Grass is Greener

THE CO-OP COMMONS
Newsletter of The Food Co-op in Port Townsend
www.foodcoop.coop

Grass is Greener

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Sacred Cows

From small scale dairies to the global dairy market - and back again

DEBORAH SCHUMACHER, Staff Writer

“The day of the small dairy man is doomed… the production of milk will gradually and inevitably drift into the hands of larger dairies where economic conditions justify competent assistants, skilled supervision, and efficient equipment… It is evidently much easier to control, educate, and regulate a few large contractors than hundreds of independent dealers.”

- Theodore Roosevelt (from “The Issues: Dairy” at www.sustainabletable.org)

Milton J. Rosenau, the author of The Milk Question, where the above quote originally appeared, wrote, “Next to water purification, pasteurization is the most important single preventive measure in the field of sanitation.” Rosenau was part of the movement early in the last century to pasteurize milk coming from city “swill” dairies where filthy conditions and the poor health of cows were making people sick.

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As city populations grew
dairies moved from the country to city centers where “Overcrowded and unkept barns held up to 4,000 cows” (“Issues”). The scientific solution fit the spirit of the day: pasteurization (heating milk to high temperatures to kill bacteria), not smaller and cleaner dairies, was adopted as a means to deliver safe milk to city populations.

Once the industry learned how to deliver a product that wouldn’t immediately make people sick, consolidation continued and has accelerated over the past century. “Today,” writes the author of “The Issues” “after nearly a century of growth and consolidation in the dairy industry, much of the milk supply is processed, priced and distributed by a handful of multi-billion dollar firms—many of which are European owned. These corporations buy 80% of milk produced in the U.S., and as a result, wield enormous power over the way milk is made and what it costs, leaving dairy farmers little control over their livelihood or product.”

Cows are sacred
Cows have a special place in our imagination. They live in red barns and meander through green pastures chewing grasses under sunny skies. We like to think of them that way, anyway, and that’s how they’re often pictured on the front of milk cartons. Some cows do get to live the bucolic life. But today, most cows live in much less picturesque conditions.

A cow raised on pasture can live up to 20 years and can produce milk for most of those years. But Bessie the family cow has been replaced by the modern industrial milker, usually a Holstein producing an average of 20,267 pounds of milk a year (“Dairy Cattle,” 2007 U.S. average milk/cow/year). Bessie2000 has been bred to perform like a machine, part of a dairy industry that in 2008 pumped out 189.699 billion pounds of milk in the U.S. (“Factbox”).

A more realistic view: Concentrated Animal Feed Operations are usually vegetation-less concrete facilities, holding at least 200 dairy cattle for medium scale operations, and at least 700 for large scale operations. The largest operations hold over 20,000 dairy cattle. Tails are “docked” (cut off), a procedure that claims to keep udders clean by preventing fecal bacteria infections on the udders, though no supporting evidence to back this claim is found. Under this intense strain and close quarters, cows develop and spread disease with ease and in turn are given low daily doses of antibiotics, creating increasing problems with antibiotic-resistant bacteria. In these factory farms, a cow’s life expectancy is 3-4 years, exhausted from intense milking and frequent disease (“Issues”).

The new “sacred cow” big Ag
The traditional dairy farmer has also been sacrificed to the industrial model of dairy farming. “Worn down by production costs that continue to rise and unpredictable income,” writes the author of “Issues: the Dairy,” “small-scale dairymen and women who have been in the business for generations are calling it quits, selling their herds to corporate operations or selling off land for development. Others have tried to adapt by getting big instead of giving out.”

The trend for dairy farming is increasing consolidation and globalization of the market. In 1964 there were 561,065 members of milk cooperatives in the U.S. In 1980 that number was down to 117,313 and since 1980 it’s estimated that number has decreased by 75% (“Issues”). At the same time, milk production is increasing, from 170.934 billion pounds in 2004 to a projected 192 billion pounds in 2010 (“Dairy Today News”).

Modern Day The FOOD CO-OP

During the 2008 economic downturn, when production was up and demand was down and prices dropped more than 30% (“Factbox”), dairy farmers began desperately culling their herds. In 2010, as commodities started to climb again, creating a boom for corn and soy producers, dairy farmers that don’t primarily pasture their herds expect to “lose money again in 2011 for the second time in three years” (“U.S. Dairy Farms Miss Agriculture Boom on Feed Costs”).
Welcome our new G.M.  
Kenna Eaton March 1!

The FOOD CO-OP is a COMMUNITY HUB

In ancient Greece, the agora, a central marketplace, was often visited for reasons beyond procurement of household goods. The agora was a meeting place where neighbors discovered news of business opportunities. They found out who recently gave birth and which elders had died. It was a place where conversations happened and community support was generated.

The Food Co-op is an example of a modern day agora. Maneuvering your shopping cart around shoppers deep in conversation is common. The latest community projects are discussed. The Alcove, a space inside the store dedicated for community use, is where people can find out what others in the community are doing: from new massage practitioners to fundraising for a local radio station.

Financial support and food donations
Other communal hub activities happen through The Food Co-op’s financial support. In 2010, $10,000 was donated to the Community Wellness Project to support the activities of the J.C. Farm-to-School Coalition with an additional $850.12 earmarked specifically for the J.C. School Gardens Project through the pass-through donation program in January (remember picking those “apples” from the live tree at the north entrance of the store?). The Beans for Bags program supports community projects through nickel refunds given to shoppers for reusing a bag or container—153,560 dry beans transformed into donations totaling $7,678 in 2010 to local non-profit organizations serving our community.

In 2010, food was donated by The Food Co-op to support over 60 organizations. Groups meet in the deli over organic salads to discuss ticket sales for a local theater production organization that partners with The Food Co-op. Some small donations assure special school groups have a healthy breakfast and other large donations generate funds to preserve farmland.

Discuss, learn, take action
Attend a Co-op Class, usually held at the Co-op Annex: free Natural Foods classes open to everyone and a variety of classes, from passive solar design to food allergies, taught by teachers within our community. Stop by the kiosk next to the Member Services Desk and learn about state and national legislation affecting food and farms being tracked by our Outreach Department. Attend one of the many Co-op-sponsored community events: the WSU Farm Tour, Port Townsend Film Festival, the J.C. Health & Safety Fair, Jefferson Land Trust Rainfest Auction, and J.C. Farmers Market Harvest Dinner, to mention a few.

Community support meeting community needs
And if you’re wondering if the cooperative model is being contemplated by others in our community, listen in on talk in the store’s aisles about what might happen to fill the void left by the recent closing of downtown general goods store Swain’s. A number of Food Co-op owners, including past and current board members, are promoting the idea of a community supported enterprise for basic goods. Stay tuned for upcoming opportunities to comment on and participate in this venture modeled after a community-owned mercantile in Powell, Wyoming.

I find myself thinking about our Food Co-op as an important part of a food hub like the town in Vermont described in Ben Hewitt’s recent book *The Town That Food Saved: How One Community Found Vitality in Local Food.* The loss of an important local business like Swain’s, that served locals by providing basic goods like underwear and socks, brings to our attention the needs of the local community and the ways we can support those needs. The Food Co-op is much more than a grocery store; we are a place where the multiple needs of our community can be met, not only by the products we sell, but also by the ways we partner with our friends and neighbors. Come join us at 414 Kearney Street in Port Townsend.

“Burn down your cities and leave our farms, and your cities will spring up again as if by magic; but destroy our farms and the grass will grow in the streets of every city in the country.”  - William Jennings Bryan
YOU might be a good Board member! Or maybe you know somebody who would be a good Board member.

The Board election cycle is just beginning and we are recruiting owner-members to become candidates. The deadline for candidate submittals is March 25.

One thing that sets our cooperative apart from other places you might shop is that we have a governing Board of Directors. Elected by and responsible to the membership, the Board is tasked with setting policy and strategic directions for the organization. The Board doesn’t, however, involve itself in day-to-day operations; that is overseen by the Board’s only employee, the General Manager.

Please consider becoming a candidate. Three seats will be decided in this election. This is a particularly exciting time to serve on the Board because we’ve just hired a new General Manager and have committed to working with the membership to craft a strategic plan for our organization.

What are we looking for in Board members?

The strongest governing board is one that brings a wide variety of skills and interests to the table. Diversity is a strength on our Board, as it is in most settings.

True to our nature as a cooperative, a fundamental quality for Board members is a cooperative spirit, e.g. the ability to play well with others. Beyond that, you (yes, we’re talking to you) could be particularly valuable as a Board member if you are familiar with strategic planning, or are an independent thinker, or understand financial reports, or have served on a non-profit board, or can vision for the changing economic future, or simply have a passion for our cooperative, wholesome food, or eating local. And, since an organization with annual sales over $11 million handles more like a fully loaded cargo ship than a speedboat, thriving as a Board member requires a certain level of patience and tenacity!

If you think you might be interested in running for the Board, pick up a candidate application packet at the Member Services Desk today (packet available March 4, deadline for submission is March 25). The packet addresses frequently asked questions about serving on the Board, details the roles and responsibilities of the Board, and includes some of our governing documents.

If you have any questions, please contact the election committee chair at elections@foodcoop.coop

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**Calendar**

**Elections Timeline**

**March 4-25**
Candidate Orientation Packets are available at the Member Services Desk.

**March 25**
Deadline for submittal of candidate packet

**April 20**
Candidate Agreement meeting

**April 30**
Voter packets and ballots are mailed

**May 1-14**
Voting (in store and by mail)

**May 17**
Annual Meeting and introduction of winning candidates

**June 7**
Winning candidates take their seats at this Board meeting

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**Annual Meeting**

May 17
NWMC

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"A man who wants time to read and write must let the grass grow long." - Sloan Wilson

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In December/January The Food Co-op donated $10,815 to the J.C. Farm to Schools Coalition to support their efforts to increase the amount of fresh foods served in our local school cafeterias. The donation also makes available funds to support the J.C. School Gardens Program, responsibility for which the Coalition adopted after the loss of the grant administered by J.C. Public Works in past years.

The Food Co-op has also offered to assist the schools with receiving local products by acting as a distribution point and providing delivery of local goods to the school kitchens. Many local vendors are already delivering to the store and offering this service was simple. The Food Co-op also offered to help prep some foods to help the school district’s food services staff.

The most exciting news to report comes from Quilcene School. Making a commitment to serve locally sourced fresh foods in the school cafeteria, Quilcene school kitchen received approximately 20 local chickens from Wildwood Farm in Quilcene, many roasts and other cuts of beef from Short Family Farm and are serving Nash’s organic beets on their school salad bar, the featured food for “Harvest of the Month.”

Students sampled the beets in garden class while being taught their nutritional value (vitamins A, B2, C, K) and cultural history. Next week they will make beet/carrot juice and plant sweet peas. At the end of class, students received a treat of chocolate beet mini-muffins while being asked to guess the ingredients. They were sure surprised to learn that beets were the secret ingredient!

Also, the J.C. Farm to School Coalition is hiring a Garden Coordinator. For information about this position, please see their website at www.jcfarm2school.org.

Don’t miss a chance to get some free health and safety advice. Co-sponsored by The Food Co-op, featured speakers include Dr. “Jak” (Jadej Nikomborirak)—Sound Sleep Clinic and Sleep Diagnostic Center; Steven Reiner—Port Townsend Foot & Ankle Clinic; and W.C. “Chuck” Henry, attorney, will provide a presentation titled “Aging Well Legally.” Free screenings on topics such as: Sleep Impairment, Feet and Footwear, Oral Health, and Respiratory Health, as well as hearing aid cleaning and adjusting, and much more. Local massage therapists will offer free chair massages. Everyone gets a free organic apple from the Co-op and a chance to win door prizes and apple trees.

National Organic Standards Board Meeting April 26-29
Red Lion Hotel
1415 5th Avenue, Seattle

This is an opportunity for local organic farmers and business owners to provide comments directly to the NOSB.

www.ams.usda.gov/nop

"And I'd like to give my love to everybody, and let them know that the grass may look greener on the other side, but believe me, it's just as hard to cut." - Little Richard
"All over the land are vast and handsome pastures, with good grass for cattle, and it strikes me the soil would be very fertile were the country inhabited and improved by reasonable people." - Alvar N. C. de Vaca

**Earth Day Events**

**April 15-17**

"Visions for the Future" is the 2011 Jefferson County Earth Day theme. Get energized at these free Earth Day events:

- **Interfaith Celebration**
  NW Maritime Center
  Fri. 4/15, 7 pm

- **Main Street Clean Up**
  Downtown Port Townsend
  Sat. 4/16, time TBA

- **Green Living Expo**
  Littlefield Green, Fort Worden
  Sat. 4/16, 10am-4pm

- **“Shifted Paradigm”**
  McCurdy Pavilion
  Sat. 4/16, 7-9pm
  A “review” of our community’s future featuring music, comedy, skits and more!

- **Dance Celebration**
  (follows Shifted Paradigm)
  Sat. 4/16, 9am-11pm

- **Co-op Kids Festival**
  Food Co-op parking lot
  Sun. 4/17, 1-4pm

**J.C. Wellness & Safety Fair**

Saturday, March 12
11am-3pm

This FREE event is co-sponsored by The Food Co-op and takes place at Fort Worden USO Building. There will be more than 40 vendors offering information on a wide variety of topics as well as health screening services. In addition to the vendor booths, fair attendees will enjoy local experts speaking on a variety of pertinent topics, samples of delicious, natural food offered by Bon Appetite and The Food Co-Op and be eligible for free door-prizes and give-aways.

**All Staff Mtg.**

Early Store Closure
Sunday, May 6
Store Closes at 5pm (deli at 4pm)

**Member Appreciation Day**

Thursday, April 14
8am-9pm

This is a special day for owners of The Food Co-op. All day owners will receive 10% off almost everything in the store! (Excluding special orders, alcohol, magazines and W.I.C.) Contests, drawings, prizes, local producer demos, Co-op carrot cake, and more!

**Co-op Kids Earth Day Festival**

Sunday, April 17
1-4pm
Co-op Parking Lot

Join us for a special Earth Day celebration with activities for the entire family. Co-sponsored by our local maritime organizations. Join in a knot tying contest! Climb aboard a boat! Sing a sea chanty! Paint a t-shirt with a real fish print! Hold a worm! Watch a model airplane fly. Boats, Planes, Worms & Fish for Earth Day!

**Co-op Flix**

“Queen of the Sun”

Sunday, May 1
Time TBD
Rose Theatre

A fundraiser for the J.C. School Gardens, tickets are $10 each. This beautiful movie was shown at the PT Film Festival last year. From the makers of the film “The Real Dirt on Farmer John” this quirky documentary will address the decline of honey bee colonies across the world.

"All over the land are vast and handsome pastures, with good grass for cattle, and it strikes me the soil would be very fertile were the country inhabited and improved by reasonable people." - Alvar N. C. de Vaca
Staff Spotlight

Kristina Dosey
Bookkeeper, Finance Dept.

DEBORAH SCHUMACHER, Staff Writer

You won’t meet Kristina working the cash register or stocking shelves or prepping lettuce. She works behind the scenes, part of the back office staff that make things work at the Co-op. She’s our bookkeeper; she assures that our bills get paid, including our local vendors, who sometimes come into our Clay Street offices to pick up a check, where you’ll find Kristina working in the Finance Department.

Kristina has been a Co-op member for many years; she started working here after leaving her job at Washington Mutual (now Chase) in June 2010. She moved here from Offenbach, Germany in 2001. Kristina told me that she left her employment at the government health insurance office near Frankfurt where she worked and not long after that, on February 28, 2001, she got on a plane for the U.S. She landed in El Paso, Texas, where, she said, “she got her introduction to America. It was very eye-opening,” she explained, especially her family’s proximity to Juarez, Mexico, the high fences, and border control.

In 2006 she moved to Port Angeles. She found herself visiting Port Townsend often with her 9-year-old daughter Veda for the kid-friendly activities like the Halloween parade. She loves hiking, being outdoors, and the water. “I do miss the warm waters of the Adriatic Sea,” she said, and reminisced about the small fishing village of Pirovac where her family, who still lives in Germany and Croatia, had a house on the sea.

Kristina has an international point of view: her mother is German, her father is Croatian, and in Frankfurt, which she explains is an international city, she had friends from many nationalities including Moroccan, Italian and Iranian. She has strong ties to the old world, which she visits when she can, but loves living in the Pacific Northwest and working at the Co-op.

Interim GM team!
Running a natural foods cooperative with $11 million in annual sales is no piece of cake. The job includes helping over 90 employees stay effective and taking direction from a board of directors. It involves assuring that owners, over 7,000, are heard and their needs and concerns addressed. It also involves keeping federal and state regulators happy by assuring all legal requirements are met.

Deb Shortess, Marcia Atwood and Victoria Wideman, our interim GM team, did all this and more for over a year in the absence of a General Manager. Way to go, team.

Way to go!

Dried Mangoes
Recommended by Jodi Elekes, Front End
(in bulk by the peanut butter)

“Dried mango is amazing and super awesome! Sweet and chewy and way easier than a whole mango! Also you don’t have to wait for it to ripen or thaw-I used to eat tons of frozen mango, but dried is way easier!”

Live Fudge
Recommended by Kellie Henwood
(in the Grab-n-Go)

“Made with coconut oil, this fudge is absolutely, positively, orgasmically delicious and will make your taste buds melt with joy. Warning: may cause fudge addiction.”

Staff Picks are drawn randomly each month from submissions.

"Breathless, we flung us on a windy hill, laughed in the sun, and kissed the lovely grass." -Rupert Brooke
Dairy Farms Converted to Houses

On the Peninsula, just like the rest of the country, small-scale dairy farming came up hard against the cost of operating a dairy farm where “costs have continued to increase because of the increasing costs of equipment, supplies, fuel, electricity, and labor.” Environmental protection and government regulation too “have substantially increased the burden and cost of operations. Meanwhile the price of milk has not kept pace with costs” (“Dairy Farms: A Rich History”).

Dairy renaissance on the horizon

Recently, The Food Co-op lost its popular regional bottled milk supplier Golden Glen Dairy in Bow, WA when they abruptly stopped shipping to our store. The dairy, we learn, has quit producing fluid milk altogether because the cost of producing and distributing fluid milk, according to the dairy, “is not sustainable”—another small-scale dairy, it seems, getting squeezed by the high cost of producing a quality product. They will continue selling high value products like butter and cheese. The good news is we are now stocking pasteurized, u n h o m o g e n i z e d bottled milk from Fresh Breeze in Lynden, Washington.

But the disruption gives pause to some of the hopeful developments in local dairy here on the Quimper Peninsula. Traditional small-scale dairying has been in steady decline here in Washington State and on the Peninsula. To adapt to the new realities, dairy farmers who are trying to stay in business have adopted innovative strategies: Roger Short of Short Family Farm in Chimacum transitioned from dairying to raising beef cattle; Dungeness Valley Creamery invested thousands of dollars into their certified raw milk dairy in Sequim; Bishop Farm switched to organic and joined the Organic Valley cooperative of dairy farmers.

More recent producers have developed their small-scale dairies to a local market. Diana Dyer at Whiskey Hill Goat Dairy in Port Townsend produces raw goat milk and cheese for Port Townsend and other markets nearby; Wild Harvest Creamery and Mystery Bay Goat Farm are milking their own goat herds and producing their own farmstead goat cheeses for local markets as well. And in an exciting new development, Mount Townsend Creamery, the Jefferson Land Trust and other partners are investigating ways to revitalize Chimacum Dairy.

In the 1800s dairies in the state of Washington were major milk producers. The Pacific Coast Condensed Milk Company, later named the Carnation Milk Company, produced 40,000 pounds of “Carnation Sterilized Cream” or condensed milk. In 1920, Clallam County had 6,588 milk cows; by 1950 “the peak year for milk cows in the county,” there were 7,306. Rapid decline followed with 2,333 cows in 1969 and only 500 milk cows on two remaining commercial dairy farms in 2007 (“Dairy Farms”).

“According to the Washington Dairy Federation,” writes Chuck Marunde, “in 1982 there were 20 dairy farms in Clallam and Jefferson Counties. By 1992, we had lost six, and at the end of 2007 we have only two left in Clallam County, both in Sequim. Port Angeles no longer has any commercial dairy farms” (“Dairy Farms”). As real estate values increased, for many farmers on the Peninsula, it has made better financial sense to sell the farm than to continue farming it. Today, houses occupy much of the land that once pastured dairy cows.

Food Waste Facts

LIVING OFF AMERICA’S TRASH

The kind of society that would waste this much food is one that doesn’t value the earth or the products it produces. It’s in our own personal detriment to continue the process. –Dr. Timothy Jones

Food Waste Facts from the film Dive! By Jeremy Seifert

• Every year in America, we throw away 96 billion pounds of food.
• Over half of all food prepared in the U.S. and Europe never gets eaten.
• The Department of Agriculture estimated in 1996 that recovering just 5 percent of the food that is wasted could feed 4 million people a day; recovering 25 percent would feed 20 million people. Today, we recover less than 2.5 percent.

Source: Organic Consumers Association e-newsletter Organic Bytes #255 (12/16/2010)
**What’s in Season**

Early spring means foraging for dandelion and nettles...

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<th>beets</th>
<th>Brussels sprouts</th>
<th>collard greens</th>
<th>kale</th>
<th>cabbage</th>
<th>Jerusalem artichokes</th>
<th>leeks (spring)</th>
<th>MIZUNA</th>
<th>mustard</th>
<th>parsnips</th>
<th>potatoes</th>
<th>rhubarb</th>
<th>RUTABAGAS</th>
<th>spinach (baby)</th>
<th>turnips &amp; spring flowers</th>
<th>daffodils &amp; tulips</th>
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[OFF-KILTER BURGER](#)

Serves 4

1 wheel of Off-Kilter cheese
1 lb. ground beef
4 hamburger buns
Oil
Salt and black pepper

**Directions:**
Distribute 1 Tbsp salt and a pinch of pepper evenly throughout beef without over-mixing. Form patties and lightly season with salt and pepper on outside. Heat oil over medium-high heat. Sear until a nice crust is formed on each side. Toast buns and top burger with slices of Off-Kilter.

**Serving Suggestion:** Pike Brewing Kilt Lifter Scotch Ale

Recipe courtesy of Allie Bernheimer from the Mount Townsend Creamery

www.mttownsendcreamery.com

[RED ALDER EGG MUFFIN](#)

Serving Size: 1

½ wheel Red Alder cheese
2 slices bacon
1 English muffin
½ cup cooked spinach
2 eggs
Salt and black pepper

**Directions:**
Cook bacon slices until crispy. Slice Red Alder into ¼ inch pieces. Sauté spinach in bacon fat, olive oil or butter. Poach or fry eggs to desired doneness and season with salt and pepper. Toast English muffin halves and top with spinach, bacon, cheese and top with eggs. Serve immediately.

Recipe courtesy of Allie Bernheimer from the Mount Townsend Creamery

www.mttownsendcreamery.com

[ DANDELION SAUTE](#)

Serves 4-6

3 cups chopped onions
3 Tbsp olive oil
4 cups chopped dandelion leaves
2 cups grated carrot
Several cloves garlic, minced
1 Tbsp wine
1 Tbsp tamari soy sauce
Black pepper to taste (optional)

**Directions:**
Sauté the onions in the olive oil. When soft, add the dandelions, carrot, garlic, wine, and soy sauce. Cook for 10 to 20 minutes until all the flavors blend.

From *Identifying and Harvesting Edible and Medicinal Plants* by “Wildman” Steve Brill

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**YOGURT**

*Makes 1 quart*

3 ½ cups whole milk, preferably raw
1 Tbsp yogurt with live active cultures

1. Heat milk in a heavy-bottomed pan over medium-low heat, stirring occasionally, until it reaches 180° F (use a milk thermometer or heat until it’s steaming and ready to boil but not boiling).
2. Turn off heat and allow milk to cool, stirring occasionally so a film doesn’t form on top.
3. Put spoonful of yogurt in the bottom of a 1-quart mason jar.
4. Pour a ladleful of cooled milk (110° F or lower) over the yogurt and whisk to combine. Pour the rest of the milk into the jar and screw the lid on. Put the jar in a warm place to culture (it should stay between 80° F and 100° F overnight or for at least 8 hours).
5. Transfer to the fridge and cool before eating.

*Adapted from* *Full Moon Feast* by Jessica Prentice (Chelsea Green Publishing, 2006)

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"The grass is not, in fact, always greener on the other side of the fence. Not at all. Fences have nothing to do with it. The grass is greenest where it is watered. When crossing over fences, carry water with you and tend the grass wherever you may be." - Robert Fulghum
Speed Dating on the Farm  
OGC Takes Retailers to the Desert  
BRENDON O’SHEA, Produce Buyer

In January I was given the opportunity to travel south and observe winter vegetable production on farms in southern California and western Arizona. During the last week of January, a group of produce “geeks” that included co-op produce buyers and sales account representatives and buyers from Organically Grown Company (an organic wholesale company we purchase product from) traveled to Mecca & El Centro, CA and Yuma, AZ. We visited a handful of Certified Organic farms we purchase fruits and vegetables from and stock onto our produce racks and shelves.

We had the rare opportunity to watch the produce being harvested, packed, and stored for immediate distribution to organic grocers. Celery, spinach, lettuces, salad greens, citrus and many other crops were harvested by many hands in a very short amount of time. The level of professionalism and care that went into growing these whole foods was like nothing I’ve seen before.

This was also a great opportunity to give feedback to the growers. Everyone was open-minded and welcomed the feedback as it’s their goal to produce, pick and pack, and ship quality product that retailers can be proud to stock.

Now, as we are hopefully leaving the long days of winter since Punxsutawney Phil didn’t see his shadow on February 2 and spring is due in 6 weeks, we all can start transitioning from roots, potatoes and other winter storage crops into spring spinach, salad greens, arugula, mizuna and more. As we look ahead to the springtime, please look for more and more locally grown produce as daylight increases and the air warms, allowing our local growers to grow, pack and deliver fresh, nutritious vegetables to our shelves and hopefully to your dinner plates.

“I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'” - Phyllis Diller
I believe a leaf of grass is no less than the journey-work of the stars." - Walt Whitman

Lauren Lawless, Grocery Buyer

Hello faithful co-op shoppers!

Let me first thank you for your patience. We have made a lot of changes on our shelves, at times making shopping confusing and disappointing when you can’t find your favorite products. Change is always difficult, even when expected and welcomed, let alone when it comes as a surprise.

We have reset, or as I like to think of it, redecorated several sections of the store (cereals, aseptic milks, refrigerated and, lastly, frozen foods) with the goal of bringing you new requested items, letting go of some that don’t sell so well, and making shopping easier.

How do I decide which products to choose? There are so very many factors that go into choosing products for our shelves and members. These are just some of the questions I ask myself as I consider whether to stock a product: Is it organic? Are the ingredients on our acceptable ingredients list? Is it packaged well? Does it have unnecessary packaging? Where is it produced? Do I trust the company that makes it to be reputable? Is it a brand that supports co-ops? Is there a need for it? Is there room for it? Does it sell well? Does it taste good? And many more questions, depending on the item.

I hope you enjoy the new items we’re stocking. Please do let me know when you find products that you’d like us to stock and when you miss those we no longer carry by filling out a Member Response form or stopping me in the aisles.

Buon appetito!

Remlinger

Frozen Fruits
Berry Jubilee
Strawberries
Raspberries
Marionberries

WA

Amy’s
Spinach with Rice Crust Pizza
Gluten-free & Dairy-free Mac & Cheese
Gluten-free Vegetable Lasagna
Light & Lean Lasagna

Sukhi’s
Channa Masala
Chicken Tikka Masala

Nature’s Path
Maple Cinnamon Waffles

Alexia
Waffle Fries

Organic Bistro
Wild Salmon Dinner
Ginger Chicken Dinner
Chicken Citron Dinner

Helen’s Kitchen
Indian Curry
Thai Yellow Curry

Stahlbush
Spinach and Butternut Squash

"I believe a leaf of grass is no less than the journey-work of the stars." - Walt Whitman
The FIELD (Farm Innovation, Education, and Leadership Development) Program is quietly providing interns at local farms a quality education that can lead to the possibility of having more educated farmers on local land, improving our foodshed. And, it’s impressive what FIELD is quietly offering. High quality farm education internships for free.

FIELD is the collaborative brainchild of a group of local farmer/educators and was started at SpringRain Farm. Owners of the farm, Roxanne Hudson and John Bellow added to what Crystie Kisler, co-owner of Finnriver Farm, and Katherine Baril at WSU, had initially researched. Beginning two years ago, the idea was to create a program that would support local farmers who had interns working on their farm by providing quality education for these interns in a collaborative environment. John and Roxanne told me the ideal intern program would include different approaches to farming and business and lots of space for each intern to figure out their own interests. Solstice Farm and Sunfield Farm soon joined in. Roxanne stated, “Last year’s goal was to pull it off.” I’d say they achieved that and more.

FIELD Goals
The FIELD Program goals include the following:
- Provide vibrant and rich learning experiences on the farm; to provide a service to area farms that conforms to legal regulations for interns; and to support local sustainable agriculture development and expand entrepreneurial opportunities.
- The way the program works is simple and very grassroots, yet loads of time and coordination have gone into making it simple. John’s desire is to keep overhead low. Internships begin at the farm. The relationship with the interns is the responsibility of the farm and as such, individual farmers work out details for the intern’s room and board. All farmers who host interns teach at least one class while other farmers teach in the program and don’t host interns at their farms. The internships are offered for a minimum of 3 months: March - May; June - August; September - November. Student interns are not employees of the host farm they are assigned to and many farmer-mentors require that interns have health insurance. Each participating farm pays an administrative fee of $100 per three month session.

CEUs Available
FIELD is affiliated with WSU Small Farms Program so interns can opt to receive continuing education units from WSU through the “Cultivating Success” program or they can enroll in a class at Evergreen College in Olympia and receive credits for their internship. Last year, the interns also attended Washington Tilth’s annual conference and an Organic Seed Alliance workshop.

The interns will also be taking field trips to other farms and will be attending the Co-op sponsored Will Allen event at Fort Worden in September. All interns are also required to complete an independent project on the farm. Last year the SpringRain Farm intern raised rabbits with John’s help and the intern at Solstice Farm built a solar food dehydrator.

Kate Miller is the new FIELD Program Coordinator, following in the footsteps of Americorp Intern Leora Stein. Kate was a FIELD intern last year and has agreed to stay on to help further the success of the program. Any interested farmers, growers, gardeners, educators, homesteaders and producers interested in more information can go to the website listed below.

www.springrainfarmandorchard.com/FIELD

"The moment one gives close attention to any thing, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.” - Henry Miller
Revitalizing Chimacum Dairy

Mt. Townsend Creamery & Brown Farm

SARAH SPAETH, Executive Director Jefferson Land Trust

Jefferson County’s agricultural heritage of working farms and forests dates from its first settlement in the mid-nineteenth century. Agriculture contributes as much to the character of this region as the wild and scenic areas that help define its geography. Even in the 21st century, Jefferson County remains a largely rural area.

Those working lands have undergone boom and bust cycles over the last 150 years, enjoying prosperity and then coming close to extinction. By 1940 the Olympic Peninsula boasted more than 900 dairy farms. By 2008 that number had declined to four. Only one dairy, Bishop Dairy in Chimacum, still operates in Jefferson County.

Jefferson Land Trust recognizes that supporting the “working” aspect of our landscapes involves more than just protecting forests and farms. It also involves supporting the people of these working lands that contribute to our economy and culture. As part of the Jefferson LandWorks Collaborative over the last five years, the Land Trust has helped to support and protect several of the local farms whose produce you can purchase at The Food Co-op and at the farmers markets in Port Townsend and Chimacum: Sunfield Farm, Red Dog Farm, SpringRain Farm, Finnriver Farm, Compass Rose Farm and Glendale Farm.

Recent studies report that there is an increasing demand for agricultural properties driven by the desire of buyers to both live on and work the land. The Jefferson County Farmers Market was just recognized in January this year as the best large farmers market in Washington State, and market manager Will O’Donnell attributes the market’s success in large part to community support for locally produced food.

Chimacum Dairy at the Crossroads

The latest exciting collaborative farm project in which Jefferson Land Trust is involved is working to revitalize and preserve Chimacum Dairy permanently.

Chimacum Dairy is a significant agricultural parcel located at the Chimacum Crossroads at the head of Chimacum Valley. The farm has a history of being a productive dairy from the 1860s. Chimacum Creek runs through the 50-acre property, providing important Coho and steelhead salmon habitat. Gloria Brown sold the last of her family’s Chimacum Dairy herd in 2003 when economic and family circumstances made it difficult and finally impossible to continue dairy operations.

Brown’s neighbor, long-time local dairy farmer Roger Short, shut down dairy operations at his Valley View Farm that same year, leaving only the Huntingford Gee Gem Dairy (since closed also) and Bishop Dairy operating in Jefferson County.

When the Land Trust learned that the Chimacum Dairy was likely to be sold, JLT launched into action and purchased a 30-month option to acquire the farm from Gloria Brown. The Land Trust wanted to ensure that this historically significant, scenic, strategically located dairy is protected from inappropriate development and that this property once again becomes the site of a thriving agricultural operation that contributes to our community.

The first part of that vision has been realized: In December 2009 the agricultural soils and salmon habitat of the property were protected forever with a conservation easement. New fencing has just been installed to set off the conservation area along the creek. The Land Trust will be replanting and restoring 1,600 feet of salmon habitat on Chimacum Creek early this spring.

Revitalizing Dairy Operations

The second part of the vision is still in progress. Jefferson Land Trust and LandWorks Collaborative partner Enterprise Cascadia have worked with Mount Townsend Creamery on a feasibility study for revitalizing the dairy operations and locating a new production facility on site. The preliminary results of the study look favorable and the Creamery is excited about the possibility of becoming a part of the agricultural fabric of Chimacum.

Attendees at the Land Trust’s annual fund-raising auction last November also see the vision. With their support, the Land Trust was able to extend its option agreement for several months. It’s a challenging proposition to start a new dairy venture and there are still lots of questions to be answered. The Land Trust continues to work with project partners and local investors to find the most appropriate mechanism for purchasing the property.

Meanwhile, try this hopeful exercise: Imagine an award-winning, responsible creamery operation that will not only have its own milking herd, but will support other local dairy operations that would sell to the creamery, hence preserving other dairy farmland in the future. Envision a revitalized Chimacum Crossroads that supports a thriving, sustainable agricultural industry and draws locals and visitors alike—to visit a successful creamery at the Chimacum Dairy and watch a cow being milked, to eat a delicious meal in the restaurant located in the historic farmhouse, buy some yogurt or award-winning cheese, and perhaps visit the Chimacum Farm Stand or farmers market across the street.

"You could cover the whole earth with asphalt, but sooner or later green grass would break through."
- Ilya Ehrenburg
Dharma Ridge Farm doesn’t have a yoga retreat center or even a ridge anymore. It’s a broad flat plain with a slight slope in the southern half of Beaver Valley. It’s good farmland, if a little on the wet side, but it’s what Zach and Haley Wailand had been dreaming of for a long time. They met at Colinwood Farm 15 years ago, then worked on a series of leased or rented lands before purchasing 5 acres on the actual semi-mystical Dharma Ridge Road (which spurs off the actual not-so-mystical but oddly-named Embody Rd). Zach worked in construction for much of that time and Haley stayed at home raising the first of their three children (Farryn) and tending their expanding gardens. In 2003, they had a second child (the aforementioned Asa) and purchased 10 acres and 6 more leased at different spots around the valley. They are sticking with mixed vegetables, especially root crops like potatoes and carrots, but are always trying to expand and improve their offerings.

Their stand at the farmers market is an abundant one-stop shop for many of their customers. But Zach explains that his focus has allowed him to grow the same or more produce with less effort in the last few years. Haley is grateful for this, as the time saved gets invested back into the family.

Though challenging, Zach and Haley find farming with three kids equally rewarding. “It’s hard to do all the things that the farm needs and get the kids off to school, over to soccer practice and feed them healthy meals everyday. It would be easier, I suppose,” Haley joked, “to just let them run wild, which we do, sometimes.”

Zach is proud that they have been able to earn a comparable living to his construction pay without having to leave home. The hours are long and the work unrelenting, but he feels blessed to spend the majority of his waking hours working his own land with his wife and family. While the construction business has dwindled, their farm continues to grow.

“2010 was a bad-weather year but we saw our co-op business grow 15%,” Zach explained. “Then we had the Chimacum market, which was great for us, it just took off.” Zach figures that farmers markets account for only about 25% percent of sales, even with the farm attending four markets. “The Markets are great for making that personal connection with customers,” Haley added. The Co-op accounts for about 40% of their business. “We love selling to the Co-op,” they both chimed in. The rest of their produce goes to wholesale, restaurants, and their CSA (which runs from June-October).

Zach and Haley are still expanding the farm. They have their home 10 acres and 6 more leased at different spots around the valley. They are sticking with mixed vegetables, especially root crops like potatoes and carrots, but are always trying to expand and improve their offerings. They are trying to grow deliberately. They look at the farm as a business and their family energy as one of the costs. They work hard to make time for the children, for healthy meals, for fun. But they also keep the kids integrated into the farm work and lifestyle, so that there isn’t a stark contrast between work and play. They keep things integrated. And they are very direct about the end goal. “We wanna pass the farm on to the kids. Maybe not all of them will want it, but we want to build it up so that it’s something they would want to take on.”

Like all of the other goals the Wailands have set, it looks like they are on track to succeed.

For more info about Dharma Ridge Farm visit their website at www.dharmaridgefarm.com or call them at 360-732-0178.
Figure and accounting for usage, I resolved to count my carbon emissions from my travel and home energy use annually and to compare my usage to Kyoto Protocol measures.

First, let me say that with my research, I found a lot of confusion over terms. CO2 emissions versus greenhouse gas (GHG) emissions. Metric tons versus pounds per year. I learned that in 1990, total GHG emissions in the U.S. were 6,127 million metric tons. The Kyoto pledge is to decrease GHG emissions 7% from 1990 levels by 2012; this means lowering our national emissions to 5,698 million tons per year in another year or two.

According to the U.S. Energy Information Administration report, our total GHG emissions have dropped from 7,122 million metric tons in 2004 to 6,957 in 2008. Not enough for Kyoto compliance. Our U.S. population has increased from 293 million in 2004 to 304.3 million in 2008; our per capita emissions have dropped from 24.3 tons/year to 22.8 tons/year in a four year span. This per capita number includes all emissions, including industry and business. Experts say that the household average of personal travel, garbage generated and home energy use is about 33% of that per capita number.

I also learned that there is an international GHG protocol for figuring and accounting for usage, so we can compare apples to apples. While carbon dioxide comprises 83% of the six main greenhouse gases, other gases hold a higher “Global Warming Potential” and so an international standard is to convert the details into a “CO2-equivalent” (CO2-e)⁸. There are many household carbon emission calculators available online, but I was dissatisfied with the hidden assumptions built into them. So I built my own, mainly using the U.S. Department of Energy GHG Emission report on energy generated by each state.

Most of Washington electricity is generated with hydro-electric, so our GHG emissions are quite low by comparison with other states or even the national average. Still, I traveled a lot in 2010, so when I added up my total carbon emissions, it was far higher than prior years. Luckily, I knew that our Food Co-op was offering carbon offsets to members in a unique local program. I had looked into other carbon offset programs in the past and had been dissatisfied with them. New trees being planted? OK, but how many would die off and how long would they really be around before someone decided 50 years from now to cut them down? Who was doing the verification of the program so that I knew my carbon credits weren’t being sold several times over just to make a buck? They were far away and too big for me to believe in, so I never invested.

After oceans, forests are the largest sink for atmospheric carbon and the one we have the most ability to manipulate, be it for good or bad. As trees grow, they remove carbon from the atmosphere and store it in their woody tissues. If managed properly, trees, soil, and some wood products can keep that carbon locked up and out of the atmosphere for hundreds of years. Family-owned woodlands make up roughly two-thirds of the country’s working forests. Collectively, the American people control far more working forest than industry and public agencies combined.

Through the efforts of our local non-profit Northwest Natural Resources Group (NNRG), I now have a program with standards I can get behind and which financially supports local forest owners, who must adhere to rigorous forest management standards of the Forest Stewardship Council (FSC). FSC standards provide for environmental, social, and economic sustainability and ensure that forests will grow longer and sequester more carbon than if managed to usual industrial standards. A biomass inventory is taken at the beginning; landowners can continue to sustainably harvest their timber according to FSC standards as long as they maintain the carbon volume originally sequestered in their contract. I bought enough carbon offset certificates to compensate for my unusual year of travel and felt good about supporting this innovative home-grown program and my forest neighbors. Thank you, Food Co-op, and thank you, NW Neutral.

Sources:
1 http://www.epa.gov/climatechange/emissions/usgginventory.html
2 http://www.epa.gov/climatechange/emissions/usgginventory.html
3 http://www.climatecrisis.net/how-was-it-calculated.php
4 www.ghgprotocol.org
5 “Inventory of US Greenhouse Gas Emissions and Sinks 1990-2006”
7 www.yesmagazine.org/planet/big-news-for-small-forests
8 http://nnrg.org/NW-Neutral
9 http://nnrg.org/NW-Neutral-neutral-faqs

“I come here to speak poetry. It will always be in the grass. It will also be necessary to bend down to hear it. It will always be too simple to be discussed in assemblies.” - Boris Pasternak
Outstanding new research has been coming out that you need to know about. In the natural medicine and nutrient therapeutics world, there is about to be a lot of hype around a substance found extracted from broccoli seeds called sulforaphane glucosinolate (SGS). Now that’s a mouthful! It is often abbreviated to SGS or referred to as sulforaphane or sometimes glucoraphanine.

Sulforaphane glucosinolate (SGS) 
SGS is an extremely powerful antioxidant that is found in many broccoli varieties and some broccoli family plants (think cabbage, cauliflower, kale, collard greens, Brussels sprouts). Antioxidants protect us from cellular damage which is part of most chronic diseases like cancer, cardiovascular disease, and aging. Direct antioxidants (like vitamin C and E), which stop damage from free radicals directly, are used up immediately by the body, typically within 2-3 hours of eating them. SGS is an indirect antioxidant. This is important because it activates genes and cellular signaling to protect against free radicals. In other words, the positive effects of eating SGS will act for much longer than other antioxidants.

SGS forms and absorption
In broccoli and cabbage family plants, nature has compartmentalized SGS away from myrosinase, an enzyme needed to activate it. This means that we have to thoroughly chew or blend our broccoli to mix the SGS and myrosinase to make it active. Also, our good gut flora (probiotics) help us produce more myrosinase. Heat denatures SGS, so eat your broccoli raw or very lightly steamed. For therapeutic uses, SGS has been extracted from broccoli sprouts and put into capsule form. In over 500 studies of SGS, no negative side-effects have been found when taken in reasonable amounts. SGS in capsule form is a supplement that I use frequently with patients because it is easy to take and easily absorbed.

Why may you need it…
Over 500 research studies about SGS show powerful health benefits.

- Antioxidant activity
- Anti-cancer activity: protects against cancer formation, kills cancer cells, reduces cancer growth and size, reduces blood flow to cancer cells; reduces metastasis (spread) of cancer
- Anti-inflammatory (reduce inflammation, damage to body)
- Anti-microbial
- Immune regulating (potentially helpful for autoimmune conditions)

Conditions that may benefit from SGS
SGS may be effective for allergies, Alzheimer’s, cancer, high blood pressure, high cholesterol, H. pylori, macular degeneration, Parkinson’s, rheumatoid arthritis and wound healing.

Dr. Molly Force is a family practice naturopathic physician who specializes in combining natural healing with conventional medical diagnosis and therapy. Her practice Prosper Natural Health is located in Uptown, Port Townsend. She can be reached at www.ProsperNaturalHealth.com or 360-385-5375.

The controversial question sometimes comes up whether dogs and cats can be vegetarians. Dogs and cats are members of the class Carnivora and are carnivorous animals evolved to get their nutrition from the meat, bones, and organs of their prey. Dogs are opportunistic carnivores and would scavenge other animal’s prey as well as hunting in packs. Cats would catch smaller animals and are true carnivores.

The fact that cats and dogs are carnivores is shown by their digestive tract, sharp claws and teeth. Dogs can survive on plant material but are by nature meat-eaters and do best when fed what their bodies have evolved to eat. Just because they can digest plant food sources does not mean that plant material alone is a good source of nutrition for a dog. This can be seen by studying their anatomy, physiology and behavior.

Cats and dogs have carnivorous teeth, each with a specific purpose: incisors for biting, canine teeth for stabbing and holding prey, premolars for cutting and molar teeth for shearing meat and crushing bones. They have powerful jaw muscles that enable them to do this. Their digestive tracts are short and simple as opposed to the complex digestive systems in herbivores. The digestive tract contains enzymes such as protease for digesting protein and lipase for digesting fat.

Humans have introduced other foods to their diet like grains and vegetables; in some cases, this is beneficial, because dogs living as companions with people do not have to hunt and can benefit from the laxative effects of vegetables and some fiber. But feeding these foods can cause harmful effects. Soy products, rice, corn, wheat, peas, and potatoes are not well-digested by dogs and cats.

However, I respect that people do choose to feed their pets non-animal based diets whether because of the sad fact of the meat industry, feeding trials in the pet food industry, or personal ethics. Even so, it is hard to feed a balanced vegetarian or vegan diet to dogs and cats and it is really not the best or most natural diet for them.

Anna Maria Gardner MA Vet.MB is a holistic veterinarian based in Brinnon. Dr. Gardner uses nutrition, homeopathy, acupuncture, flower essences, and other holistic modalities to bring holistic health care to the animal kingdom. She can be reached at 360-796-3749 or drgardner@petsynergy.com or visit her website at www.petsynergy.com for more information.

"In creating, the only hard thing is to begin: a grass blade's no easier to make than an oak." - J. Russell Lowell
What's the value of home-grown food?

In 2008, he and his wife kept meticulous records of the food that came out of their 1,600-square-foot garden in Maine, and then compared it with how much that same produce would have cost: at a conventional grocery store; at a farmer’s market; and at Whole Foods. Subtracting their costs, Doiron found that his family of five saved about $2,000 during the year by growing their own produce.

Calculating these costs proved that there is some financial gain to be had in home gardening, Doiron told me. “But I’d want to push back against the idea that (monetary reward) should be the only measure of success,” he says. “A lot of the value of a garden can’t be measured on a balance sheet.”

Those extra-monetary values include things like: providing one’s family with a healthier diet; showing kids “what food looks like from the moment it sprouts from the ground”; and contributing to sustainable, local food production. And there is community-building value, too, Doiron says: “Gardening is a fun and wholesome way to make connection with other like-minded people in your neighborhood.”

Doiron, who has argued for a tax break for home growers, envisions domestic gardens playing a large-scale economic role in a future marked by big-picture issues like climate change and peak oil. “When you have some 90 million households in the U.S. with a yard of some sort,” Doiron says, the potential for monetary savings and food-output from kitchen gardens “can really add up.”

Second, if you’re purely out to maximize your monetary investment, you can choose your crops strategically. “Start with salad greens,” Doiron advises. “They’re easy to grow, don’t use a lot of space, and you have a short turnaround. You could very easily feed yourself and a significant other with all the salad you’d want from a four-by-four plot.”

Finally, if you’re in it for the money, and you count the value of your own labor, you’re probably better off buying your vegetables at the market or store.

I started my garden not primarily to save money, but because it’s a welcome break from staring at a computer screen all day, and because it’s satisfying to watch food grow. It’s miraculous to see a tiny corn seed turn into a towering, tassel-eared stalk in a matter of months. That may be why, when I picked that first little yellow piece of corn this summer, it seemed worth its weight in gold.

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A few things become clearer to me after speaking with this “profitable” home gardener. For one, it gets easier as you go. “You might not get it right the first or second year,” Doiron says. It takes time to learn what works and what doesn’t, to enrich your soil, and to get the hang of “succession planting”—staggering your crops so that you always have something ready to eat.

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**GE SEED ROLL-OUTS**

The USDA has approved for commercial use three new and controversial genetically engineered seed products: alfalfa, sugar beets and a new variety of corn. The USDA announced in January that it was fully deregulating GE alfalfa and on February 4 announced that it’s allowing GE sugar beets to be planted before its court-ordered Environmental Impact Statement (EIS) is complete. Soon after, Syngenta’s GE corn Enogen, a type of corn engineered to make it easy to convert into ethanol, was also approved by the USDA. Read sidebar for more about GE alfalfa deregulation. Sources: Center for Food Safety (alfalfa), Organic Seed Alliance press release (sugar beets) and FarmPolicy.com 2/14/2011 (corn)

**FACTORY FARM NATION**

In Scott County, Kansas, the 225,000 head of cattle on feedlots generate enough manure to rival the sewage produced by people living in New York City and Seattle combined, according to the report, “Factory Farm Nation, How America Turned its Livestock Farms Into Factories,” by Food & Water Watch. In Barry County in southwest Missouri, boiler chickens numbering more than 15 million produce twice as much sewage as residents of the Denver metropolitan area. “If we were talking about that volume of waste anywhere else, it would be in a system where there would be treatment,” said Patty Lovera, Food & Water Watch assistant director. Source: Kansas City Star (12/29/2010)

**NOT ENOUGH HEALTHY FOOD IN THE U.S.**

According to the National Cancer Institute, the U.S. only produces and imports half of the recommended daily allowance of fruits and vegetables required for our population. Source: Organic Consumers Association Organic Bytes #258 1/6/2011

**MUST GET OVER OUR CHEMO PHOBIA**

Dennis T. Avery, a senior fellow for the Hudson Institute in Washington, DC., warns, “We must triple the food yields on the planet’s existing farmland, by intensifying production. The public must get over its chemo phobia, and license its farmers to use the pest controls that work best, whether they be chemical or biotechnological. Our ill-considered bans on such safe chemicals as DDT and Dursban have cost 50 million needless deaths in the tropics, are bringing widespread suffering from bedbugs in America today, and pest losses could lead to destruction of much of the planet’s wild biodiversity in the decades ahead.” Source: FarmPolicy.com 1/18/2011

**FARM BILL NEWS**

Jim McGovern (D-MA), a new member of the House Agriculture Committee, may be someone to watch as the Farm Bill, a major piece of legislation, begins to take shape. He says, “I look forward to continuing my work on hunger, nutrition, food safety, and overhauling our agricultural subsidy policies. Historically, large commodity producers have had a seat at the table on the Committee. I will serve as a voice for the consumer and family farmer.”

Source: FarmPolicy.com 1/21/2011 (quote originally appeared in Congressional Quarterly).

"I go about looking at horses and cattle. They eat grass, make love, work when they have to, bear their young. I am sick with envy of them." - Sherwood Anderson
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Speaker/Details</th>
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<tbody>
<tr>
<td>Thursday 3</td>
<td>FREE 7-9pm</td>
<td>Creating Vibrant Health</td>
<td>Doug Walsh, Co-op Annex 385-2831 x308</td>
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<tr>
<td>Saturday 5</td>
<td>FREE 2-4pm</td>
<td>Labels: Definitions and Deceptions</td>
<td>Brwyn Griffin, 385-2831 x308</td>
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<tr>
<td>Monday 7</td>
<td>6-9pm</td>
<td>Pastry Arts: Butter Doughs</td>
<td>Laurette Feit, 385-4886</td>
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<tr>
<td>Saturday 12</td>
<td>FREE 11-3pm</td>
<td>J.C. Wellness &amp; Safety Fair</td>
<td>Brwyn Griffin, 385-2831 x308</td>
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<tr>
<td>Sunday 13</td>
<td>2-4pm</td>
<td>Live Pie Mandalas</td>
<td>Julia Corbett, $35 owners $40 non 360 981-2328</td>
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<tr>
<td>Saturday 19</td>
<td>FREE 2-4pm</td>
<td>Beans, Seeds &amp; Nuts: Tiny Powerhouses of Nutrition</td>
<td>Brwyn Griffin, 385-4886</td>
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<tr>
<td>Sunday 20</td>
<td>2-4pm</td>
<td>Living Dairy-free</td>
<td>Dr. Molly Force, 385-5375 x4</td>
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<td>Monday 14</td>
<td>6-8:30pm</td>
<td>Pastry Arts: Fillings &amp; Sauces</td>
<td>Laurette Feit, 385-4886</td>
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<tr>
<td>Saturday 26</td>
<td>FREE 2-4pm</td>
<td>Oils: Not All Are Created Equal</td>
<td>Brwyn Griffin, 385-2831 x308</td>
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<td>Monday 11</td>
<td>6-9pm</td>
<td>The Art of Braising</td>
<td>Laurette Feit, $55 owners $65 non 385-4886</td>
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<tr>
<td>Thursday 14</td>
<td>8am-9pm</td>
<td>MEMBER APPRECIATION DAY</td>
<td>Bruce Glenn, $15 owners $25 non 385-5477</td>
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<td>Saturday 9</td>
<td>FREE 2-4pm</td>
<td>Sweeteners: What’s In, What’s Out</td>
<td>Brwyn Griffin, 385-2831 x308</td>
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<td>Monday 18</td>
<td>6-9pm</td>
<td>Pastry Arts: Short Pastries</td>
<td>Laurette Feit, $40 owners $45 non 385-4886</td>
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<td>Monday 18</td>
<td>6-8:30pm</td>
<td>Sugar Roller Coaster</td>
<td>Heidi Snyder, CHN, MS, NC</td>
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<tr>
<td>Saturday 23</td>
<td>2-4pm</td>
<td>Spring Cleansing</td>
<td>Dr. Molly Force, 385-5375 x4</td>
</tr>
<tr>
<td>Monday 25</td>
<td>6-9pm</td>
<td>Pastry Arts: Butter Doughs</td>
<td>Laurette Feit, 385-4886</td>
</tr>
</tbody>
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"The grass is always greener on the other side, until a horse comes and poops on it." -Unknown
looking back

Thank You Rick, We Love Cape Cleare Salmon

In February, Rick Oltman, owner of Cape Cleare Fisheries, donated 20 whole, frozen-on-board, Alaskan line-caught Coho salmon to The Food Co-op and we had daily drawings to give the fish to our Co-op owners...YOU!

Support a LOCAL... Eat lots of Cape Cleare Salmon!

Thank You Rick, We Love Cape Cleare Salmon

Rick Oltman

Photo of Rick by Tim Giraudier