Another country with a strong tradition of cooperation is Japan, where co-ops on the Rochdale model were set up in the 1870s as the feudal Tokugawa Era ended and the modernizing Meiji Era began. These first cooperatives did not last long, possibly because they were instituted from the top as part of the effort to modernize Japan, rather than from community need. But need soon arose, with inflation after WWI, then the worldwide Great Depression of the 1930s, and then again with post-WWII food shortages. Consumer co-ops sprang up, in particular within workplaces such as offices and factories, but including government agencies, college campuses, and even police departments. The co-ops followed the Rochdale principles, admitting women as members, for instance, and they also had a strong social movement component, which early on took the form of promoting peace. In 1951, the Japanese Consumers’ Cooperative Union (JCCU) adopted a “peace declaration” that was soon shortened to “For Peace and Better Life.” This motto has translated into campaigning against nuclear weapons, but also into providing services like medical care, in-home senior care, food education, and promoting sustainable practices and food safety. Today JCCU is the largest cooperative in the world, with 30 million members in over 300 individual consumer coops.

Returning to cooperation here in the U.S., the first officially recorded co-op was formed in 1768 by striking journeyman tailors. Since then cooperatives in this country have ranged from worker co-ops to consumer co-ops, from granges to credit unions, from shipbuilding to cranberries. In the nineteenth century, farmers banded together to oppose the manipulations of the railroad monopolies. During the Great Depression, the unemployed formed mutual aid societies—the largest was in Seattle, the Unemployed Citizens League. In the late 60s, co-ops were organized using federal grants to bring good food to poorly served areas, and in the early 70s, people looking for whole foods unavailable in traditional grocery stores, or for an alternative to the capitalist economic system, set up consumer food co-ops. Which brings us back to our own beloved Food Co-op, founded 51 years ago with almost the same set of goods as the Rochdale shop a century earlier—a few food staples and candles!

To me cooperation is almost magical, a kind of alchemy. Co-ops arise because individuals need something, and then we work together to achieve it. It begins with our personal need or desire, but to succeed, it has to metamorphose into something beyond ourselves, and we become a community.



# Nuturing a Thriving Community

BY DEB SHORTESS, SIPS MANAGER

Producer co-ops are owned by people who produce similar types of goods or services. Members may use the cooperative to negotiate prices; access a larger market; utilize shared processing, workspace, or retail space; and/or provide needed services for the community.

The first products that come to mind for me when I think about producer co-operatives are coffee, tea, and chocolate. However, there are producer co-operatives for many different items. Here are some brands that you might recognize: Blue Diamond, Divine Chocolate, Lummi Island Wild, Ocean Spray, Organic Valley, Oregon Country Beef, Pachamama Coffee, La Rioja/Moncaro.



**Divine Chocolate**

**Lummi Island Wild**

**Pachamama Coffee**

**La Rioja**

Some are older, 90-100+ years in business. Blue Diamond Almond Growers began in 1910. Ocean Spray began in 1930 with three farmer partners in Massachusetts. They now have 700 cranberry farmers in the US, Canada, and Chile. Several others were formed in the 1980s and 1990s. Organic Valley began in 1988 with seven farmers, growing to 1600 farmers, producing milk, eggs, and meat. Pachamama Coffee, in their 17th year, has 400,000 farmer partners from five different countries.



**Organic Valley Dairy**



Our relationship with La Riojana, located in Argentina, began in 2016. Their success in selling wine and olive oil to food co-ops across the country has given them the financial means to become certified organic. They are also investing in a health care clinic to serve several communities in their region. Their success was noticed by Moncaro, a co-operative growing organic grapes in Italy, and in the last two years, La Riojana and Moncaro have partnered in marketing their organic, fair-trade wines.

Some of our vendors, while not co-ops, have a strong purchasing relationship with co-operatives. Alaffia, a manufacturer of skin, body, and hair care, has a specific emphasis on sourcing unrefined raw shea butter, coconut, and African black soap from women-led co-operatives in West Africa. Andes Gifts partners with knitting co-operatives in Peru and Bolivia. Equal Exchange works with 40 farmer co-operatives around the world.

If you are looking for local producer co-ops outside the food realm, you can find two artist co-operatives in downtown Port Townsend, the Port Townsend Gallery and Gallery 9. The Olympic Peninsula also has a fiber co-op, Twisted Strait Fibers. Check them out at <https://twistedstraitfibers.com/>.

Here are some vision/mission statements from several producer co-ops:

- We believe in the idea that, if consumers demand high-quality organic food, grown the right way, we could all change the way we treat our land, our animals and our bodies (Organic Valley).
- The ultimate goal is to deliver strong consistent returns to the growers who partner with us (Blue Diamond).
- We exist to help end exploitation in the cocoa industry. We champion the needs of farmers, enabling them to thrive and prosper, and together build a sustainable & fair world (Divine Chocolate).
- It is important to us that the products we sell to our consumers have the same quality as what we would expect for our own families (Oregon Country Beef).
- Producers receive fair price and access to stable markets, while consumers receive high-quality products and support small-scale farmers and artisans around the world (Equal Exchange).
- To create a better model that serves the future generations of both producers and consumers (Pachamama).

These are powerful words, with the underlying theme that in a co-operative the owners are stronger together, able to keep their land in production and make a difference for their families and their communities.

# Shipwrights Co-op Thrives in Port Townsend

BY KATE NICHOLS, FOOD CO-OP MEMBER

A tour through the buildings of the Port Townsend Shipwrights Co-op is an impressive experience. The Co-op presently owns six very large buildings—about 73,000 square feet in total. One huge building houses a 60' yacht and a 100-year-old wooden fishing boat. The latest building was added for the sailmakers. The sail loft requires you take off your shoes, and a woman is on the floor working with a piece of sailcloth. In another building, a tent protects workers from toxins. The Co-op is like a small town of boat workers.

The Port Townsend Shipwrights Co-op was founded in 1981 by six men who pooled their resources to buy a boat saw. Once they had the saw, they built a shed to house it. Although none of the original owners are with the Co-op today, the number of owners has grown to twelve, managing the Co-op and over fifty employees. It's a full-service boat shop, able to repair and modify all types of vessels.

Owner Arren Day explained to me how it works. Membership in the Co-op is by invitation. Invitations are extended to people who are specialists in areas where the Co-op needs expertise. For example, Arren specializes in structural shipwright and machinery work. He had a shop in Boat Haven and was asked to join in 2014 because the Co-op wanted to buy his shop. The Co-op bought his assets, and he paid a fee to join. He explains that most of the owners were “tailgaters” who worked out of the back end of pickup trucks before joining the Co-op. When Carol Hasse retired, her sail-making business became the Co-op's latest acquisition.



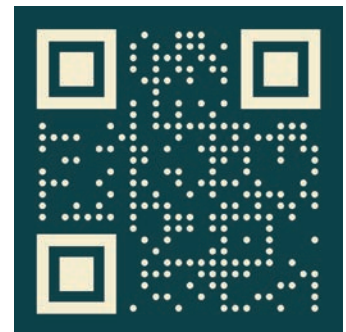
Half the Co-op's business is work on wooden Alaskan fishing boats that use sustainable practices—long-line boats, seiners, and trollers. The fishers often work with Co-op members on their boats, many of which are over 100 years old and have been nearly totally rebuilt. The other half of the Co-op's work is high-end yachts. The Co-op services boats up to 65 feet long, around 150 boats per year.

Arren says that he enjoys working at the Co-op because of the camaraderie of the workers. The Co-op is the third largest employer in Port Townsend. With so much space, they can keep employees working year round instead of seasonally. They offer health insurance, vacation pay, and profit-sharing. The Co-op provides some on-the-job training, although many of its employees are graduates of the Northwest School of Wooden Boatbuilding in Port Hadlock. It's a great way for young people to get jobs that pay well in Port Townsend, skilled jobs in areas such as electrical work, interiors, machining, marine finishes, metal fabrication, propellers and shafts, spars and rigging, and upholstery. The Co-op also provides a controlled environment to protect employees from exposure to toxins.

Although the Shipwrights Co-op owns the buildings, the Port of Port Townsend owns the land. The Port gets some pressure from developers who would like to take over the land and build condominiums on the Boat Haven waterfront. But this Co-op is important to Port Townsend, offering skilled workers jobs and providing a valuable service to the city's boating industry. So let's make sure it stays.



**Want to learn  
more about the  
Shipwrights  
Co-op?**



**[www.ptshipwrights.com](http://www.ptshipwrights.com)**

# Cooperatively Housing Ourselves

BY EVA HOLM, COHOUSER AND FOOD CO-OP HR ADMIN ASSISTANT

It is no secret that our area is experiencing an affordable housing crisis. This affects everyone, from those hoping to hire working-wage employees to families that end up moving out of the area so that they can aspire to owning a home one day.

It is hard to think of more basic human needs than food and shelter. If we can meet both of those needs cooperatively then we are well on our way to meeting another: community. Cohousing communities help their members share some of the burdens and joys of being human. By using cooperative governance, they assure more profound interactions with neighbors, while using a participatory design process allows cohousers to build the community, not brick by brick, but decision by decision.

How many people would feel comfortable asking their neighbors to watch their kids, pets, or elders if they needed to be away? In cohousing communities it is normal and expected that neighbors care about each other and help each other meet these kinds of needs.

Cohousing is defined as privately owned homes in an owner-designed and managed neighborhood with generous common spaces. The importance of common spaces (a common house, outdoor spaces, outbuildings) designed to maximize interaction with other residents makes a world of difference. If you can see from your front porch that your neighbors are setting out on a bike ride, you have the opportunity to decide to join them. If you have spontaneous interactions with your neighbors, spontaneous activities arise.

The world is a big place, but with the dominant culture pushing for individual ownership of all things, the planet is running out of resources fast. Cohousing spreads the idea that sharing is not only “normal,” it feels great to do it. Habits of sharing spread from one movement to another, including cohousing, community gardens, mini-libraries, permaculture, social justice, and more.



With cohousing, we adopt a culture of sharing and get used to borrowing and sharing. For us lending to a neighbor or asking to borrow a needed item is completely natural. It means we own less stuff, buy things less often, and get more use of the things we own. We also pitch in together to buy things that are then owned by everyone, or maybe just a group that is interested. Living on the same property makes it easy to pass a shared item around so everyone can use it when they want to.

Cohousing creates the sense of community that people crave and need to survive. Now more than ever, the world's population depends upon our understanding that we are all one connected whole and that our actions have impacts across the planet. Cohousers spread that understanding within communities and out into the broader culture.

Port Townsend has a great cooperative spirit. Not only do we support our thriving Food Co-op, but we have many pioneers in cooperative housing. Rosewind Cohousing, Quimper Village, and the Port Townsend EcoVillage are all proof that this model works and helps its members to thrive. Newt Crossing Cohousing and Song Sparrow Cohousing are two new projects looking for members to begin the cooperative process of designing the community of their dreams. Newt Crossing Cohousing has 17 beautiful, wooded acres just three miles outside of Port Townsend.

Song Sparrow Cohousing hopes to find property in Port Townsend for a more urban cohousing scene and can be contacted at: [katennichols@yahoo.com](mailto:katennichols@yahoo.com).

Note: The quotes on cohousing come from [cohousing.org](http://cohousing.org) (which is also a great place to learn more about cohousing around the country).

## Want to learn more? visit [www.newtcrossing.org](http://www.newtcrossing.org)



# The Ever-Changing Co-op

BY JON STEINMAN, AUTHOR OF GROCERY STORY

This coming January, when my friends ask me what I plan to do on my birthday, I'll have a unique response! "I'll be celebrating in Port Townsend at The Food Co-op with staff, board directors, member-owners, and the community at large." For those of my friends who know me well, it won't come as any surprise. For the past 18 years I've dedicated a good part of my life to supporting and promoting communities across Canada and the U.S. who are doing the mighty important work of sustaining and nurturing a grocery store that is owned by the people who shop at the store. I'm a self-identified food co-op geek, so celebrating my birthday while doing something I love with people who care about their community and about changing the world—that's a solid piece of birthday cake!

My time at your co-op will be invested in your co-op's staff, board directors, and you, the co-op's trusted owners. The goal with all the work I do with food co-ops is to inspire or renew a sense of pride and solidarity among all the different sub-groups that comprise the organization. My inspiration grew out of my early work as a full-time food systems journalist with "Deconstructing Dinner"—a radio show, podcast, and television series that examined the origins and future of our food. After years of delving deep into the systems supplying us with food, a very clear image appeared to me—grocery stores exert the greatest influence on the food supply chain. It's the grocery store that determines which foods make it to market, and which do not. Grocery stores are gatekeepers for the food system—exerting tremendous influence upstream (distribution, manufacturing, terrestrial, and aquatic food production, the planet) and downstream (the health and wellness of people). Seeing such considerable influence, I recognized just how revolutionary it is for that gatekeeper role to be controlled by communities and not by private interests. Truly a countercultural model of stewardship that in turn requires a unique duty of care to ensure all of those comprising the co-op and the community are considered and understood.

This is where my my time with your co-op comes in, specifically the events I'll be facilitating open to you as member-owners and to the wider community. Food co-ops find themselves at a unique point in their history and future. While some of the new food co-ops opening their doors today are inspired by the food co-ops of the 1970s, many of them are remarkably different and are being formed by different groups of people and for different purposes. The idea of what a food co-op is and of the "community" it serves is changing. The grocery landscape is also changing, with natural and organic foods becoming ubiquitous on the shelves of every major grocer. Consumers are increasingly turning to online ordering and delivery. Consolidation throughout the supply chain, not to mention inflation and the rising cost of living, is leading to new constraints on how food co-ops do business.

I hope you'll consider joining me at either of the two public events, where I'll share much of what I'm seeing nationwide in grocery retail and at food co-ops, and I'll lead us into a unique approach to dialogue that I've worked with for a few years. It's a rather countercultural form of communication, which I'm steadily introducing into the countercultural food co-op community. Come celebrate my birthday with me as we imagine The Food Co-op of the future!



**To learn more about  
Jon Steinman and The Grocery  
Story or to find a complete map  
of co-ops please visit  
[www.grocerystory.coop](http://www.grocerystory.coop)**



# Save The Date

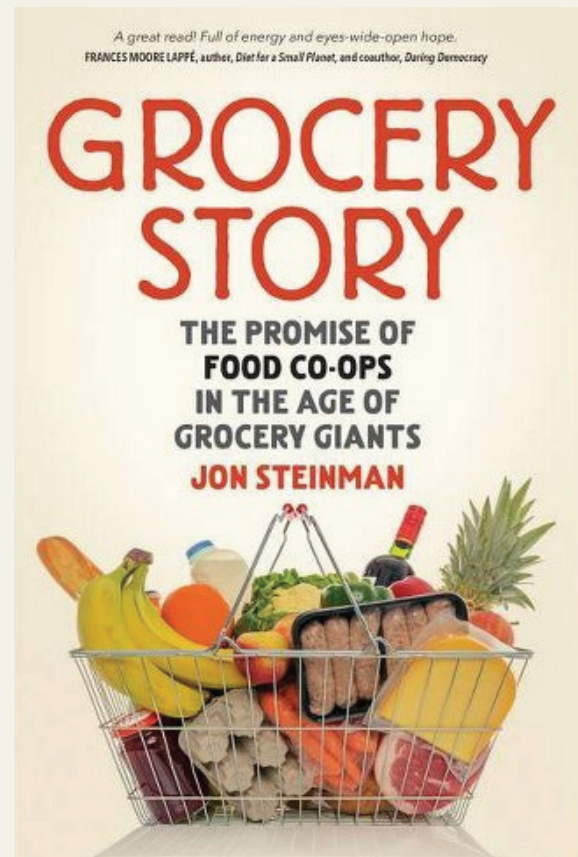
Please join us in January for a very special evening with Jon Steinman author of “The Grocery Story”

Co-ops in the Age of Grocery Giants. Jon is an inspiring speaker on co-ops, as staff and board members who have attended his presentations will attest. For our event, he will give a short presentation on “What is the Food Co-op Future” and then he will facilitate a cooperative dialogue on “The Ever-Changing Food Co-op.” Jon describes cooperative dialogues as a forum where all voices are of equal value, an opportunity to engage in democracy at our co-op. It’s a chance for people who love the Co-op and our community to talk about where we are going next and what community means today.

We’re putting on the event twice, once in town at the Northwest Maritime Center and once in Chimacum at the Finnrivier Cidery, to give more people an opportunity to attend. The events are free, but you must register ahead of time, so we know how many people to provide snacks for.

As a bonus, we’ll be giving away a Food Co-op bag of local goodies at each event!

So mark your calendars, and in the next few weeks, look for additional information in the Co-op blog and our newsletter, Around the Table.



## **NWMC Event on Tuesday, January 23**

4:30-5:30—Snacks and mingling

5:30-6:00—Presentation: “What is the Food Co-op Future?”

6:00-8:00—Cooperative Dialogue: “The Ever-changing Food Co-op”

## **Finnriver Event on Wednesday, January 24**

4:00-5:00—Snacks and mingling (cider available for purchase)

5:00-5:30—Presentation: “What is the Food Co-op Future?”

5:30-7:30—Cooperative Dialogue: “The Ever-changing Food Co-op”

**MORE INFO AT [WWW.FOODCOOP.COOP](http://WWW.FOODCOOP.COOP)**

# Food Co-op Finder

By Grocery Story



SCAN ME

325 Food Co-op locations nationwide



## EAT LOCAL FIRST

*Olympic Peninsula*



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[@eatlocalolypen](https://www.instagram.com/eatlocalolypen)



**BUY LOCAL.**  
**EAT LOCAL.**  
**SUPPORT LOCAL.**

Find your favorite **LOCAL** products!



# JCFM Welcomes New Farmers Market Vendors

BY AMANDA MILHOLLAND, JCFM

Hey Community! The Jefferson County Farmers Market application is open for the 2024 Port Townsend (PTFM) and Chimacum Farmers Market (CFM) seasons. JCFM supports local farmers and artisans with vibrant marketplaces that cultivate community and provide access to healthy food for all. In 2023, Market businesses generated \$1.6M+ in sales— money that circulates here in our community, supporting local jobs and making agriculture and the arts viable parts of our local economy. JCFM welcomes new and returning businesses to join the market.

Celebrating its 32nd season in 2024, the PTFM operates from the first Saturday in April through the 3rd Saturday in December. The Market draws shoppers from Jefferson County, the Olympic Peninsula and beyond to uptown Port Townsend—as many as 2,500 people on a summer Saturday. The CFM, located on the grass by Chimacum Corner Farmstand, is growing! This year, vendors earned \$156K in sales and the market broke an attendance record with 675 shoppers on one of our July dates. JCFM is especially looking for more farm vendors to join the CFM. The CFM operates Sundays, June-October, 10am-2pm.

This year, JCFM opened our first-ever youth vendor days. Youth vendors brought great energy, creativity, and entrepreneurial spirit to the market. In 2024, JCFM will offer youth four more market dates to sell arts, crafts, flowers, and farm products that they produce themselves. Please see the youth vendor guidelines on the JCFM website at [www.jcfmarkets.org/apply-jcfm](http://www.jcfmarkets.org/apply-jcfm) for details.

JCFM continues the Black Indigenous and People of Color (BIPOC) Start-Up Business Fund in 2024. Through this community-supported fund, JCFM provides small grants (\$500-\$1,500) to BIPOC-owned businesses joining the farmers market. Grants are offered with recognition of the impact systemic racism and white supremacy have on access to traditional financing, inherited wealth, and financial resources from family and friends. Grant funds support recipients in acquiring some of the materials and permits needed for Market participation during their first year of operation. In 2023, JCFM welcomed 11 new businesses to join our markets with support from the Fund. JCFM is seeking partners to support the Fund financially. Please reach out to Market Director, Amanda Milholland for more information, [info@jcfmarkets.org](mailto:info@jcfmarkets.org).

To learn more about vending at your local farmers markets visit the JCFM website application page at [www.jcfmarkets.org/apply-jcfm](http://www.jcfmarkets.org/apply-jcfm). Applications are due February 1 for the PTFM season and April 1 for the CFM season.

## Thank you!



# Pomelo, The Sweeter Ancestor of the Grapefruit

BY LIAM CANNON, FOOD CO-OP POS TECH

What is a pomelo? Some may say it is a grapefruit, but in reality it is the mother of the grapefruit. The pomelo is one of the four ancestral citrus species, along with citron, mandarin, and papaya (and possibly kumquat). Its flavor is much like a grapefruit but slightly sweeter and higher in vitamin C. Citrons have a lemon fragrance with a sour taste and look like over-sized, wrinkled lemons. The mandarin was named in reference to the counselors in Chinese imperial courts who wore bright orange robes. And the papaya, although bitter and unpalatable, is the ancestor of many tasty hybrids such as the yuzu.

All “pure” citrus is thought to originate from South and East Asia, an idea validated by fossil evidence. Pomelo’s original Asian name eludes historians, but its current botanical name is *Citrus maxima*, which means “the biggest citrus.” It’s not surprising this name was chosen as the fruit comes in various sizes but is typically larger than the grapefruit, weighing in as much as 25 pounds. The trees that birth them range from sixteen to a whopping fifty feet tall.

The first known English name for this fruit is “pomelo” (also spelled pummelo, pumelo, pomello, and pommelo), which is also its most common name, although the name has historically been used incorrectly for grapefruit. Even though the origin of this word is not documented, it is believed to be derived from “pompelmoes,” an obsolete Dutch word for the fruit. There has been a resurgence in recent years, especially by fruit juice companies, in using these “forgotten names” to rekindle sales of grapefruit.



For a time, the pomelo was also called “shaddock,” after Captain Shaddock (or possibly Chaddock) of the East India Company, who carried pomelo seeds by ship from Southeast Asia to Jamaica and Barbados late in the 17th century. As a side note, the East India Company was privately owned by British aristocrats. The British government had very little influence over the company, which became so powerful it created its own army and took control of most of India in 1757. They remained in control for 100 years until several uprisings forced the British government to step in.

It is interesting that what we call the common sweet orange today is actually a hybrid of the pomelo and the mandarin. The grapefruit is a pomelo backcross of the pomelo and sweet orange. Backcrossing is a technique of crossing a hybrid with one of its parents. I guess you could say that it is a type of agricultural incest.

A study of Victorian advertising shows that grocers of that era did not feel it necessary to advertise particular types of fruits as they do today. Fruit was in high demand and it was enough for grocers to say they carried fruit. It wasn't until about 1910 that the pomelo was publicly advertised.

Citrus marketer Pure Gold was organized in 1910 by the Inland Empire Fruit Growers Cooperative of California, dissatisfied with their arrangements with Sunkist (originally Southern California Fruit Exchange). Shortly after its inception, Pure Gold wanted to increase product awareness with buyers. Three characters were born: Pedro Pomelo, Lily Lemon, and Ozzie Orange. This ingenious idea quickly made Pure Gold the second-largest citrus marketer. Sunkist was forced into advertising if they did not want to lose their market position. This is why you would be hard-pressed to find any Sunkist advertising prior to 1910.

What most food historians don't know is that these Pure Gold characters were actually thought up by a teen in Redlands, California. He made Pedro, Lily, and Ozzie out of ceramic and presented them as a gift to his father, one of the managers at Pure Gold. Using the Pure Gold brand name, a campaign was launched with cardboard stands of the characters that store owners would display on their counters. Crate labels for shipping were also emblazoned with the trio.

The next time you want a tasty treat rich in Vitamin C, B, and beta-carotene, reach for the pomelo. If you happen to hear a serenade while you are eating it, don't worry, it's just Pedro.





# Culinary Cooperation

BY SIDONIE MAROON, CULINARY EDUCATOR FOR THE FOOD CO-OP

My first cookbook author crush, at age eighteen, was Molly Katzen. I'd turn the pages of her masterpiece, *The Moosewood Cookbook*, dreaming over samosas, Chilean squash, and sesame sauce, while admiring the hand-illustrated and lettered text, the creativity, humor, and whimsy.

From cashews and ginger sauce to poppyseeds and honey, her evoked worlds were far beyond my experience. I wanted to be Molly and cook in a style that embraced the globe with a cornucopia of whole foods.

Fortunately, I discovered *The Moosewood Cookbook* and *The Enchanted Broccoli Forest* at the same time I was volunteering at the Olympia Food Co-op in 1984. Those were the days when I first made the connection between the bulk bins filled with mysterious buckwheat groats and the magical spells contained within cookbooks.

I'm a self-taught cook, and in the beginning I relied on the skills, techniques, points-of-view, ingredient lists, and so much more from the authors I took on as mentors—Alice Waters, Deborah Madison, Laurel Robertson, Paula Wolfert, Yamuna Devi, Lynn Rossetto Caspers, and Diane Kochilas to name a few.

They introduced me to lentils, chickpeas, black beans, and split peas, to the poetry of purple cabbages, the sensuality of cardamom and nutmeg, and to fresh basil clipped into bunches. They gave me the courage to explore ingredients, and because of them I delved into everything from seaweeds to miso to Parmigiano-Reggiano with gusto.

The Olympia Food Co-op's cooperative spirit was key to my journey embracing both whole foods and global cuisines. It was more than a store, it was an education with values that still guide me—like starting from the whole and moving to the parts, and staying away from convenience and processed foods. My pantry rule is

still that boxes, cans, and bottles should contain only three ingredients.

There is a synergy between recipes and co-ops, a natural relationship between what is equally delicious and nutritious. We need both the recipes and the whole foods. What are the ingredients without cooks? Who are the cooks without knowledge, training, and guidance? The rich possibilities of what to have for dinner are useless without the ingredients and knowledge to cook them.

Why should we cook the cuisines of other cultures? Because most culinary traditions are in sync with their local environment, leading to a rich variety of ingredients and dishes. Cooking these cuisines allows us to incorporate a broader range of whole foods into our diets.

Co-ops and global recipes work hand in hand. Co-ops, with their emphasis on local, seasonal, and bulk products, provide the raw materials for culinary explorations. World recipes teach us how to use these ingredients to create delicious and nutritious meals. Our Food Co-op's program "Community Cook" brings the recipes and ingredients together as we explore the culinary traditions and innovations from around the globe. The recipes in our pamphlets serve as guides, introducing new ingredients, techniques, and flavor combinations. They allow us to experiment with unfamiliar foods in the comfort of our own kitchens, while expanding our repertoire. Check out our newest *Community Cook*, exploring recipes of the Caucasus.

I owe a debt of gratitude to Mollie Katzen, cookbook author and artist, who has had a profound impact on the way we approach food and cooking. Thank you.

**Look out for our next  
Community Cook  
"The Caucasus"**

# Svaneti Salt

*Makes 2 Cups*

In the Svaneti region of Georgia, with the highest mountains in Europe, live the Svans. The story goes that Svans prized salt so much that in olden times a measure of salt was worth as much as a cow in trade. Valuable salt couldn't be wasted and so it was parsed and stretched by adding in herbs and spices. Svaneti salt has become much beloved throughout Georgia and perhaps the world, where it is offered in little bowls to be sprinkled on salads, sides, beans, grains, potatoes and meats.

- 1 Cup coarse sea salt
- 2 Tablespoons garlic, chopped
- 1 Tablespoon caraway seeds, toasted
- 2 Tablespoons coriander seeds, toasted
- 2 Teaspoons black peppercorns
- 2 Teaspoons fenugreek seeds, toasted
- 1 Tablespoon dill seeds
- 2 Tablespoons sweet paprika
- ½ Teaspoon cayenne pepper

Briefly toast the caraway, fenugreek and coriander seeds together until fragrant.

Using a spice grinder, grind all the spices together into a rough powder.

Grind the garlic into the salt, it'll make a moist salt.

Stir in the ground spices. Store in a jar within reach, because you'll want to use this salt often



# Tarragon Adjiki

Makes 1 ½ cups

An herby green sauce to use with beans, eggs, meats, veggies or whatever else you can imagine. The tarragon version is excellent, but try it with mint or a combination of dill, mint, parsley, and cilantro.

- 1 Cup fresh tarragon leaves
- 2 Cloves garlic, chopped
- 1 Tart apple, cored and quartered
- 1/4 Cup roasted green chilies, medium heat
- 1 1/2 Teaspoons sea salt
- 1 Teaspoon apple cider vinegar
- 1/2 Cup water

Blend everything together in a high-speed or regular blender until smooth.

Refrigerate and use within one week.





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# AUTHOR EVENT!

Clinical practitioner, author, and educator Daniella Chace presents her new guide to an eco-friendly, toxin-free home, **Home Detox: A Room-by-Room Guide to a Healthy Home**

## Attendees will learn:

- Which common toxins undermine our health
- How to replace common toxins with healthy alternatives
- The relationship between toxins in everyday objects and chronic health issues
- Solutions and strategies for eliminating toxins in your home
- Easy recipes for effective homemade cleaning solutions that use natural, affordable, and readily available ingredients

## Sign up & Get A Free Gift Bag!

- Dr Bronner's Soap
- Booda Butter lip balm
- Cliganic tea tree oil
- Bee's Wrap beeswax wrap

**When:** Tuesday, January 16th, 12:00 to 1:00

**Where:** The Food Coop Annex, 2110 Lawrence

**Sign up:** [daniellachace@gmail.com](mailto:daniellachace@gmail.com)

# Can you BEET the Co-op word search? Try it for yourself or cooperatively with friends

C S U S T A I N A B I L I T Y Y R D  
O G D P B G R U C N O U R I S H O O  
O B X E C O M M U N I T Y V O I U W  
P D R X M S T E W A R D S H I P N N  
E E C F L O F I Y Z P R X Y M R D E  
R A H A F R C G E Q U A L I T Y A R  
A L E R R H M R X T M D F L B N B S  
T S J M E X U E A N C W M O S I O H  
I U U E S E Y Q S T A K V C Q D U I  
O T S R H E B V D W I I V A H P T P  
N J Q S H U S F B D Y C I L T S U W  
B A S I C S G M E M B E R S S Y O G

BASICS  
COMMUNITY  
COOPERATION  
DEALS  
DEMOCRATIC  
EQUALITY

FARMERS  
FRESH  
LOCAL  
MEMBERS  
NOURISH  
OWNERSHIP

ROUNDABOUT  
STEWARDSHIP  
SUSTAINABILITY

# Sensational Berry Smoothies

*Blending is believing! These splendid smoothies are bursting with berry goodness.*



**T**he smoothie — a drinkable breakfast, snack, or workout drink — is one of the easiest culinary creations to make at home.

A variation on the kinds of fruity drinks made in tropical countries for years, it was christened “smoothie” in the 1960s. As it grew to include healthy add-ins, boosting it from a snack to a meal, the smoothie began to inch into the healthy mainstream. Suddenly, smoothies were everywhere!

Check out these sensational berry smoothies as a starting point. Each one is simple and completely delicious.

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Reprinted by permission from [grocery.coop](http://grocery.coop). Find these and other recipes, plus information about your food and where it comes from at [grocery.coop](http://grocery.coop).

## Hidden-Spinach Berry Smoothie

Serves: 2. Prep time: 10 minutes.

- 2 cups frozen or fresh raspberries, strawberries, blackberries, or a mix
- 3 cups spinach (packed)
- 1 cup yogurt, kefir, or a non-dairy alternative like almond milk
- 1 large banana, fresh or frozen

Put the berries and spinach in the blender first, and add the yogurt and banana. Process, scraping down as needed. Blend until smooth and serve.

*You'll enjoy a salad's worth of healthy spinach in this luscious smoothie, and hardly notice it's there!*



### Strawberry-Pomegranate Smoothie

Serves: 2. Prep time: 5 minutes.

- 2 cups frozen strawberries
- 1 large frozen banana, cut in chunks
- 1 cup kefir, yogurt, or a non-dairy alternative like almond milk
- 1 cup pomegranate juice
- 2 tablespoons pomegranate seeds

In a blender, pile in the strawberries and frozen banana, then add kefir and pomegranate juice. Process to puree; serve garnished with pomegranate seeds. If the smoothie is too thick to blend, add milk or a non-dairy alternative as needed.

*Pomegranate juice is an antioxidant superstar, and its wonderfully tart flavor is balanced by banana and creamy kefir.*



### Mixed Berry and Oat Smoothie with Granola

Serves: 2. Prep time: 5 minutes.

- 2 cups frozen mixed berries
- 4 ounces firm silken tofu
- ¼ cup rolled oats
- 1 ½ cups vanilla soymilk or other milk
- ½ cup granola

In a blender, place the mixed berries, then tofu, oats and soymilk. Process until smooth. Serve in two glasses, with ¼ cup of granola on top of each.

*Berries disguise the secret ingredient (tofu!) and a sprinkle of granola adds a tasty crunch.*



# Chili Season

A good bowl of chili brings together simple ingredients to create big flavor. Warm up with these hearty and nutritious vegetarian recipes.

## **Black Bean Chili**

Servings: 4 – 6. Prep time: 1 hour, 20 minutes; 15 minutes active.

- 1 cup dried black beans
- 4 cups water
- 2 large carrots, chopped
- 1 medium green pepper, chopped
- 1 15-ounce can diced tomatoes
- ¼ cup quinoa
- 1 ½ tablespoons chili powder
- 1 teaspoon salt

1. Sort and rinse the black beans. Place in a large pot with the water and bring to a boil, then cover and cook on medium-low for 45 minutes.
2. Add the carrots, green pepper, canned tomatoes and juices, quinoa, chili powder and salt. Return to a boil, then reduce to medium-low and cover the pot. Cook for 20 minutes, until the beans and vegetables are tender. Uncover and simmer for five minutes to thicken slightly. Serve hot.



### Veggie Chili with Beer

Servings: 5. Prep time: 30 minutes; 15 minutes active.

- 2 teaspoons extra virgin olive oil
- 1 medium onion, chopped
- 1 tablespoon chili powder
- ½ teaspoon chipotle powder
- 1 medium yellow bell pepper, chopped
- 1 medium green pepper, chopped
- 1 large carrot, chopped
- 1 cup wheat beer, red ale or lager
- 1 14.5-ounce can fire-roasted tomatoes, pureed
- 1 15-ounce can kidney beans, drained
- 1 teaspoon dried oregano
- ½ teaspoon salt

1. In a large pot, heat the olive oil. Sauté the onion for 5 minutes over medium heat, until soft.
2. Add the chili powder and chipotle and stir until fragrant, then add the peppers, carrot and beer. Raise heat to high and bring to a boil, then cover and reduce to medium-low for 5 minutes.
3. Uncover and add the remaining ingredients, stirring to combine. Simmer for another 5-10 minutes to combine the flavors and thicken the chili.



### Three Bean Chili

Servings: 6. Prep time: 40 minutes.

- 2 tablespoons canola or vegetable oil
- 1 cup onion, diced
- ½ cup green bell pepper, diced
- 7 ounces vegetarian ground beef
- 1 28-ounce can diced tomato
- 1 15-ounce can kidney beans
- 1 15-ounce can red beans
- 1 15-ounce can pinto beans
- 1 packet chili seasoning

1. In a medium, heavy-bottomed pot, heat the oil over medium heat.
2. Add the diced onions and pepper and sauté on high heat until soft, about 5 minutes.
3. Crumble vegetarian ground beef into the onion mix and brown, as you would with ground beef.
4. When cooked through, add beans and tomatoes, and bring to a boil. Simmer, stirring often, for 30 minutes, or until thick.

Note: If you prefer, substitute ground turkey or beef for the vegetarian meat.



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