

FALL 2022

FREE

THE FOOD CO-OP QUARTERLY NEWSLETTER

# AROUND THE TABLE



*Greek, Gratitude, Giving*

THIS ISSUE: Community Cook, The Farmer Fund, and the Gift of Soup



# Gratitude AND THE GREEKS

BY KENNA S. EATON, GENERAL MANAGER

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When I graduated high school back in 1976, I decided I needed to travel to Europe and found myself celebrating my 18th birthday on the Greek island of Corfu. Nestled between Italy and mainland Greece, it is a wonderful island with blue seas, white sand beaches, great people, and delicious food. The local cuisine was amazing, and most dishes included my favorite foods and plenty of olive oil, honey, and feta. I loved and appreciated my stay on Corfu, but Greece had more to teach me about gratitude than I was aware of at the time. Ancient Greek philosophers called the Stoics embraced a slightly different concept of gratitude than we do today. It took me a few more years to understand that their philosophy was not just an interesting pastime or even a body of knowledge, but a way of living that was at its heart very practical.

The website Daily Stoic puts it this way: “The Stoics believed we should feel gratitude for all the people and events that form our lives. We shouldn’t just be thankful for the gifts we receive, and our relationships with friends and family. We should also be aware of and grateful for the setbacks and annoyances. For the difficult coworkers and the nagging in-laws, for the stress they put on us and whatever other difficulties we might be experiencing. Why? Because it’s all of those things, interconnected

and dependent on each other that made you who and what you are today. It is only by seeing the totality of things, good and bad, that you gain the understanding necessary to be truly grateful.”

(See <https://dailystoic.com/be-grateful-for-everything-even-the-tough-stuff/>.)

I read these words at a time in my life when multiple events were conspiring to overpower me. It happens to all of us at one time or another. The very same things that we could handle well separately—whether it is work, health, family or politics—all of a sudden happen at the same time, and we can find it tough to stay positive and feel gratitude when we’re overwhelmed. But if we try to look at it a little more like a Stoic, as an opportunity to learn, to grow, to make a difference, then we can start to see it through a different lens—that of gratitude. Gratitude that we are having important conversations. Gratitude that we can help each other learn and grow. And gratitude for our community, one that tries to do the right thing and that supports us even during the tough times. I’m cautiously optimistic that we will be better humans for facing our opponents, for standing up for what we believe in, and for being held accountable for our positions—and for that we can be grateful.





# Renewing OUR STRATEGIC PLAN

BY LISA BARCLAY, BOARD SECRETARY

Ten years ago, the board finalized the Food Co-op's first Strategic Plan after almost two years of discussions, surveys, interviews, and focus groups, gathering input from members and community members about the role of the Co-op in the community and where we should go in the future. The Co-op's Strategic Plan consists of five Ends—our greatest goals—and some general strategies on how to achieve them. Please see <https://www.foodcoop.coop/strategic-plan> for our Strategic Plan in detail. The end result was not surprising, but the plan laid out plainly our overarching goals and how we might achieve them, which is a great help to the general manager and staff as they run the store. They know where to focus their efforts to get us where our members want to go.

In the ten years since then, we've accomplished much of our plan. Here are a few of the highlights:

- We remodeled our store to make it easier for staff to do their job, be able to offer more local products, and make it easier to move around the store.
- We worked to improve staff benefits—from competitive wages to health care, 401Ks, and profit-sharing bonuses.
- We've improved the cohesiveness and education of the board.
- We've worked to make good food more accessible, through Co+op Basics, member deals such as Wellness Wednesdays, SNAP Double Up Food Bucks, WIC, the Farmer Fund, removing the non-member surcharge, and donations to the food banks, schools, Dove House, etc.
- Through collaborations with local organizations (some of which we helped initiate, such as the Olympic Cooperative Networks and Eat Local First), we've worked to expand cooperatives in our area, promote buying and eating locally, and support local entrepreneurs.

- We created systems and documentation to make it easier for farmers and other local producers to sell their wares at the Co-op.

- We've worked on the intractable problem of sustainability through changes large and small—from joining the Climate Collaborative to our Jar Savers program to prodding producers to use more sustainable packaging to selling our soup in reusable glass jars.

The board and the general manager typically review the Strategic Plan every five years. Five years ago we didn't feel the plan needed too much revision, so after consulting our members and our staff, we made the language clearer and honed our strategies rather than make extensive revisions. It's now time to review the plan again, and this time the world has greatly changed. The pandemic, climate change, and political and economic uncertainty all make the future seem much less certain. Consequently, we are going to take the time to thoroughly review our Ends and our strategies.

We'll be asking our members and staff what matters most to them in this changing world and where we might best focus our efforts. The board will be in the store to talk to members, we'll send out surveys, and we'll have focus groups. In addition, we'll be hearing from local organizations and experts on various aspects of our community—this is something we did regularly before the pandemic, and we hope to resume soon. Co-op members are welcome to these educational board meetings, which will still be on Zoom for awhile, but we hope to return to in-person meetings soon.

This renewal process will probably take two years, and in the meantime our current strategic plan will continue to guide the Co-op. We'll keep you up to date with what we are learning and what we are doing through blogs and articles. Plus please keep an eye out for emails with surveys or more information. And as always, thank you for your support of your co-op!





## Farmer Fund

# HELP LOCAL FARMERS GET THEIR FOOD TO THOSE IN NEED

BY LISA BARCLAY, BOARD SECRETARY

In the spring issue, I wrote about some of the difficulties our local farmers have faced due to the pandemic and its repercussions, such as staff shortages and much higher costs for inputs. Since then, of course, we've had the worst spring ever. I grew up in Redmond during what I fondly call the "little ice age" (i.e. the 1960s), but it was nothing like this. Farmers have had to plow under entire crops that couldn't make it through the rain and cold; their fields became muck impossible to plant without risking damage to the soil; crops that did make it grew slowly and/or suddenly all ripened at once. Luckily, we have pretty amazing farmers here, and their know-how and hands-on work helped them save crops that seemed doomed.

In that article last spring I mentioned the Food Co-op's new Farmer Fund, a fund with a double purpose. It raises money for local farms, and they use those funds to provide their good food to people in the community—through the food bank, the schools, subsidized CSAs, etc. Each quarter we divide the funds raised between three farms who sell to the Co-op, and we rotate the farms each quarter.

You can give to the fund online at <https://www.foodcoop.coop/change-for-change> or at the cash register. Just say you want to give to the Farmers Fund through the Change For Change program. (Note: these donations are not tax deductible. They're an investment in your community, in our farms.)

Of course, you can also give directly to farms—check their websites for how to contact them. And there are some farms that do not sell to the Co-op but provide food to the food bank. If you'd like to support their work, you can give directly to the food bank, noting that you'd like the money spent on local farm products.

This summer, our farms were One Straw Ranch, SpringRain, and Dharma, and this fall they are Mystery Bay Farm, Solstice Farm, and Kodama Farm and Food Forest. Go to the Food Co-op website for individual blog pages on these farms.

# Summer Farms

## One Straw Ranch

Charlotte and Martin grew up here, in Chimacum and Port Townsend respectively. They are dedicated to raising cows, pigs, and chickens ecologically and humanely. Here are just a few notes on their practices: their animals get to be truly outside; they mix themselves any feed needed in addition to grass or hay so it is the best; and they use solar power to pump water and to electrify movable fences so the cows can access different fields without overgrazing. You can buy their meat and eggs at the Co-op and from their website, where you can also donate hamburger to the Food Bank, a very popular item there. Check out their website and farm blog at <https://onestrawranch.com>.

## SpringRain Farm & Orchard

At SpringRain, John and Roxanne think in terms of integrated and interconnected systems. They integrate animals, vegetables, fruit, and pollinators on their farm, mirroring the interconnectedness of our natural ecosystems. In addition to their well-known poultry, they produce vegetables and fruit (focusing on harder-to-find “old-fashioned” varieties), as well as farmstead jams and pestos. Amazingly, they have even been able to grow ginger in our maritime climate! It’s only available in the fall, so stock up by pickling and freezing it. Check out the SpringRain website for the many ecological steps they have taken on the farm, from electric trucks to a riparian buffer zone around Chimacum Creek: <https://springrainfarm.org/farm-model>.

## Dharma Ridge Farm

Hailey and Zack began their farm off Dharma Road in 2003, but eventually settled onto the historic Boulton Farm in Quilcene, an old family farm that came with the added benefit of John Boulton’s wit and wisdom until he passed away this year at age 94. Zack and Haley grow a variety of organic vegetables on about 50 acres of the farm. They concentrate now on wholesale in order to be able to spend as much time as possible with their family and on the farm, so you won’t find them at the Farmers Market anymore, but you will find their produce at the Co-op. Their website is <https://www.dharmaridgefarm.com>.

# Fall Farms

## Mystery Bay Farm

Rachael and Scott raise goats on Marrowstone Island, making farmstead cheese and yogurt from their goat’s milk. The Co-op has been carrying their chèvre for over ten years, and this spring, as a special treat for our 50th anniversary, we were able to offer their ricotta, made when the spring grass is fresh. I’m not ashamed to admit that I wait all year for that cheese to be available—it is nothing like the commercial ricotta you’re used to, it’s so delicate and fresh tasting. Some years, Rachael makes another special treat, Cajeta caramel sauce, so tasty it’s dangerous to keep around, because I’m likely to find a way to eat the entire jar. Rachael and Scott are committed to sustainable practices, and they offer tours of the farm and classes. (Be sure to also check out their CedarRoot Folk School, which has a range of classes on traditional skills and the outdoors for adults and youth. Their websites are <https://www.mysterybayfarm.com> and <https://cedarrootschool.org/what-is-a-folk-school>).

## Solstice Farm

Solstice Farm on Beaver Valley Road is another great example of generational farming, one farming generation passing the torch and the farm to the next generation. Ten or so years ago, Linda and Jim arranged for young farmers Jen and Sean to take over their homestead-style farm. Today Linda and Jim run a bed and breakfast on the farm, and Jen and Sean grow vegetables, fruit, eggs, and meat for market, plus take in one or two interns each year to teach farming in our Northwest weather and peaty (partly because of all that rain) soil. At the Co-op, we are particularly grateful for the eggs they supply us, because as a group, we Co-ops are very fond of local eggs. Their website is <https://www.solsticefamilyfarm.com/solsticefarm>.

## Kodama Farm and Food Forest

At Kodama Farm in Chimacum, Grace, Ben, and Matt use organic and permaculture techniques to forge a regenerative farm, one that improves the soil. And on five acres of their property, they are creating a “food forest,” which mimics the natural processes of a forest, with all its layers of trees, shrubs, ground cover, fungi, etc., using that rich habitat to grow food, such as currants, mushrooms, hazelnuts, and kiwi, to name a few of their possibilities. Like several other farms along our local creeks, they are working with the Land Trust and the North Olympic Salmon Coalition to restore the creek through their farm. Eventually, they plan to build a boardwalk, so people can enjoy the forest. At the Co-op, their goat milk soap bars are very popular. See their website for more info: <https://www.kodamafarming.com>.

Find pictures of these farmers on the back cover.

# JUST Soup

Jeff Stoch and Kathy Ryan

This all-volunteer effort has continuously served meals over the years with support from the McMasters (Lehani's), and Kellie and Susan at the Market Kitchen. The service moved from the hall with tablecloths, napkins, and silverware to curbside, in takeaway bags since the pandemic started in May 2020 and briefly expanded to add Thursdays and Fridays when everything closed. The program is still going strong today.

Every week, teams of volunteers from St. Paul's and the community at large serve 80-90 diners a cup of soup along with fruit, bread, and a healthy snack.

The team rotates through five regular volunteers and one cook on Tuesdays, and three to five choppers on Mondays depending on the amount to be chopped. Three to five hours a week are logged in volunteer hours chopping, serving; five to six hours in cook time, and up to five hours biweekly to shop for supplies and ingredients. The program receives generous donations of canned goods, as well as monetary offerings.

One stand-out community supporter is the Food Co-op, who has supported Just Soup nearly from the beginning with continuing donations of soup stock. It was actually a local high school student who secured the donation originally..

Stock is an invisible piece that is essential to a soup. How does soup even happen without the foundation of stock?

Soup has so many wonderful pieces besides the stock:

The chopping, the making, the sharing.  
The warmth on a cold day.  
The hope in a pandemic.  
The shared stories.  
The shared laughter.  
The shared tears.

What is better than soup???

In any case, thanks to the Food Co-op!

This gift has made such a difference in so many lives!  
It provides nourishment on so many levels.



# Greek

## RECIPES



**Cook with us! Join the fun!**



Go to [www.foodcoop.coop/community-cook](http://www.foodcoop.coop/community-cook)

## Co-op Community Cooks Greek!

We love the Mediterranean diet for both deliciousness and health. Perhaps the star example of both qualities is Greek cuisine. From ancient times, they built meals around olives, olive oil, fresh produce, grains, legumes, fruits, seafood and small amounts of meat.

I was first attracted to Greek food, because traditionally meat's used more as a condiment than the main dish. But it's their use of wild greens as Horta, the central role of vegetables, the daily use of legumes, and the rich bread baking culture connected to religious festivities that cemented my interest.

Greek's history, especially of suffering, plays a pivotal role in their cuisine. They have a knack for making something out of nothing—a people of strong traditions and deep resourcefulness. It wasn't the decades of deprivation that changed Greek cooking in modern times, because war and occupation created a stubborn pride in their native dishes. Instead, it's current plenty and forgetting the how and the why of traditional cooking which causes problems. Greek foodways are endangered, and by the usual suspects—urban living, fast-paced lifestyles, processed foods, pizza, burgers and America's influence.

I've learned, teaching international foodways, that sometimes outsiders can help a native cuisine from being lost, by treasuring and cooking it from afar. This is especially true wherever immigrants have gone, because they fiercely conserve their heritage as a vital link to their homeland. Older recipes can hold missing links. Modern recipes dumbed down by processed foods or internet fluff, take shortcuts that become common practice, because no one understands why something's done in a certain way. Maybe it's vitally important, maybe not — but it's good to know the difference.

It takes us all to bring food back around to its rightful place in our lives, supporting our health and social infrastructures. Cooking Greek will bring joy to your kitchen today, but like all arts, it's preserved for future generations by practicing and passing the wealth on to the young. May it all be Greek to me.



For more info go to [www.foodcoop.coop/community-cook](http://www.foodcoop.coop/community-cook)  
Join the group at [www.facebook.com/cookingwiththecoop](http://www.facebook.com/cookingwiththecoop)



### **Sidonie Maroon, community chef, recipe developer, culinary educator and artist**

Born and raised in Southern Oregon, Sidonie shares her creativity and cooking expertise with everyone she meets. Never aspiring to be a restaurant chef, she instead flourishes in her kitchen laboratory where she cooks, blogs, and develops original recipes.

The heart of her cooking practice is a dedication to starting from scratch and building techniques from traditional world food wisdoms. She was an artisan long before it was popular: gardening, foraging, working on organic farms, living off-grid, preserving, fermenting and grain-free baking from scratch.

You can find her recipes, classes, column and blog posts on The Food Coop's website <https://www.foodcoop.coop/blog> and on her personal blog <https://www.abluedotkitchen.com>.



# Greek Recipes

Created by Culinary Educator Sidonie Maroon

## Spreads

- Tzatziki
- Black-Eyed Pea Skordalia
- Melitzanosalata
- Feta Cheese Spread

## Pie and Sides

- Hortopita
- Quick Loukaniko Sausages
- Glykopatates Bourtheto  
(Oven Roasted Sweet Potatoes with Onions & Smoked Paprika)
- Kale in Tomato Sauce

## Salads

- Black-eyed Pea Salad with Roasted Tomatoes & Fennel
- Navy Bean Salad
- Greek Potato Salad
- Zucchini and Olive Salad



## Tzatziki (Tsaht-ZEE-kee)

Greek Cucumber and Yogurt Sauce

Makes 4 cups

### Ingredients

- 2 medium cucumbers, 4 cups, seeded and grated
- 3 cups plain Greek yogurt
- ¼ cup extra virgin olive oil
- ¼ cup chopped dill
- ¼ cup chopped mint
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, pressed
- 1 teaspoon fine sea salt

### Directions

Lay ½ of grated cucumbers in a small light tea towel or piece of cheesecloth, make a bundle, and lightly press and squeeze the excess water out. Repeat with the other half.

In a bowl, combine the drained cucumbers with the other ingredients, allowing the flavors to meld for 15 minutes. Serve right away or refrigerate. The sauce keeps well for up to 5 days.

Variation: Try with green tomatoes, zucchini, carrots or beets

*"Tzatziki is often served with grilled meats, but I think it goes well with roasted veggies. I love it on poached eggs with olives and sliced tomatoes!"*

–Sidonie



## Black-Eyed Pea Skordalia

Makes 4 cups

### Ingredients

- 3 cups black-eyed peas, cooked (use 1 ½ cups dry peas)
- 1 cup walnuts, toasted and chopped
- ½ cup chopped parsley

- 2 cloves garlic, chopped
- ¾ teaspoon sea salt or to taste
- ½ cup extra-virgin olive oil
- ¼ cup fresh lemon juice or more to taste  
(I usually use a whole lemon)
- Zest of lemon

### Directions

Mash peas together with the olive oil, salt, lemon and garlic into a semi-puree. You should be able to see some whole beans, but should look like mashed potatoes. Spread the toasted walnuts and chopped parsley over the top. Serve at room temperature.

### Greek method for cooking black-eyed peas:

If you follow this method you'll end up with flavorful and digestible beans. Once you get in the habit, this method is straightforward.

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

I also cook black-eyed peas in the Instant Pot for 45 minutes on the bean cycle. I love this method; it's so simple!

*"A luscious lemon garlic black-eyed pea spread. Serve it with crusty bread and a salad." –Sidonie*

## Melitzanosalata

Roasted Eggplant and Red Pepper Spread  
Makes 2 cups

### Ingredients

#### For roasting:

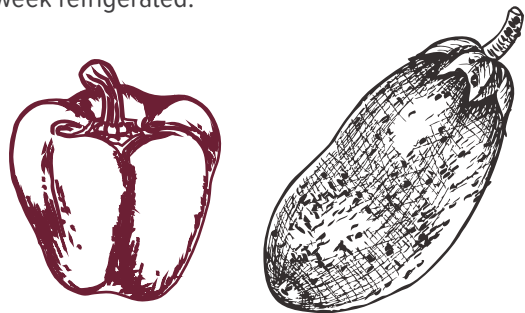
- 1.5 pounds eggplant, peeled and cut into a medium dice
- 2 sweet red bell peppers, topped, seeded and cut into a medium dice
- 6 cloves garlic, minced
- ¼ cup extra virgin olive oil
- 1 teaspoon sea salt
- 2 teaspoons sugar

#### For finishing:

- ½ cup Italian parsley, chopped
- ½ cup walnuts, toasted and chopped
- 4 tablespoons fresh lemon juice, or to taste

### Directions

1. Preheat the oven to 425 F. Line a baking sheet with parchment paper. Gather and prepare ingredients.
2. Mix the eggplant, peppers and garlic together on the baking sheet with the olive oil, sugar and salt. Roast on a middle rack for 20 minutes. With a spatula, mix the vegetables and bring the bottom parts to the top. Return to the oven and continue to cook for another 15 to 20 minutes or until sweet with some crisping edges.
3. Using a food processor, pulse the roasted veggies with the parsley, lemon juice and walnuts. It should be chunky-smooth. Taste and correct the flavors with more lemon or salt if needed. Serve warm or at room temperature. Will keep a week refrigerated.



*"I'm in favor of creamy, scoopable appetizers, and love pulling out a medley of dips, olives and spreads to have with chopped tomatoes, flatbreads or perhaps some roasted chicken."*  
—Sidonie

## Htipiti

Feta Cheese Spread

### Ingredients

- ⅓ cup extra virgin olive oil
- ½ teaspoon dried red chili flakes
- 2 cloves garlic, minced
- 1 ½ cups feta cheese, crumbled
- 2 large sweet red peppers, seeded and chopped

### Directions

1. Preheat the oven to 425 F. On a large sheet of parchment paper, rub the olive oil into the red peppers, chili flakes and garlic. Fold together into a packet and lay seam side down on a baking sheet. Roast for 30 to 45 minutes or until the peppers are soft and sweet.
2. Using a blender or food processor, puree the feta with the roasted vegetables. Serve immediately or refrigerate for up to a week.

*"This spread has many variations throughout the tavernas of Thessalonica and Macedonia. Htipiti means "beaten" in Greek. Serve with fresh country bread."*

—Sidonie



## Quick Loukaniko Sausages

Makes 16 sausages

### Ingredients

- 2 lbs ground lamb (you can use other ground meats)
- 2 tablespoons fresh garlic, minced into a paste
- 1 tablespoon orange zest
- 2 tablespoons balsamic vinegar

### Dry spice mix

- 2 teaspoons dried thyme
- 2 teaspoons dried oregano
- 2 ½ teaspoons fennel seeds
- 1 teaspoon black peppercorns
- 2 teaspoons coriander seeds
- 2 teaspoons fine sea salt
- 1 tablespoon whole cane dark sugar

### Directions

- Using a spice grinder, grind the whole spices and herbs. Add the spice mix, garlic, zest and vinegar to the ground meat and combine so that everything's dispersed, but not gummy.
- Divide the meat into two balls, divide each ball into two again, and so forth until you have 16 evenly sized balls. With your hands, roll each ball into a 3 ½ inch sausage.
- Bake the sausages, on a parchment paper lined rimmed baking sheet, in a preheated oven at 425 F, for about 15 minutes or still juicy but cooked through without pink color. Don't overcook. Serve warm or at room temperature.

*"Mildly spicy orange and fennel scented sausages. They're rolled into sausage lengths without the casings. Excellent on their own, or serve with Kale in Tomato Sauce." –Sidonie*



## Glykopatates Bourtheto

Oven Roasted Sweet Potatoes w/Onions & Smoked Paprika

Serves 4

### Ingredients

- 3 lbs sweet potatoes, peeled, cut into quarters, lengthwise, and into 1½ inch chunks
- 8 cloves garlic, minced
- 2 large onions, cut in half and thinly sliced

### Sauce:

- 1 tablespoons sweet paprika
- 2 teaspoons smoked paprika
- 1 teaspoon red chili powder or flakes
- 1 teaspoon sea salt
- 1 teaspoons fine sea salt + ½ teaspoon to finish the dish
- 4 tablespoons olive oil
- 4 tablespoons tomato paste
- 1 cup dry white wine

### Finishing:

- 1 tablespoon white wine vinegar, to finish

### Directions

- Preheat the oven to 425 F and ready a middle rack. In a large covered casserole, mix the sweet potatoes, garlic and onions together.
- Whisk the sauce ingredients together, and coat the vegetables. Roast with the lid on for 45 minutes to 1 hour, gently giving it a stir halfway through.
- When the potatoes are tender, add the wine vinegar and salt to taste. Serve warm or at room temperature.



## Kale in Tomato Sauce

Serves 2

### Ingredients

- ¼ cup extra virgin olive oil
- 1 large red onion, chopped
- 1 bunch kale, thinly sliced (chiffonade) then chopped in the other direction
- 1 tablespoon fresh oregano, minced
- 1 teaspoon red pepper powder
- 1 teaspoon fine sea salt
- 1 tablespoon dark whole cane sugar
- 3 cups tomato sauce, fresh or canned
- ½ cup sliced kalamata olives
- 2 tablespoons capers
- ½ cup sheep feta, crumbled

### Directions

1. In a heavy-bottomed skillet, heat the olive oil on a medium heat. When warm, raise the heat to medium high and saute the onions for 6 minutes, add the kale and continue to saute for another 5 minutes.
2. Stir in oregano, sugar, salt and red pepper. Add the tomato sauce and reduce the heat to medium. Cook until the sauce is reduced, about 7 minutes. Taste and correct the flavors as needed. Serve as a side dish with feta, capers and olives.

*"A fabulous way to introduce kale to the family. It's saucy, mildly spicy and full of flavor."*  
—Sidonie



## Black-Eyed Pea Salad

with Roasted Tomatoes and Wild Fennel

Serves 4

### Ingredients

#### For Black-Eyed Peas

- 2 large onions, chopped
- 6 cloves garlic, minced
- 5 cups cooked black-eyed peas
- 2 cups chopped wild fennel leaves or fennel bulb fronds (reserve ½ cup chopped fennel for serving)
- ¼ cup extra virgin olive oil
- Sea salt and pepper to taste
- 1-2 tablespoons white wine vinegar or to taste

#### For Roasted Tomatoes

- 8 Roma tomatoes, cut in half lengthwise
- ¼ cup extra virgin olive oil
- Sea salt to taste

### Directions

1. Cook black-eyed peas. Either use an Instant Pot: 2 cups dried peas with water to cover by 2 inches, with 1 teaspoon sea salt, set on the bean cycle. Or, cook on the stovetop: soak beans for 8 hours. Strain the peas, add fresh water and 1 teaspoon sea salt. Bring to a boil, turn heat down and simmer until tender for about 45 minutes. Strain and rinse the cooked peas.
2. Preheat the oven to 425 F. Lay the onions and garlic onto a large piece of parchment paper, and massage in the olive oil, salt and pepper into them. Fold the surrounding parchment into a packet, and lay it folded side down onto a baking sheet. Roast for 30 to 45 minutes, or until the onions are soft and sweet.
3. Roast tomatoes in the same oven: Lay tomatoes out on a parchment paper lined baking sheet, and drizzle with olive oil and salt. Roast until cooked but still firm, about 25 minutes.
4. Toss the drained peas, roasted onions and garlic, and chopped fennel together into a large low salad bowl. Add the vinegar and taste for salt and pepper. Lay the tomatoes over the top, garnish with more fennel and serve.



*"The roasted tomatoes with the black-eyed peas are delicious! Yum." – Sidonie*

# Garlicky Navy Bean

## With Mustard Greens, Sardine & Fresh Tomato Salad

Instant Pot

Serves 4

### Ingredients

#### For beans

- 1 ½ cups dried navy beans, rinsed
- 1 teaspoon fine sea salt
- 2 bay leaves
- 1 quart water

#### For saute

- ¼ cup olive oil
- 1 large onion, chopped
- 8 cloves garlic, minced, removing any green inner parts
- 4 cups mustard greens, chopped, or if unavailable any hardy greens
- Sea salt if needed

#### For serving

- 3 cups fresh tomatoes, chopped
- 1 teaspoon flaked sea salt
- Zest and juice of one large lemon
- 1 tablespoon fresh thyme, minced
- 2 tins of sardine\*, 3.75 ounces each, rinsed if salted

### Directions

Using an Instant Pot, add the beans, water, bay leaves and salt. Set to the bean cycle, or 45 minutes at high pressure with a natural release. It will take about an hour to cook the beans. When done, strain and add to a large low salad bowl.

While the beans are cooking, preheat a large heavy-bottomed skillet. Add the olive oil and onions. Saute the onions for 10 minutes on a medium high heat. After 10 minutes add the garlic and continue to saute until fragrant, about 2 minutes. Add the mustard greens and continue to saute for another 3 minutes.

While attending to the saute, add 1 teaspoon of salt to the chopped tomatoes, straining off their juices before adding them to the salad. Zest and juice the lemon and mince the thyme. If the thyme stems are tender, no need to take the leaves off, just finely mince stems and all.

To finish, add the saute to the beans, and then gently stir in the lemon juice, zest, thyme and tomatoes. Taste to see if salt is needed, remembering that the sardines may be salty. Lay the whole sardines across the top of the salad and serve.



*"Definitely a winsome late summer salad, especially if you have an abundance of garden tomatoes. It's an unusual pairing— beans with fish, at least for American tastes, but delicious and deserving of more attention. Lively, colorful and filling, this salad serves as a main for alfresco dining." –Sidonie*

## Greek Potato Salad

Patatosalata

4 servings

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### Ingredients

2 pounds new potatoes, boiled halved and sliced  
(or use fingerlings)  
4 eggs, boiled and cut into quarters lengthwise  
½ cup green country style olives, pitted and sliced  
½ cup Italian parsley, chopped  
1 bunch scallions, finely chopped include greens  
6 tablespoons extra virgin olive oil  
3 tablespoons fresh lemon juice  
Salt and freshly ground black pepper to taste  
1 teaspoon fresh marjoram, minced

### Directions

1. In a serving bowl, combine potatoes, olives, parsley, scallions and marjoram.
2. In a small jar, shake lemon, olive oil, salt and pepper together. Mix into the salad and lay the eggs on top. Serve with fresh tomato slices.



## Zucchini and Olive Salad

4 servings

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### Ingredients

3 medium zucchini  
(halved & sliced into 1/2 inch rounds)  
3 boiled eggs, sliced into rounds  
(yolks still moist not hard boiled)  
1 bunch scallions chopped  
½ cup dill, finely chopped  
2 tablespoons mint, finely chopped  
20 large green olives, sliced  
Juice of 1 lemon  
¼ cup olive oil  
Salt and freshly ground black pepper to taste

### Directions

1. In a preheated 425 f oven, toss the zucchini with the olive oil, salt and pepper. Roast until tender, about 20 to 25 minutes.
2. Combine the roasted zucchini with the scallions, dill, mint, green olives and lemon juice. Taste and add more lemon, salt and pepper if needed. Lay the eggs decoratively over the top. Serve at room temperature or cold.



# Creek essentials

## Build Your Pantry

Extra Virgin Olive Oil  
Olives (brined or dried)  
Vinegars (especially balsamic)  
Tomatoes (canned & sundried)  
Cheeses (goat & sheep's milk feta)  
Lemons  
Fine & Coarse Sea Salts  
Capers  
Honey  
Yogurt  
Rice  
Buckwheat Groats  
Farro  
Fava Beans

Dried Pastas  
Black Eyed Peas  
Lentils  
Chickpeas  
Onions  
Garlic  
Fresh Herbs  
(Basils, Thyme, Dill, Oregano, Mints,  
Parsley, Bay, Sage)  
Spices  
(Cinnamon, Nutmeg, Cumin,  
Coriander, Cloves, Black Peppercorns,  
Dried Chilies, Saffron)



Go to [www.foodcoop.coop/community-cook](http://www.foodcoop.coop/community-cook)



# PLASTIC WASTE CAN BE A Local Resource

BY ROARKE JENNINGS, PT POTENTIAL CO-FOUNDER

Port Townsend, like most towns, relies on plastic and its ability to effectively transport products from afar, keeping our food safe for less cost. Whether it is lettuce from the produce section, a latte at your favorite cafe, back-to-school supplies, or a new fender for your bicycle, plastic touches all of our lives. Even if we as individuals can free ourselves from the tangle of plastic, it will remain our issue until our neighbors, manufacturers, and farms are able to ditch it, too. But until we can economically make that happen, we can mitigate the damage and use this potentially toxic material as a resource to build the infrastructure of a more local, circular economy.

PT Potential is part of a global movement called Precious Plastic, which aims to tackle this problem with a small-scale, decentralized approach, via open-source plans for machines to up-cycle plastic waste. We are operating out of a workshop near the airport, shredding plastic using a low-speed grinder with a vacuum attachment. The shredded plastic is a commodity from which all kinds of objects can be formed, but rather than sending this valuable material into the global supply chain to become another single-use product, we'll make things for local use, such as taco baskets, bathroom tiles, 12" rulers, pegboard, farm boxes, etc.

I understand there are concerns about plastic contamination, with reports that the average person ingests a credit card's worth of plastic a week or the fact that there are now micro-plastics in our rain. This is all the more reason to mitigate our use and handle the plastic that can't be avoided as safely as possible. Our local operation uses vacuums and large sieves to make sure plastic shreds are contained. And we target plastics that are not dangerous when melted. Furthermore, we feel it is our community's responsibility to reuse



Roarke and Ronnie

the plastic waste we have created rather than contribute to the poisoning of vulnerable communities around the globe.

The Food Co-op is an organization working to take responsibility for the plastic associated with its endeavor to bring wholesome food to our collective body, as well as to support the circular local economy. In addition to many internal practices to mitigate plastic use, the Food Co-op is paying PT Potential to collect the waste plastic we can turn into useful products. To up-cycle your own plastic waste, bring your #2, 4, and 5 plastics to us from 2 to 4 pm at the Co-op on the 3rd Saturday of each month and to the PTMSC at Fort Worden on the 1st Saturday.

So what is our potential as community members to think of plastic in a new way? Could it be an indicator of community health? Or seen as a valuable resource for components of appropriate future technology? Of course, we should organize petitions, write to our representatives, up-cycle what we can locally, and call on vendors and manufacturers to change, but most importantly, let's find ways to fill gaps within our local economy and become a town of creators rather than consumers. So please support endeavors that seek to fulfill our community's needs through the resources and people within our humble reaches, like the Co-op's Grow Fund and Farmer Fund, and consider joining us at PT Potential in cooperatively managing our plastic more responsibly. You'll find us at <https://ptpotential.mystrikingly.com>.

## WHAT WE COLLECT:

Plastic cap, lids, can connectors, hummus containers, peanut butter lids, milk and tetrapak lids.



Check out the plentiful winter squash recipes and articles at [grocery.coop/winter-squash](https://grocery.coop/winter-squash)

## A GUIDE TO WINTER SQUASH

**Choosing a winter squash to prepare can be confounding—here are common varieties of squashes you’ll love.**

Winter squash are harvested late summer through fall, then cured or “hardened off” in open air to toughen their exterior. This process ensures the squash will keep for months without refrigeration. When selecting any variety of winter squash, the stem is the best indication of ripeness.

Stems should be tan, dry and on some varieties, look fibrous, frayed or corky. Fresh green stems or those leaking sap signal that the squash was harvested before it was completely ripe. Ripe squash has a vivid, saturated color and a matte, rather than glossy, finish.



## Acorn

Mild, versatile flavor and a tender-firm texture that holds up well when cooked. Hard rind helps squash hold its shape when baked.

**Best uses:** *baked, stuffed, cubed and added to grain salads*



## Blue Hubbard

This huge squash is perfect for feeding a crowd! Bright orange flesh has a buttery, nutty flavor and a dry, flaky texture similar to baked potato.

**Best uses:** *baked, mashed and topped with butter, sea salt and black pepper*



## Butternut

Vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Rind is edible but squash is usually peeled before use.

**Best uses:** *soups, purees, recipes where smooth texture is highlighted*



## Delicata

Rich, sweet, flavorful yellow flesh tastes like a mix of chestnuts, corn and sweet potato. Quick-cooking with a thin, edible skin. Highly seasonal.

**Best uses:** *sauteéd until caramelized, broiled, baked*



## Heart of Gold/ Carnival

This hybrid squash inherits its tender-firm texture from Acorn and its sweet, nutty flavor from Sweet Dumpling, offering the best of both parents.

**Best uses:** *baked, stuffed, broiled with brown sugar*

## Kabocha

(Green/Red) Smooth, dense, intensely yellow flesh that is similar in sweetness and texture to sweet potato.

**Best uses:** *curries, soups, battered and fried as Japanese tempura*



## Pie Pumpkin

Mildly sweet squash with a rich pumpkin flavor, perfect for pies and baked goods. Different from carving pumpkins, these are bred for sweetness and size.

**Best uses:** *pies, custards, baked goods, curries and stews*



## Red Kuri

Vivid orange, mildly sweet and smooth, dense squash with a delicious chestnut-like flavor. Makes a rich and velvety pureé.

**Best uses:** *Thai curries, soups, pilafs and gratins, baked goods*



## Spaghetti

Pale golden interior is stringy and dense – in a good way! Use a fork to pry apart cooked flesh which resembles spaghetti in texture and mild flavor.

**Best uses:** *baked and separated, then dressed as you would pasta*



## Sweet Dumpling

Petite, softball-sized squash with a pale gold, dry starchy flesh that is similar to a potato but which is renowned for its rich, honey-sweet flavor.

**Best uses:** *baked with butter and cinnamon*





SpringRain Farm



One Straw Ranch



Dharma Ridge Farm

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