

Fall 2020 • Free

# Around the Table

THE FOOD CO-OP QUARTERLY NEWSLETTER • PORT TOWNSEND, WA



## **IN THIS ISSUE: WELCOME TO THE TABLE**

*Co-op Strength During A Pandemic, Bread Baking, Spices From Around the World, Turkey Talk and More*



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## *Around The Table*

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*Around the Table* is a celebration of the changing seasons, our local farmers and producers, what's happening in our local kitchens and community, and lots of opportunities to learn and share.

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# Love in the Time of Corona

by Kenna Eaton, General Manager

The past six months have brought many unanticipated changes for all of us. Here at the Co-op, for instance, we thought we would spend this year recovering from our recent renovation project, improving those things we didn't get quite right and finishing those projects we didn't quite get to, such as hanging all the photos of our local vendors. We thought we would spend the year exploring our value of LOVE— “We love what we do, and we share that passion with our community,” as stated in our Mission and Values. But no, that was not to be. Instead, here I am—here we are—trying to figure out how to do many of those projects mentioned and at the same time run a great business, strengthen the local economy, help save the environment, and keep everyone safe during a pandemic. Needless to say, it's been super challenging.


At the beginning of the COVID-19 outbreak, we decided to award all our staff a temporary additional \$2 per hour for working in what was proving to be a stressful work environment. In addition, in order to protect our staff and our members, we first added shields at the register and implemented extra sanitizing precautions. Then, amongst many other changes, we limited access to the bulk room, made the self-serve food bar grab and go, and asked staff, and then everyone, to wear masks.

Frankly, managing our work has gotten tougher over time rather than easier. So, at the end of July, we decided to make that temporary pay raise ongoing. How can we afford this? Well, we did our due diligence, we crunched the numbers and then factored in the funds we received from the Payroll Protection Program, and decided that we could do this, that we can indeed make it work. And I have to say, as scary as it was to make such a big decision with a long-term impact on the organization, it also felt pretty darn good. Good because our staff work so hard every day to keep our community well nourished. Good because their jobs and their lives have gotten so much more complicated. Good because we are doing the right thing in supporting these essential workers who are here every day, eight hours per day, wearing a mask, negotiating tough conversations, and doing it all with a bright, welcoming smile under that face covering. To my mind their work is a true demonstration of love, so I guess we are delving into our Co-op value of Love this year after all!

Thank you for all of your positive comments and kudos. Please keep them coming. They lift our spirits and help us keep going when the going gets tough. And thank you for continuing to support us by shopping here. I know I say this often, but that doesn't make it any less true—we couldn't do it without you.

In cooperation,





# 50 Years of Cooperative Activism

## THE FEDERATION OF SOUTHERN COOPERATIVES

by Lisa Barclay

The Federation of Southern Cooperatives was formed in 1967 during the Civil Rights era by a group of African American cooperatives in order to help low-income farmers and communities help themselves. And for the last fifty years, despite systemic discrimination, it has successfully pursued that goal through an immense array of activities and programs.

It's difficult to encapsulate what the Federation does in a single sentence, but basically, it works to protect small farmers and their land as well as promote community self-sufficiency. Broadly, this is accomplished through developing and sustaining cooperatives and credit unions; providing financial and legal support; conducting training and research; and advocating for public policies that help small farmers and rural communities.

In its fifty years, the Federation has founded and supported cooperatives of all sorts, but most often worker-owned co-ops. One early Federation member was the North Bolivar County Farm Cooperative (NBCFC) in Mississippi, which was founded in the late 60s in part to address malnutrition in the county. The co-op bought and leased land to grow food where previously cotton and soybeans had been cultivated. Co-op members worked the fields and were paid in cash and food credit. In the first year, the co-op grew a million pounds of food, transforming a food desert into an oasis.

The NBCFC continues today, but some Federation-sponsored co-ops lasted only a brief time. Still, as with all cooperatives, even "failure" brings rewards—helping a community get through a bad patch and training a new generation of cooperators. For instance, after Hurricane Katrina, the Federation helped a devastated fishing community in Plaquemines Parish, Louisiana, organize into a cooperative, which enabled them to get funds for a new dock and get good prices for their catch through collective marketing. The cooperative eventually disbanded, but in addition

to helping the community through a very hard time, the organizing experience helped prepare them to advocate for themselves in the next crisis, the immense BP oil spill in the Gulf of Mexico of 2010.

Some of the Federation's most critical work has been helping keep land in the hands of small farmers. Holding onto land has been difficult for all small farmers over the last hundred years, but the situation has been particularly dire for Black farmers due to systemic and institutionalized racism, such as land taken through violence, USDA assistance denied to people of color, and inheritance laws that resulted in farms being broken up and sold. In addition to providing financial assistance and legal advice, the Federation has advocated at the federal level to ensure that the USDA serves Black, Native, and LatinX people, as well as women and veterans. The USDA now has an Office of Advocacy and Outreach so these disadvantaged groups have access to programs and grants, and through class-action lawsuits nearly a billion dollars has been paid to Black farmers who were previously refused USDA assistance.

The Federation also helps farmers through workshops on sustainable agriculture at its Rural Training and Research Center. The Center researches best farming practices and potential new crops, and its demonstration farm ranges from goat herds to fruit trees to a food safety shed. The Center also provides training on cooperative development and programs for young people.

Black Americans have been using cooperation in order to survive and flourish since the first Africans arrived in 1619. The work of the Federation of Southern Cooperatives is one of the most successful and inspiring chapters in that remarkable history. A short article like this can only begin to give a sense of what the Federation and southern farmers have accomplished. If you are interested in learning more, the list below will give you a start.

## Further Reading:

<https://www.federation.coop> (the Federation's website)

<https://www.theatlantic.com/magazine/archive/2019/09/this-land-was-our-land/594742/> (article on the struggles of Black farmers)

Jessica Gordon Nembhard (2014), *Collective Courage: A History of African American Cooperative Economic Thought and Practice*

Bruce Reynolds (2002), *Black Farmers in America, 1865-2000: The Pursuit of Independent Farming and the Role of Cooperatives*

Monica M. White (2019) *Freedom Farmers: Agricultural Resistance and the Black Freedom Movement*



Image from <https://www.federation.coop>,  
The Federation of Southern  
Cooperatives/Land Assistance Fund

Go to [www.foodcoop.coop/inclusion](http://www.foodcoop.coop/inclusion)  
to learn what your co-op is up to and  
find a brief survey of some of the many  
African American cooperative efforts.



# Co-op Members We Need Your Vote

**TO APPROVE OUR AMENDED ARTICLES OF INCORPORATION**

by Monica le Roux, Board Treasurer

Hi! I'm the Chair of the Food Co-op Board's Governance Committee, and I've been managing the process for updating our Articles of Incorporation (the Food Co-op's contract with the State of Washington) and our Bylaws (the Co-op's contract with our member-owners), two of our most important governing documents.

For detailed information on what this process has looked like, you can visit the Food Co-op's website. Crucially, the website is also where you can find a link that will allow you, as a member-owner, to vote on the final draft of the Amended Articles of Incorporation. This vote is running for 25 days, from September 8th to October 3rd, and the board would very much appreciate your participation. (In thanks, \$1 will be donated to the Food Bank for every vote cast.)

As for the Bylaws, after the important step of holding a member-owner forum on the topic took place August 8th, the board unanimously approved our new Bylaws at the board meeting on September 1st, and these Bylaws are now available on the website, should you wish to review them. I'm very pleased to be so close to accomplishing the goals of our process, and I look forward to answering any questions you may have after reading the online materials! Just send an email to me (Monica) at [coopboard@foodcoop.coop](mailto:coopboard@foodcoop.coop).

## **\$1 = 1 VOTE**

**\$1 will be donated to the FOOD BANK for every vote.**

# Nourishing Our Community

## PROJECT: FREEZE DRYING BY THE FOOD BANK FARM & GARDENS

This project was partly funded by the Grow Fund, a community grant program The Food Co-op started nearly three years ago. Yearly, from August 1 - August 31, applications are open for Jefferson County non-profits to apply for a grant to help GROW our local food system. An additional \$4K donation from The Food Co-op was given to help see this project nourish our community in new ways...

### FREEZE DRYING PROJECT: PHASE 1 COMPLETE

Last year, Sue Cross was helping a local group to fill “weekend sacks” of food for kids who depend on free or reduced price school breakfast and lunch during the school week, but who have little or no food over the weekend. She wondered, “Could we give kids who need food for the weekend something that isn’t full of sugar and has a higher nutritional value than most commercially available foods?” It would have to taste good to kids, be easy for them to use, and affordable. Thinking back to her boating and backpacking experiences, Sue remembered how enthusiastic her own children were about freeze-dried fruit. Unfortunately, commercial freeze dried fruit is expensive and would cost more than the group could afford, so Sue combed the internet for information on freeze drying. She discovered a small company that had a unique product—residential-size freeze dryers. Until these machines became available, freeze dryers were large and very expensive. The idea came to her: What if a non-profit could raise the money to buy these smaller freeze dryers and then freeze dry the locally-grown, donated fruit and produce that food banks can’t give away in time? That would cut the cost of freeze-dried food substantially.

Freeze drying solved a few other problems as well: What do food banks do in the winter with no fresh

harvest and how does a rural community stockpile a supply of food for that predicted big earthquake or for emergencies like the coronavirus pandemic?

As Sue explained the idea of freeze drying to various community groups, most were supportive. The idea really took off when she met Kathy Ryan at a Food Council meeting. Kathy, an active gardener in Port Townsend, was president of a group called Food Bank Farm and Gardens of Jefferson County (FBFG). Not officially part of the food bank organization, FBFG was originally established as a way for volunteers to grow fresh organic produce to donate to county food banks. FBFG has expanded tremendously in the seven years since it started. Volunteers are on track to grow and harvest nearly twice as much as last year, or around 15,000 pounds of fresh, organic veggies in nine gardens scattered across the eastern part of the county. This all comes to the food banks—along with produce from many other sources—within a fairly short window of time in the summer. So now another question was added to the list: How do we keep this fresh produce from spoiling when there’s so much coming at one time? Also, how do we preserve produce and fruit that is perfectly edible and nutritious, but not cosmetically attractive?

Sue and Kathy realized that freeze drying might be one possible answer for all of these questions, and the FBFG governing board agreed. Last year, FBFG expanded its original purpose of growing food to include preserving the extra harvest so that food will be available when no harvest is coming in. FBFG organized a team to implement a two-phase pilot plan: first, raise money to purchase two residential-size freeze dryers, place them in a licensed kitchen, and put them to use. Second, collect data on what produce freeze dries most effectively, how long it takes (different foods require different cycle times in the freeze



## FREEZE DRYING CONT.

dryer), how best to schedule around harvest times, what freeze-dried foods are the most popular, and how to use freeze-dried vegetables and fruit for best results. The data collected from using the two initial freeze dryers purchased should answer other questions, too: Would it be worthwhile to expand this program, and what would it take? What would the logistics be? How would expanding this project help food security in Jefferson County? Is there a way to expand this initial pilot into a small business opportunity? This meant embarking on the biggest money-raising campaign the group had ever undertaken.

Now, thanks to many long-time supporters of the Port Townsend and Tri-Area Food Banks—generous individual donors, the Jefferson Community Fund, the Food Co-op, and a grant from the state sponsored by Representative Steve Tharinger—the first phase of the project is complete. FBFG has purchased and installed two freeze dryers at the Old Alcohol Plant in Port Hadlock. We anticipate that in the first season up to 1500 pounds of fresh organic produce can be “rescued” and preserved for use by the food banks in Jefferson County. For more information about the Food Bank Farm and Gardens and possible volunteer opportunities, see <https://ptfoodbankgarden.com>.

So what is freeze drying? Freeze drying is not simply freezing, and it is much more than just dehydrating. In freeze drying, food is placed on trays in the chamber of the freeze dryer and quickly cooled to -40 degrees F. This quick freezing creates tiny ice crystals that do not break cell walls in the food the way slower freezing does, which means the food keeps its original texture when rehydrated. Once the food is at -40F, air is pumped out to create a vacuum within the chamber. Still in a vacuum, the food is gently heated to allow it to return to room temperature. In the vacuum, ice inside the food does not melt; the frozen water “sublimates” as its temperature rises, which means it changes directly into water vapor, which flows out of the freeze-drying chamber. At the end of the freeze-drying cycle, about 96% of the water

originally in the food has been removed. The food is now freeze dried and when properly packaged can be stored for 20 years or more and retain about 97% of its original nutritional value, a higher percentage than canned or dehydrated food. This solution brought other challenges with it, though. To ensure food safety, the produce had to be prepared in a licensed kitchen by licensed food handlers under licensed supervision. Produce must be washed and sometimes sliced, trimmed, or blanched before being placed on trays for the freeze dryers, and each type of produce requires somewhat different handling. Finally, the freeze dried food has to be packaged in special bags that allow it to be stored for up to 20 years. Adding to the complexity is the freeze-drying process itself, which requires substantial specialized knowledge.

FBFG found a partner uniquely equipped to house and operate the freeze dryers, whose goals support and add to FBFG’s goals for the freeze dryer project: The Old Alcohol Plant in Port Hadlock. Their restaurant kitchen, Spirits Bar and Grill, is fully licensed, and their restaurant staff will handle the preparation and freeze drying of produce provided by FBFG from their gardens.

The photo below shows summer squash and zucchini freeze dried by the Old Alcohol Plant and placed in a standard ZipLoc bag. Special Mylar bags are used when the freeze dried food is to be kept for long term storage. At the heart of the Old Alcohol Plant is Bayside Housing & Services. Bayside provides transitional housing, meals, and services to those most in need and depends on the Old Alcohol Plant and Spirits Bar and Grill for much of its funding. With the freeze dryers, the Old Alcohol Plant will also have an opportunity to develop unique freeze-dried products for its own use or for sale, and they may possibly be able to involve some residents in the freeze-drying process. For more information about the Old Alcohol Plant and Spirits Bar and Grill, see <https://www.aldalcoholplant.com>. Both organizations are excited about the partnership and look forward to the next steps. Stay tuned for what’s next!



# *Fall in Love with* **Baking**

*Mmmmm!*  
**Bread!**





## IRISH SODA BREAD

*Servings: 12 slices (1 loaf).*

*Prep time: 1 hour; 20 minutes active.*

- 1½ cups all-purpose flour
- 1 cup whole wheat pastry flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon caraway seeds
- 6 tablespoons cold butter
- ¾ cup buttermilk, plus 2 tablespoons for brushing the top
- ¼ cup honey
- ½ cup raisins or currants

Heat oven to 375°F. Mix flour, baking soda, salt and caraway seeds in large bowl. Use the large holes of a grater to grate the cold butter into the dry mixture, then toss until it resembles coarse crumbs.

Add ¾ cup buttermilk and honey to flour mixture; stir to make soft dough. Press the dough together; it will be dense like biscuit dough. If some of the mixture is too dry to incorporate into the dough, sprinkle in an extra tablespoon or so of buttermilk just to moisten loose flour. Stir in raisins.

Shape into rounded disk about 8 inches across and place on greased cookie sheet. Brush top with the reserved buttermilk. If desired, cut an “X” in the top with a sharp knife. Bake for 40 to 50 minutes, until golden brown and crusty. Keeps tightly wrapped at room temperature for three or four days.

## WHOLE-GRAIN BAGEL ROLLS

*Servings: 8 bagels. Prep time: 2 hours; 15 minutes active.*

- 1 cup water
- 2 tablespoons vegetable oil
- ¼ teaspoon rice vinegar
- 1½ cups whole wheat bread flour
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons quick-rise yeast
- 1 teaspoon salt
- 1 large egg
- Optional toppings: 2 tablespoons poppy seeds, sesame seeds or everything spice

Heat water in a small pot over high heat until it starts to bubble. Measure the temperature with an instant-read thermometer, adding cool water until the temperature drops to 130°F. Pour 1 cup of the water into a measuring cup and add the vegetable oil and vinegar.

In a large bowl, mix the whole wheat flour, all-purpose flour, sugar, yeast and salt. Stir in the warm water mixture until it becomes a shaggy mass (lumpy yet well-mixed), then switch to kneading with your hands. Knead until it forms a soft dough. Oil a large mixing bowl and scrape the dough into the bowl. Cover tightly with plastic wrap and let rise in a warm place for at least 45 minutes or until dough has doubled in size.

Line two sheet pans with parchment paper. Heat the oven to 375°F. Divide the dough into 8 even portions.

To form bagels, roll each portion under your palm on the counter to make a 6-inch long rope. Coil the rope around two of your fingers and press the ends together to seal, then roll between your fingers to make a smooth circle where the joint is sealed. Place each on the prepared sheet pan, leaving 2 inches between the bagels. Cover lightly with a damp kitchen towel and let rise in a warm spot for at least 30 minutes or until the dough has again doubled in size.

Just before baking, whisk the egg with 1 teaspoon of water and brush the bagels with egg, then sprinkle the bagels with any desired toppings. Bake for 15 minutes at 375°F. Slide the bagels off the pan onto a rack to cool.



## HONEY WHOLE WHEAT BREAD

Servings: 12 slices (1 loaf). Prep time: 2 hours; 20 minutes active.

- ¼ cup lukewarm water
- 2 teaspoons active dry yeast
- ¾ cup low-fat (2%) milk or other milk
- 3 tablespoons honey
- 1 egg, lightly beaten
- 2 tablespoons extra virgin olive oil
- 1 cup unbleached flour, divided
- 2 cups whole wheat flour (not pastry flour), plus up to ¼ cup more if needed
- 1 teaspoon salt

In a large bowl or a stand mixer, stir the lukewarm water and yeast to dissolve. In a small saucepan over low heat, heat the milk and honey just to dissolve and bring the milk to lukewarm temperature; if it's too hot it will kill the yeast. Add the milk mixture to the yeast mixture and stir. Let stand for 10 minutes; the mixture should be bubbly. Stir in egg and olive oil and blend well.

Mix in the flour and salt to make soft dough that begins to come away from sides of bowl and can be handled. Knead by hand or with the dough hook until smooth and elastic, about 5 to 8 minutes. Lightly oil a large bowl and put the dough in the bowl, turn the ball of dough to coat with oil. Cover and let rise in a warm spot or near the oven until dough doubles in size, about 45 minutes to an hour. Heat the oven to 350°F.

On a lightly floured counter, pat the dough to a 12 × 8-inch rectangle. Roll up from short side. Pinch seam and ends to seal. Place seam side down in greased 9 × 5-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 45 to 60 minutes. It should rise to the top of the pan.

Bake for 35 to 40 minutes or until golden brown, and it sounds hollow when tapped. Remove from pan to wire rack to cool.





## SLOW-COOKER WHOLE WHEAT BREAD

*Servings: 10 slices (1 loaf). Prep time: 3 hours, 30 minutes; 20 minutes active.*

- 1 ½ cups lukewarm water
- ½ teaspoon instant dry yeast
- 1 tablespoon honey
- 2 cups whole wheat flour
- 2 cups unbleached flour
- 1 teaspoon salt

Place a piece of parchment paper in the cooker, covering the bottom and at least part way up the sides.

In a large bowl, stir the water, yeast and honey. Let the yeast bubble a bit; it should be foamy in about 5 minutes. Add the flours and salt and stir with a wooden spoon until the dough is stiff, then switch to kneading with your hand. In the bowl or on a lightly floured counter, knead the dough for about 5 minutes.

Form the dough into a round ball and place in the slow cooker on the parchment paper. Cover and let stand for 1 hour to rise.

Turn the cooker on high and cook for 2 hours. Use an instant-read thermometer to test the temperature of the middle of the loaf; it is baked through at 180-200°F. If the loaf has not reached that temperature, cover and cook for another 15 minutes, until it reaches 180°F.

Use the parchment to lift the finished loaf out of the cooker, and cool on a rack.

**Choose Local!**  
Nash's Organic  
Produce and Finnriver  
Grains

Find gluten-free  
recipes at our  
website:  
[www.foodcoop.coop/  
recipes](http://www.foodcoop.coop/recipes)

Sidonie's Nouveau  
Bread  
[https://www.  
foodcoop.coop/blog/  
nouveau-bread](https://www.foodcoop.coop/blog/nouveau-bread)

# Pump up the Jam and Cheese

EASY ENTERTAINING: PAIRING JAM AND CHEESE OFFERS ENDLESS POSSIBILITIES.

by Mandy Makinen, [www.welcometothetable.coop](http://www.welcometothetable.coop)

In the tradition of foods that hit that harmonious spot between sweet and salty comes an idea so easy, so elegant, yet based on two staples most Americans have on hand: cheese and jam. This may sound like an unlikely duet, but after you sample a few of these pairings you might just change your tune.

These combinations work for an elegant cheese plate, served with crackers or slices of baguette, but some pairings are also nice for a jazzed-up grilled cheese sandwich. While most jams and jellies are made with fruits, savory preserves like pepper jelly, tomato jam, and red onion marmalade are also excellent natural pairs for a variety of cheeses.

Look for these specialty items in the jams and jellies aisle, but be sure to check out the cheese department for unique spreads as well.

## A STRONG COMBINATION

Generally speaking, strongly flavored cheeses pair well with assertively flavored jams, and the opposite is also true: Mild cheeses marry well with delicately flavored jams. If you neglect this rule, you run the risk of one flavor dominating, thus losing some of that magic that happens when good flavors complement each other. Try these assertive combinations:

### Cheesy dessert ideas

Here are some suggestions for pairing this delectable cheese: Finnriver blueberry wine, a luscious taste of ripe summer blueberry blended with bright heat from the brandy. Mascarpone, a rich and smooth fresh Italian cheese, is delicious with just about any jam. It's less tangy and more spreadable than cream cheese and has a mild, creamy flavor.



## GO FOR THE GOAT

Fresh goat cheese, or chevre, seems like it was made for jam — a spreadable, smooth cheese with just enough tang to keep it on the savory side. In a pinch, nearly all jams pair with goat cheese, here are a few favorites:

### Goat cheese combos

Mystery Bay Goat cheese and fig spread (add caramelized onions and you've got the makings of a sandwich)

Goat cheese with Hopscotch preserve with crackers or for that turkey sandwich try cranberry sauce or jelly.



## EASY, BREEZY BRIE

Similar to goat cheese, the mild flavor and luxurious mouthfeel of brie cheese pairs well with nearly any sweet or savory jam. When in doubt, go with red fruits:

### Brie and red fruits

Brie and strawberry jam is a perennial favorite with or without a glass of Champagne

Brie and cherry preserves — try them baked together in puff pastry

Brie with red currant jelly is perfect on a fresh baguette





# Gather Around the Spices



by Sidonie Maroon, [abluedotkitchen.com](http://abluedotkitchen.com) and the Co-op's Culinary Educator

At Coop cooking classes, we gather around an oversized butcher-block table, where I ask students to introduce themselves and share what they want to learn. “Understanding spices” is the most frequent response. When I ask follow-up questions, they report feeling overwhelmed, not knowing where to start, or not understanding what spices go with what dish.

It makes sense that most of us don't understand spicing, because it's not something we're exposed to. Excellent cooks think nothing of buying spice mixes instead of grinding their own, even though the flavor is 100% better.

It's cultural—we expect to leave spice blending to the professionals. That's the way I cooked until I discovered other places in the world that have rich yet everyday relationships to grinding and blending spices as they cook.

I teach spices the way I teach everything—hands-on with lots of imaginative curiosity. I bring unlabeled whole spices to class, introduce them, and allow the students to touch, taste, and smell. Then I show how to toast and grind cumin, coriander, cardamom, allspice, etc., into blends, or how to make wet spice pastes.

Later, we form teams and make spice mixes from different cultures. It's always yummy to sample garam masala on popcorn and talk about what we've discovered. Finally, I ask the teams to create an original spice mix. Initially they're intimidated, but they quickly get in the spirit and come up with fabulous combinations. All the while, they're learning to recognize spices by sight and smell. Collectively, we increase our knowledge through talking, laughing, and sharing.

## PRO TIPS

Organize the spices you already have. Compost spices more than a year old. After a year, they lose potency. Put spices into jars where you can see them at a glance. Search “spice storage” online for ideas.

When you restock, buy whole spices from the Coop's bulk section. Whole spices have more flavor. Invest in a washable spice grinder

dedicated to spices. My favorite is by Secura. It has two stainless steel removable cups, one for dry spices and one for wet. Don't put up with a dull grinder! Note: Coffee and spice grinders are the same animal.

Buy spice books. It's invaluable to have references for individual spices and a collection of recipes. Some of my favorites: *The Complete Book of Spices* by Jill Norman, *The Flavor Bible* by Karen Page, *Healing Spices* by Bharat B. Aggarwal and Debora Yost, and *Spice Bible* by Jane Lawson.

Choose a spice recipe and give it a go. I like to make one or two mixes and keep them in sight to use with my everyday cooking.

Don't wait for a special occasion, use your spices on dishes you cook regularly.

## HOW MUCH SPICE TO USE?

About 1 tablespoon of ground spices per cup of dried legumes.

About 2 teaspoons per pound of meat or poultry.

About ¼ teaspoon per 4 eggs, scrambled.

About 2 teaspoons per baking sheet of roasted veggies.

About 1 teaspoon per ¾ cup dry rice or pasta.

About 2 tablespoons per ½ gallon of soup.

I hereby give you permission to grind your own whole spices into delicious blends, so go forth and have fun!

## BERBERE SPICE MIX

Ethiopian

Makes 1 cup

*Excellent with poultry, legumes, roasted veggies, stews.*

### Ingredients

- 4 teaspoons coriander seeds
- 2 teaspoons fenugreek seeds
- 1 teaspoon black peppercorns
- ½ teaspoon whole allspice
- 12 green cardamom pods
- 8 whole cloves
- 2 large dried pasilla chiles, toasted with seeds. Many recipes call for chile de arbol, but I don't like heat as much as I like the rich and fruity flavors of pasilla. You can always add heat.
- 6 tablespoons paprika
- 1 whole ground nutmeg
- 2 teaspoons dried ginger root (not powder)
- 1 cinnamon stick

### Directions

1. Combine all whole spices, first breaking up the cinnamon stick and nutmeg with a mortar and pestle. Toast spices over medium heat on a heavy griddle, stirring, until fragrant, about 4 minutes. Let cool.
2. Break chiles into small pieces, discard stems and inner parts, keeping seeds. Toast until fragrant over medium heat for about 4 minutes in a well-ventilated space. I put a bandana over my nose and mouth, because it's intense but, oh, so good. Grind chiles including seeds until fine and sift through a fine-mesh strainer. Save what won't go through for stock.
3. Grind all toasted spices in a spice grinder until fine and then sift. Don't throw away the siftings, they make great stock. The spice siftings also make a nice chai masala to drink while you're working.
4. In a work bowl, add paprika, ground chiles, and spices together. Store in an airtight container for up to 3 months.

## SERUNDENG—TOASTED COCONUT AND SPICE SAVORY TOPPING

Indonesian

Makes 2 cups

*Use as a wet rub for roasted veggies, meats, tofu, eggs, or as a topping for savory meals.*

### Ingredients

- 2 cups dry flaked coconut
- 4 tablespoons chopped cashews
- 2 tablespoons coconut oil

### Flavor Paste Ingredients

- 6 tablespoons of minced onions
- 2 tablespoons of minced garlic
- 2 teaspoons minced galangal root
- 2 teaspoons minced ginger root
- 4 teaspoons whole coriander
- 2 teaspoons whole cumin
- 1 teaspoon of sea salt
- 2 teaspoons coconut sugar
- 2 tablespoons tamarind paste
- Zest of one lemon
- 2 bay leaves
- 2 tablespoons finely minced lemongrass

### Directions

1. Toast the cumin and coriander seeds and grind them to a powder with the sugar and salt.
2. In a small food processor, grind the garlic, galangal, ginger, lemon zest, and lemongrass together into a paste with 2 tablespoons of water.
3. Heat a pan to medium with 2 tablespoons coconut oil and fry the cashews until light brown. Take the nuts out and set aside.
4. Sauté the onions in the oil, and then add the wet and dry spice pastes and bay leaves, until lightly brown and fragrant.
5. Stir in the tamarind paste with 2 tablespoons of water.
6. Add the coconut and cashews, mixing until the coconut is coated with the paste.
7. Let cool on a piece of parchment paper and store in a jar in the fridge.

## QUATRE EPICES (FOUR SPICES)

French

Makes less than ¼ cup

*Use on lentils, eggs, soups, etc.*

### Grind together:

- 1 tablespoon plus two teaspoons black peppercorns
- 1 nutmeg broken up with a mortar and pestle
- 2 teaspoons dried ginger root (not powder)
- 1 teaspoon allspice berries

## GARAM MASALA

Indian

Makes ¼ cup

*Use for lentils, beans, curries, baked dishes, etc.*

### Grind together:

- 2 tablespoons coriander seeds
- 1 tablespoon cumin seeds
- ½ teaspoon allspice berries
- 1 teaspoon green cardamom pods with hulls removed
- 2 dried bay leaves, crushed
- 1 teaspoon red pepper powder
- 2 teaspoons cinnamon



# Spices by Cuisine

## CAJUN & CREOLE SPICES

allspice, basil, bay leaves, black pepper, caraway seeds, cayenne, celery seed, chives, chile peppers, cinnamon, cloves, cumin, dill seed, dill weed, garlic, lemon, mace, marjoram, nutmeg, onion, oregano, paprika, parsley, saffron, savory, tarragon, thyme, white pepper, and yellow mustard.

## CARIBBEAN SPICES

allspice, achiote seeds (annatto seeds), black pepper, chile peppers, cinnamon, cloves, garlic, ginger, lime, mace, nutmeg, onion, and thyme.

## CHINESE SPICES

cinnamon, cloves, fennel seed, ginger, hot mustard, lemongrass, Sichuan peppercorns, star anise, chiles, turmeric, and white pepper.

## INDIAN SPICES

anise seed, asafoetida, bay leaf, cumin, black mustard seed, black pepper, brown mustard seed, green cardamom, chile peppers, cinnamon, cloves, coriander, cumin, fennel seed, fenugreek leaves, fenugreek seeds, garlic, ginger, green cardamom, lemon, lime, mace, mint, nutmeg, onion, poppy seeds, saffron, sesame seed, star anise, turmeric, and white pepper.

## ITALIAN SPICES

basil, garlic, onion, oregano, marjoram, and parsley.

## MEDITERRANEAN SPICES

basil, bay leaves, caraway, black pepper, cardamom, chile peppers, chives, cilantro, cinnamon, cloves, coriander, cumin, fennel seed, fenugreek seeds, garlic, ginger, juniper, mace, marjoram, mint, nutmeg, onion, oregano, paprika, parsley, rosemary, saffron, sage, savory, tarragon, thyme, turmeric, and white pepper.

## MEXICAN SPICES

allspice, achiote seeds (annatto seeds), basil, cinnamon, cayenne, chile peppers, cilantro, coriander, cumin, epazote, mint, nutmeg, oregano, sage, and thyme.

## MIDDLE EASTERN SPICES

chilis, anise seed, caraway, cardamom, coriander, cumin, nutmeg, sumac, and turmeric.

## NORTH AFRICAN SPICES

bird's-eye chiles, cilantro, cinnamon, coriander, cumin, garlic, ginger, mint, onion, and saffron.

## SPANISH SPICES

basil, bay leaf, cayenne, cinnamon, cloves, garlic, mint, nutmeg, oregano, paprika (smoked and sweet), parsley, rosemary, saffron, sage, tarragon, thyme, and vanilla.

## THAI SPICES

Thai basil, black pepper, cardamom, chile peppers, cilantro, cinnamon, garlic, ginger, lemongrass, lime, mint, shallots, turmeric, and white pepper.

by Sidonie Maroon [abluedotkitchen.com](http://abluedotkitchen.com)  
Coop's culinary educator



# Unique Co-op Strength

## EQUAL EXCHANGE COOPERATIVE DURING THE PANDEMIC

Equal Exchange works with farmer co-ops in over 20 countries, and our model is to actively seek and partner with marginalized farming communities. These remote communities face significant challenges during the best of times. During a pandemic, the challenges become more acute. We intentionally work with farmers who have organized themselves into democratically-run cooperatives. We believe this structure helps change the balance of power long-term. We're seeing that during the pandemic, the co-op systems have provided lifelines to farmers, helping them in ways that would not have existed were it not for the existence of the co-op.

### Co-op Structures During Covid: International Connections

Equal Exchange has worked hard to create co-op supply chains as the core of our business. Unlike traditional trade of international goods, a large portion of our products move through a co-op supply chain: from farmer co-op at source to Equal Exchange (we are a worker-owned co-op) to about 200 food co-op stores in the U.S. (most of which are consumer-owned co-ops, with a few being hybrid models including workers and consumers).

First and foremost, our co-op-centric alternative food system has enabled delicious food to successfully get from farmer to eater. That alone has been an achievement during these times. The co-op supply chains are living examples of how trading based on respectful, long-term relationships and good environmental and social values are not just philosophically sound, but also create reliable and sound business. As the organization in the middle of

the co-op supply chain—between the farmer end and the U.S. co-op food store end—we worked hard to facilitate farmers getting information, access to financing, and timely decisions from us around purchases and contracts. For example, our long-term relationships and collaborative work on quality standards enabled us to quickly approve shipments of coffee to get containers of coffee on the water toward the U.S. to us, bypassing some of our normal protocols, securing coffee shipments before some international ports closed. We switched to digital logistics, which enabled payments to happen more quickly. Due to investment over time in technology both at source and at Equal Exchange, we were able to pretty seamlessly switch more of our international work to online instead of in-person right from the start of the waves of travel bans. Some farmer groups also cited us as the most valuable early source of information regarding the corona virus and the live-time learning that was happening about how to prevent its spread and how it was impacting workflow, transportation, and our shared supply chains. Farmer co-ops had systems and field staff to help spread practical information to their often geographically-isolated member families.

### Co-op Structure Impact at the Farming Community Level

We've seen many inspiring examples of how co-ops provided lifelines to their members. At the core, co-ops exist to meet the needs of their members which are not being met through more traditional systems. Over time, these co-ops have invested to build their muscles and their systems - financially, logistically, scientifically - to understand and respond to the needs of the community. They had created essential infrastructures that were already up and running, a unique strength that enabled them to respond to members' needs during this pandemic.

Here are a few of the ways that these democratic farmer co-ops realized and responded to their members' needs, in ways that their national governments or health care systems could not: Cocoa co-op Acopagro in Peru used recent advanced Fair Trade premium payments from Equal Exchange to provide food, masks and cleaning supplies to co-op members in two different communities where they work.

Coffee co-op members from San Fernando in Peru focused on the fact that they had productive land at a time when many of their children were living or studying in the city without reliable





## CO-OP STRENGTH CONT.

access to healthy food; they collectively filled a truck with their homegrown produce and delivered the food to their children.

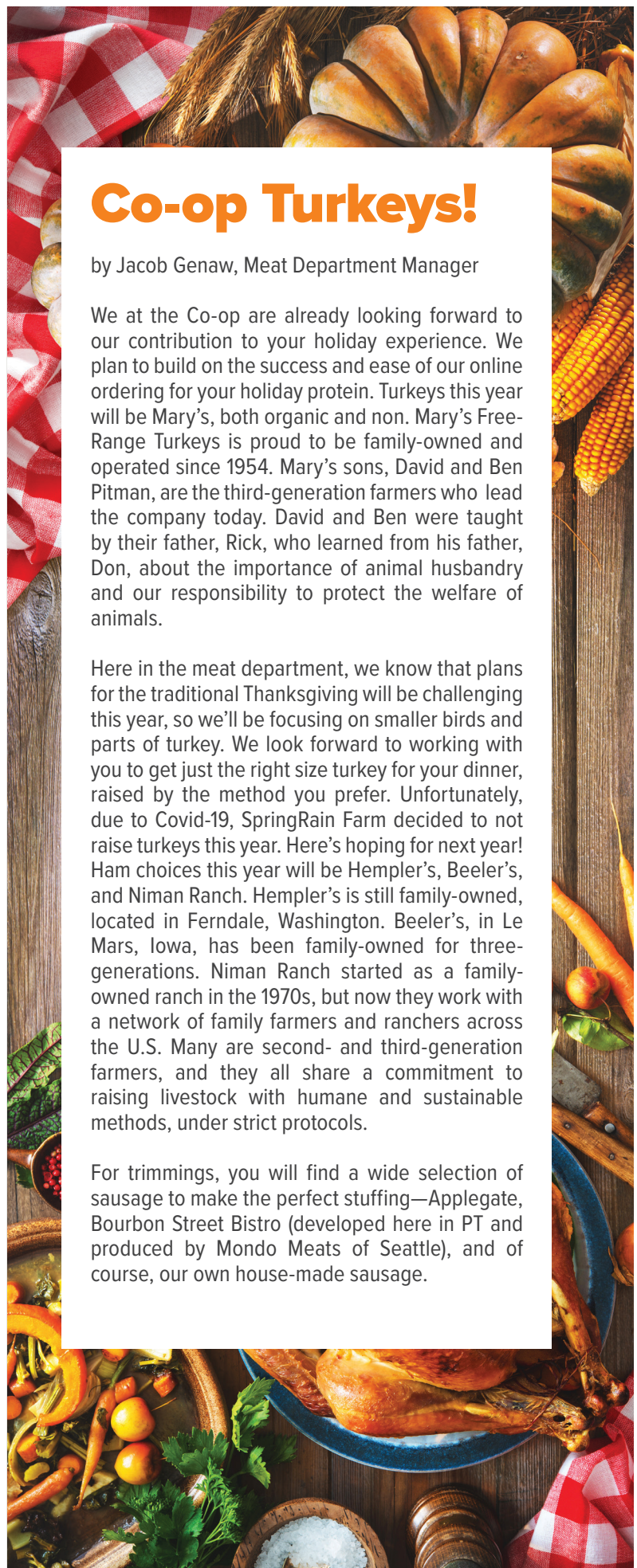
Banana co-op AsoGuabo in Ecuador used Fair Trade premium funds to purchase PPE for medical workers in the community and mobilized its logistics operations to transport medicines and supplies to local hospitals. This was critical support at a time when transportation was significantly restricted as a result of curfew measures.

Sugar Co-op Manduvira in Paraguay donated money to local health clinics, intentionally directing part of their limited resources to other trusted organizations that in turn help their members.

In this heavy time, there have been true moments of connection and inspiration that are important to recognize and appreciate. Out of necessity, many of us are finding new ways to listen, to share, to respond. Each co-op is engaging deeply with its membership, and as a network of co-ops, we are finding new ways to interact with each other across the supply chain. During October, we often take the time to celebrate the concept and practice of “cooperatives.”

### Co-op Impact in US Communities

This work continues, as farmer co-ops, the Equal Exchange co-op, and food co-ops each and collectively continue to evolve, adapt, and keep food, income, and support flowing. As members or consumers at food co-ops in your own community, we invite you to reflect upon how it has mattered to you to be a part of your local food co-op in these times. What have you done to support your food co-op? What have they done to support their members and their communities? There is much to be grateful for. In these trying times, we all recognize that the food matters that is traded through these systems, but that the co-op systems themselves are also unique, valuable, and worthy of a spotlight.



## Co-op Turkeys!

by Jacob Genaw, Meat Department Manager

We at the Co-op are already looking forward to our contribution to your holiday experience. We plan to build on the success and ease of our online ordering for your holiday protein. Turkeys this year will be Mary's, both organic and non. Mary's Free-Range Turkeys is proud to be family-owned and operated since 1954. Mary's sons, David and Ben Pitman, are the third-generation farmers who lead the company today. David and Ben were taught by their father, Rick, who learned from his father, Don, about the importance of animal husbandry and our responsibility to protect the welfare of animals.

Here in the meat department, we know that plans for the traditional Thanksgiving will be challenging this year, so we'll be focusing on smaller birds and parts of turkey. We look forward to working with you to get just the right size turkey for your dinner, raised by the method you prefer. Unfortunately, due to Covid-19, SpringRain Farm decided to not raise turkeys this year. Here's hoping for next year! Ham choices this year will be Hempler's, Beeler's, and Niman Ranch. Hempler's is still family-owned, located in Ferndale, Washington. Beeler's, in Le Mars, Iowa, has been family-owned for three-generations. Niman Ranch started as a family-owned ranch in the 1970s, but now they work with a network of family farmers and ranchers across the U.S. Many are second- and third-generation farmers, and they all share a commitment to raising livestock with humane and sustainable methods, under strict protocols.

For trimmings, you will find a wide selection of sausage to make the perfect stuffing—Applegate, Bourbon Street Bistro (developed here in PT and produced by Mondo Meats of Seattle), and of course, our own house-made sausage.

# Alaffia

A BUSINESS WITH A MISSION



Alaffia is a story of love and commitment. Olowo-n'djo Tchala and Prairie Rose Hyde fell in love in 1996 while she was serving as a Peace Core volunteer in Kaboli, Togo, in West Africa. Believing they could make a difference in the world, they moved to Prairie Rose's home state of Washington and founded Alaffia to make ethically and regeneratively produced hair and skin care products. But that was just the first step in their mission "to invest in a more equitable future."

Since 2004, Alaffia has launched a range of initiatives to address gender inequality and poverty in West Africa. On the business side, the Alaffia Regenerative Agriculture program promotes fair trade of the renewable crop of Shea nuts, and the Coconut Cooperative introduced 130 women to the cooperative business model, while groups like the Weaver Collective and the Shea Butter Co-op enable women to keep their traditions alive and make a living at the same time.

To support communities in West Africa, Olowo-n'djo and Prairie Rose created the Alaffia Foundation, which administers Alaffia Empowerment Projects, including programs for education, maternal care, bicycles, and even eye glasses, as well as environmental sustainability projects to address the widespread problem of deforestation. For more information, see Alaffia's website at <https://www.alaffia.com/pages/about-us>.

Alaffia's skin and hair care products are, as they note on their website, rooted in ancient African tradition. Women's cooperatives in West Africa handcraft raw ingredients such as Shea Butter and Black Soap, which are shipped to Olympia, where the Alaffia team produces the finished soaps, lotions, conditioners, etc. The products are cruelty-free, without sulfates, parabens, phthalates, mineral oil, petrolatum, or synthetic coloring.

Alaffia is a company working very hard—and succeeding—to fulfill their mission: "Together, we're cultivating beauty, equality, and empowerment in West Africa and around the globe."

#BeautyEqualityEmpowerment



# When It Murrains It Pours

## HOW DOES OUR CURRENT SITUATION COMPARE WITH THE PAST?

by Liam Cannon, POS Tech

### Murrain: an infectious disease, plague, epidemic

With the current pandemic in the forefront of our minds, I was given the assignment to compare our current situation with past similar events. Did people of the past experience their version of empty shelves at the grocery store? How did it affect food distribution? Besides sustenance, did food or diet play a role in curing folk?

Humanity has experienced many plagues, endemics, pandemics, and the perceived wrath from deities throughout history. Whether it be plagues of biblical locusts, frogs, and lice, or bacterial or viral, such as cholera, smallpox, or the Spanish flu, they all have one thing in common besides illness—a disruption in food production and delivery.

When you mention plagues, though, many people first think of the Black Plague or Black Death of 1347, which killed an estimated 75 to 200 million people. Although not the first plague in history, it definitely left an indelible mark on humanity's psyche. In fact, certain areas of the world are still dealing with this one as an endemic (constantly present and a threat). From this devastation, though, came a practice that we use today. Port authorities in Venice were worried about epidemics reaching their coastal cities, so they instituted a new mandate. They required all arriving ships to sit at anchor for 40 days before landing. They called it quaranta giorni, or 40 days, which is where the word quarantine is derived.

Our scientific research on pandemics may not be perfect, but it has come a long way since the Plague of Justinian. In the year 541, up to 50 million people were lost to this plague named after Emperor Justinian. It was said that he invoked God's punishment for his evil ways, but in reality, it was the same bacteria that caused the Black Death. The plague devastated what was left of the Roman Empire. Emperor Justinian had been making progress in reuniting the fractured Western and Eastern divisions of the empire, but the plague helped seal its dissolution.

Food production, storage, and delivery methods are much different now than they were even a century ago. We enjoy nationwide food delivery networks that still function, albeit in a diminished capacity, during panic buying. Agrarian societies of the past were fairly efficient, bartering among themselves and trading with neighboring communities. But when farmers can't work the fields due to mass illness, the food chain starts to breakdown, leaving many people to starve.

Europe had not completely recovered from the Great Famine of 1315 when the Black Plague gripped the world. This was a very grim time of starvation and sacrifice. Draft animals were slaughtered, seed grain was eaten, young children were abandoned. There were many cases where the elderly voluntarily starved themselves so that the younger members of the family might live to work the fields again. It is said that the story of Hansel and Gretel, abandoned in the forest, was inspired from this period.



Doctors were at odds as to how to help their patients. The Plague was so virulent, that a person could be healthy in the morning and be dead by nightfall. It is not surprising that a lot of beer and wine was consumed then, just as it is now, with this country's alcohol sales spiking since Covid-19 hit.

One food that most doctors agreed helped all sorts of illnesses was vinegar. Some prescribed a mixture of wine and vinegar, while others mixed vinegar with honey into a syrup. They recommended that vinegar be added to all food preparations as well. As vinegar was an inexpensive commodity, it was available to all classes. The European physician John of Burgundy was credited with using vinegar as a general disinfectant. He and other doctors thought that the air could carry disease and therefore would prescribe methods for purifying the air in order to promote good health. They used juniper branches and dispersed vinegar into living quarters. John also encouraged people to wash their hands and faces in a mixture of vinegar and rose water, which not only cleansed the skin, but promoted quality air. Other doctors put bread, sometimes laced with vinegar, to their noses so as to not contract disease from their patients.

What physicians did not want anyone to eat was fresh fruits and vegetables, as they thought these foods caused sickness and possibly carried diseases. It was discovered much later that the illnesses related to the consumption of these raw foods was due to improper storage and/or preparation. Cooked fruits were acceptable; they could be dried or preserved with costly sugar.

The foods available at the time were somewhat limited, especially for the poorer classes. Grains for making bread or porridge were available, but other things like fresh milk were not. As refrigeration was limited, milk would spoil quickly. The sick were given what fresh milk there was.

The rest would drink a mixture of soured milk, whey, and water. Doctors recommended drinking and preparing meals using almond milk. It provided the nutritional component of the almond and was easier to digest than the whole nut. Unfortunately, almonds were very expensive and only accessible to the wealthier classes.

Meat was plentiful, especially beef and mutton. It could be dried for later consumption or eaten fresh. The upper classes would have access to more exotic meats such as peacocks, porpoises, seals, boar, and other wild game.

Spices were available but limited to basic herbs like parsley, sage, mint, and dill. Most exotic herbs like cinnamon, nutmeg, and cloves were monopolized by certain countries and only available to the wealthy. Some were prescribed for maladies, such as coriander for fevers and anise for flatulence.

One historical nugget I find interesting is the role lemonade played in saving Paris from the reemergence of the Black Plague in the 17th century. All of the surrounding areas were again experiencing the spread of the disease, but not Paris. Parisians enjoyed lemonade, not for health benefits, but just because it was a culinary fad. It has been discovered since that chemicals naturally occurring in lemon peels kill the fleas that historically spread the disease. Rats would also chew on the peels, which would in turn kill the fleas before they infected the rats.

We may not be able to relate completely with the experiences of our ancestors, but some things do stay the same over time. We stay as positive as we can. With love and compassion, we help each other get through the tough times. We try to stay healthy, not just for us, but for our community.

Stay safe and wear a mask. If you don't like bread and vinegar, just use a cloth one.



# Healthy Treats

## FOR YOUR ANIMAL FRIENDS

by Anna Maria Wolfe, Holistic Veterinarian

While it can be tempting to feed yourself and your pet treats, it is important to choose healthy options for them, too! Too many fatty, rich foods can trigger problems like pancreatitis and digestive upsets, so those foods are not always appropriate for them—or us either!

While it is not true that feeding human food is necessarily bad for your pet, it really does depend on the food. Healthy snacks like carrots, broccoli stalks and even fruits like blueberries are good and can even improve dental health. I always recommend freeze-dried treats like salmon, chicken, or liver, in moderation, or as training treats. For animals with allergies, feeding the same protein source that they eat in their main meal is often good. Treats with limited ingredients are less likely to cause any type of reaction, and if your pet does react, you'll know what caused it.

Dehydrated vegetables like sweet potato make healthy, chewy treats for dogs. You can dehydrate your own meats and vegetables as well, which can be an affordable option you can do at home! There are even “ice-cream” and goat milk treats that are nutritionally balanced and actually healthy. Also, consider freezing beef or chicken stock in an ice cube tray to give your pet as a fun treat. I hope you and your animal friends have a wonderful and healthy holiday season!

### PUMPKIN DOGGIE BISCUITS

8 ounces canned organic pumpkin  
2 beaten eggs  
¼ cup almond butter  
½ cup coconut oil  
1 ½ cups almond flour  
¼ teaspoon parsley flakes  
2 teaspoons drained canned salmon

#### INSTRUCTIONS

Mix eggs, coconut oil, and pumpkin together in a mixing bowl and beat until well blended, then fold in the rest of the ingredients and mix well. You may need to add more almond flour to create a dough-like consistency. Knead out on a floured surface and divide into 24 cookies. You can cut out shapes with a cookie cutter to be more festive! Bake at 350F for 40 minutes and cool on a baking rack.

### Happy Holidays!

**Dr. Anna Maria Wolf is a licensed holistic veterinarian who specializes in holistic care including homeopathy and acupuncture. Dr. Wolf is available for house-calls and phone consultations.**  
[www.petsynergy.com](http://www.petsynergy.com)  
[doctorwolf@petsynergy.com](mailto:doctorwolf@petsynergy.com)





**Nominate your Favorite Non-profit  
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Visit [https://www.foodcoop.coop/  
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### Recent Staff Anniversaries

#### JUNE

Virginia C 21  
Greg T 15  
Seth H 12  
Patricia K 6  
Benjamin T 4  
Laura S 3  
Mike M 3  
Shelby S 2  
Luz R 2  
Josh M 2  
Marty C 1  
Kyle P 1  
Chloe V 1  
Scott B 1

#### JULY

Walter H 19  
Jo H 19  
Dave D 7  
Peter K 3  
Mindy C 2

#### AUGUST

Deb Sh. 29  
Hank W 14  
Katy M 14  
Tracy N 13  
Barbara L 10  
Dan W 5  
Roarke J 4  
Cameron B 3  
Sharon D 3  
Rodney J 2  
Katelyn P 2  
Kathleen H 2  
Pamela F 1



## Hearty Thank You Awards



**HEARTY THANK YOU  
TO PETER K!**



**HEARTY THANK YOU  
TO MABEL M!**



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The Cook's Road Map:  
 An Introduction



Plant-Based Cooking:  
 An Introduction



Knife Skills



Cooking Vegetables



How To Cook & Make Pasta



Cooking Premium Steaks



Egg Basics



Art of the Wok:  
 Stir Frying



Steaming, Stewing, Braising



24 Cooking Chicken & Poultry



Grains & Legumes



Food Safety



# Harvest Dinner

## Local Favorite Dishes

Local  
5

### Appelizers

NUTTY MUSHROOM PATE  
CHILLED SUN GOLD SOUP

### Sides

FALL GINGER GARLIC SAUTE  
WATERMELON AND CHÈVRE SALAD  
FENNEL AND APPLE SALAD  
BURNT CARROTS  
RAW BRUSSELS SPROUTS  
WITH LEMON, ANCHOVY, WALNUTS,  
AND PECORINO

### Entrées

GREEK MEATBALL WITH GARNISH  
WINTER SQUASH RISOTTO WITH  
SEARED RADICCHIO

### Dessert

SPELT, NECTARINE,  
AND BLUEBERRY MUFFINS

#### NUTTY MUSHROOM PATE

Enjoy with Propolis pale ale, now in portable cans, or one of our local wines or ciders!

Adapted from *Vegetarian Viet Nam* by Cameron Stauch

**Local Connections:** Skokomish Ridge Mushroom Growers' Cooperative, Stamets mushroom powder, and CB's peanuts.

1 pound fresh mushrooms, finely chopped  
2 tablespoons oil  
1 tablespoon minced shallot  
1 tablespoon minced garlic  
½ teaspoon salt  
2 tablespoons roasted unsalted peanuts (ground)  
1 tablespoon soy sauce or tamari  
1 tablespoon mushroom powder

Heat oil in medium skillet over medium heat. Add shallot and cook until soft and translucent, about 2 minutes. Add garlic and cook until fragrance is released, about 30 seconds. Stir in chopped mushrooms and salt, increasing heat to medium-high. Stir occasionally, cooking out any excess liquid. Cook for at least 5 minutes, until lightly browned and a little caramelized. Stir in ground peanuts, soy sauce, and mushroom powder. Cook for a few more minutes to thoroughly mix ingredients. Refrigerate for up to five days.

#### CHILLED SUN GOLD TOMATO SOUP

**Local Flavors** by Deborah Madison  
**Local Connections:** SpringRain Sun Golds and Dharma Ridge cilantro.

2 pints Sun Gold tomatoes, stems removed  
2 shallots, finely diced  
Sea salt  
1 cup water  
3 tablespoons Spanish Chardonnay vinegar or champagne vinegar  
2 teaspoons finely diced and seeded serrano pepper (optional)  
2 tablespoons extra-virgin olive oil  
1 firm avocado, pitted, peeled, and finely diced  
1 tablespoon chopped basil or cilantro

Rinse the tomatoes and put them into a heavy saucepan with a tight-fitting lid. Add half the shallots, ½ teaspoon salt, and the water. Cook over medium-high heat, listening closely to the pot. Soon you'll hear the tomatoes popping. Take a peek after a few minutes to make sure there's sufficient moisture—you don't want the tomatoes to scorch. If the skins are slow to pop, add a few tablespoons of water. Once they release their juices, lower the heat and cook for 25 minutes. Pass the tomato mixture through a food mill or chop in a blender. You'll have about 2 cups of puree. Chill well, then taste for salt.

Make garnish by combining the remaining shallots in a medium bowl with the vinegar, pepper (if using), oil, avocado, and basil. Season with a pinch or two of salt and some pepper. Spoon the soup into small cups, divide the garnish among them, and serve.





### FALL GINGER GARLIC SAUTE

**Local Connections:** SpringRain ginger (amazing!) and Chi's Farm pak choi.

- 2-3 cups savoy cabbage, pak choi, and/or carrots, sliced
- 2 tablespoons olive oil
- 1 tablespoons tamari or shoyu
- 2 tablespoons minced garlic
- 3 tablespoons ginger, minced
- 1 lime, juice

Heat wok or large skillet medium heat. Add veggies and stir-fry until it just starts to soften. Add garlic, ginger, tamari, and cook 1 minute. Drizzle with lime juice and serve.

### FENNEL AND APPLE SALAD

**Local Connections:** Red Dog fennel and Dungeness River Lamb Farm apples.

- 2-3 heads fennel
- 1-2 crisp, tart apples
- 3 tablespoons lemon juice

Thinly slice fennel, including stems, if not too woody. Core and slice apples. Toss both with lemon juice and sprinkle with finishing salt like Maldon Sea Salt.

### RAW BRUSSELS SPROUTS WITH LEMON, ANCHOVY, WALNUTS, AND PECORINO

*Six Seasons* by Joshua McFadden and Martha Holmberg

**Local Connections:** River Run Brussels sprouts and Midori garlic.

- 1/2 pound of Brussels sprouts, trimmed, and thinly sliced
- 4-5 anchovy fillets
- 2 garlic cloves, smashed and peeled
- Extra-virgin olive oil
- 1/4 cup lightly toasted walnuts or hazelnuts
- 1/2 lemon
- Kosher salt & fresh black pepper
- 2 tablespoons dried breadcrumbs (optional)
- Pecorino Romano cheese

Chop the anchovies very fine. Chop garlic very fine. Chop the walnuts coarsely. Squeeze the lemon half onto sprouts and toss to distribute. Add the anchovy and garlic and toss well to distribute. Season with a little salt and a lot of pepper. Drizzle with more olive oil. Add more lemon as necessary. Toss with nuts and bread crumbs. Serve with cheese on top.

### "BURNT" CARROTS AND PARSNIPS

In *Bon Appetite* from Natalie Chanin & Butch Anthony

**Local Connections:** Dharma Ridge carrots, Solstice Farm parsnips, and River Run onion.

- 1½ pounds carrots, peeled, halved lengthwise, cut into 4-inch pieces
- 1½ pounds parsnips, peeled, cut into 4-inch pieces
- 2 tablespoons olive oil
- Kosher salt, freshly ground pepper
- ¼ medium onion, finely chopped
- 4 tablespoons unsalted butter, cut into pieces
- ¼ cup bourbon (optional—a dash of vinegar would work instead)
- 3 tablespoons dark brown sugar

Preheat oven to 450°. Toss carrots, parsnips, and oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until tender and charred in spots, 20–25 minutes.

Remove vegetables from oven, add onion, butter, bourbon, and brown sugar, and toss to coat. Roast, tossing occasionally, until sugars have caramelized and vegetables are completely softened, 8–10 minutes. Transfer vegetables to a platter

## GREEK MEATBALLS

—Use up all that zucchini!

**Local Connections:** One Straw Ranch meat, Mozaic Gardens zucchini, and Chimacum Eggs.

1 pound ground lamb, beef, and/or pork  
1 cup grated zucchini, squeezed  
1 egg  
1/2 cup onion, chopped fine  
1 teaspoon salt  
1 teaspoon pepper  
1 teaspoon garlic  
1 teaspoon fresh oregano (1/2 teaspoon dry)  
1/4 teaspoon each cumin, cinnamon and coriander  
pinch nutmeg

Mix all ingredients together. Form balls or patties. Bake at 350 degree for 25-30 minutes or dredge in flour and pan fry. Cook to an internal temperature of 160 degrees. Remove to a platter and top with one or more of the following garnishes: drizzle with olive oil, sprinkle with lemon juice, grind on some pepper, or scatter with torn fresh mint leaves.



## WINTER SQUASH RISOTTO WITH SEARED RADICCHIO

**Local Flavors by Deborah Madison**  
**Local Connections:** Midori or Red Dog Radicchio and Red Dog or Dharma winter squash.

6 cups vegetable or chicken stock  
1 cup cooked winter squash, mashed  
1 head radicchio, cut into wedges, 1-2 inches wide  
Olive oil  
Sea salt and freshly ground pepper  
Balsamic vinegar  
3 tablespoons unsalted butter  
1 yellow onion, finely diced  
1 1/2 cups Arborio rice  
1 cup freshly grated Parmesan cheese

Brush the radicchio generously with olive oil and season with salt and pepper. Heat a skillet, add the radicchio, and cook on both sides until wilted and brown, about 5 minutes per side. Douse lightly with the vinegar, then transfer to a cutting board and chop coarsely. Keep stock simmering on a burner. Melt the butter in a wide soup pot. Add the onion and cook over medium heat until wilted and lightly colored, but not browned, about 5 minutes. Add the rice, stir to coat, and cook 1 minute. Turn up the heat and add 2 cups of the simmering stock, and cook at a lively boil, stirring a few times. When the first batch of liquid is fully absorbed, add stock 1/2 cup at a time, stirring constantly, until 4 cups of stock are absorbed. Add squash and continue cooking, stirring, and adding liquid until the rice is tender, but still a little resistant, and the sauce is creamy. When the rice is done, add the radicchio. Cook for a minute more to heat the radicchio, then turn off the heat and stir in the cheese. Taste for salt and season with pepper.

## SPELT, NECTARINE, AND BLUEBERRY MUFFINS

**Local Connections:** Finnriver blueberries and flour, SpringRain ginger, and Mystery Bay yogurt.

Whisk the dry ingredients in a bowl until well combined:  
2 cups of spelt flour  
1 teaspoon of baking soda  
1 teaspoon of baking powder  
1 teaspoon of fine salt

In a separate bowl, whisk the wet ingredients together until well combined:  
2 large eggs  
2/3 cup vegetable oil  
2/3 cup low fat plain yogurt  
2/3 cup brown sugar  
2 teaspoons vanilla extract  
2 teaspoon fresh ginger, grated or finely minced (optional)

Add fruit to the bowl of dry ingredients: one cup of fresh large blueberries and one, ripe but firm, nectarine chopped to approximately the size of the blueberries. Lightly turn the fruit into the dry ingredients to coat. Pour the wet ingredients into the dry and lightly fold together just until well combined and without dry patches. Spoon into a large, oiled six-muffin tin and bake at 350 degrees for approximately 30 minutes. When done they should be light brown, firm to the touch, and a toothpick inserted into the top center should come out clean.



COOPERATIVE PRINCIPLES IN ACTION

# Welcome to the Table



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