

Winter 2021 - FREE

Around the Table

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



IN THIS ISSUE: NEW POSSIBILITIES

Local Honey – What is Mead?, Midori Kraut, Sprouted Seed Bread, Aromatherapy, Berry Smoothies, and A Case for Sour Grapes



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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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New Year, New Possibilities

by Kenna Eaton, General Manager

Winter is a time for inner growth and introspection, it is here when we begin to plant the ideas we want to cultivate for the upcoming year. And this winter is no exception. In spite of COVID-19 and the ensuing operational changes we have implemented over the past year; we continue to plan for a future where we can normalize some of those changes and do away with others.

Based on those thoughts we've been busy developing our workplans and budget for 2021. Even though it is more difficult than ever to predict the future, we can't help but create a plan, and we are even required to do so to make sure we have a flourishing store and workplace.

Over the years we've planted many seeds, both literally and figuratively from investing in seed development to ensure we have robust crops that will thrive in our evolving micro-climate to funding nascent programs like "Eat Local First" to ensure we have more eaters buying all the yummy local grown produce. As those seeds continue to evolve and offer new opportunities, continuing to invest in community is important to us. We think that by having a strong local economy it will in turn help strengthen your Co-op. We do this in many different ways like paying our staff a great wage and offering excellent benefits; by investing in local partnerships to help all of us grow stronger, like Jefferson County Farmers Market.

This year, as I said is no exception. Our plans for 2021 include (but by no means are limited to) re-investing in our building by replacing the roof and finishing the exterior upgrades. We'll continue to build on our educational programs, like our online cooking school Rouxbe. With our new produce manager Amanda Milholland, we'll continue to build on existing strong farm relationships that help strengthen the local food system. And we'll be evaluating all of our departments for opportunities and emergent trends, like greater access to good food at a good price through our Co-op Basics program. We'll continue to invest staff time and effort in growing our Co-op2Go online shopping platform, so you have more ways to fill your pantry. And beyond that we have some fun, new partnerships that we're in the midst of developing (more about that at another time!)

2021 is sure to be interesting; most likely volatile, uncertain, complex and ambiguous (VUCA, not a new acronym but likely an apt one for this year), so it's good to know we have strong community that can work together to help us build a stronger future. Thanks for being in this time of uncertainty with us.

In cooperation,



Living in Interesting Times

by Lisa Barclay, Board Elections Chair

May you live in interesting times. Today this traditional curse has become our reality. Politically, economically, physically, and emotionally, we live in difficult, complicated times. This would be interesting if you could just look down on it—say from another planet—but it's scary to see up close.

In difficult times, it can help to act, to do something tangible. In our community, this has taken many forms, from donating to the Olympic Peninsula Farmers Fund (or The Rose Theatre's Go Fund Me page) to delivering food to people shut in by Covid to marching for racial justice.

I would like to suggest another possibility: Consider serving on The Food Co-op's board!

Co-ops can be beacons of hope and stability in troubled times. They are rooted in their communities and dedicated to the international cooperative values, including equity, social responsibility, democracy, and education. These values have extended the influence of the cooperative

movement from the beginning. For instance, early cooperatives were crucial in mid-nineteenth century England to the increase of democratic participation, rights for women, and educational opportunities.

Unlike most businesses, co-ops are democratic organizations. We need member-owners to be ready to serve to keep the cooperative strong. By serving on The Food Co-op's board, you can help ensure our community's access to good food, while supporting local farmers and producers. Plus, it's fun! (Although, admittedly, our current virtual Zoom meetings are not nearly as nice as in-person meetings.)

“Co-ops can be beacons of hope and stability in troubled times.”

So, if you or someone you know is interested in serving, you can start by attending a board meeting. Contact our board assistant at boardassistant@foodcoop.coop to get the Zoom link. Alternatively, you can arrange to meet with the Elections Committee by emailing us at coopboard@foodcoop.coop.



Board Plans for 2021

by Owen Rowe, Board President

In 2020, the board's work has been about clarifying, simplifying, and restructuring. Last year, we refreshed our mission and values statements, our outward expression of what the Co-op represents to our member-owners and our community. This year, we worked to clean up the administrative "back end."

The board revised our Bylaws, our own rules for how the board does its work. We also asked member-owners to approve a new version of our Articles of Incorporation, the document filed with the state that lets us operate as a business. And you did approve—more than 97% voted in favor!

Both of these projects were led by Monica le Roux, who retired from the board after seven years of service, including stints as vice president, president, and treasurer. We also said farewell to Lisa Barclay, who has spent most of her seven years on the board serving as secretary. Be sure to thank Monica and Lisa for their board work when you see them around town!

In July, member-owners elected four new members to the board, and they are already

stepping up to new responsibilities. Charlie Dick is our new board treasurer and Claire Thomas is our new board secretary—the "voice" of the Co-op board in emails and other communications. Our plans for 2021 are focusing on response and recovery. In March, when the coronavirus pandemic hit, the board responded by rapidly pivoting to conducting all board meetings online, and we had to adapt many of our plans for member-owner gatherings and events, conference and learning opportunities, and even how we recruit new members to the board. We hope to return to in-person meetings as soon as possible—and in the meantime we're all getting more proficient with Zoom.

We are also responding to the crisis of systemic racism. Kate Nichols will be the chair of a new board committee on Diversity, Equity, and Inclusion, which will lead the board through the processes of learning, healing, and change alongside the Co-op's staff and our larger community. Later in 2021 we will spend some time discussing your rights and responsibilities as member-owners of the Co-op. We are definitely stronger together, and we want to help every Co-op member-owner understand their role in working together to nourish our community!



Lisa & Monica



Claire



Kate



Charlie



Dave

Wilderbee Farm

MEET CASEY & ERIC

by Kate Nichols



“Beekeeping was our inspiration for the farm and our crop choices,” says Casey Reeter. She and her husband, Eric, started Wilderbee Farm in Port Townsend in 2011 by raising honeybees. To provide healthy forage for pollinators, they planted rows of certified organic u-pick lavender, flowers, blueberries, and pumpkins.

To grow and diversify, the Reeters looked to their original inspiration for the farm—honeybees—and considered what they could do with honey. Their research led them to mead, an ancient fermented beverage. This complex beverage starts with the simple ingredients of honey, water, and yeast. When the idea of making mead took hold, they signed up for a mead-making class at Seattle’s Nordic Heritage Museum. After they home-brewed some mead with friends, they were hooked. Their enthusiasm took them on a road trip to UC Davis

for mead-making courses at the Honey and Pollination Center, where they were introduced to new production techniques and honey varietals. They learned new ways to make mead, including aging it in bourbon barrels to give it a more complex flavor. “We also quickly learned that while honey is a highly versatile, fermentable sugar, it is the most expensive by comparison to grapes and grain, so sustainability is critical,” notes Casey. Sustainability means not only ecological and ethical practices in beekeeping, but also that their mead is made, packaged, and brought to market in a way that minimizes waste, uses natural materials, and keeps sources of production as local as possible. Casey elaborates, “We work to optimize this equation every year. Our bottles are sourced from a Seattle company. Our label art is created by a Port Townsend artist and printed locally. We use an innovative natural cork emulsified with beeswax to preserve aroma and stability.”

Happy Meadium

Traditional semi-sweet mead made with blackberry blossom honey. Balanced sugar-acidity profile stands well with simple or complex foods. Aromatic and honey-forward, fruity beer and Riesling lovers look out.

14% ABV 750ML BOTTLE Silver Medalist at the National Honey Board 2019 Mead Crafters Competition



Casey & Eric Reeter
Wilderbee Farm, Port Townsend, WA



The Reeters raise bees primarily for pollination, biodiversity, and to maintain a first-hand understanding of the source of their product. They do not harvest honey from their own hives to make the quantity of mead they need for market. “We work with a beekeeper who places his bees on blackberry blossom fields about two hours south of Port Townsend. The raw honey, with all of its pollen and propolis, goes straight into the fermenter,” Casey explains. From fermentation to bottling and tasting, the entire mead production process occurs

in their meadery at the farm with the help of friends and family. The Reeters feel fortunate to live in a community of adventuresome folks willing to try new things. The Food Co-op carries their meads, including two winners at the 2019 National Honey Board Mead Crafter’s Competition: Happy Meadium (silver medal), and Nectarious After Dark (bronze medal). During the pandemic, the meadery is closed to tastings, but additional mead choices can be ordered online through their website: <https://www.wilderbeefarm.com/>.



Nectarious After Dark Bourbon Barrel Aged

Traditional sweet mead aged in freshly poured Bourbon barrels. Everything from oasted caramel to ripe bananas describes the finish on this smooth, delectable sipper. Perfect warmed in your hands.

13% ABV 500ML BOTTLE Bronze Medalist at the National Honey Board 2019 Mead Crafters Competition.

Midori Farm

TASTE THE OLYMPIC PENINSULA!

by Kate Nichols



When you're hunkering down this winter during cold and flu season, it's a great time to eat fermented foods. The microorganisms grown during the process of fermentation are especially beneficial to the immune system in addition to probiotics that aid digestion. Local, artisan Midori sauerkraut and kimchi are the perfect traditional products to fill that need.

Hanako Myers and Marko Colby own Midori Farm. Marko explained, "One thing that makes Midori Farm different than other processing or farm operations is that we maintain all parts of our production. Each jar of kraut and kimchi is the result of a year-long process of increasing soil and plant health through complex organic techniques—growing seedlings, transplanting those to the field, tending the plants through the season, then harvesting and processing them in our certified organic kitchen."

The processing season for their kraut and kimchi begins in July with the early cabbages, beets, and carrots, and continues through February when they harvest the last of the winter cabbages and root vegetables. They are now working on selecting a cabbage variety they really like for kraut production and growing their own seed. They grow between 20,000 to 30,000 pounds of cabbage a year!

The only difference between their many kimchi and sauerkrauts is the ingredients they contain. The process, including the amount of salt and fermentation temperature, are identical for all products they make.

Most commercial sauerkrauts are made with vinegar and often processed with high heat, which kills off the good bacteria. But at Midori, they only add sea salt to their vegetables. The vegetables are shredded sliced with a commercial shredder that shreds thirty pounds in five minutes. Then spices, herbs, and the shredded vegetables are hand packed into 25-gallon high-grade stainless-steel vats. Some of their smaller batch seasonal varieties they make in five-gallon ceramic crocks. This year they did not do their monthly seasonal kraut because of changes in the market place due to the pandemic, but they will be releasing their winter seasonal Horseradish Leek Kraut in December as well as their fermented Hungarian Hotwax Pepper Sauce. Both will be carried at The Food Co-op. "There is a lot of love and energy that goes into getting our jars on the shelf at The Food Co-op. We have an amazing team of dedicated, hardworking people who work behind the scenes to make it happen," Marko said. "I feel that you are essentially tasting the Olympic Peninsula."



8 Hanako Myers and Marko Colby
Midori Farm, Quilcene, WA



Find a whole line of Midori krauts in the dairy cooler!

A Case for Sour Grapes

by Liam Cannon, POS Tech



IN THE BEGINNING

A few weeks back, around 5000 BCE, Balthazar had just completed his royal duties. He left the Mesopotamian temple to join his bud, Gal, to celebrate Akitu, the barley-sowing festival. There was singing, dancing, and—you guessed it—lots of barley wine. A few weeks later, Balthazar said to Gal, “I can’t find my chalice anywhere.” Gal said, “I think you had it at the festival.” So Balthazar and Gal went back, and sure enough, the chalice was still there, sitting on a rock behind a pillar. Gal tasted the liquid that remained. He puckered his lips and said, “This is sour, but not bad.” Balthazar tried some and said, “This would be good on fish and chips.” (Some of the details and names of this tale were changed to protect the innocent.)

Ever since the Babylonian “discovery,” vinegar has been important across the globe, used as a food preservative, aphrodisiac, cleaning solution, and for a plethora of medicinal cures. The earliest written reference to vinegar is in hieratic writings, an abridged, cursive form of Egyptian hieroglyphics, but their word for vinegar may reference something other than what we call vinegar, a beverage somewhere between wine and vinegar that villagers drank instead of the wine reserved for the higher classes.

In ancient Greece, oxycrat was a common drink, a preparation of vinegar, honey, and water that was also powerfully anti-inflammatory. Ancient Romans had a similar drink called posca, well known to gladiators and legionnaires as a restorative. Some scholars believe the biblical reference to the vinegar drink offered to Jesus by Roman soldiers as he hung on the cross was actually

posca. Greek and Roman banquets were incomplete without acetabulum, a bowl of vinegar for dipping bread and other foods.

The list of uses goes on and on. In the fifth century BCE, Hippocrates used vinegar to heal wounds. The Carthaginian general Hannibal Barca used vinegar along with heat to break apart boulders blocking his army’s path through the Alps on their way to attack Rome. The 10th-century father of forensic medicine, Sung Tse, prescribed washing hands with sulfur and vinegar to avoid infection during autopsies.

BASIC TYPES

The most common type of vinegar is fruit vinegar. Either white or red grape varieties are used for wine vinegars, whereas champagne vinegar is a blend of both. Apples provide the robust flavor for the ever-popular cider vinegar. Some of the lesser-known varieties are persimmon vinegar from South Korea, pomegranate from Israel, and raisin or date, a favorite in the Middle East. If you travel to the Philippines, you will find a vinegar made from fermented coconut. It has a very sharp, acidic taste with yeast undertones.

Although balsamic is also a fruit vinegar, it is in a class of its own. Called aceto balsamico in Italian, meaning “healing vinegar,” balsamic vinegar is an aromatic, aged vinegar. Typically, traditional balsamic is made from the concentrated juice of the white trebbiano grape, slowly aged to a dark brown vinegar with a rich, sweet flavor. The finest grades are aged in successive casks of various woods such as oak, mulberry, chestnut, cherry, juniper, and ash. Today the best is marked tradizionale or PDO



to denote its Protected Designation of Origin status and is aged for 12 to 25 years. The process and quality of non-PDO balsamic vinegars vary tremendously, from the same methods with a shorter aging time to concentrated grape juice mixed with a strong vinegar with added coloring and sweetener.

Cane vinegar, also known as spirit vinegar, is made from sugar cane. Another lesser known vinegar is derived from fermented grain. The leader of the pack for this category would be Chinese black vinegar, consisting of rice, wheat, millet, sorghum, or any combination thereof. It has a malt-like flavor and an inky black color. You can still find a few traditional vinegar makers in the Shanxi province using centuries-old recipes that call for at least five years of aging. Malt vinegar is also in this class. Made from ale, it has a mellower bite and tastes nutty and toasty, a great choice for just about any potato dish.

VINEGAR AND ITS ADULTERATION

What exactly is vinegar? Vinegar production has been around for centuries, but it wasn't until Louis Pasteur's scientific analysis of its microbiological basis in the 1850s that we knew what was happening. Vinegar, also known as acetic acid, is created when a fermented liquid containing ethanol, such as wine, is subject to a naturally occurring bacteria called acetobacter and combined with oxygen. This process can take several months to complete.

As with many processes, humans were not satisfied with the natural course, and we invented ways to make it faster, "better," or more profitable. In fact, only ten percent of vinegar today is made by the traditional process. The first industrial vinegar system was conceived by German Karl Sebastian Schützenbach in 1823. Calling his invention the "packed generator," he found that by circulating alcohol over beechwood shavings, he could reduce fermentation

time to two weeks. In 1949, Otto Hromatka and Heinrich Ebner developed a technique to ferment vinegar in only two to three days by adding oxygen and continuously stirring the solution.

But wait, we can shorten the process even more if we bypass natural fermentation and synthetically produce the alcohol from... wait for it... natural gas or petroleum. Widely used in the 1940s, this process for distilled white vinegar came under scrutiny from the federal Center for Food Safety and Applied Nutrition as early as 1949. Although without authority to ban it, the scientists there did not approve. In 1957 they reiterated that their disapproval, but the Alcohol, Tobacco and Firearms agency (ATF, at the time a division of the IRS) disagreed, saying the end result did not differ from vinegar made through natural processes. This issue has been raised several times since, but the policy has not changed. Interestingly, about twenty-five years earlier, the ATF had been responsible for arresting makers of alcohol during Prohibition unless it was for vinegar production. This loophole was quickly exploited by bootleggers to set up "vinegar" companies. Only distilled white vinegar may be from synthetic sources because the FDA requires vinegars be made from what their label indicates—apple cider vinegar must be made from apples, wine vinegar must be made from grapes, and so on. Look for organic if you want to avoid synthetic distilled vinegar.

A CURE FOR THE PLAGUE

The Four Thieves story is a popular legend involving vinegar. In France during the Black Plague, four thieves robbed houses of plague victims without being infected themselves. When they were finally apprehended, the judge offered to grant the men their freedom on condition they reveal how they survived the plague. They claimed that a healer sold them a potion made of vinegar, garlic, and various essential oils. In a variation of this story, a botanist named Richard Forthave created a remedy credited with saving many lives during the plague. The recipes recorded vary a little, but the key ingredients are the same: vinegar and garlic.

Nostradamus, the famous doctor, astrologer, and writer of prophecies, is also credited with creating a potion for the plague. He owned a perfumery that distilled various oils, and none of his workers contracted the plague. It is thought that his creation consisted of vinegar and various essential oils, along with natural-occurring vitamin C from rose hips.



Making Your Own

Let's make a very basic red wine vinegar. Using an old bottle of red wine is a great way to learn the basics as the first fermentation is already done for you. The sweeter the wine, the more acetic acid in the vinegar. I like to use half-gallon canning jars or small crocks for my vinegar, not plastic or metal because they react with the vinegar. Make sure your containers are thoroughly clean and dry.

Start by mixing three parts wine with one part non-chlorinated water, then pour the solution into the jar.

Now you need to add a starter or "mother." Various sources are available, but I recommend about a quarter cup unpasteurized vinegar, which can be found at your local Food Co-op. Leave at least two inches of head space in your jar, and place a tea towel or some cheesecloth on top. Now get out one of those fat broccoli rubber bands you have been saving and

secure the cloth. Find a dark place to put your jar as sunlight may interfere with the process.

The longer your solution sets, the better the flavor will be. I recommend waiting about three months before you do a taste test. Don't be frightened if you look into your jar and see a gooey, gelatinous, alien blob—this is your "mother" (no offense). When you think your vinegar is ready, remove your "mother" along with a bit of the vinegar into a clean jar. Store it in a cool, dark place to use as the starter for your next batch. If your "mother" is getting a little dry, just add a small amount of wine or vinegar.

The only thing left to do is to strain your vinegar with some cheesecloth. Vinegar is shelf-stable so it doesn't require refrigeration, but it is best stored in dark-colored glass. Vinegar is very forgiving, so have fun!

An Essential Breath of Fresh Air—

HOW AROMATHERAPY CAN HELP YOU SWEETEN YOUR EMOTIONS DURING HIGH STRESS TIMES

by Jenefer Rojas, Wellness Department

As customers come in and out of the Co-op, through our small, humble aisles, I overhear the joy that comes with grocery shopping here. “Hi, Carol, it is so good to see you!” or “Tell your mom I say hello and that I’m thinking of her,” and most recently, “Your mask is so cute. Where’d you get it?” As dystopian as it can feel, wearing a mask has become something of a quirky fashion statement. However, as beautiful and helpful as these masks are at keeping our community and ourselves COVID-free and stylish, nothing beats the feeling of reaching over and unleashing yourself to reintroduce your senses to the delight of crisp, fresh, aroma-filled air.

Many essential workers reading this may know the feeling all too well. From farmers to doctors, wearing a mask eight hours a day can feel overly inhibiting to the senses. Our olfactory system (sense of smell) screams for stimulation—at least mine does—so any time I get a whiff of the aromas in our Wellness or Deli Departments, my body shifts and so does my mood. Which is unsurprising, considering the fact that our sense of smell travels directly to our limbic system and neocortex, which are the parts of the brain that store and sort out emotions, memories, and conscious thoughts.

In fact, research published by the National Institute of Health (NIH), titled “The Importance of the Olfactory Sense in Human Behavior and Evolution,” states that olfaction plays a huge role in adding emotional attributes to events and objects in our lives. I’m sure that most of us can recall a time when we smelled something delightful, like pumpkin spice, and automatically thought of the holidays or a specific family gathering. If those memories are enjoyable, that pumpkin spice may bring back some of the same positive emotions you experienced at the time. The same area of our brain

activates our fight or flight response, which is why we are probably more likely to speed while driving down Mill Road or speed walk after entering a foul bathroom. Our sense of smell can change how we feel in an environment and how we perceive that space in retrospect.

During times of high stress (such as this pandemic), it is important to hold onto the things we can control. For me the best way to do that, especially during a long day with my respiratory system slightly sheltered, is to treat my sense of smell to rich floral and cozy aromas. Aromatherapy is a holistic healing treatment that uses natural plant extracts, essential oils, to promote health and well-being. Historians and researchers have been able to trace the use of essential oils to make perfumes, cosmetics, and medicine back thousands of years in Egypt, India, China, and Greece. Essential oils are also outstanding in their effectiveness treating things like stress, acne, and inflammation. Although aromatherapy has ancient and widespread origins, the practice has picked up speed in the last few years, proving to help treat many conditions, including depression, insomnia, asthma, menopause, arthritis, alopecia, cancer, and more. Quite the impressive resumé!

Aromatherapy has picked up so much speed that there are even certified practitioners working in hospitals to prescribe essential oils for specific chronic illnesses.

However, aromatherapy can also be quite basic, and there are ways to incorporate it into your everyday life without seeking a professional facilitator. So what are the basics of aromatherapy, and how can you get started? Here are some of my favorite ways that are easy, relaxing, and affordable.

*“olfaction
plays a huge role in
adding emotional
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our lives.”*

AROMATHERAPY BASICS



DIFFUSERS—You may have seen these round or rectangular boxes in our Wellness Department and wondered what they are. Well, they are diffusers, and they gently break down and unleash essential oils into the air so you can safely inhale pure plant extracts. Simply fill up your diffuser with water and add two-to-three drops of your favorite essential oil. If you are a pet owner, make sure you do this in a room where your furry family member will not interact with the oil. Some essential oils are harmful to animals. Better to be safe than sorry.

My favorite essential oil to diffuse in the morning is NOW Lemon Essential Oil (benefits: refreshing, cheerful, uplifting). My evening pick is NOW White Thyme Oil (benefits: may support the immune, respiratory, digestive, nervous, and other body systems, and it is also known to help insomnia).

AROMATIC SPRITZERS—Aromatic spritzers—topical or air freshening—can be used any moment of the day when you feel you need a pick-me-up.

My favorite aromatic spritzer at the moment is Calm Soothing Facial Mist from Pranarom (good for sensitive skin). Simply aim and spray one to two feet away towards the face and enjoy the calming, moisturizing oils. Perfect for aromatherapy purposes but also may help fight against dry winter skin.

BATHING SALTS—The perfect way to inhale some of the beautiful aromas of essential oils is to add them to your bath. Simply add some epsom salt and four to five drops of your favorite essential oils to warm water and enjoy a more stimulating and relaxing soak in the tub.

My favorite at the moment is NOW Peppermint Oil. This oil is most commonly used to treat headaches and migraine attacks. It contains menthol, which may also help relax muscles and ease pain—perfect for athletes or heavy-duty workers!

TOPICALS—There are a plethora of products that incorporate an essential oil as a primary ingredient. They are the perfect way to enjoy the aroma of each plant, while also taking advantage of some of the medicinal benefits that direct application to the skin may bring.

My personal favorites at the moment are Island Thyme's Eucalyptus Fir Respiratory Stick, Lavender Peppermint Stick, and Grapefruit Mandarin Body Lotion. Both sticks are roll-on essential oil soothers that may help ease a headache or your breathing after a bad cold or stuffed-up nose. The lotion is pretty self explanatory, but if you enjoy citrus flavors, this is definitely one to have on your radar as it is fresh and uplifting to the senses.

As we enter the second flood of COVID-19 cases, it can be a bit daunting finding ways to stay healthy, safe, and mentally at peace. We are not sure how many more shutdowns we will have to endure, but we can at least use this time to establish an intentional daily self-care routine, not just when times scream “Urgent!” Essential oils and aromatherapy are one way to adjust to the new fashion of protecting nostrils through the use of boldly printed masks.

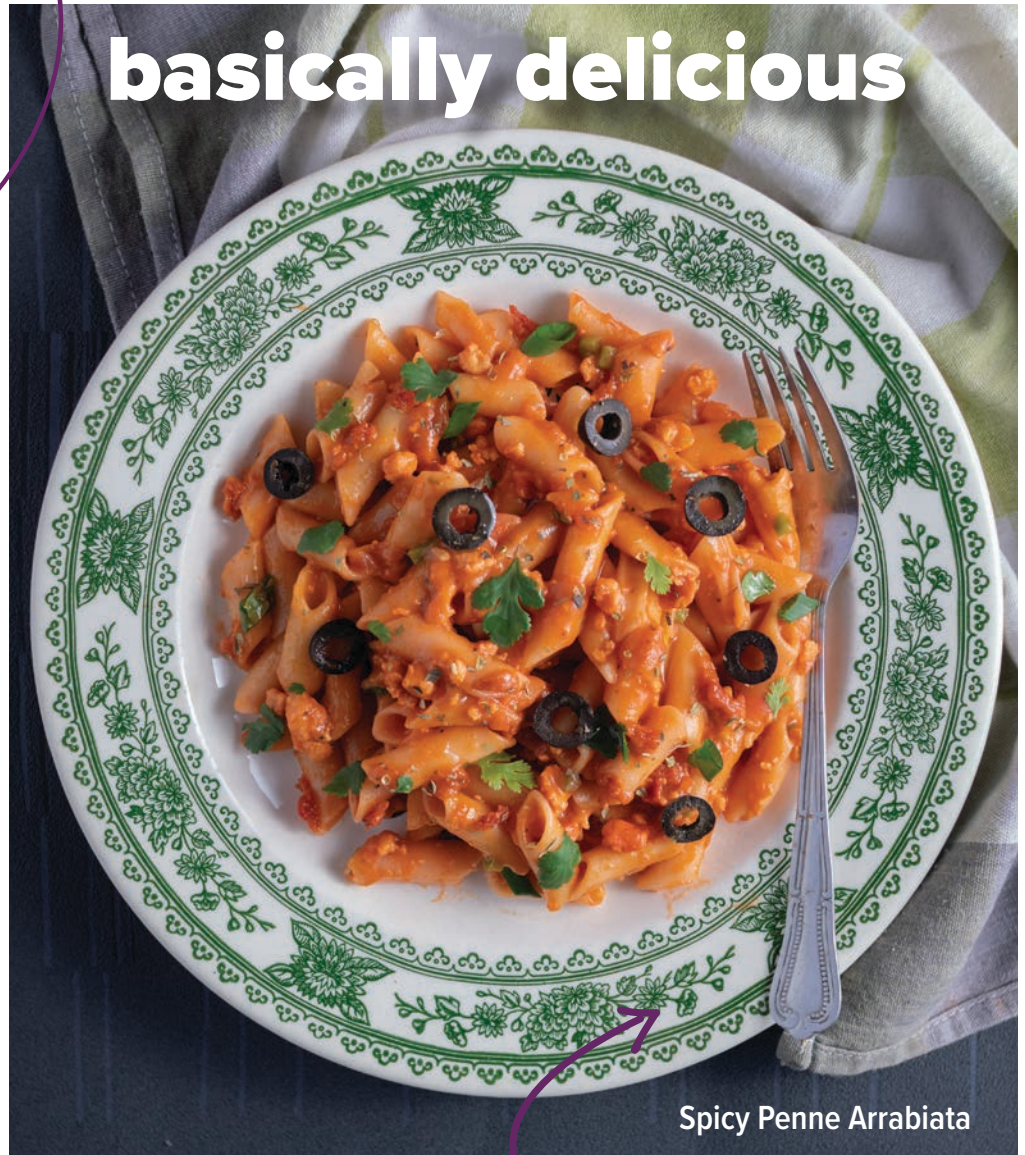
I dedicate this article to all the essential workers who work hard from dawn to dusk to keep our food systems thriving, our communities healthy, and our families safe. The next time you take your mask off after a day at work or a trip to the store, I invite you to listen to some calming music or tell yourself some words of affirmation, and then take a deep breath, noticing the layers of smells around you—perhaps accompanied by some essential oils. I hope this serves you as a guide to ring in the new year and the next stages in your life with a sense of newness and clarity—you may just be happier because of it.

Come visit us in the Wellness Department for more information on essential oils and let us know which are your favorites. We'd love to hear from you.



buy these

Add special touches with fresh garnish and dried red pepper flakes!



basically delicious

Spicy Penne Arrabiata

Look for this symbol on over 250 items!

make this!

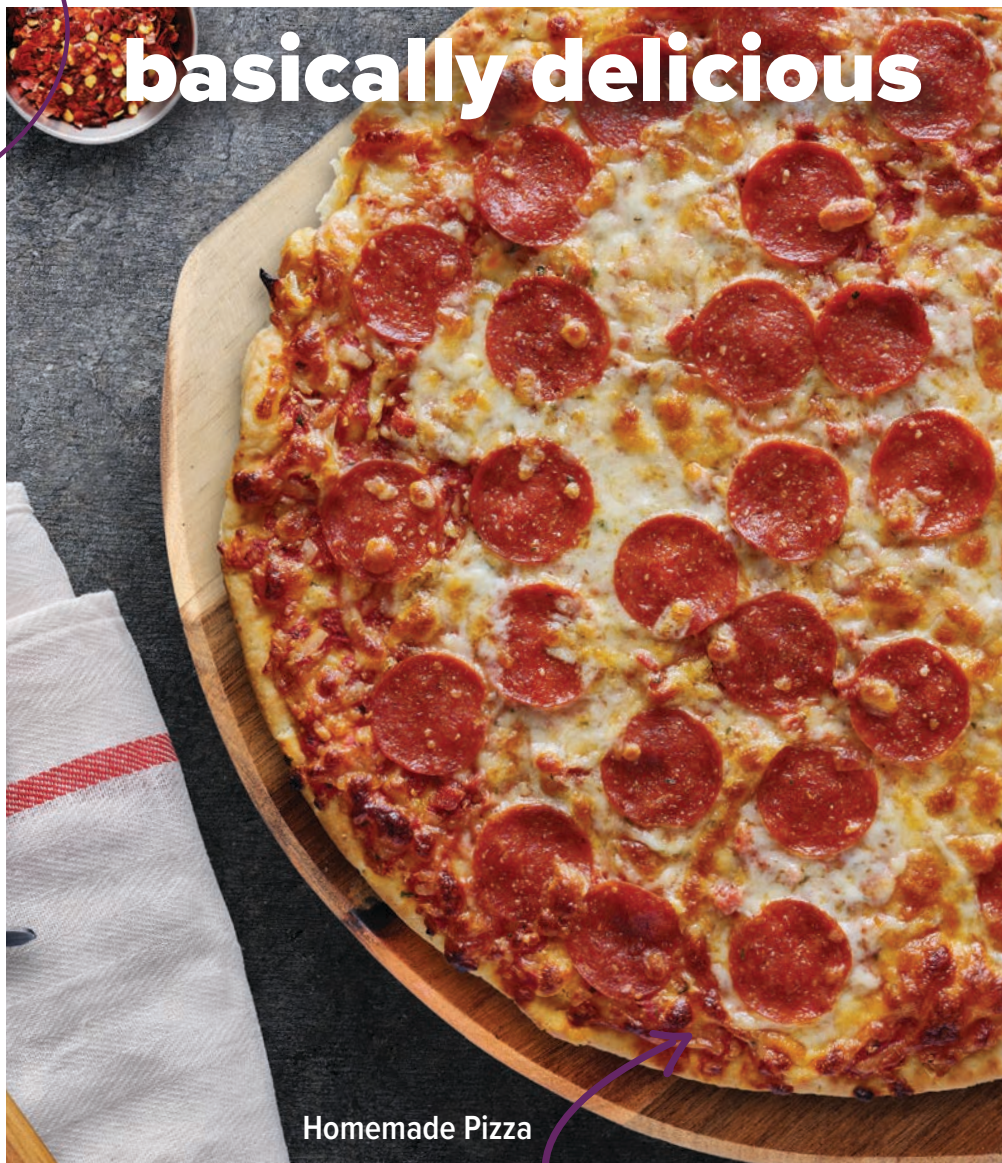


**Budget friendly
easy meals.**



buy these

Make your own pizza dough! Find recipe at www.foodcoop.coop/blog/cookingwithlove OR pick up Local Bob's ready made pizza dough in the chill.



Homemade Pizza

Look for this symbol on over 250 items!

make this!



**Budget friendly
easy meals.**

Sensational Berry Smoothies



Blending is believing!

THESE SPLENDID SMOOTHIES ARE BURSTING WITH BERRY GOODNESS.

THE SMOOTHIE — a drinkable breakfast, snack, or workout drink — is one of the easiest culinary creations to make at home.

A variation on the kinds of fruity drinks made in tropical countries for years, it was christened “smoothie” in the 1960s. As it grew to include healthy add-ins, boosting it from a snack to a meal, the smoothie began to inch into the healthy mainstream. Suddenly, smoothies were everywhere!

Check out these sensational berry smoothies as a starting point. Each one is simple and completely delicious.

STRAWBERRY-POMEGRANATE SMOOTHIE

Serves: 2. Prep time: 5 minutes.

- 2 cups frozen strawberries
- 1 large frozen banana, cut in chunks
- 1 cup kefir, yogurt, or a non-dairy alternative like almond milk
- 1 cup pomegranate juice
- 2 tablespoons pomegranate seeds

In a blender, pile in the strawberries and frozen banana, then add kefir and pomegranate juice. Process to puree; serve garnished with pomegranate seeds. If the smoothie is too thick to blend, add milk or a non-dairy alternative as needed.

Pomegranate juice is an antioxidant superstar, and its wonderfully tart flavor is balanced by banana and creamy kefir.



HIDDEN-SPINACH BERRY SMOOTHIE

Serves: 2. Prep time: 10 minutes.

- 2 cups frozen or fresh raspberries, strawberries, blackberries, or a mix
- 3 cups spinach (packed)*
- 1 cup yogurt, kefir, or a non-dairy alternative like almond milk
- 1 large banana, fresh or frozen

Put the berries and spinach in the blender first, and add the yogurt and banana. Process, scraping down as needed. Blend until smooth and serve.

You'll enjoy a salad's worth of healthy spinach in this luscious smoothie, and hardly notice it's there!

***PRO TIP:** Buy fresh spinach and freeze it for quick smoothies!

MIXED BERRY AND OAT SMOOTHIE WITH GRANOLA

Serves: 2. Prep time: 5 minutes.

- 2 cups frozen mixed berries
- 4 ounces firm silken tofu
- ¼ cup rolled oats
- 1 ½ cups vanilla soymilk or other milk
- ½ cup granola

In a blender, place the mixed berries, then tofu, oats and soymilk. Process until smooth. Serve in two glasses, with ¼ cup of granola on top of each.

Berries disguise the secret ingredient (tofu!) and a sprinkle of granola adds a tasty crunch.



Kitchen Creativity

CREATIVITY BELONGS IN THE KITCHEN, ENABLING US TO MEET STRESSES AND CHALLENGES WITH FLEXIBILITY AND INNOVATION.

by Sidonie Maroon, The Food Co-op Culinary Educator, abluedotkitchen.com

ENJOY WHERE YOU ARE

I pull jars of quinoa, amaranth, buckwheat, chickpeas, lentils, and sunflower seeds off my shelves. Humming and happy, with sunlight flooding the kitchen, I'm in my creative zone, testing a sprouted bread recipe.

ALLOW SPACE TO PLAY

Pouring warm water into the mixing bowl, my hands stir and lift the wet seeds like a toddler. It's idle play, yet satisfying. My mind wanders as I imagine them germinating, each little amaranth or huge chickpea fulfilling its genetic mission. I'll soak these seeds overnight, then pour off the water and let them sprout in a strainer covered with a towel.

LET OTHERS INSPIRE

This sprouted bread idea started when Patti Clarke posted her experimental Manna bread made with sprouted wheat on our Facebook group, "Cooking with the Coop." Inspired, but pondering, because I'd need to sprout something other than wheat.

THERE'S POWER IN LIMITS

Limitations fuel our creativity. Earlier in the week, I'd tested a quick bread made by grinding quinoa, amaranth, and chickpeas into flour, so I already had an idea to work from.

IMAGINE THE POSSIBILITIES

Why not sprout the pseudo-grains and legumes instead of wheat? I would grind the sprouts into a "dough" and bake it.

TRUST THE CREATIVE PROCESS

Had I ever baked this kind of bread? No. Had I ever sprouted legumes and seeds for bread? No. Was I intimidated and afraid? Yes! But I trust the process of inventing and innovating. I enjoy solving problems that help others. The

bread might fail, but I'll know more about the next batch. It's an adventure — fear, failure, and setbacks are all part of the learning curve.

LET IT GO

Perfection, Fear, Wounds, Self Judgements

I want cooks to have the tools to create, the courage to experiment, to feel emotionally safe taking culinary risks. So many have creative wounds, because somebody said the wrong thing at the wrong time, and it takes guts to begin again.

PRACTICE AND PRACTICE

Creativity is using what you have to make something delicious. It's not about perfection, or allowing others to judge your efforts, but taking pleasure in your own process. It's a practice.

REAP THE BENEFITS

A day later the seeds had sprouted. I rinsed and ground them into a dough with salt, flaxseed meal, psyllium seed husk powder, raisins, and cinnamon. With oiled hands, I formed the loaves, patting and shaping. Into the oven they went. The house smelled of cinnamon and baking bread for three hours. When the bread came out, it tasted like a nourishing whole grain loaf.

EVALUATE AND PLAN

Almost right, but not quite.... I ate a couple slices with butter and contemplated — more liquid next time? Or decrease the time? In my imagination, I was already soaking seeds for the next loaf. Kitchen creativity is a lifetime practice. The sprouted seed bread recipe is delicious, but it's a work in progress. Begin your own adventure and continue experimenting where I left off. But remember the most important tenet of all—Have Fun.

Heavenly Sprouted Seed Bread

Makes two 5x8x1 inch unleavened loaves

This bread is made by sprouting pseudo-grains and legumes. I made one loaf with raisins and cinnamon and the other with caraway and currants. The seasoning possibilities are wide open. It's good to remember that the loaves are unleavened, so they are moist and rich rather than light and fluffy. I'm loving this bread and am thrilled to make it without grains or added starches.

Ingredients

To soak and sprout

½ cup pre-washed quinoa (or rinse before sprouting)

½ cup amaranth seeds

½ cup raw buckwheat groats

½ cup raw chickpeas

½ cup raw sunflower seeds

½ cup lentils

Add Before Grinding into Dough

LOAF I

2 ¾ cup sprouted seeds and legumes

¼ cup flax meal

2 tablespoons psyllium seed husk powder

1 teaspoon sea salt

1 teaspoon ground cinnamon

½ cup raisins

½ cup chopped dates

½ cup water

LOAF II

2 ¾ cup sprouted seeds and legumes

¼ cup flax meal

2 tablespoons psyllium seed husk powder

1 teaspoon sea salt

1 teaspoon caraway seeds

2 tablespoons blackstrap molasses

½ cup currants

6 tablespoons water

Directions

1. Measure seeds and legumes into a mixing bowl, cover by 2 inches with filtered warm water. Soak overnight or for 12 hours. Drain the water off and rinse the seeds and legumes. Lay them in a large, fine-mesh strainer or on a baking tray lined with a smooth tea towel (not terrycloth) Cover with another towel and allow them to sprout. Rinse 3 times during the day. I sprouted mine in one day. The chickpeas didn't completely sprout, but the small seeds did. You could allow them to sprout into the next day, but you want small sprouts without long tails.

2. When they're sprouted or good enough, divide the sprouts between two mixing bowls, 2 ¾ cups of sprouts per bowl. Add the extra ingredients for each loaf.

3. Using a food processor, add loaf #1's ingredients. Process until the motor slows and stops, about 1 minute. It should clump into a sticky dough. Remove to the work bowl and do the same for the second batch.

4. Preheat the oven to 250F. Line a baking sheet with parchment paper. Oil your hands, pick up the first dough, and shape it into a 5x8 inch loaf that's 1 inch high. Repeat for the second loaf.

5. Bake for 2 hours. Cool before eating, although it's delicious right out of the oven.





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Hearty Thank You Awards



Oct: Hannah G



Dec: Christopher O

2020 Staff Anniversaries

October

Emily	R	3
Laura	J	1
Richard	F	4
Marcia	A	15
Kevin	T	1
Corvus	W	1
Andrea	D	16
Linda	D	8

November

Andrew	A	2
Willow	O	2
Jordan	T	1
Elisabeth	H	2
Liana	B	1

December

Andrea	S	3
Stephanie	B	6
Jessica	B	3
Peter	P	14

Thanks

FOR KEEPING OUR CO-OP SAFE & MASKING UP!



Kathy & Jessie (Front End)



Peter (Grocery)



Marty (Food Services)



Linda (Front End) & Thea (Store Float)



Amanda & Cha (Produce)



Terra (Grocery)

HOW TO GET **STARTED** ON A PLANT BASED DIET THIS WEEK

MONDAY GO VEGGIE:

Create a vegetarian meal one night a week.

THURSDAY GOOD FATS:

Choose olive, nuts, seeds or avocado.

TUESDAY 1/2 RULE:

Fill half of your plate with colorful vegetables as snacks with dip (hummus, salsa, guacamole),

WEDNESDAY GARNISH:

Use meat as the add-on not the centerpiece.

FRIDAY GRAIN:

Try a whole grain for breakfast (oat, quinoa, barley, buckwheat) add fruit, nut, seeds.



SATURDAY GREENS:

Build the meal with greens (as a salad OR steamed, braised).

SUNDAY DESSERT:

Choose fruits!
Have fun!

Learn more at <https://www.foodcoop.coop/cooking-school-online>



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