

Spring 2020 • Free

# Around the Table

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

*Less plastic is fantastic!*



**IN THIS ISSUE:** SUSTAINABILITY, LOVIN' LOCAL, FOOD FOR THOUGHT, CO-OP KIDS, COMMUNITY, & OUR STAFF



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## Around The Table

is published by The Food Co-op on a quarterly basis and comes out in the winter, spring, summer, and fall. If you are interested in contributing content for Around The Table, please contact [marketing@foodcoop.coop](mailto:marketing@foodcoop.coop) to discuss your article idea. Articles should include stories about food, community, sustainability, or cooperation.

*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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# Zero Waste, an old thing made new again!

by Kenna S. Eaton, General Manager

It's no secret—we don't like waste at the Co-op. We come from a long line of frugal folks—those who like to clean the plate, use the last of the jar, reuse that plastic bag, and never ever throw anything away! It's an ethic we sometimes have to teach to new staff, but once they get it, they get it and become converts themselves.

I'm not sure where I first learnt it. Possibly from my parents, who were young during the Depression and then young parents in post-war England, when rationing was in full effect and items like sugar, butter, and eggs were still in scarce supply. The concept of thrift carried on even when we moved to America—the land of plenty! Both of my parents were avid string collectors. We had a drawer full of “bits and bobs” (you know, those things that might be useful someday, like rubber bands and corkscrews and so on), and my dad loved fixing things with coat hangers and duct tape. That thriftiness morphed in my adulthood, meshing with my own frugal lifestyle of shopping at the co-op and buying all of our foodstuffs in bulk. And I still have one of those drawers. (Well, more than one, truthfully!)

And now here we are in a new century, seeing these concepts re-emerge as “Zero Waste”—and what's not to love about that? It fits in with our values, our lifestyles, and our culture. It fits in with our take on environmental sustainability as well. The Co-op has always had a strong focus on not wasting anything. We

give away food that doesn't sell to the Food Bank. We share our produce and food waste with local farms and pigs. We re-use the heck out of old shelving, recycling what we can and giving the rest away to be reused by someone else. We recycle glass, plastic, and paper, even collecting more from customers, so they can recycle more easily. We set out sterilized glass jars for customers to reuse in bulk. But sometimes we wonder if we could do more, and if we could, what would it be and where would it go?

This year we will be looking into our existing sustainability programs and asking: Can we raise the bar or should we re-focus our efforts? If so, where or on what should we focus? In addition to reviewing our existing metrics and efforts, we will be deciding on **one key initiative** to focus on for the next 3-5 years. It could be in the area of reducing waste or it could be sourcing our energy from green alternatives or it could be something else altogether! I'm super excited to explore this topic with our staff, the board of directors, and our membership to see if we can come into alignment and pick one thing to focus our efforts on.

In the meantime, be sure to bring us your clean, label-free jars so that we can sterilize them and put them out for others to use, your clean empty paper bags, and your passion for zero-waste shopping at the Co-op.

See you in the aisles!





# And Above All... DO LESS!

by Juri Jennings, Board Vice President

I have many favorite times to ride my bike: when it is a little misty and it tingles my face, when I get drenching wet and feel a bit wild, after a long day of office work. No matter the situation, biking always seems to get me in a better mood. I love it so much that I would refuse a free ride on most given days.

However, being a mother of 9-month-old Niko has brought more challenges to biking everywhere all the time. My husband and I try to bike as much as we can—to work, grocery shopping, etc.—but there are occasions when we seem to use the car because it is too easy to hop in and get an errand done. There is a list of excuses that I can make, including the lack of childcare or the lack of convenient public transportation systems. In Japan, where I grew up, it was so easy to hop on the

train or bus. Plus, I must admit that I am quite paranoid going down some of the streets with slim bike lanes with the baby. But all in all, it boils down to my habit of doing too much and choosing the convenient or quicker option so I can get more things done in a day.

I made a pledge to my husband that we would sell our car for an electric-assist bike once Niko is able to man the chariot in tow, but this can seem a bit daunting at times. On the positive side, we managed to find time to finally prepare his chariot and go for a spin, but with leg power instead of wheels. My next project is to find safe routes and public trails that are cargo-bike friendly. I'd like to share some other resources that I found on the way (see facing page).





## Resources on Bikes

Our local bike shops are very knowledgeable about and happy to help with both cargo and electric-assist bikes. Their websites don't always have detailed info, so call or stop by PT Cyclery, The Broken Spoke, and the ReCyclery. The ReCyclery also has classes on bike mechanics and maintenance.

Organic Transit in North Carolina sells a solar/pedal hybrid tiny vehicle—the ELF. Hank (who amongst other things keeps our dairy case stocked) had one for several years. Check out <https://organictransit.com>.

The Copenhagen Wheel is an interesting take on the electric-assist bike that doesn't require getting a new bike or a big retrofit. Simply replace the rear wheel with the CW and you are ready to go. Check with our local bike shops to see what they suggest.

**Bike Benefits:** Various businesses all over the country have fun perks when you bike and show them your bike benefit sticker. See <https://bicyclebenefits.org/#/home> for more information. The Co-op awards you a free apple, banana, or carrot every time you bike to the store. You can buy the Bike Benefits sticker at any check stand for \$5.

A local longtime bike advocate has an online manual about cargo bikes: [commutercycling.blogspot.com](http://commutercycling.blogspot.com).

The new city manager, John Mauro, holds weekly “Coffee with the City Manager” get togethers at Sunrise Coffee on Fridays from 9 to 10:30 am. Come talk to him about transportation and other issues.



## Ideas & Opportunities

Carpool with neighbors. Find rideshare information at [2020.org/transportation-lab/transit-ridesharing-biodiesel/](https://2020.org/transportation-lab/transit-ridesharing-biodiesel/).

Take a bus. An all-day pass is \$1.50 or \$1 for 60 and over. Check out the schedule at <https://jeffersontransit.com/wp-content/uploads/2019/05/JTA-FINAL-5-20-19.pdf>.

Skip trips to the grocery store by joining a Community Garden. Here is a list of community gardens around town: [2020.org/local-food/community-gardens/](https://2020.org/local-food/community-gardens/).

Engage in transportation conversations with local government:

- The Jefferson Transit Authority Board Meeting is on the 3rd Tuesday of every other month at 1:30 pm; [jeffersontransit.com/public-information/authority-board/](https://jeffersontransit.com/public-information/authority-board/).
- The City of PT's Active Transportation Advisory Board meets every first Thursday at 4:30; [cityofpt.us/bc/page/active-transportation-advisory-board-formerly-non-motorized-transportation-advisory-board](https://cityofpt.us/bc/page/active-transportation-advisory-board-formerly-non-motorized-transportation-advisory-board)
- The City Council Transportation Committee meets every third Wednesday at 3pm; [cityofpt.us/citycouncil/page/council-transportation-committee-2](https://cityofpt.us/citycouncil/page/council-transportation-committee-2).

And above all...**DO LESS!**

# Zero Waste 101.

by Lily O'Shea, PT High School Senior, Co-op Member

Imagining the entirety of what needs to be done in order to heal our earth is massively overwhelming. In a small, largely privileged town like Port Townsend, we neither see first hand some of the impacts of the changing climate nor are we faced with the massive pollution, animal extinction, and chaos that is our planet. Primarily for these two reasons, I wanted my senior project to contribute something that felt manageable, fun, and helpful in our community. I hoped to spark some inspiration for the ways in which we as a community can make small steps toward change. There are fabulously brave and hard working souls all over the world making big changes, but that is not enough. In order to manage and even begin to reverse the damage we have done, we all need to make changes, be it small lifestyle shifts and substitutions, or large scale policy changes.

With all of this said, it is still quite a large task and at times it can feel daunting to make these shifts, even the small ones. In my senior project collaboration with the Port Townsend Co-op—teaching a class on zero-waste living—my goal was to introduce a fun and stress-free way to begin getting inspired about what each individual can do in their own lives. I love to make things and am always curious to learn about new ideas for reducing waste and reusing what I already have, so this class was the perfect combination to share with my community. Our projects Included:

## D.I.Y.

### T-Shirt Produce Bag

This bag can be for all of your groceries, to carry bulk jars, or to hold fresh veggies from the produce department.

#### What You'll Need

- An old t-shirt (preferably cotton)
- Scissors
- Sewing machine or needle and thread
- Marker

#### Preparation

1. Flip your clean tee-shirt inside-out and fold in half lengthwise.
2. Cut a quarter of a circle from the bottom of the armpit to the other side of the shirt.
3. Open the shirt and sew along the bottom where you cut off the sleeves. A simple basting stitch will do.
4. Lay out cut shirt and mark an oval where your handle will be.
5. For more ventilation (optional), you can make small, horizontal lines along the shirt to make little slits in the bag.
6. Carefully cut along your marks, turn your bag right side out, and you're done!







## Beeswax Wrap

### What You'll Need

- 100% cotton fabric
- Pinking shears
- Organic beeswax
- An iron
- Baking parchment paper (not wax)

### How To Care For Wrap:

Wash with COLD WATER only. Hot water will melt it. This wrap can be used for cheese, meat, veggies, and more, and it can be used many times if properly cared for.

### Preparation

1. Grate the wax. (TIP: beeswax pellets are easier!)
2. Cut your fabric into the desired size and trim edges with pinking shears. 12x12 is a good starting size.
3. Lay out parchment paper on a heat resistant surface or a cutting board and place fabric on top, making sure there is extra parchment showing on all sides.
4. Sprinkle either grated shavings or pellets of wax on your cut fabric and cover with another sheet of parchment paper.
5. With a hot iron, gently press on the top piece of parchment. Slowly lift and press onto the wax and fabric sandwiched between your parchment paper until the wax is melted and the whole piece of fabric is dark and saturated with wax.
6. Once thoroughly melted, peel off the parchment paper and lift the fabric by two corners. It will dry quickly.



## Sandwich Wrap

### What You'll Need

- Your handmade wax fabric wrap
- Needle and thread
- Two small pieces of velcro

### Preparation

1. Lay out your 12 by 12 beeswax wrap square face down with the point facing up.
2. Place a small rectangle of the soft loop side of velcro on the top corner and place the rough or hook side on the right corner.
3. Flip the square over, and on the new "top," place another soft hook piece of velcro, and another rough hook piece on the new right corner.
4. Place your sandwich in the center and fold each corner in to cover.

## Bulk Jars

### What You'll Need

- Recycled jars with lids
- Washi tape (a kind of decorative masking tape) or labels
- Markers/pens
- Stickers (optional)

**Tips:** Clean jars are perfect for bulk teas, cereals, flour, laundry detergent, shampoo, mushrooms, and much more. There are scales in the bulk section so that you can subtract the weight of the jar from your purchase called the tare weight.

### Preparation

1. Clean old jars by soaking in warm water and soap.
2. Once clean, you can attach either a black label or a piece of washi tape.
3. Labels can then be used for the name and PLU code number for what is inside, along with the weight of the jar.

# REDUCE YOUR CARBON PAW PRINT

by Dr. Anna Maria Wolf

Pets can be sustainable, too. The animal care industry is a huge and ever-growing part of the economy, and it's not always sustainable by any means. A medium-sized dog, for instance, has a carbon paw print of approximately two acres. There are a lot of things you can do to help reduce your animal friend's carbon paw print and many of these options are healthier for them, too!

## DIET

Shop local! Look for locally made foods, especially home-made, balanced diets using local ingredients. Also, buy poultry or rabbit based foods rather than beef, and you might even consider partially vegetarian or vegan diets. There are some balanced vegetarian pet foods out there. Add fresh local foods as part of the diet—you can even make your own healthy treats with local or home grown ingredients. Look for foods that are sustainable, buy in bulk, and buy food with recycled packaging.

## PET WASTE

Use natural litter for cats that is free from chemicals and biodegradable, such as recycled newspaper or pine (made from pine lumber scraps). Compost your pet waste

where possible and use biodegradable or compostable bags for picking up pet waste. Flushing is another option unless you are on a septic system. Some people even train their cats to use the toilet. No more messy litter boxes!

## MINIMIZE CHEMICALS

Avoid using toxic chemicals whenever possible. Not only are they bad for the environment, they are bad for your pet, too. Use natural shampoos, flea prevention, litter box cleaners, and disinfectants. Use holistic options such as homeopathy, supplements, and herbs instead of antibiotics, and focus on prevention. Keeping medications out of the environment as much as we can is important too, because they can impact our planet and wild species.

## TOYS AND BEDS

Recycle and reuse bedding, crates, and toys. Look on exchange sites and local message boards to purchase (and dispose of) used crates and other paraphernalia. Make your own toys and beds using recycled materials that are not harmful to the environment.

## DON'T SHOP, ADOPT

Adopt where possible and don't support irresponsible breeding. Animals in shelters are euthanized daily, so it's important to get them out of shelters into a safe home before this happens. Support eco-friendly animal shelters and spay or neuter your animal companions.

## RESOURCES

*Greening Your Pet Care* by Darcy Matheson  
*Pets and the Planet: A Practical Guide to Sustainable Pet Care* by Carol Frischmann  
*Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats* by Dr. Richard Pitcairn

Dr. Anna Maria Wolf is a licensed veterinarian who specializes in holistic care, including homeopathy and acupuncture. Dr. Wolf does house calls, so contact her at [doctorwolf@petsynergy.com](mailto:doctorwolf@petsynergy.com) or [www.petsynergy.com](http://www.petsynergy.com).







PORT TOWNSEND



MARINE  
SCIENCE  
CENTER

# BEACH

## Clean Up

Saturday, April 25  
10am - 2pm

Pre-register at

[www.foodcoop.coop](http://www.foodcoop.coop)

Volunteers meet at

PTMSC Museum Portico

Pick up trash and debris  
on our local beaches.



All registered volunteers will  
receive a \$5 Food Co-op coupon  
to be used the same weekend.



## Composting 101 BECAUSE A RIND IS A TERRIBLE THING TO WASTE

**Instructor:** Laura Tucker from Jefferson Public Health

Turn your food and yard waste into treasure! Learn how to create and maintain a healthy compost system at home. It's easy and fun. Join us for an engaging hands-on workshop with instructions on how to create and maintain a healthy compost system with food and yard waste. Create compost to amend your soil, retain moisture, provide essential nutrients for your plants & MORE!

**Tues. April 14th 6:30pm - 8:30pm**

**Thurs. April 23rd 11:30am - 1:30pm**

**FREE CLASS (\$25 with composter\*)**

Register at: [www.foodcoop.coop/classes/](http://www.foodcoop.coop/classes/)



**\*PURCHASE THIS  
COMPOSTER FOR  
ONLY \$25**

**FOOD CO-OP  
ANNEX**  
2110 Lawrence Street  
Port Townsend

# Happy Birthday EARTH DAY!

by Laura Tucker, Local 20/20

**Earth Day turns 50 this year!** Were any of you around for that inaugural day? What are some of your memories? Did it inspire you to act?

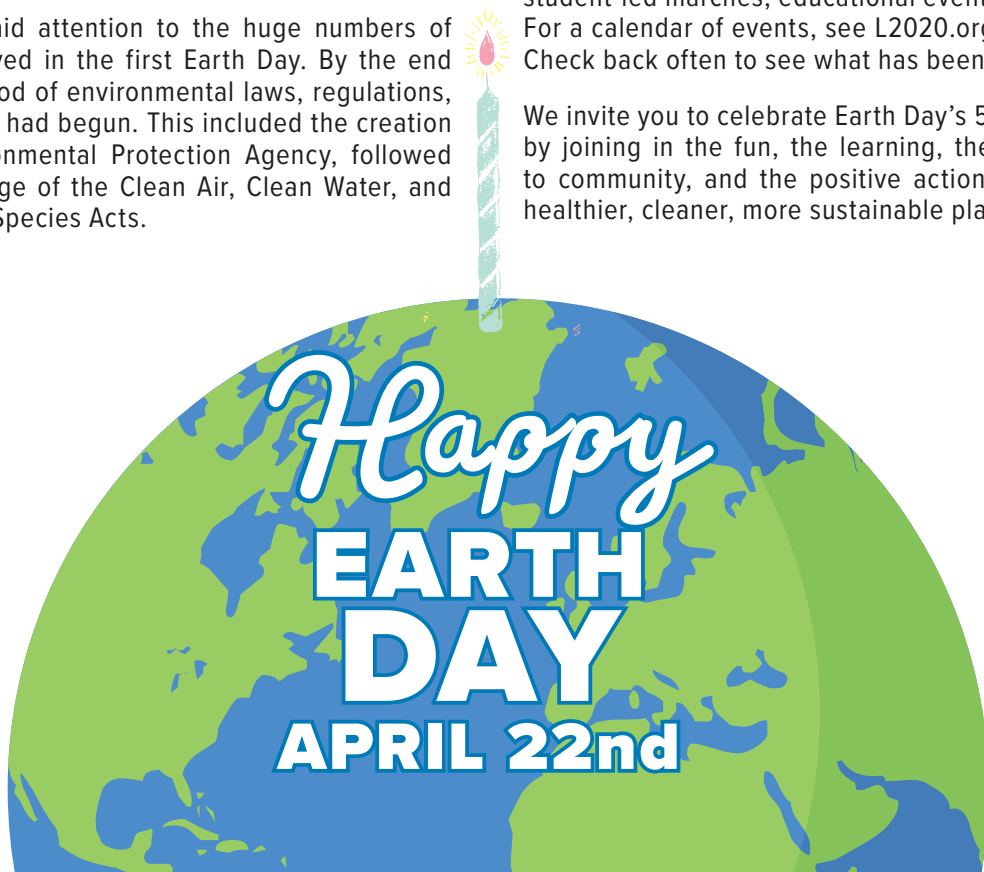
U.S. Senator Gaylord Nelson (WI) was inspired to take action after he witnessed the massive oil spill in Santa Barbara, California, in 1969. He could see the connection between the pollution of the environment and the future of our planet. He created a coalition of supporters to promote events nationwide, choosing April 22nd, 1970, as the day of celebration and action. In order to include students, he chose a date midway between spring break and final exams. On that eventful day, 20 million Americans – 10% of the population at the time – attended rallies, speeches, presentations, and events to engage citizens in taking an active role in creating a sustainable environment for all.

Politicians paid attention to the huge numbers of people involved in the first Earth Day. By the end of 1970, a flood of environmental laws, regulations, and agencies had begun. This included the creation of the Environmental Protection Agency, followed by the passage of the Clean Air, Clean Water, and Endangered Species Acts.

As the 20th anniversary of Earth Day in 1990 approached, a group of environmental leaders organized another major campaign for the planet. This time, Earth Day went global, mobilizing 200 million people in 141 countries and lifting environmental issues onto the world stage.

What are we doing to celebrate Earth Day turning 50? There is an entire week devoted to activities and events in Jefferson County from April 18-26! FinnRiver Farm and Cidery kicks off the week on April 18th with a celebration, including booths, games, scavenger hunt, and dance. A culminating Earth Day celebration at Salish Coast Elementary School on April 25th will include speakers, workshops, booths, activities for all ages, Earth Day birthday cake, and a Procession of the Species parade at noon. Other activities include a beach clean-up, student-led marches, educational events, and more. For a calendar of events, see [L2020.org/earth2020](http://L2020.org/earth2020). Check back often to see what has been added.

We invite you to celebrate Earth Day's 50th birthday by joining in the fun, the learning, the connection to community, and the positive actions to make a healthier, cleaner, more sustainable planet.



# Sustainable Wines

by James Robinson, Wine and Beer Specialist

At least a couple times a month, I hear shoppers waxing poetic about a trip to Europe. They toddled into a local bar or café, enjoyed the region's juice for pennies, and watched as locals did the same—often leaving with a refilled bottle, bota bag, or jug from home.

For many North American wine drinkers, this European model of local, zero-waste wine consumption makes perfect sense. There are many reasons why this notion hasn't taken off stateside, but crucially, many states—including ours—only allow wineries to refill wine vessels. Until we can foster change, our best zero-waste approach should focus on recycling empty wine bottles and purchasing from ethical producers.



To that end, one of the Food Co-op's best options remains La Rioja. The wines are priced ultra competitively and produced by a fair-trade and organic-certified Argentina cooperative. This co-op of family farmers has put its fair-trade dollars to work on public health and sanitation initiatives, including a regional potable water project, a hospital, and a high school serving more than 400 students. Moreover, the wines are the ultimate daily drinkers, showing pure expressions of Argentina Malbec and Torrontes—the country's only native varietal. Both are eminently drinkable, and the reserve Malbec is worth the additional \$5.



Beyond Argentina, the shelves are brimming with options from around the globe. New to the Co-op is Idiot's Grace, a small organic farm and estate winery situated on the Columbia Gorge. The winery's "Whimsy" is a delightful blend of organic, dry-farmed Cabernet Sauvignon, Cabernet Franc, and Aglianico grapes that have been fermented with wild yeast. At just 207 cases produced, the Whimsy could be considered boutique, yet it comes in at a daily drinking price—particularly when purchased by the case.



From Austria, we are delighted to feature a new wine from Christina Netzl. Her eponymous "Christina" Grüner Veltliner shows incredible verve and virtuosity while remaining true to the varietal and appellation. Netzl began her path towards natural winemaking working on her family's farm and vineyard. Later, she studied oenology and wine management in London. After having two children, Netzl became passionate about organic viticulture and converted everything to organic. Netzl's Grüner Veltliner is perfect for oysters and scallops and provides an opportunity to celebrate the arrival of spring.



From Italy, we are pleased to feature wines from Daniela and Monica Tibaldi. This multi-generational enterprise is deeply rooted in Italy's rugged Piedmont. For decades, in the shadow of the Alps, the family has focused on producing vibrant, low intervention wines that showcase the region's esteemed viticultural history. They believe the best way to achieve this is through organic vineyard management, hand harvesting, and every aspect of operations focused on environmental conservation. And the proof is in the juice. Their Barbera d'Alba is bright and fresh, possessing a vitality that can only be achieved through love and careful, conscientious cultivation.



And this is just the beginning. With more than 200 labels and thoughtful consideration put into each acquisition, our aim is to provide Co-op shoppers with a multitude of options until we can realize our zero-waste wine lover's dream.

**James hosted a La Rioja wine tasting at the store last month. Look for more tastings!**



# Zero Waste *Means Change*

by Laura Schaeffer, Wellness Manager

Several companies have said “YES” to change! Yes to reusable jars, to switching from plastic to glass, to brown paper bags for bath salts, to shampoo and conditioner bars to eliminate plastic. For instance, Sunsoil is a Vermont CBD company that uses just two ingredients, Organic coconut oil and hemp, without Co2 extraction. They visit stores in Vermont for refillable events, where you can just bring your bottle in for a refill.



*Going to market with the earth in mind.*



## Uncle Harry's

Bulk toothpaste in a 1.5lb. reusable jar (Local Redmond)



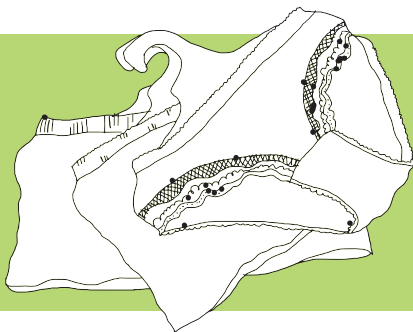
## Shephard Moon

Organic bath salts in brown paper bags (Local Seattle)



## Fire Brew

Bulk item to support the immune system (in the Wellness cooler)



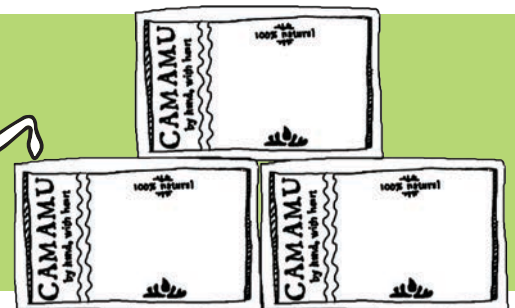
## Wayi

Bamboo underwear with cardboard hangers



## ICU

Eyeglasses made from 70% recycled paper and soy ink



## Camamu

Shampoo and conditioner available in bars with paper packaging

# Waste Zero

Sustainability means zero waste, but I think it also means giving back, honoring all of nature, human beings included. Sustainability is synonymous with gift. Synonymous with interdependence, with reciprocity. Kleen Kanteen, Pacha, Ganesh, Senzacare are just a few of our vendors who not only

care about sustainable products, but about equality, clean water, living wage, and shelter for women. Caring about the planet cannot be separated from caring for one another and this so happens to be the focus of our LOVE value at The Food Coop. We love the earth and the community near and far.

*Eliminate waste through innovative and sustainable practices.*



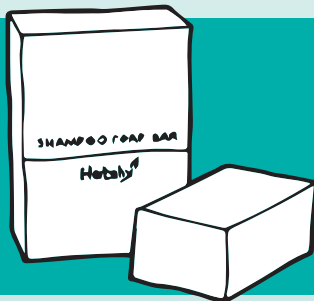
**NEW!**

**Made in Port Townsend**  
Personal care products in bulk using paper packaging



**NEW!**

**Laughing Gnome**  
Reusable clay straws



**Herbalix**  
Shampoo and Conditioner available in bars with paper packaging



**Bunny's Bath**  
Switching from plastic packaging to glass

# Food Packaging: A BRIEF HISTORY

by Liam Cannon, POS Tech

It has been less than thirty years since the global community recognized the importance of sustainability in our food systems and started creating formal guidelines for our future. The American Public Health Association defines a sustainable food system as “one that provides healthy food to meet current food needs while maintaining healthy ecosystems that can also provide food for generations to come with minimal negative impact to the environment.” Unfortunately, when these noble precepts were being developed, one component was sometimes overlooked: how food was to be packaged for sale. Only recently has the American consumer begun to see a need for alternative packaging materials. Grocery stores like The Food Coop that offer bulk foods have been instrumental in this awareness.

Plastics and other questionable materials can be used in food packaging. Some of these products were developed with altruistic intentions while others were created for profit alone, but now it seems that we can't get away from plastic. It is in our food, in the air, in our clothing, and it is killing off this planet's creatures, including ourselves. It is estimated that over a million marine animals are killed each year from plastic consumption or entanglement. A recent study on how plastic decays in salt water yielded the conclusion that a large percentage of our greenhouse gasses are actually caused by the decomposition of plastic (and not bovine farts). Current scientific analysis indicates that our plastic-based clothing may be affecting the human species on a genetic level, making us predisposed to various diseases and decreasing our ability to reproduce.

We have become reliant on food packaging; it is an important component to our current food consumption philosophy. Packaging provides a means for delivery to the consumer, increases shelf stability, reduces spoilage, and protects against chemical and physical damage to the product. But rather than focus solely on how packaging may be harmful to the environment, I want to present a brief history of food packaging.

One of the earliest forms of packaging was paper. The first documented use was from a Persian traveler in 1035 visiting markets in Cairo. He noticed that the merchants there were wrapping vegetables and spices in paper.

Canning in glass began during the French Revolutionary and Napoleonic Wars, when the French government needed a way to preserve food for its army and navy, so it offered a cash prize in 1795. After more than a decade of exhaustive research, Nicolas Appert developed the process that we still use today, glass containers sealed and processed with heat. It would be another 50 years, with Louis Pasteur's research, before they knew why food didn't spoil using this method.

One of the first major innovations in canning was tinning. The process itself was developed in the 1600s and evolved in the 1700s as a way to seal foods in “unbreakable” tin cans, which were actually steel cans with a tin coating. Since glass jars used in canning easily broke in transport, tinning soon became utilized. Peter Durand, a British merchant, received the first patent for the idea and became known as the inventor of tin cans. Durand was actually just the agent for a French inventor, Phillippe de Girard, and neither man was actually the original inventor. The tin can process wasn't brought to this country until 1912, and the aluminum/steel can rolled along in 1957, with an all-aluminum version, made by Adolph Coors Company, coming two years later.







After canning came corrugated and paperboard boxes. Cardboard was invented by the Chinese during the 15th century but wasn't used commercially until 1817, in England. Recyclable cardboard shows promise for sustainability but some people question the process. Does dibutyl phthalate sound tasty? It is found in flexible plastics and recyclable paperboard.

As there was an increasing demand for companies to reduce costs, plastics and cellophane came next. In 1900 a Swiss chemist, Jacques Brandenberger, was taking pleasure dining at his favorite restaurant when he noticed someone spill wine on a tablecloth, which promptly soaked in. This inspired him to create a cloth that could repel liquids. After twelve years, he ultimately created a film made of plant-based cellulose and a machine to manufacture it. Unlike many similar materials, cellophane is biodegradable. However, its manufacture employs toxic chemicals. About this same time in New York, the first fully synthetic plastic was invented by Leo Hendrik Baekeland, made from phenol and formaldehyde. He called his creation Bakelite.

Recently, a photograph of single, already-peeled oranges for sale in plastic containers sold at a popular natural foods supermarket in California caused quite a stir. If only we could find an environmentally friendly wrapping for these little jewels and not use so much plastic. Wait, it's called a peel. Customer complaints caused the chain to issue an apology and review their practices. People with an increasing awareness of the environment as well as their buying power are starting to change the way some businesses package and transport food. Let's take a look at some innovations that just may be the future of packaging.

You probably haven't heard of Fishbone Packaging yet, but their focus is beverage packaging, with the hope of eliminating plastic, especially multi-pack rings and caps. They state they only use responsibly forested, manufactured, recyclable, plastic-free materials.



Mushrooms are not just for eating. Eco-friendly recipes for food packaging, home insulation, and fiberboard for furniture and surfboards are already here, with more applications being developed for our future. Companies like Ecovative Design have noble ambitions to use the mushroom's thread-like roots, known as mycelium, to replace all forms of plastic. These shrooms are renewable and biodegradable, and they are made from agricultural waste.

A supermarket in Thailand is embracing an almost forgotten method of packaging—replacing plastic with banana leaves. Stores in several other tropical countries are following suit. They simply wrap vegetables in a leaf and secure it using a flexible piece of bamboo. We are not fortunate enough to live in a tropical zone with easy access to banana leaves, but maybe we can come up with some other natural products to package our food.



# The 3 Rs AT THE FOOD CO-OP

## Reuse – Recycle – Reduce

Lisa Barclay, Board Secretary

One of my favorite things about being on the Co-op board is getting a behind-the-scenes look at the dedication of our staff. They live our mission every day and they believe in our values. One of those values is stewardship, and one aspect of stewardship is reducing packaging and waste. Today I want to pass on a little of what I've learned about the effort staff put into reducing plastic. Plastic is pervasive and systemic, so the work is perpetual.

A recent success has been deli soups and salads in **reusable** glass jars. This required a lot of planning, reorganizing, and extra work, because jars must be collected, sorted, stored, sterilized, and then stored again before they can be used. Now we're looking at other foods we might put in glass jars, such as olives.

Our Jar Savers program is also very popular. It took months of planning and discussions with the county health department, but now customers can bring in jars, and we sterilize them to put out for customers to reuse for free. This program has been very popular, so the sterilized jars are quickly snapped up.

To help our customers **recycle**, we have been collecting plastic bags and #5 plastic, because the county would not take them. Now that the county will take yogurt and other types of tubs of #5 plastic, we are exploring what else we might do.

We also try to **reduce** plastic by giving customers other options, such as the compostable bags in produce and the cellulose—compostable at home—bags in bulk. All options have their pluses and minuses. For instance, those compostable bags cost twice as much, tend to disintegrate before you want them to, and can be hard to source. So staff are always looking for better options.

Departments also encourage their producers to use more environmentally friendly packaging. Produce, for instance, found a farm that would ship strawberries in paper packaging. Plastic is often used for fruits or vegetables that need to be shipped some distance, so if you want to reduce your plastic use, shop as seasonally as you can. It's tastes better, too.

Because plastic is systemic, we need to work at it on the personal, community, and national levels. No single solution or step will solve the problem. The Co-op will continue to work to reduce plastic in the store and push for better packaging from producers and infrastructure from government. And in addition, this year we will be choosing one sustainability initiative to focus on for the next few years. See General Manager Kenna Eaton's article in this newsletter for more details.

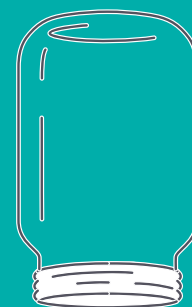
Recycling only works if we do it right. We love helping our members recycle, but it takes a lot of extra time and effort, so please help us by following the instructions on the bins.

## Did You Know?

One dirty wrapper in the recycle bin means it all must be thrown away. Wet is also a no-no.

**NO LABELS** for Jar Saver jars!  
Labels clog our sterilizer.

Jar Savers jars must have mouths approximately the circumference of the jar and must be able to balance on its mouth, so it can be sanitized. Labels **MUST** be removed. Jar must have lid.



at least 1.5"





# Everybody Eats

By Suzy Strom and Rachel Covault, Red Dog Farm

Today's farmers are more important than ever as we navigate food production in a changing climate. Vegetable varieties must be bred for greater resiliency against drought, pests, and extremes of temperature. Farming techniques must grow more nuanced to prepare for these changes. Fortunately, today's farmers are more educated and sophisticated than ever, ready to take on these challenges.

But consumers have an important—possibly the most important—role to play. After all, everybody eats, so we can all do our part by eating local.

Local food movements support farmers by highlighting the benefits of eating local. Eating local is good for the community, keeping our money and resources here and making sure we have farmers in the future by supporting them now. Eating local requires less fuel and packaging to bring the produce to market. And eating local means you are eating fresher food than you can get from industrial sources, where it is often harvested under-ripe, at least 7-10 days before you get it, and stored in low-oxygen conditions. As you've probably noticed by tasting local produce, fresh is a flavor! All your recipes taste better with fresh produce, and nothing beats local for freshness.

Learning to enjoy the seasonal variability of the harvest bounty is an art and a skill, which includes learning how to eat seasonally and learning to love aesthetically imperfect foods. The fleetingness of the harvest window for local, sun-ripened strawberries enhances their sweetness. The imperfect zucchini can be turned into spiral vegetable noodles or baked into zucchini bread for consumption this winter.

Everything rare is valued higher. We eagerly look forward to the first Brussels sprout harvest and the first baked delicata squash of the season. The short window for fresh spring asparagus, corn-on-the-cob in the summer, and sweet winter carrots enhance their desirability. But remember, the next seasonal offering will be right around the corner, tantalizing your taste buds with its fleeting goodness.



Photo by Elizabeth Debra Swanson at Red Dog Farm

To inspire you to embrace seasonal eating, here are some cookbook suggestions:

- *Cooking in Season: 100 Recipes for Eating Fresh*, by Brigit Binns
- *One Dish Four Seasons*, by Jordan Zucker
- *The Harvest Eating Cookbook*, by Keith Snow
- *The What to Eat When Cookbook*, by Michael Roizen
- *The 100-Mile Diet: A year of Local Eating*, by Alisa Smith

\*Revised from article in Red Dog Farm's CSA Newsletter December 11, 2019.



# New Biodigester at Finnriver

by Eric Jorgensen, Co-Founder Finnriver Cidery

What is that big purple thing behind the kitchen at the Finnriver Cidery? Why it's our new (used, actually) biodigester, of course. This project has been in the works for over a year, and after a long wait for some critical upgrades, it finally arrived on site in January—and so begins our effort to introduce this technology to Jefferson County as a potential solution for both solid waste reduction and sustainable-energy production.

Our orchard property (formerly the Brown Dairy) is a fitting location for this experiment as most biodigesters operate on dairy farms. They serve to convert large amounts of otherwise noxious organic waste into a more useful fertilizer product while also producing methane gas, which can be used to power equipment and machinery. There are a number of complex biochemical reactions embedded in this process, but in simplest terms, the digester acts very much like a mechanical version of the digestive tract of a cow. In goes food, out comes fertilizer and methane gas. To further complicate things, the acronym used to describe this system is **H**igh solids **O**rganic-waste **R**ecycling **S**ystem with **E**lectrical output. Get it?

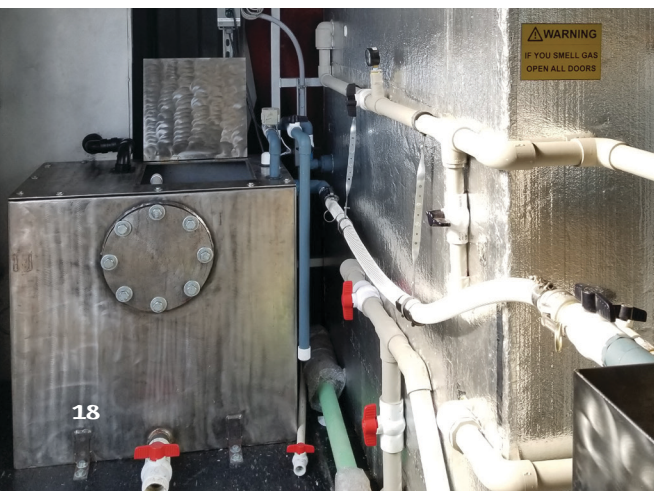
In our case, the food stock will be a combination of food waste from our Cider Garden, from our commercial kitchen, and potentially from cider production (apple pomace and lees) as well as from the Chimacum schools, other local food service establishments, and local households. We'll



grind all that into a slurry and feed it to the digester, which will in turn produce methane gas and a liquid “digestate.” We plan to pump the methane gas over to the new Cider Barn to heat water for pasteurizing, cleaning, and heating the building itself. We hope to package and sell the digestate as a fertilizer for local gardeners. Between reduced propane and electricity costs and income from digestate sales, we hope to pay for the digester—a win-win proposition. Less waste going into the local landfill, less money and resources spent on propane and electricity.

There are still a number of things that need to happen in phases before it becomes fully operational. We expect that over the next several months we'll get electricity hooked up and get some “starter” from another biodigester on Whidbey Island so we can get the biodigester functioning. Then we'll need to connect the methane line to the Cider Barn and install some complicated plumbing that allows us to generate hot water and use it efficiently there.

Stay tuned for progress reports this spring!



# Local Kinetic Creations

by Savanna and Craig—and our pups Widget and Pixel

Have you noticed the two mesmerizing kinetic wind sculptures at the entrance to the Co-op? Of course you have! Our Rainbow sculpture (close to the entrance) and our SeaBird sculpture (across the driveway) are just a two of our varied kinetic creations!

Many of our wind toys have very complicated-to-build movements, and that's what makes them so interesting to watch. Several years ago we installed our first wind toy at the Co-op on the garden side—our Venusian—and it's been really popular with folks as they enjoy a bite of food. We also build these sculptures to be extremely robust for all types of windy locations, which is important here in Port Townsend!

We're local artists, and we've been designing and building these sculptures for some years now. We build our sculptures one at a time, by hand, and it is truly a labor of love! We always use as many recycled materials as possible. We use bicycle wheels (all rebuilt to new condition), marine-grade wood, stainless steel parts, plus many other recycled materials. And after living off-grid in the Southwest for years, here in PT we use primarily solar power to run many of our tools. We love what we do!

Come visit our local wind toy farm and see for yourself! Call us at 866-799-1770, email us at [wildnaturesolutions@gmail.com](mailto:wildnaturesolutions@gmail.com), or visit our website for photos and videos: [www.wildnaturesolutions.com](http://www.wildnaturesolutions.com). Hope to see you soon!



The Rainbow



The Seabird



The Venusian

# Where Did the Elections Go?

by Owen Rowe, Board President

If you've been a member-owner of The Food Co-op for a while, you know that every spring we hold elections for the Co-op's board of directors. The newsletter features candidate statements, and then we set out that colorful ballot box in the store and email instructions for voting via the web. We know a lot of member-owners recognize board elections as an important way to participate in guiding our Co-op.

So what happened? Have the 2020 elections been canceled?!? Is nothing safe any more?!?

Fake news! At least at The Food Co-op, our commitment to democratic governance is as strong as ever. Democratic member control is one of the core principles of the International Co-operative Alliance. We've just adjusted our election schedule so it works better for everybody.

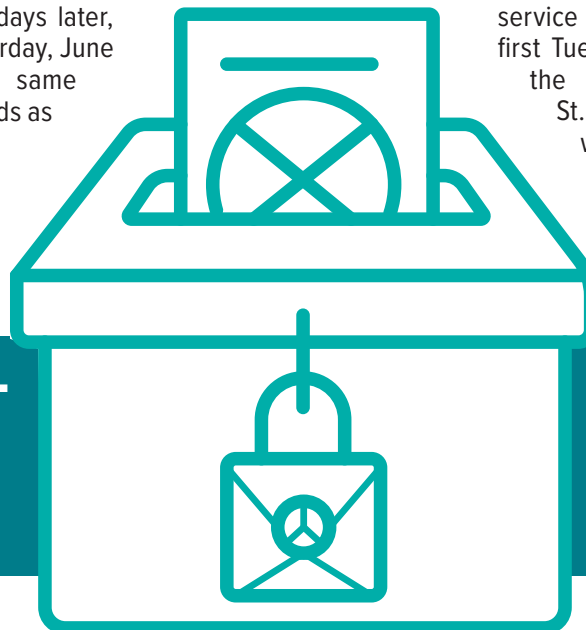
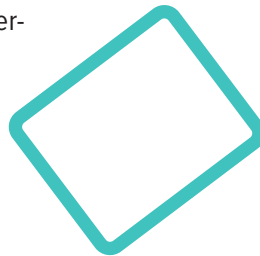
It's all coordinated with the shift in our Annual Meeting. Complete 2020 election information will be included in the Summer issue of *Around the Table*. Voting for the board of directors will open a few days later, at the Annual Meeting on Saturday, June 27th, and continue via the same ballot box and e-voting methods as before.

Our Annual Meeting this year will be at the Co-op Annex, 2110 Lawrence St. It's "Strictly Business": we'll review our 2019 business and financial results twice, 2-3 pm and 4-5 pm. In between, we'll host a meet-&-greet with the board candidates, so you can ask all your most pressing cooperative governance questions in person.

Once the ballots have been counted, our new board members will take their seats in August. Thanks to our retiring board members, who have agreed to stay on for an extra two months. And thanks to you, our member-owners, for understanding this shift—and for your commitment to democracy!

What about the music, food, and fun you've enjoyed at the Annual Meeting? Stay tuned for our first Harvest Festival, at the store on Sunday, October 4th. We'll celebrate our member-owners, our staff, and the farmers and producers who bring us good food all year long.

In the meantime, it's not too late to check out a board meeting and see if board service is right for you. We meet on the first Tuesday of every month at 5:30 in the Co-op Annex, 2110 Lawrence St. Member-owners are always welcome!



**ANNUAL GENERAL MEETING**  
Saturday, June 27th  
2-5pm  
Food Co-op Annex

**2020 VOTING PERIOD**  
Saturday, June 27th -  
Thursday, July 9th



# The Board's Work:

## Revisiting the Articles of Incorporation & Bylaws

by Monica le Roux, Board Treasurer

As many of you know, in 2018-2019 the Food Co-op board led a process to refresh and revisit our Mission and Values statements. In 2019-2020, we are undertaking a similar process with our Articles of Incorporation and our Bylaws. Our Articles of Incorporation are our organization's contract with the State of Washington, and our Bylaws are our contract with our member-owners, and both play a valuable role in shaping how our organization acts and what it does. As such, it is extremely important that these documents be a model of clarity, brevity, and transparency.

Our process for revision of the Bylaws has thus far involved consultation with an expert on co-operative bylaws and the creation of a new working draft. This draft is currently being extensively reviewed to make sure it is in accordance with our state's laws and our co-op's needs. Our Articles of Incorporation are also being reviewed with the same questions in mind.

The next step in our process (and a chance for you to get involved!) is a series of forums where member-owners and stakeholders can ask questions and give feedback. The final steps (in late spring or early summer) will be a vote of the board of directors to approve the new Bylaws and, if any changes are deemed necessary to the Articles, a vote of the membership to approve those changes, as is required by state law. Dates and more information on these events will be posted on the Board's board in the store in the next few weeks.

If you have questions or would like to participate in our upcoming forums, please contact the board through [boardassistant@foodcoop.coop](mailto:boardassistant@foodcoop.coop).



**And if you'd like to learn more about how the board does its work, we welcome you to attend our board meeting at the Co-op Annex on the first Tuesday of every month, starting at 5:30pm. Thank you for your interest!**

# Glyphosate Testing

A Product Research Committee Update by Deb Shortess

Recently, customers have asked about products that are tested for glyphosate. Several years ago the EPA raised allowable glyphosate thresholds of oil seed crops to 40 parts per million and even higher for other food products, and people have become steadily more concerned about glyphosate residue in food. When we look at the numbers, though, we have to keep in mind that the threshold for testing is 10 or 20 parts per billion. In other words, a zero level of glyphosate is not measurable.

While there may be many laboratories doing glyphosate testing/certification, currently I am aware of three—BioChecked, The Detox Project, and Health Research Institute (HRI)—which were all mentioned in a recent issue of *The Organic & Non-GMO Report*, available for customers at the front of the store.

I have e-mailed BioChecked to see if they will share with us the brands that they have certified, since there is limited information on their website. Based on the article in *The Organic & Non-GMO Report*, they've certified the cereal brands One Degree and Food For Life as well as Food for Life breads. Little Northern Bakehouse breads now show the Biochecked seal on their labels as well.

The Detox Project website lists the following brands we stock: MegaFood supplements, Wedderspoon honey, Uncle Matt's juices, Oatly oat milk, Nutiva hemp seeds, and Kettle & Fire bone broths. Check their list for other brands that you may use.

Health Research Institute has certified just one brand so far, Farmer Direct Organic, which we currently

don't have in the store. However, we are looking for more information about sourcing their products. Currently, UNFI, our main distributor, stocks about 15 bulk and packaged beans and grains from this company. As always, you can special order items that we don't stock in the store.

As is the case with many certifications, labels may not reflect new information right away. It can take several months for older packaging to be used up. I checked our shelf for the food items tested by these companies, and four out of six of the cereals and fourteen out of eighteen breads reflect the certification, but no others. Many of the MegaFood supplement labels already have the glyphosate-free labels.

The growing awareness that glyphosate residues in foods are systemic and cannot be entirely washed off is similar to the awareness about GMOs in foods that led to the demand for and, consequently, growth of non-GMO verification over the past ten years. In the fall of 2014, the PRC counted the number of non-GMO verified products in the store, then approximately 600. A year later that number had more than doubled. Today, many many more products in the store are non-GMO verified. There are so many that we have stopped counting. Over 50,000 food products have been non-GMO verified. With the demand for glyphosate testing growing, we will continue to gather information and post it as more becomes available. But, as always, the surest way to lower your exposure to glyphosate and GMOs is to eat organic and/or local.



# Spring Classes 2020 @ The Food Co-op

For our complete class & event list visit: [www.foodcoop.coop/calendar](http://www.foodcoop.coop/calendar)

Date/Time	Event/Class	<i>All are welcome!</i>	
		Non-member	Co-op member
Sat. April 11th 4-6pm	<b>Ask the Chef: World Flavors for Home Recipes: Ukraine &amp; Eastern Europe</b> with Sidonie Maroon at The Food Co-op	Free	
Tues. Apr. 14th 6:30pm - 8:30pm	Composting 101 with Laura Tucker at the Food Co-op Annex, 2110 Lawrence Street	Free	
Sat. April 18 or 25 10:30am - 2:30pm	<b>Cooking with the Co-op: World Flavors for Home Kitchens: Ukraine &amp; Eastern Europe</b> with Sidonie Maroon at Market Kitchen, 1433 W. Sims Way	\$45	\$35
Thurs. Apr. 23rd 11:30am - 1:30pm	Composting 101 with Laura Tucker at the Food Co-op Annex, 2110 Lawrence Street	Free	
Sat. Apr. 25th 10am - 2pm	<b>Beach Clean up with Marine Science Center</b> Pre-register at <a href="http://www.foodcoop.coop">www.foodcoop.coop</a>	Free	
Mon. May 4th 8am - 9pm	<b>It's Our Birthday! Welcome to the Party!</b> We are turning 48 years old! Join us for a day of fun, festivities, and fantastic deals!	Free	
Sat. May 16th 4-6pm	<b>Ask the Chef: World Flavors for Home Kitchens — British Isles Gluten Free Baking</b> with Sidonie Maroon at The Food Co-op	Free	
Sat. May 23 or 30 10:30am - 2:30pm	<b>Cooking with the Co-op: World Flavors for Home Kitchens — British Isles Gluten Free Baking</b> with Sidonie Maroon at Market Kitchen, 1433 W. Sims Way	\$45	\$35
Sat. June 6th 4-6pm	<b>Ask the Chef: World Flavors for Home Recipes — Asia &amp; Vietnam</b> with Sidonie Maroon at The Food Co-op	Free	
Sat. June 13 or 20 10:30am - 2:30pm	<b>Cooking with the Co-op: World Flavors for Home Kitchens — Asia &amp; Vietnam</b> with Sidonie Maroon at Market Kitchen, 1433 W. Sims Way	\$45	\$35
Sat. June 27th 2-5pm	<b>Annual General Meeting "Strictly Business"</b> Two one hour business meeting sessions with "Meet the Candidates" & Snacks	Free	
Sat. July 4th 4-6pm	<b>Ask the Chef: Vegan Cooking for Vegans &amp; Curious Non-Vegans</b> with Sidonie Maroon at The Food Co-op	Free	
Sat. July 11 or 18 10:30am - 2:30pm	<b>Cooking with the Co-op: Vegan Cooking for Vegans &amp; Curious Non-Vegans</b> with Sidonie Maroon at Market Kitchen, 1433 W. Sims Way	\$45	\$35

 @ The Food Co-op  
414 Kearney Street Port Townsend

 @ The Food Co-op ANNEX  
2110 Lawrence St. Port Townsend

 @ Market Kitchen  
1433 W. Sims Way Port Townsend

# Teach Your Children Well

by Sidonie Maroon, Culinary Educator, A Blue Dot Kitchen

Teaching children to cook has big returns. I feel this truth as I watch my own children, now adults, living the ecological values we gave them. They cook from scratch, buy bulk, choose organic, grow gardens, forage, and are uber resource conscious. They're much farther along than I was at their age. They buy second hand, are active barterers, and frequently use the local "buy nothing" sites.

Their lives are full of quality versus excess quantity. They're involved in music, dance, service, and community gatherings. They have low-waste living down. It's simply part of their lives—a deep value and a habit. I made my investment in them 20+ years ago, and it's paid off. Wonderfully, my family is one of hundreds in our community with a similar outcome.

My takeaway is that kids are worth the time and effort. It's effective to teach ecology and conservation through family and community-based practices. And the skill closest to my heart is cooking. I believe in attaching wisdom to actions, and food is teeming with lessons. Let's make learning to cook a priority for the youth of our area! When children see others caring about the responsible use of resources, then they naturally bring those values into the next generation. Here's what you can do (because all things lead back to the kitchen sooner or later).

## Grow a Garden

Create opportunities for children to experience life cycles. It's vital to get dirty, handle earthworms, smell wet mud, and taste the first strawberries. These activities reinforce an emotional connection to natural cycles. Good habits are easier when we have first-hand knowledge.

## Cook from Scratch

Allow children to take part in complete processes. Cooking is the art of transformation—raw vegetables become warm soup. Baking from scratch begins with flour, and through chemistry and heat, creates something delicious. We need to take part in systems from start to finish to understand the big picture.

## Teach Practical Kitchen Skills

Build capacity and character by allowing them to struggle, fail, and challenge themselves. Children take pride in knowing how to do things. Competent, resilient people are problem solvers who use fewer resources.

## Be Local

Lower our carbon footprints. Cook and eat with friends and family. Visit the Food Coop, the farmer's markets, and enjoy our abundance of culture and natural wonders.

## Live Simply

Reduce your material wants and bring back old-school singing, dancing, and art. Make things from what you have. Buy second hand or buy nothing. Practice gratitude. Give back more than you use. Buy bulk, recycle, compost, and let go of products that aren't necessary. Share with children why you live the way you do.

## Encourage Inner Happiness

Some happiness comes from having, but most comes from creating, working, and connecting to our values. Inner happiness may be our best tool to overcome waste.





# Recipes for Kids

Instant Pots are wonderful tools for learning to cook. I make refried beans, rice, breads, stock, broth, soup, and apple sauce in my Instant Pot. I'm sharing two fun Instant Pot projects to do with children.

## Instant Pot Spiced Ghee

Makes 1 quart

This is a quick and efficient way to make household ghee, and an excellent project for gift making. The better the quality of butter, the better the ghee's flavor. There's no need to add spices, but I love the added flavor, and the color is bright and exciting with the added turmeric.

### Ingredients

- 2 pounds unsalted butter cubed
- 4 slices fresh unpeeled ginger
- 4 slices fresh unpeeled turmeric
- 6 green cardamom pods

### Directions

Add butter cubes and spices to the inner pot. Check that the sealing ring is in place, put the lid on, and set the float valve to sealing. Choose normal pressure for 12 minutes with a natural release. When done, remove the lid and strain the ghee through a cheesecloth-lined sieve into a large 4-cup liquid measure. Pour into a quart jar and use as needed. I refrigerate my ghee, but others do not.

If you want a darker toasted ghee, after opening the lid, press cancel. Then set the pot to a medium saute and cook to desired color, somewhere between 5 and 15 minutes. I skip this step for Instant Pot ghee because oven ghee is an easier way to achieve a darker roasted flavor.



## Instant Pot Yogurt

Makes 2 quarts

Minimal hands on time and 12 hours heating, cooling, and culturing time.

The Instant Pot makes yogurting an easy task and there's nothing like creamy mild fresh yogurt. I love a dish while it's still warm and think of Heidi and her grandfather.

### Ingredients

- 2 quarts whole milk (I use local Jersey milk from Dungeness Valley)
- ¼ cup plain yogurt with active cultures

### Directions

Add two quarts milk to the inner pot. Close and lock the lid. Set the valve to "sealing". Press the Yogurt button and then press the yogurt or adjust button until the display reads "Boil." When finished, push cancel.

Put the inner pot, with milk, in a large bowl filled with cold water and allow the temperature to drop to 110F. Put the inner pot with milk back into the Instant Pot. Ladle out 1 cup of warm milk and stir ¼ cup plain yogurt into it, then pour milk-yogurt blend back into the pot of milk, gently stirring.

Press the yogurt button and use the yogurt or adjust button to select the middle temperature (normal). Use the - or + button to set the time to 8 hours. Close and lock the lid. Set the valve to sealing. When the cycle ends, press Cancel and remove the lid.

Use a large spoon to scoop the yogurt into two quart containers with lids. Place them in the fridge to cool for at least three hours before serving.



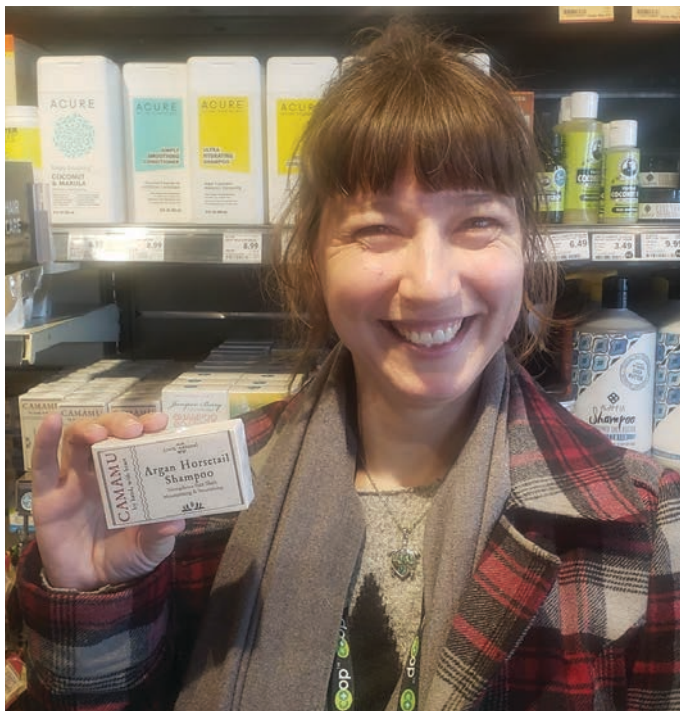
# STAFF PICKS - Sustainability Tips



Laura loves to purchase local produce! The closer to the store its grown, the better!



Patty likes body care products from Island Thyme because of their beautiful sustainable packaging.



Kristina skips the plastic by purchasing shampoo and conditioner bars.



Jesse alleviates single use water bottles by using her Food Co-op Hydroflask, which you can fill with water for free up to 32oz!





Andrea always remembers to bring her reusable coffee cup.



Kathy uses mason jars to stock her bulk pantry items, skipping the bags.



Buying kombucha in bulk save a lot of glass, which takes resources to recycle says Michelle.

## Recent Staff Anniversaries

Gale	W	25 yrs.	Lisa	J	6
Sky	B	25	Steph	B	5
Deborah Sch.		18	Julie	D	4
Daniel	G	17	Daniel	P	4
Teresa	S	14	Mabel	M	3
Peter	P	13	Jacob	G	3
Cha	W	9	Jan	T	3
Ben	L	7	Jess	B	2
Jessie	H	7	Andrea	S	2
Cara	L	5	Tonya	H	1



IT ALL BEGINS WITH SMALL STEPS,  
START OUT SLOW & HAVE A FOCUS.

**Begin  
your Zero Waste  
journey**



ONE STEP  
AT A TIME

BUY BULK  
SPICES

FORGOT  
YOUR  
BAGS  
SKIP A  
TURN

reuse • reduce • recycle

LANDFILL LAKE

TAKE A  
SHORT CUT

Fields of  
*Forget-Me-Nots*

DIFFICULT  
CHOICES

COMPROMISE

USE  
GLASS  
JARS IN  
FRIDGE  
OR  
FREEZER

Carry Reusable Cutlery & A Water Bottle with You!

CANYON OF  
CONVENIENCE

PILE-O-  
PLASTIC

CHOOSE  
PAPER

TRY SALAD  
IN A JAR

TARE  
YOUR  
JARS

BUY  
NAKED  
PRODUCE  
NO BAG!

Try liquid  
bulk  
items like  
soap!

CHANGE  
IS HARD!

BUY OR  
MAKE  
BEESWAX  
WRAPS

Food  
co-op

D.I.Y.

Treat  
Yo'  
Self!

You're  
Doing  
Great!

*The Swamp  
of Bad Habits*

Zero  
waste