

Summer 2020 • Free

Around the Table

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



You can find local flowers from Diamond Day Bouquet, June's Blooms, Corona Farm , & Annie's Flower Farm!



IN THIS ISSUE: ELECTIONS 2020, ANNUAL REPORT 2019,
LOVIN' LOCAL, RECIPES & 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
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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Lovin' Local

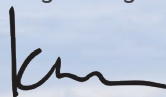
by Kenna S. Eaton, General Manager

Protecting farmland is critical to our survival as it allows farmers to continue to feed us. Recently, my husband and I were watching a documentary about the ongoing loss of American farmland, mostly to development and often as result of unsupportable property taxes. It's a complex topic with different viewpoints but just one result—the paving over of the best farmlands in the country. Watching this film gave me a renewed appreciation for the active preservation of farmland here in Jefferson County. Over the years, various groups working together have been able to save many properties in our county from development through tools such as conservation easements and changes in property tax assessments. But while preserving farmland is very important, supporting local farmers is even more critical. Our local farms need us to buy their products to keep them in business. And with the costs of production increasing, including the cost of paying workers, we all need to be comfortable with paying a price for food that reflects what it costs to produce.

With the arrival of the pandemic causing people to fill their pantries, we saw a collapse in our supply chain, from distributors on down to the very producers themselves. The unexpected nature of the demand put some serious crimps on the system, resulting in food shortages such as I have never seen before, from beans and TP to flour and yeast. Not only were raw materials affected, but manufacturing, production, and transportation were deeply impacted as well. This

crack in the system brought home to me the fragility of the current arrangement. By bringing in our food and goods from far away, we are putting ourselves at risk of not having enough food in our stores when the supply chain breaks.

So of equal importance to protecting land is supporting local producers, buying their foods and goods, buying now to ensure ongoing food security. Interestingly, we noted during this crisis that in spite of all the other reductions in the supply chain, our local producers were still able to bring us product—to bring us the first fresh salad greens heralding spring and to keep us well stocked in coffee, wine, and bee among many other goods. And now here we are, hopefully coming out of an experience that brought home some truths to us like never before: Supporting local production is critical. No, we can't make everything here that we need, but we can grow our vegetables, our meat, our cheese and milk. We can raise grains, make jams, and catch fish. We can do a lot towards ensuring a full belly at every table as long as we show our locals some love and, when we can, buy those goods that have been produced here. And we can keep working together towards protecting the farmlands needed to produce that food. Yes, it takes creativity and collaboration, partnerships and alignment. And it also takes us—people buying from our local producers—to strengthen the local food system to keep it strong for the next long emergency.



“Thank you to our local vendors for their support during the pandemic. It is true that we haven’t run out of anything local....and we can be thankful for that!”

VOTE

Food co-op

Voting Guide to the 2020 Board Elections

Voting begins the day of the annual meeting, June 27 at 12:00 pm, and ends at 9:00 pm on July 10.

All Active Members—that is members who have shopped at the Co-op within the past year and are paid up as of May 31, 2020—are eligible to vote. Please note that each membership equals one vote. While other people in your household may share your membership number when shopping at the Co-op, only the person who holds the membership may vote.

Voting will be online and in the store. Ballots will not be mailed to members.

This year we have four seats to fill: one 2-year term and three 3-year terms. Each candidate is running for a particular seat, and you may vote For or Opposed for each candidate. A candidate must receive at least 51% For votes to gain the seat.

Four ways to vote:

1. On June 27, if the Co-op has your email address on file, we'll email you instructions and a link to the vote. Voting opens at noon.
2. If you don't receive an email, you can go to The Food Co-op website (www.foodcoop.coop), click the Vote button, and follow the instructions.
3. If you prefer paper to computers, you can fill out a paper ballot at the store. Look under the Board's board for ballots and envelopes. Put your ballot in an envelope, sign and write your member number on the envelope, and then deposit it in the red ballot box.
4. Alternatively, you can print a ballot off the Co-op's website and mail it to The Food Co-op at 414 Kearney Street, with your name, member number, and signature on the outside of the envelope. You can also drop the envelope into the red ballot box at the store.

Questions? Contact our board assistant at boardassistant@foodcoop.coop or 360-379-5798.

DON'T MISS THE ONLINE ANNUAL GENERAL MEETING

www.foodcoop.coop/agm2020



Charlie Dick

Upon moving into a new community, I've found the best way to get to know it is to find opportunities to help businesses addressing local needs. In the past, I have been on other boards and in corporate planning departments supporting senior management decision making. More recently, I've been Treasurer of a condominium home owners association and a local church.

When I moved to Port Townsend two years ago, my sister encouraged me to shop in the Food Co-op. I took her advice and have come to depend upon the variety of locally grown produce and regional grains and the many items offered in the bulk section. Now, when meeting someone new who is not familiar with the Co-op, I describe the integral role the Co-op plays in providing really good organic ingredients, staff demonstrations/classes, as well as financial support for many of the local farms and small businesses.

The Co-op's mission of nourishing the community is quite broadly based and continues to expand its reach as our local environment is changing. It not only feeds the community and supports local farmers, it also carries goods from specialty foods makers (e.g., bread, cheese and kombucha). The recently setup on-line ordering and curb side pickup is a new and valuable service to its members during this lock down period. For me, the Co-op is a unique community experience and I would like to help develop and grow those capabilities as a board member.



Kate Nichols

I would like to be on The Food Co-op Board of Directors to take an active role in supporting the Co-op. I researched products and learned about customers' concerns as a member of the Co-op's Product Research Committee. I interviewed farmers and wrote articles for the Community Food Co-op in Bellingham about how the Co-op could help farmers. I understand the need for cooperation and collaboration to create a healthy food system.

I appreciate shopping at The Food Co-op because the products are vetted and the food is organic or the best option. They also have a great bulk food section. One of the best reasons to shop at the Co-op is that the staff does a great job of offering local products – over 900 of them. It also has over 300 basic products at affordable prices.

The Food Co-op nourishes the community in many ways. Besides sustaining the community with healthy food, the staff works with the local farmers to bring their food to the community. The Co-op brings community members together by offering classes that teach how to cook healthy food. It also supports some of the community nonprofits. As a member of the Board I would love to support their work.





Dave Dunn

I bring years of retail management experience from working in the health food industry and outdoor retail. I chose to work in these businesses since healthy food and being in nature are a vital part of my life. As far as education is concerned, my degree is in Natural Resources Management, which has helped me to incorporate into business models concepts of sustainability, systems thinking, and understanding how components work together to create the whole. I find that proper management is mostly about facilitating processes to reach desired outcomes, rather than being forceful.

In my position at the Co-op, I am frequently in the position of describing the Co-op to visitors and new community members alike. My definition of the Co-op is that it is a community center which sells groceries. It's a place for connecting and networking with friends and acquaintances. It's also a place of hugs, laughs, and a place to spend way too much time getting groceries, because you spent too much time talking to friends you ran into.

The Co-op's mission statement is about the Co-op being a nexus between farmers, local businesses, and community members to have a healthy community. My belief is that our mission statement is not just some wordsmithed marketing statement, but a true living reality. The Co-op can, does, and should continue to be a connection between all the components that make our community a healthy one, which is well beyond being 'just a health food store.'



Claire Thomas

I grew up in a small town in South Carolina where my grandfather had an 800-acre farm. It was mostly agricultural cash crops of tobacco and corn and various vegetables but he did have horses, pigs, cows and chickens. Food and people's relationship to food is part of my lineage and I owe it to my family to make sure that other farming communities are supported. Instead of continuing the farming tradition, I pursued culinary school and worked in restaurants for nearly a decade. For the last eight years I have worked for a family-owned winery who farms their own 400-acres of vineyard in the Willamette Valley. It is very much part of my work to collaborate on projects with small farmers and local businesses and I find that to be very fulfilling.

I still think of myself as new to Port Townsend – my husband grew up here and we moved to town about 3½ years ago to start a family. I would tell a newcomer that the Co-op is our own friendly, year-round, enclosed farmers' market. It's a great place to learn about all of the local businesses in the area and see that our little corner of the world can supply a community with great produce and locally-made goods.

The Co-op's mission "working together to nourish our community" is such a powerful statement. During this pandemic we've seen first-hand the fragility of our national food system and how PT's local businesses have kept our people fed, clean, healthy and safe. Our Co-op has gone above and beyond to keep shoppers safe and it is so clear how a team of people have worked together to protect our community and keep both business owners and customers well.





**STRICTLY
BUSINESS**
Foodco-op
 AGM 2020 ONLINE



ANNUAL GENERAL MEETING

Food
co-op

Saturday, June 27, 2020

Business Meeting 3PM

Meet the Candidates 4PM

RSVP by 6pm Friday, June 26

Zoom in at www.foodcoop.coop/agm2020



JEFFERSON COUNTY

18TH ANNUAL

FARM TOUR

A VIRTUAL TOUR OF JEFFERSON COUNTY FARMS
SEPTEMBER 19 AND 20, 2020

The 18th annual Jefferson County Farm Tour will be new and innovative while remaining committed to celebrating and supporting locally grown food, fiber, and farm-made products. Farm Tour will not be an in-person event this year, for the health and safety of our farmers and community members, but we are working hard to make sure that the third weekend of September will still provide a unique opportunity for you to engage with our local farming community.



It is more important than ever to support our farms, so remember to buy local food, fiber, and farm-made products all season long!

STAY UP TO DATE WITH OUR PLANS FOR THIS YEAR'S FARM TOUR AT GETONTHEFARM.ORG!



WITH HELP FROM OUR SPONSORS!





The Salumi Founders Story— For the Love of Good Food

In 1999, Armandino and Marilyn Batali started a deli they named Salumi in Pioneer Square, Seattle. Armandino had a passion for cooking. He spent time in Spain and Italy learning about cured meats and processes, and he began making innovative cured meats to sell at Salumi. Over the course of the next 20 years, they built up Salumi with help from daughter Gina and her husband Brian. It became quite famous, with a very loyal following amongst customers, bloggers, and James Beard Award-winning chefs, and even featured on an Anthony Bourdain episode.

When Gina and Brian were ready to retire three years ago, a mutual friend connected them to Martinique and Clara, who both had backgrounds in the food business and were looking for an opportunity in the food world. They were very excited to meet with Gina and Brian because, like the loyal following of Salumi, they were longtime fans. They often laugh at the remembrance of bringing gifts of massive sticks of salumi when visiting friends, explaining that this is how salumi is done in Seattle. They were eager start this new venture.

The first year they spent being mentored by Gina, Brian, Armandino, and Marilyn. They rolled up their sleeves and learned how to make salumi, and spent endless hours working in the deli, learning the day-to-day routines of the restaurant and cured meat production. It was a really fun process and gave them time to think about where they wanted to take Salumi. They decided to take Salumi beyond the deli and launched a retail line under a new name, Coro by Salumito, to avoid confusion with Salumi (which is also the generic word for “deli meats” in Italian).

Coro is a reflection of everything they love about Salumi as well as the things they care about. Coro is the Italian word for Chorus, and it was chosen with intention. As they note, “What we do reflects a chorus of flavors—we are known for having very unique, new world inspired flavors. It is a reflection that we are a chorus of people, everybody involved from suppliers to shipping to our partners, and we love to celebrate our team. It is also about ethically sourcing ingredients, making salumi easy for you to enjoy, and a belief that eating well is what we live for.”



Clara Veniard CEO (l.) and Martinique Grigg, CEO (r.) are longtime friends surrounded by a team of people that share their passion.



Coro is the Italian word for chorus, a celebration of the chorus of unique and non-traditional flavors we create in their cured meats.



Hopscotch Farm & Cannery

A Farm to Jar Operation

Hi! I'm Meghan, owner of Hopscotch Farm + Cannery. I grow heirloom produce and craft artisan pickles, relish, and preserves right here in Port Townsend.

I craft Hopscotch's unique assortment of canned goods from my farm-grown fruit, veggies, and herbs—I call it a "Farm to Jar" operation. Hopscotch uses human-scale and sustainable production methods in order to create a regenerative growing system that focuses on soil health and nutrient-dense produce.

By preserving the harvest during the abundance of summer, I help others enjoy the bounty of the Olympic Peninsula year-round. I focus on creating distinctive products that are a bit different from what you typically encounter: Beet Relish with Horseradish, spiced Tomato Catsup, farmstead Pickled Beets, and sweet and spicy Zucchini Relish. My preserves offer unique berry-herb combinations such as Blueberry with Thyme and Strawberry Rhubarb with Ginger—fusions you won't find elsewhere. And each small batch is hand-packed and made with love, of course!

I started Hopscotch a couple of years ago as a way to blend together my passions for working in the dirt and cooking in the kitchen. But without land and

lots of start-up capital, I had to get creative to avoid incurring major debt. Enter the multi-plot micro-farm! Based on a contemporary reimagining of the WWII era "Victory Gardens," I farm on three small plots located in unused open spaces in Jefferson County.

My vision is to weave together agricultural traditions, the craft of canning, modern locavorism, and a sense of place to celebrate the abundance of the Olympic Peninsula. I'm excited to be a part of enhancing our community's food resilience by:

- Increasing the options people have for putting local food on their plate each day.
- Helping Jefferson County feed itself by showcasing the potential abundance of small-scale, open spaces.
- Localizing all parts of the supply chain and helping more money stay in our community. Grown Here, Made Here, and Sold Here.

To learn more about the farm, visit www.HopscotchFarmPT.com.



Meghan Mix, owner of Hopscotch Farm & Cannery





One Straw Ranch

Honestly Good Food

Martin and Charlotte Frederickson, who raise livestock on pastures in Chimacum, Marrowstone Island, and Port Townsend, are both locals. Martin, a Port Townsend native, grew up on a homestead where his parents had a large garden and various animals, including sheep, cows, pigs, and poultry. After several years as a partner in a landscape architecture firm in Los Angeles, he left for a stint in the Peace Corp in North Africa and then completed an internship at a livestock farm in eastern Washington. Charlotte, a Chimacum graduate, fell in love with poultry when she hatched her first brood of chicks. Her love affair with cows was cemented when she bought her first family milk cow. With a degree in business administration, Charlotte returned home to work at Chimacum High School. In 2013 Charlotte and Martin were introduced by local farmers, and by the next year, they were farming together. A pig from the first batch they raised was featured prominently on the BBQ at their wedding reception in 2014.

They incorporated One Straw Ranch in 2015 and since then have been direct-marketing meat and eggs through their online farm store as well as the PT farmers market and the Co-op. One Straw cows and sheep are 100% grass-fed; they never receive any grain. The pigs and chickens are pasture-raised and fed a balanced ration of farm-mixed local grain and organic supplements.

None of the animals receive hormones or unnecessary medications. On the rare occasion that an animal requires treatment for illness or injury, it is withdrawn from the food chain for at least twice the required period of time. Their farm name was inspired by The One Straw Revolution, the manifesto of Japanese farmer Masanobu Fukuoka. His natural farming principles set a backdrop for their goal of farming in a regenerative and ecological manner by working with natural systems, rather than against them. They also believe in the power of livestock to repair and improve soils. By intensively managing their livestock in a rotational grazing setting, they create a thriving grassland ecology that acts as an effective carbon sink and provides habitat for diverse wildlife. Managing livestock in this healthy fashion also creates exceptionally flavorful and nutritious meat they are proud to provide to their community.

Martin and Charlotte love what they do: “We are so blessed. As a family—Eli is three and Vera is one—we get to work together every day with the animals we love and, in doing so, increase the health of the planet for our children’s future as well as nourish our community with respectfully raised meat and eggs.”

To see what One Straw Ranch has to offer, visit their online farm store at www.onestrawranch.com.



The Fredericksons - Charlotte with Vera, Martin with Eli



Eagle Harbor Wine

Known for their big bold red wines.

by Emily Parsons

I've been fortunate to find a vocation that gives me joy. I'm not saving lives or teaching the next generation, but I do get to apply my physical, intellectual, and creative skills every day. I make wine. Specifically, for Eagle Harbor Wine Company on Bainbridge Island. I purchased the winery in 2014 from my mentor, founder Hugh Remash. Hugh agreed to stay on as consulting winemaker, and together we've continued Eagle Harbor's tradition of crafting fine wines. I tend to make wines that I like to drink, and luckily for me, lots of other people seem to like to drink them, too!

The winemaking philosophy at Eagle Harbor is pretty simple—make the best wine we can, using the best grapes we can get, while minimizing the use of additives in the wine. Our wines are all vegan, and at about 120 calories per glass, can be

enjoyed as part of a healthy, balanced lifestyle. We make a range of wines, including Sauvignon Blanc, Rosé, and Goldfinch, our flagship white blend of Viognier and Chardonnay. Sangiovese is a grape we love. We sell it by itself and as a component of our popular Super Tuscan style red blend, Homme Nu. What we are really known for, though, are our big bold red wines. Cabernet Sauvignon, Merlot, and Cabernet Franc are the cornerstone grapes of our reds. We have blends of all of these, each with unique characteristics. The Food Co-op carries our Redtail blend, which is a Bordeaux style blend of Merlot, Cabernet Sauvignon and Cabernet Franc.

We make all of the wines at our winery on Bainbridge Island. Next time you're down this way, I invite you to stop in and taste some of our wines and let us show you how we make them.



12 Reservation system at <https://tableagent.com/seattle/eagle-harbor-winery/>

Emily Parsons and Hugh Remash, photo courtesy of Abra Bennet, Great Northwest Wine

WE DID IT.



ANNUAL REPORT 2019

Working together to nourish our community.

2019—The year we finally built our dream...

From your Board President & General Manager

2019 was a very busy and fun year for our Co-op. After several years of planning, finally we were able to build a much-needed expansion of our store, which greatly improved our working conditions as well as increased our processing and storage space. Adding more storage allowed us to open up more retail space and rearrange the flow to improve both working and shopping conditions. It also allowed us to make needed improvements to other facets of our operations, such as removing the tiles that were disintegrating under our feet. Our thanks for putting up with it all!

This work was accomplished without needing to close the store and with a minimum of disruption to our members or our sales. In fact, it was a good year for us financially. We grew sales and we made a small profit, which we are able to share back to member-owners. That's pretty uncommon in the grocery world. Wow!

But we couldn't have done it without the stellar work of our staff, who put up with a very long year of noise and disruptions to their workspace—our hats are off to them! We couldn't have done it without the understanding of our vendors, who had to accommodate new delivery times and locations as well as a very congested parking lot. We also couldn't have done it without the support of the Development Cooperative, who helped us navigate the many different stages of our complex project. We couldn't have done it without the investment of our Board of

Directors, who kept a sharp eye on the process and asked the tough questions along the way. And we couldn't have done it without you, our 6500 members. Thank you for your continued support and investment in this amazing community-owned grocery store.

Now we are here in the spring of 2020, working hard to meet our members' needs during the coronavirus. Working under a new set of adverse conditions has been even more challenging and confusing, to say the least. We continue to be thankful for our staff who come to work and give their very best every day under stressful conditions. We also continue to be grateful for our members' support and understanding. Truly, we couldn't have done it without you, you're our Jam! Thank you.

YOUR CO-OP BOARD

Owen Rowe, President

Juri Jennings, Vice President

Lisa Barclay, Secretary

Monica le Roux, Treasurer

Charlie Dick, Board Member





We have a beautiful new store!

During a year of remodel, we stayed open the whole time and made a small profit!

We couldn't have done it without you! Thank you!



Sharing is Caring! We gave our old shelving to Orcas Food Co-op.

Throughout our project recycling and reusing materials has been a consistent theme, from reusing wood to giving shelving away to other local stores.



Adam and Dave load up shelves for Nash's Organic Produce!



Our old cedar trellis was repurposed as paneling in the store and old windows were elegantly made into a wall.

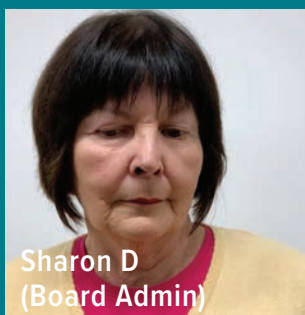
We Couldn't Have Done it Without Our Staff!

The Co-op added 401k and long-term disability insurance to staff benefits and approved an across the board raise for 2020! With wages, employee discounts and health insurance the Co-op invested \$3,508,656 in staff! High-5s are acknowledgments made by a manager, Hearty Thank You Nominations can be nominated by members or staff, and Bravocados are a thanks on the fly for which an employee is awarded Rose Theatre tickets. These are some of the ways we congratulate staff for going above and beyond the scope of their job.



Cameron J
(Produce)

High-5: Cameron has been helping to do deep cleaning in produce twice per week. His willingness and consistency has made a huge impact - thanks, Cameron!



Sharon D
(Board Admin)

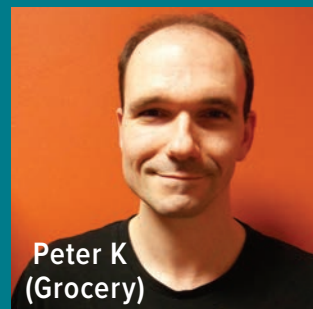
Hearty Thank You: Demonstrating exceptional patience and kind encouragement, Sharon made an impossible task seem easy.

High-5 Kathy: You go the extra mile with our customers to the point where they ask for you when they come in! You always show up bright and shiny, eagerly living in the goal of keeping our customers informed.



Kathy H
(Wellness)

High-5: During a time of staff shortages, you have adjusted your schedules & hours and days off to help the team. It is very much appreciated. Thank you!

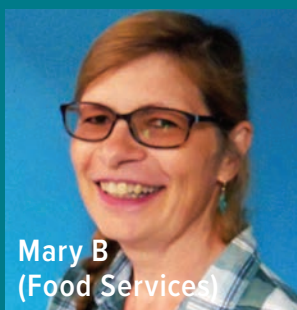


Peter K
(Grocery)



Paul C
(Front End)

HTY Nomination: Paul regularly looks for what needs to be done, from cleaning your check-stand, bagging for other cashiers, sweeping, shuffling carts and baskets, and facing or stocking -- all without being asked.



Mary B
(Food Services)

HTY nomination: Mary has shown exceptional leadership, professionalism, strong communication skills and an incredibly positive and collaborative attitude. She is awesome and an asset!

Bravocado: Thank you for being so boss in the kitchen. Working with you ROCKS!



Petra C
(Food Services)

High-5 for team-work throughout the year: Figuring out our new receiving space, working together to develop/update systems, and supporting each other! Layne - thank you for keeping everything in order, even the little things!



Layne D
(Receiving)

Nourishing Our Community

What We Gave

As part of The Food Co-op's cooperative spirit, it is our mission to support the greater community in a variety of ways. We commit to sharing our prosperity by providing financial and organizational resources when feasible. In order to make a larger impact in areas that connect with our values, The Food Co-op gives priority to organizations and community groups that fit into one of the following categories: Improving Food Access; Sustainable Agriculture, Land, and Sea Steward; Healthy Kids, Families, and Animals; and Supporting the Cooperative Model.

100+
people attended
the 2nd annual
Eat Local First
Trade Meeting
we sponsored



\$2500
JUMP
Inclusive
Playground



\$16,250
given to local
community
events



\$21,085
given to 65
different Jefferson
County non-profit
organizations

\$14,632
given to
13 different
organizations through
the Beans for Bags



\$500
matching
donation to support
Blue Heron orchard
mulching party



\$12,606
spent teaching
cooking classes
& more in our
community



\$1056
Grow Fund granted
to Food Bank
Farm & Gardens

Lovin' Local

We have over 900 local items in the store!

Here are a few ways we support local. Every year, our produce manager meets with each farm to review and plan, so we can all have a productive year. We began paying more for local produce produced early in the season to ensure local produce for more months of the year. Our Produce Team tours local farms to learn more about where our food comes from and to cement relationships to our local growers. To support new local vendors we assist them in taking the WSU Cultivating Success business class series. We love all of our farmers and vendors!

Local 5 are products from our 5 surrounding counties:
Clallam, Kitsap,
Jefferson,
Mason & Island



We have
99%
organic
produce
department!



12% of
total store
purchases
were local



New local items
in 2019:
Local 5 = 48+
Local Wa=129+



366 bottles
sold of
Mountain
Spirits Kick
Ass Remedy



Working Together

Local purchases were made from 115 farmers and vendors



3086 lbs.
of chicken from
SpringRain Farm



1148
Mystery Bay 4oz
chevre & over
320 jars of
goat yogurt

9400 lbs.
of bulk
CB Nuts



7500+ lb of fish
delivered in 2019
by bicycle from
Cape Cleare



Local meat sales
grew after we
opened our new
processing area
from
19% to 26%



1849 items from
Bunny's Bath (not
including bulk)
& 40 gallons of
soap for bathroom
dispensers

Dungeness Valley
Creamery won 2019
North Olympic Land
Trust Farmer
of the Year



FINANCIAL STATEMENTS

THE FOOD COOP YTD Profit & Loss Summary

December 31, 2019

SALES:	16,133,815	100.0%
COST OF GOODS SOLD	10,050,824	62.3%
GROSS PROFIT/MARGIN %	6,082,991	37.7%
OPERATING EXPENSES:		
Total Personnel	4,028,001	25.0%
Total Occupancy	305,412	1.9%
Total Store Operations	508,464	3.2%
Total Marketing & Outreach	130,062	0.8%
Board Expenses	79,093	0.5%
General Admin	833,469	5.2%
TOTAL OPERATING EXPENSE	5,884,501	36.5%
NET OPERATING INCOME	198,490	1.2%
TOTAL OTHER INCOME (EXPENSE)	(13,561)	0.1%
Federal Income Tax Exp	(90,714)	-0.6%
NET INCOME (LOSS) AFTER TAXES	275,643	1.7%

THE FOOD CO-OP BALANCE SHEET

December 31, 2019

ASSETS

Total Cash	972,495
Inventory & Receivables	984,267
Total Current Assets	1,956,762

Land, Building, Equipment 5,783,248

Investments 156,027

Total Assets 7,896,037

LIABILITIES

Total Current Liabilities	969,622
Total Long Term Liabilities	2,374,621
Total Liabilities	3,344,243

Retained Earnings 4,021,991

Patronage Dividends Paid (466,837)

Capital Investments 996,640

Total Member Equity 4,551,794

Total Liabilities and Equity 7,896,037



www.foodcoop.coop

414 Kearney Street, Port Townsend, WA 98368

360 385-2883 open daily: 8 am - 9 pm



Organic Seed Alliance

Regional Food Security Begins With Seed

by Cara Loriz, Executive Director OSA

If the COVID crisis has taught us anything, it's that food security begins in our local community. Seed companies and local growers are seeing unprecedented demand for their organic products, underscoring the importance of a robust regional seed and food supply. Thankfully, the Food Co-op has been investing in this foundation for decades – beginning with seed.

The diversity of our seed supply is central to ensuring adequate nutrition and choice on our grocery shelves, and to ensuring food security both now and into the future. Yet the seed industry is more consolidated than ever, leading to less choice for growers and less genetic diversity in our fields. The regional seed needs of all farmers simply can't be met by this narrowing of diversity or by an industry that's more interested in pesticide sales than the success of organic farming. In this way, organic farmers are especially underserved by the dominant seed industry

That's why Organic Seed Alliance (OSA) is working to identify organic seed gaps here on the Olympic Peninsula and beyond, and to train growers in the skills they need to breed and grow new varieties of crops that add diversity to our fields and plates. Sweet corn is an example of a vegetable that requires more regionally adapted seed options for growers to be successful. Most sweet corn varieties need more heat and a longer growing season than what we experience here on the Peninsula. In fact, it's hard to meet the local demand for organic sweet corn given the challenges of our maritime conditions and lack of regionally adapted seed.

For more than a decade, OSA and the Food Co-op have been partnering on a local plant breeding effort to address this challenge, add diversity to our fields and local seed supply, and deliver delicious sweet corn to eaters. This seed-to-plate collaboration grew out of the success of "Who Gets Kissed?" sweet corn, an organically bred variety for northern climates that is open-pollinated, meaning the seed can be saved and replanted with reliable results, allowing further adaptation to local environments.

The goal of the Olympic sweet corn project is to further adapt sweet corn genetics to our challenging maritime conditions. Local growers need a variety that not only tastes excellent and has good yield and disease resistance, but also germinates well in cool, wet soils and matures faster than other organic varieties on the market. We're pleased by the progress we've made and are grateful for the Food Co-op's support of this project as we complete breeding work and move into marketing.

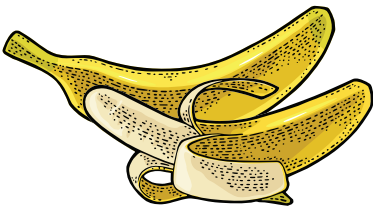
Last summer, Food Co-op members voted on names for this new sweet corn and the winner was "Salish Sweet," a name loaded with regional flavor. But the word "Salish" is more than a geographic term—it has profound meaning to Native Americans who have stewarded this land and its natural resources for millennia. OSA reached out to the Jamestown S'Klallam Tribe to hear their thoughts on using the term in a variety name. We learned that while appropriate for use in a shared community resource, like the new Salish Coast Elementary School, the name Salish should never be commercialized. Because OSA and the Food Co-op want farmers who partnered in developing this variety to be free to sell and promote it, with the goal of creating a regional variety that is sought after and identified by name, we are launching a new naming effort. This time, we will celebrate the corn's culinary traits with renewed respect for cultural assets. Please join us later this summer to once again "Name the Corn" and be part of this effort to mindfully build regional resilience and community around local food.



Appetizers – A Second Helping

By Liam Cannon

Back in 2018, I wrote an article called “Appetizers,” which was bits of food history and unusual food related snippets. There has been an overwhelming response from our readers to write another article like it, so I thought it was time for a second helping of “Appetizers.” (You can peruse all the back issues of The Commons on our web site under the Co-Op News tab.) Let’s start off with some unusual foods you may not be familiar with.



BANANA KETCHUP

What do you do when you want ketchup, but you don’t have any tomatoes? You use bananas, of course. During WWII, imported

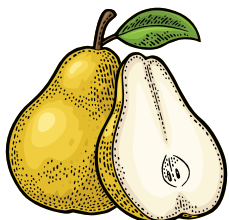
ketchup became scarce in the Philippines. One thing they had plenty of was bananas. They created a new condiment out of bananas, sugar, vinegar, and a little red dye. This concoction is a sweet, tangy sauce that, strangely enough, does not taste like bananas and is still used there today.

MONKEY GLAND SAUCE No monkeys were harmed in making this sauce. Its historical beginning is unknown, but it is a common item in South Africa made of fruit and spices and used like a barbecue sauce.

AMBERGRIS Humans will eat almost anything, but it is not surprising that we had to rename this delicacy from “Sperm Whale Excrement.” In ancient China, it was thought to be dragon saliva. In reality, it is a vomit-like substance that floats in the ocean while being cooked by the sun. After a time, it becomes a hard waxy blob. Ambergris is a culinary delight used all over the world, in addition to being a skin fixative for the fragrance industry. It isn’t cheap though, as the current price for quality vomit is about \$10,000 per pound.

DEADLY PURPLE PEARS

This delicious treat, created by Hannah Glasse in the 1700s, is made of Warden Pears. Warden pears do not fully ripen and therefore must be cooked in a liquid to be edible. Her

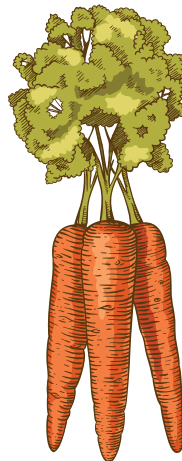


recipe states that you use six large pears, peel and quarter them, drizzle them in cloves, lemon peel, sugar, and red wine, and then leave them to stew in a large covered dish. When ready, the pears will have changed to a beautiful purple color. The consumers of this dish would eventually succumb to lead poisoning. The reason the pears turned purple—and why people would become ill—was that the pots of the period were commonly made of pewter, and the pears became infused with tin, copper, and lead.

VIPER SOUP

Who said cooking wasn’t dangerous? Taken from a 1787 cookery book written by Charlotte Mason, this is a recipe you can really sink your teeth into—if it doesn’t do it first. “[T]ake vipers, alive, and skin them, and cut off their heads; then cut them in pieces, about two inches in length, and boil them, with their Hearts, in about one Gallon of Water to eight vipers, if they are pretty large.” If you survived this far, you would also want to add a little white wine and herbs. This recipe was a British culinary delight, but the idea of viper soup originally came from China, where it was used for medicinal purposes. The flexible nature of the snake was thought to alleviate stiff, arthritic joints, while its skin cured dermatological conditions. The strong venom was believed to increase energy. It was also believed, at the time, that the snake’s violent and sudden death increased the potency of the healing powers.

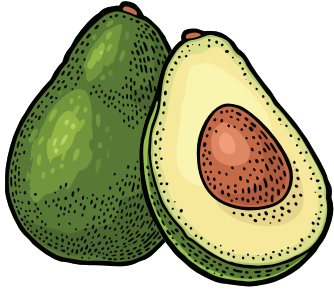
BEAVERS’ TAILS This Canadian tasty treat is made of wheat dough stretched into the shape of a beaver’s tail and fried. Where did they get the idea? You guessed it—from the real thing. Canadian aboriginal people would cook the tails over hot coals until they cracked open, exposing the fatty goodness inside. Settlers continued this tradition until it was no longer considered to be in “good taste.”



I think it’s time for a little Guinness. Before you get too excited, I’m talking about Guinness World Records. We can meet later for the other.

I was so proud of my gardening skill when I produced a 3-inch diameter rabbit’s delight (i.e., carrot), until Christopher

Qualley of Minnesota came along. He produced the world's record of a 22.44 pound carrot in 2017. The record hasn't been broken. The longest zucchini measured a whopping 8 feet, 3.3 inches, and was grown by Giovanni Batista Scozzafava in Niagra Falls, Canada, using no fertilizer, only plenty of water.



Mark and Juliane Pokini of Kahului, Hawaii, grew the heaviest avocado at 5.6 pounds. I don't know why they didn't go for

the guacamole record. In 2017, a group of 1000 people in Mexico did by making 6,600 pounds of guacamole. They had to use 25,000 fruits, though, and they were all smaller than the Pokini's. To go with that, a group of Brewers Fayre employees in the UK baked the largest single tortilla chip. It weighed in at 110 pounds and was roughly 32 square feet in size.



At our family barbecue, I feel guilty when I eat two of those weekend wonders, burgers. Imagine what Takeru Kobayashi thought when he ate twelve hamburgers in three minutes when he was in Italy. Each pre-cooked patty weighed 4 ounces, the buns weighed 1.8 ounces. He was allowed to choose one condiment and his was mayonnaise.



Let's take a look at a record broken a little closer to home. Do you know what other barbecue tradition I think about, besides hamburgers?

Right, hotdogs! But when you don't want to cook it yourself and you want to go out for a quality tube steak, where do you go? How about the Tokyo Dog food truck in Seattle, Washington? They broke the record for the most expensive commercially available hotdog. This footlong, created by Eugene Woo, Samson



Kwong, and Rocky Yeh, is called the "Juuni Ban" and only costs \$169. It is literally a foot long and made from the best ingredients, consisting of smoked cheese bratwurst, butter teriyaki grilled onions, Maitake mushrooms, Wagyu beef, foie gras, shaved black truffles, caviar, and Japanese mayonnaise, served up in a brioche bun. In order to win the record, they had to make a single sale in a legitimate business transaction. They actually sold six in the first day and donated the money to the American Red Cross. And now for some food news and more weird laws.

We're in a pickle, Archie. (You get extra points if you know what TV series that's from.) There is a pickle mystery in Missouri. Majestically perched on the I-270 highway concrete off-ramp sits a jar of pickles. If it falls, breaks, or disappears, it is soon replaced. It first appeared about eight years ago. Some think it was put there by aliens. In summer, the label fades and in winter it's covered in snow. Sometime at Christmas, you will see a red ribbon perched on top.

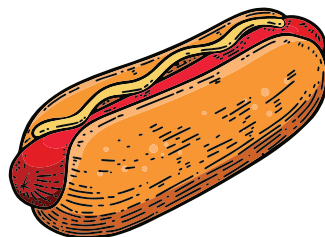
Did you know that in Idaho it is against the law to fish from the back of any animal? It was originally intended for horseback riders, but now includes lions, tigers, and bears, oh my!

Some places are picky where and how you can eat. In Chicago, you can't eat in a restaurant that's on fire, and in Fenwick Island, Delaware, you can't have a picnic on the highway, especially if you are a fan of street food. In New Jersey you can't slurp your soup. Massachusetts has a nutty law that states that you can't eat peanuts in any church.

There is no legal explanation for this one, but you can't carry a lunchbox down Main Street in Las Cruces, New Mexico, even if it has The Fonz on it.

In Marion, Ohio, it's prohibited to eat a doughnut while walking backward. And even stranger, in Ridley Park, Pennsylvania, it is not allowed to eat peanuts while walking backwards in front of the Barnstormers Auditorium during a performance.

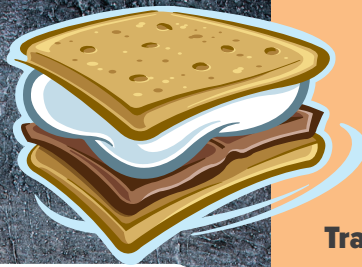
Last, but not least, whether you are the pilot or a passenger, you can't fish from an aircraft in Wyoming.



Well, I hope you enjoyed these appetizers and that they left you wanting more for later.

S'mores!

by Mindy Dwyer



National S'mores Day

August 10th

Sandwich a toasted marshmallow and a square of chocolate between two graham crackers. Eat, then have s'more!

The campfire staple of the Girl Scouts originally named "some mores" in 1927, became a popular American and Canadian snack called S'mores in the sixties and seventies.

PERFECT YOUR TECHNIQUE:

Practice the art of toasting the marshmallow without it catching on fire!

COALS:

Campfire coals toast a marshmallow faster and more consistently than flames.

GRILL:

Toast on the grill once the coals are nice and hot

FLAMES: Use a gas stove, candle or Stern

OVEN BROIL:

Place a marshmallow on one square of graham cracker, and the chocolate on the other square.

MICROWAVE:

- On paper towel place 1 cracker square.
- Top with chocolate and marshmallow.
- Wave on high 15 seconds or until marshmallow puffs.
- Remove and cover with other cracker.

Trad = Graham cracker + chocolate + marshmallow

Rad = Graham cracker + Marshmallow + Peanut Butter Cup

S'moreo = Oreo cookies + Marshmallow

Salty Dawg = Graham cracker + Marshmallow + Chocolate + Caramel Topping + Sprinkle of Coarse Sea Salt

Totally Nuts = Graham Cracker + Marshmallow + Nutella

Cococabana = Graham cracker + Marshmallow + Pineapple Slice + White Chocolate + Toasted Coconut

ChochoChocolate = Chocolate chip cookie + Marshmallow + Chocolate

Very Berry = Graham cracker + Marshmallow + Chocolate + Sliced Strawberries

Churro = Cinnamon Graham crackers + marshmallow + Mexican chocolate

More S'more = Graham cracker + chocolate + banana + peanut butter

Danish = Graham cracker + marshmallow + whipped cream cheese + jam

Minty More = Chocolate Graham cracker + Marshmallow + Chocolate Mint Patty

PBJ = Graham cracker + marshmallow + peanut butter + jelly

Ginger Snap = Gingersnap cookies + marshmallow + chocolate

Razzamatazz = Graham cracker + marshmallow + Raspberry Jam or fresh raspberries

Lazy S'more = Graham cracker + Fluff + chocolate

VETERINARY CHALLENGES

In the Time of Corona

By Anna Maria Wolfe, Holistic Vet

Veterinarians are considered essential workers, and I am sure that we all agree the animals in our care are an important part of our families. Often, they can be a person's only family and a source of mutual love and companionship. Our animal friends continue to need care and treatments, and facilitating this safely is a challenge. Clinics have moved to curbside pick up, and this is safer, but stressful at the same time, for people and their pets. I have always done phone consultations, but with the current pandemic, more people see them as a viable option for both holistic and allopathic veterinarians, a way to provide care without stress in non-urgent situations. As a house-call veterinarian, I am currently providing primarily acupuncture for pain management and other essential visits. I have been able to work outside or under covered areas for acupuncture treatments, and this has been working well. I have even treated a cooperative cat outside on a leash, as well as other cats inside, with acupuncture without anyone holding them! Earlier in my career, working in Hong Kong with no emergency clinics and when veterinary medicine was not seen as a 9 to 5 job, I remember driving through typhoons to see clients. These times reminds me of those days, but we can all stay safe by practicing social distancing with PPE, washing our hands, and everything else we know to do.

ANIMAL CASES

Several cats and dogs, and also tigers and lions in New York, have tested positive for SARS-COV-2, and while there is no evidence the disease can be passed back

from animals to humans, avoiding contact with animals when COVID-19 is present or suspected is wise. Only a few of the pets reported to be positive showed signs of illness. The Centers for Disease Control and Prevention (CDC) say to treat pets as you would human family members. Do not let pets interact with people or animals outside the household. If a person inside the household becomes sick, isolate that person from everyone else, including pets. Service animals can remain with their humans while taking as many precautions as possible to avoid passing on the virus to the animal. There is absolutely no need to give up your pet, and indeed, adopting an animal can be very helpful during these stressful times. With people staying home with time and love to spare, an animal will gladly fill that space, and many animals need homes.

MANAGING STRESS

These can be stressful times for the animals in our care. Their routine has changed, and they cannot interact with other animals and people like before, and they do not understand why. Of course, some cats think this is wonderful, finding their people at home all day, but others are used to their own space. Try to normalize routines and find alternate ways to play and get out safely for walks. Respect "alone time" for those more introverted animals and use calming techniques like massage and Reiki, or tinctures like Rescue Remedy, when stress is an issue. Don't forget, animals pick up on our stress, too, so working on our own stress levels is important.

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
doctorwolf@petsynergy.com

Need Help With Vet Bills or Pet Food? There ARE Resources Available!

Check out local food banks and shelters, and even ask your vet about options for food, supplements, and spaying or neutering. There is a comprehensive list of resources in the article below:

<https://www.dogingtonpost.com/need-help-with-vet-bills-or-pet-food-there-are-resources-available/>

**Looking for a new animal friend:
www.petfinder.com**

In-House Salad Dressings

by Sidonie Maroon, ABlueDotKitchen.com

A friend asked if I had a salad dressing recipe that would fill a 20-ounce bottle. I didn't but was intrigued. I make dressings in small batches for the salad we're eating. What would it be like to have premade bottles with complete control over the ingredients? Hmm, it could save me time and effort. I wrote up a few recipes and had fun making salad dressing bottles for them. I have a set of non-toxic enamel paints, which bake on in the oven and make the up-cycled bottles dishwasher safe. This assignment was my idea of happiness—researching the history of American bottled salad dressings, writing recipes inspired by American classics, and then going into my laboratory (kitchen) to whip up the test dressings—but I'm easily amused.

WHAT TO KNOW TO CREATE YOUR OWN BOTTLED DRESSINGS:

- American salad dressings have a ratio of 3 parts oil to 1 part acid. I appreciate more bite, so mine may have a touch more acid.
- Salt helps to bring out the dressing's flavors and balances the fat to acid ratio. Use an excellent quality sea salt. I use Maldon flaked sea salt from England or Redmond Real Salt from
- Invite the allium family over: onion, garlic, chives. They give and give and ask for little. Garlic has a bite right after you make a dressing, but it'll mellow by the next day. Raw onions are not a good idea because they'll taste bitter when blended. I use dehydrated onions for their rich flavor.
- Mustard is an emulsifier, bringing the oil and liquids together.
- I don't long for the days of hand whisking dressings. It appears romantic, but unless you live off grid, use a blender or food processor. I use a Vitamix. It's the easiest way to make a creamy dressing.
- If your dressing "breaks"—meaning the oils separate from the liquids—and it looks grainy, don't despair, just stir vigorously and it'll come together. This seldom happens, so don't fret.
- Take the time to do the things that make a difference: grind fresh whole spices, use fresh herbs, and find top-quality oils.
- Balance the oil mouthfeel with acid and sweet, plus heat and other supporting flavors. Hide a secret umami flavor in the dressing. It shouldn't be obvious, but create a rich background.
- My secret weapon of choice is "Red Boat" fish sauce. It's pure fermented anchovies. If you want a plant-based substitute, try a miso paste.
- Oils to associate with: olive oil, avocado oil, walnut oil, sesame oil. Mild cold pressed oils are best for dressings.
- Raw apple cider vinegar with the veil of the mother is my go-to vinegar. I also use raw red wine vinegar. Lemon, limes, oranges, including their zests, are lovely. Summer is the time to make your own herb vinegars. Stay away from harsh vinegars.
- Don't feel guilty if you add a touch of honey or coconut sugar, because they help deliciousness and are negligible in the greater scheme of salad dressing reality.



CALLIOPE DRESSING

2 ½ cups (20-ounce bottle)

Quick

Poetically spiced; balancing between sweet and sour. This dressing is excellent on slaws, with meats, legumes, sliced tomatoes, avocado or with shellfish. Think Catalina dressing but better.

Ingredients

¼ cup dehydrated onion flakes
2 whole allspice berries and 1 whole clove, ground
1 tablespoon sweet paprika
1 teaspoon sea salt
¼ teaspoon red chili powder
1 cup avocado oil
½ cup olive oil
½ cup apple cider vinegar
¼ cup tomato paste
¼ cup honey, warmed or runny
1 tablespoon Red Boat brand fish sauce
1 tablespoon fresh ginger paste (chop ginger fine and run through a mini food processor)
2 teaspoons fresh turmeric paste (chop turmeric fine and run through a mini food processor)
4 cloves garlic, minced
1 tablespoon dijon mustard

Directions

Assemble the ingredients. Grind the spices in a spice grinder or coffee mill (or use powdered). Make a paste out of the ginger, garlic, and turmeric by running them through a mini food processor. It's ok to just chop them fine, because the blender will break them up further. Warm the honey if solid. Add all of the ingredients to a blender, Vitamix, or food processor. Blend at high speed until creamy and emulsified. Pour into a salad dressing bottle, using a rubber spatula to get every drop. It will keep for several weeks in the fridge.

TOLSTOY DRESSING

2 ½ cups (20-ounce bottle)

Quick

Reminiscent of Russian dressing, it's a winner on burgers. Try it with hearty salads, bowls, or with anything grilled. It's my favorite.

Ingredients

4 tablespoons dehydrated onion flakes
1 tablespoon sweet paprika
1 teaspoon sea salt
1 tablespoon Red Boat brand fish sauce
1 teaspoon sriracha hot sauce
2 tablespoons prepared horseradish sauce
2 teaspoons dijon mustard
¼ cup tomato paste
3 tablespoons coconut sugar
1 cup avocado oil
½ cup olive oil
½ cup red wine vinegar
2 egg yolks (if concerned, use pasteurized eggs)—yolks add creaminess, but leave them out for a vegan dressing

Directions

Assemble the ingredients. Add them to a blender, Vitamix, or food processor. Blend at high speed until creamy and emulsified. If needed, thin with water to desired consistency. Pour into a salad dressing bottle, using a rubber spatula to get every drop. Keeps two weeks refrigerated.

CALYPSO DRESSING

2 ½ cups (20-ounce bottle)

Quick

Yogurt, lemon, olive oil, dill, and salt. How could you go wrong? Try this one with crudites, pasta salads, green salad, cucumbers, or on chickpeas.

Ingredients

2 cloves garlic, finely minced
1 ¼ teaspoons sea salt
1 tablespoon dijon mustard
4 tablespoons dehydrated onions flakes
1 tablespoon Red Boat brand fish sauce
1 tablespoon sweet paprika
¼ teaspoon red chili powder
½ cup fresh dill, minced
¼ cup fresh lemon juice plus zest of 1 lemon
¼ cup water
1 cup olive oil
2 cups greek yogurt

Directions

Assemble the ingredients. Add them to a blender, Vitamix, or food processor. Blend at high speed until creamy and emulsified. Pour into the salad dressing bottle, using a rubber spatula to get every drop. If needed, thin with water to desired consistency. It will keep for several weeks in the fridge.

APHRODITE DRESSING

2 ½ cups

Quick

A bright dressing with hints of orange and fennel. Excellent with greens or in a slaw.

Ingredients

1 ½ cups avocado oil
½ cup apple cider vinegar
3 cloves garlic, minced
1 tablespoon dijon mustard
1 ½ teaspoons fine sea salt
½ teaspoon ground black pepper
1 tablespoon fennel seed, ground
1 tablespoon Red Boat brand fish sauce
2 tablespoons raw honey
Zest of a large orange

Directions

Assemble the ingredients. Grind the pepper and fennel seed together in a spice grinder or coffee mill. Add all ingredients to a blender, Vitamix, or food processor. Blend at high speed until creamy and emulsified. Pour into a salad dressing bottle, using a rubber spatula to get every drop. The dressing will keep for several weeks in the fridge.



Hit the Trails

These portable, protein-packed snacks will give you the energy you need for your outdoor adventures.

Reprinted by permission from welcometothetable.coop.

NUT BUTTER & FLAX POWERBALLS

Servings: 15. Prep time: 20 minutes.

- 1 1/2 cups almond butter
- 1 banana, peeled and mashed
- 2 tablespoons ground flaxseed
- 2 tablespoons whey protein powder
- 2 tablespoons cocoa powder
- 1 tablespoon honey
- 1/3 cup almonds, finely chopped

In a mixing bowl, stir together the almond butter, banana, flax, protein powder, cocoa powder and honey. Blend until smooth.

Line a plate or pan with parchment paper.

Roll the mixture into 1- to 2-inch balls and place on parchment paper. Next, roll each ball in the chopped almonds and return to parchment paper.

Place in the refrigerator or freezer until firm.

NO-BAKE APRICOT CASHEW ENERGY BARS

Servings: Makes 14 bars. Prep time: 1 hour, 15 minutes

- 1 1/2 cups chopped dried apricots
- 1/2 cup cashews
- 1/2 cup almonds
- 1/2 cup cashew butter
- 1/2 cup peanut butter
- 1 cup flaked coconut
- 1/3 cup shelled hemp seeds
- 1/3 cup chia seeds
- 3 tablespoons cacao powder
- 1 tablespoon maca powder

Place the apricots, cashews, almonds and cashew butter in a food processor and mix until the apricots are finely chopped and the ingredients have come together. The mixture will still be coarse.

Transfer to a mixing bowl and add the remaining ingredients. Stir until the mixture takes on the consistency of a very thick dough. Line a loaf pan with parchment paper and press mixture firmly into the bottom of the pan. Chill in the refrigerator for at least one hour, then check to make sure it has set. When set, turn the mixture out onto a cutting board and slice into 14 pieces. Keeps refrigerated up to 5 days.





CHOCOLATE MATCHA ENERGY BALLS

Servings: Makes 16. Prep time: 15 minutes.

- ½ cup raw cashews
- ¼ cup raw walnuts
- 1 cup pitted dates
- 1 tablespoon maple syrup or honey
- 2 tablespoons unsweetened cocoa
- 1 tablespoon plus 1 teaspoon matcha, divided
- Pinch of salt

Place cashews and walnuts in the food processor and grind the nuts to a fine mince, then scrape them to the center of the container. Add the dates, maple syrup or honey, cocoa, 1 tablespoon matcha and salt. Process until the dates form a thick paste and the mixture holds together if you squeeze a bit of it.

Scoop out a tablespoon of the mixture, form into a ball and place into a medium bowl; repeat until all of the mixture has been used. Use a wire mesh strainer to sift the remaining matcha over the balls. Roll the balls around to coat. Store, tightly wrapped, in the refrigerator for up to a month.

CHEWY COCOA GRANOLA BARS

Servings: Makes 12. Prep time: 50 minutes total.

- 2 cups rolled oats, thick
- ½ cup raisins, dried cherries or other dried fruit
- ½ cup coarsely chopped almonds, walnuts or peanuts
- ¼ cup cocoa
- ¼ teaspoon salt
- ¾ cup applesauce
- ½ cup honey or agave syrup
- 1 teaspoon vanilla

Preheat the oven to 350°F. Cut a piece of parchment paper 8 inches wide, and place it in an 8" x 8" baking pan, with the edges hanging over to make handles for easy removal of the finished bars.

On a sheet pan, spread the oats and toast them in the oven for about 10 minutes, until fragrant and lightly golden in spots. Let cool on a rack.

Place the cooled oats in a large bowl and add the dried fruit, nuts, cocoa and salt and stir to mix well.

In a medium bowl, combine the applesauce, honey and vanilla. Stir until smooth, then pour over the oat mixture. Stir until well mixed, then spread in the prepared pan.

Using a spatula, press the mixture firmly and evenly in the pan.

Bake for 30 minutes, until the bars feel firm when pressed. Cool on a rack for 10 minutes, then use the parchment to lift the bars out and let cool completely. Cut 3-by-4 to make 12 bars. Store, tightly wrapped, for up to 4 days at room temperature or a week in the refrigerator.





More Local Favorites



Dharma Ridge Farm
18 miles from the Co-op



Egg & I Pork
12 miles from the Co-op



Midori Farm
23.4 miles from the Co-op



Red Dog Farm
10.6 miles from the Co-op



Solstice Farm
12 miles from the Co-op



Westbrook Angus
13 miles from the Co-op



Short's Family Farm
13 miles from the Co-op



SpringRain Farm & Orchard
8.6 miles from the Co-op



Finnriver Farm
9.5 miles from the Co-op

Staff



Rodney and Tracy are sporting their new jackets donated by Arc'teryx. Co-op recieved 10 free jackets for our Grocery and Deli staff to wear in the coolers.



Our staff wears a mask for you! We ask that you do the same. L to R top: Skylark, Mabel, Liam
L to R bottom: Emily, Kathy, Thea



HEARTY THANK YOU APRIL: MABEL M

Recent Staff Anniversaries

March

Thea S 2 yrs
 Kenna E 9 yrs
 Crystal N 9 yrs
 Debbie V 11 yrs
 Abi C 12 yrs
 Rob R 13 yrs
 Layne D 14 yrs
 Anne S 18 yrs
 Aaron C 19 yrs
 Karolyn B 19 yrs

April

Nick D 1 yr
 Leif B 1 yr
 Maia G 1 yr
 Holly G 1 yr
 Paul C 2 yr
 Cathy B 4 yr
 Liam C 5 yr

May

Kristina D 10 yr
 Thomas K 3 yr
 Phuong N 2 yr
 Mary B 1 yr
 Catharine S 1 yr



1 VEGGIES

With our temperate maritime climate, our 25 local farmers can grow a cornucopia of vegetables throughout the year – that are fresher and more nutritious.

Mushrooms



Microgreens



Kale & Leafy Greens



Squash



Carrots



Beets



Potatoes

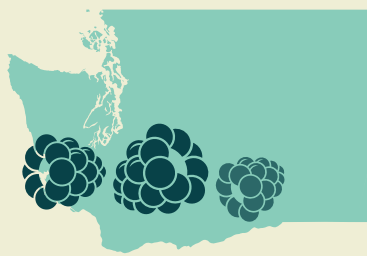


Onions & Garlic



2 FROZEN BERRIES

Find fresh and frozen Bow Hill blueberries, and Northwest Wild Foods strawberries, blackberries and raspberries.



3 SEAFOOD



The beautiful Salish Sea is rich with salmon and shellfish, and many local fishermen travel up to Alaska, returning with wild-caught bounty.

4 DAIRY



Mystery Bay goat yogurt and chevre, Redcoat Goats raw goat milk, Dungeness Valley Creamery raw cow milk, and Chimacum Valley Dairy cheese. NW Washington has it all!

5 EGGS

Farm-fresh eggs are an eggs-cellent treasure! Pasture raised hens contain up to 20 times more healthy omega - 3s than those from factory birds. Lucky for us we have SpringRain Farm, Chimacum Eggs, and Solstice Family Farm!



6 MEAT & POULTRY

Sustainable, humanely raised pork, beef, chicken, turkey and lamb are all here. Stock up your freezer and load up the grill with products from One Straw Ranch, SpringRain Farm, Short's Family Farm, and Westbrook Angus.



7 LOCAL GRAINS

Locally-milled flours from Finnriver and Nash's Organic Produce!



8 HONEY

Touting flavors like wild flower and raspberry, experts say local honey may help with seasonal allergies, too!



9 BEER, WINE, & MORE

We love our beverages! We have breweries and wineries to choose from, local kombucha & cider.



10 VALUE ADDED

Serendipity Farm salad dressings & wreaths, CB Nuts peanut butter, Hopscotch canned goods, Lamb Farm Kitchen dried apples & more!



For more info: EatLocalFirstOlyPen.net

