

SPRING 2022

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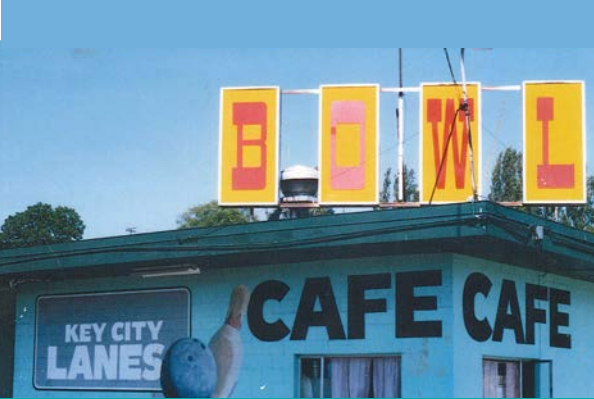
THE FOOD CO-OP QUARTERLY NEWSLETTER AROUND THE TABLE

50 *years of* CO-OPERATION



Create, Cooperate, Cultivate

THIS ISSUE: Meet the Locals, Co-op Party, Farmers Market, Housing & Lots of Recipes!



We used to be a bowling alley!

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The Table, please contact
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to discuss your article idea. Articles
should include stories about food,
community, sustainability, or
cooperation.

WELCOME TO THE TABLE

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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CHANGE

HOW WE CULTIVATE & CREATE IT

BY KENNA S. EATON, GENERAL MANAGER

Hopefully by the time you read this (and I re-read it) spring will be here, and with it the promise of a brighter time ahead for all of us. This issue of “Around the Table” is focused on the concepts of creation, cultivation, and cooperation. I love all three words as each is full of promise of a brighter future. And all three work well together: by cooperating we can create and cultivate change.

This year is our Co-op’s 50th anniversary and we plan to spend the whole year celebrating with parties and events, with member deals and special savings, and by reconnecting with our cooperative story. Started by small group of people who wanted access to good food, food that was free of preservatives, that was unprocessed and wasn’t readily available in other grocery stores, they decided to start their own grocery store. And because none of them wanted it to be owned by “the man” they decided to make it a cooperative. Cooperatives as a business ownership structure had been around for over 200 years at that point, but as is the way with collective movements, this was the first time that they had been used for natural foods. I think the original founders of many of the small co-ops that sprang up in the late sixties and early seventies didn’t really know what being a cooperative meant, but they did know that they wanted to own their grocery store so they could sell what they wanted in a way that met their needs. And in essence that is –what a cooperative is an association owned and operated by its members, united to meet their common needs.

And over the past 50 years, I do think that this Co-op has certainly been creative and cultivated change through cooperation. Sometimes on a local scale, as founding members of Eat Local First Olympic Peninsula, and sometimes on a grander scale, by collectively spearheading a change that resulted in a national “Organically Grown” standard. Usually our focus is on food, as nourishing our community is the one thing that unites us. And equally often, we have different opinions of how best to do that—which is where the cooperation steps in, looking for ways we can collaborate and increase our impact by working together. None of this is easy work, and it isn’t quick work, but it is good work, and we can all give ourselves credit for participating in the process of creating a brighter future, changing our world/community one grocery bag at a time.

Cooperatives

OPERATE USING 7
agreed upon principles:

*1. voluntary &
open membership*

2. DEMOCRATIC
member control

3. members
economic participation

**4. autonomy &
INDEPENDENCE**

5. education
training & information

6. cooperation
among cooperatives

*7. concern for
community.*



WHY CHOOSE CO-OPS?

BY LISA BARCLAY, BOARD SECRETARY

Why shop at your local co-op? Once there was an easy answer—co-ops were pretty much the only place where you could get whole foods and food without pesticide residue. Now you can get (at least theoretically) organic and pesticide-free food in all kinds of stores. So why shop at co-ops today? You could answer this question in many ways, but I'm going to concentrate on how co-ops support democracy and community as well as how they help us sort through the shifting landscape of what constitutes good food.

Let's start with democracy. Seemingly unrelated at first glance, the cooperative movement is actually closely tied to democracy. Many of the original Rochdale Pioneers—the 19th-century founders of the modern cooperative movement—were part of the Chartist movement to expand the voting franchise in England, and the Pioneers founded their cooperative in 1844 on the idea of one member, one vote, with all members equal, including women. They also believed education is crucial to democracy at a time when schools were not open to most people in England, so their co-op included a reading room and educational lectures. Both of these innovations helped prepare cooperative members to participate in their nation's democratic process when full voting rights finally came.

The last few years have brought home how fragile democracy actually is. It requires constant practice, and cooperatives help us practice the skills required. Both democracy and cooperatives give us a chance to be heard, while obliging us also to listen. Both require us to accept that we cannot always get our own way, and both ask us to think about the good of our community, not just ourselves.

A concern for community is woven into the fabric of cooperatives. (In fact, it's one of our official principles.) Co-ops are usually founded to provide something not otherwise available to their members—insurance, electricity, good food, etc.—but they almost always also have bigger, community-oriented dreams. The Rochdale Pioneers, for instance, wanted to build houses so that everyone could have a home. Black American cooperators

in the 19th and 20th centuries saw cooperation as a way to improve conditions for all Black Americans, not just their local members, and many Black cooperators went on to work in the civil rights movement. Then there was the new wave of co-ops in the 60s and 70s. Like ours, many were founded to access good food, but they also tried to build a different kind of economy, where profits benefited not just a few but the whole community. Consequently, we have no shareholders to insist we make the largest possible profit. The Food Co-op needs some profit to be prepared for unexpected costs like equipment failure and to make improvements, so we aim for a 1%. If we make more than 1% profit, we share it with our staff and our members in the form of bonuses and patronage dividends. The high costs of the pandemic, though, have meant no net profit the past two years.

Co-ops work to benefit their communities in other ways. The Food Co-op gives back through programs like Beans For Bags, our GROW fund, and donations to organizations like our schools, the food banks, and Dove House. We also support local organizations working to strengthen our food shed, like the Eat Local First Collaborative, the Farmers Markets, and the Organic Seed Alliance. The Co-op also continually works to make good food accessible to our community—a challenging and complex goal because good food is not cheap. Doing what is best for the land, farm workers, and ourselves is costly. To help get staples and vegetables to families, we participate in the WIC, Snap Produce Match and VegRX programs. And one of the most effective ways we try to make good food accessible is through our Co+op Basics program, with over 300 products throughout the store priced as low as possible (See page 15 to learn more about Co-op Basics.)

What constitutes good food has become increasingly complex. It's no longer just a question of organic or not. When big corporations realized the popularity of organic, they naturally wanted to get in on it. This isn't totally a bad thing—even baby steps taken for profit can mean a lot less pesticide residue in our environment, for instance. But it does muddy the waters when you are trying to do your



Beans for Bags supports our local Food Banks
Shirley Moss, Food Bank Director

best to shop well for yourself and the planet. Corporations that don't have the cooperative principles in their DNA sometimes fudge their definitions. "Local" might mean the product came from somewhere west of the Mississippi, not from an adjacent county. A "family farm" could be a 5000-acre, totally mechanized mega-farm that might be quite hard on the soil and possibly uses undocumented (and so likely under-paid and unprotected) workers, rather than a 50-acre farm where crops are rotated to rest the soil and the farmers personally work long hours in their fields. Co-ops generally take the time and effort to work with these smaller farms, while corporate stores tend to work on the largest scale, which lowers their costs.

Co-ops also spend a lot of time trying to ensure we have the best products we can. For instance, The Food Co-op has guidelines such as our "Products We Choose to Carry" and our "Acceptable and Unacceptable Ingredients" lists. When we have a question about a product, our Product Research Committee takes it on. Of course, we don't always get it right, but we continuously work on it. And as a co-op, we share our discoveries and information with other co-ops.

A few years ago, when we were laboriously checking our products to see which might have hidden GMO ingredients in them, reading hundreds of labels and emailing questions to producers, we shared what we learned with other co-ops and they did the same for us.

And care for community also means concern for our environment. This wasn't a big consideration for co-ops in the 19th century, except for the problem of adulterated food, but it has been a major concern for modern consumer co-ops, from spearheading the organic movement to promoting the labeling of GMOs. Our Co-op, for instance, has enthusiastic staff working on sustainability projects—they routinely separate out and save compost for local farmers, and literally sift through our garbage periodically to monitor how well we are handling our waste management, as just two examples. Which brings me to what a great staff we have—they care about good food and their community.

So thank you for being part of this great cooperative movement and supporting your Co-op. Here's to fifty more years!



LOCAL RESILIENCE CULTIVATING OUR CULTIVATORS

BY LISA BARCLAY, BOARD SECRETARY

One of the lessons we learned during the pandemic is just how fragile the global supply chain is. When you get your necessities—like food or toilet paper—from far away, you are helpless when the supply chain breaks down. We cannot do much about the toilet paper issue, except stockpile for the future, but we are extremely lucky to have many excellent local farmers who can provide us with fresh food in good times and bad, if we support them in return.

The pandemic has been hard on farmers, especially on the small family farmers who don't have the clout and buying power of big agribusinesses. Material inputs have become much more expensive or not available at all. As just one example, finding the jars and lids in which to sell local goods like yogurt and jam now takes hours scouring the internet and then waiting to see if they will actually show up. Worker wages have been rising, which is a good thing, but it squeezes farmers in the middle, because they cannot raise their prices enough to cover the increased cost of wages. (Actually, the Co-op also feels these exact same kinds of pressures.) These rising costs mean that many of our farmers, even our most established farmers, are struggling.

One result is that we are going to have to pay higher prices for fresh local food (or any food, really). It seems unfair, because it could be argued that much of our current inflation is due to gouging by companies that amassed huge increases in their profits during the pandemic, while workers and farmers suffered. Still, if we want our farmers to be there when we need them, we have to pay the cost of the food they provide. We could, of course, just rely on big California growers who can produce more cheaply. But to be resilient and sustainable in an uncertain future, we cannot be dependent on food from

two states away. (Not to mention that, in my experience at least, food traveling that far never tastes as good.)

Unfortunately, many people cannot afford to pay the cost of good food, or at least not all the time. The system is stacked against both the small farmer and the consumer. In a better world, we'd have a system that supported farms growing vegetables instead of subsidizing agribusinesses growing corn and soy for processed foods, damaging the environment and our health. In a better world, everyone would make enough money to buy good food whenever they chose.

In the meantime, what can we do, in addition to buying local whenever we can? One direct action we can take—that supports both our farmers and our neighbors—is to donate directly to local farms so they provide food to families with limited access to fresh food. Last year, several local organizations banded together to create the Olympic Peninsula Farmer Fund to pay farmers to supply food to the food banks and schools, but it was only temporary. Hopefully, they'll start it up again, but in the meantime, you can always donate to the local farm of your choice (see below).

The Co-op, of course, will continue to do its best to thread this needle, to pay our farmers for their hard work and beautiful products, and at the same time do our best to make food affordable for those who need lower prices. As an example, our Co+op Basics program now has over 300 items in all sections of the store that are priced as low as we can make them. Look for the round, purple Co+op Basics logos throughout the store.

We are a wonderful, resilient community. I know we'll get through this latest crisis. Let's make sure our farmers do too.

THE CO-OP FARMER FUND To make it easier to donate, the Food Co-op is testing out a new program to collect donations for farms. We're starting with three vegetable farms—Midori, Finnriver, and Red Dog—and if it is successful, we hope to continue the program with new producers each quarter. You can donate any amount at the register over the next three months, and we'll divide the total evenly between the three farms, which they will use to subsidize CSAs, donations to schools and the food bank, or similar programs.

You can also write a check and mail it directly to a farm, and some farms are also set up to take PayPal or Venmo. Email them to ask for details or see them at the Farmers Market. **NOTE:** These donations are not tax deductible but investments in our community.

Free Your Mind

OUR WELLNESS TEAM'S FAVORITE BRAIN BOOSTING SUPPLEMENTS



Wiley's Finest Catch Free Omega Algae Based Vegan Soft Gels

Helps support a healthy heart, circulatory system, brain function, and immune system. Contains over 700 mg. of fish-free Omega 3s, vegan K2 and vegan D3.



Himalaya Organic Ashwagandha

An adaptogenic herb used as a natural tool to help regulate cortisol levels and help the body adapt to stress while simultaneously promoting strength, energy, endurance, stamina and mental clarity.



Gaia Mental Clarity

A blend of mushrooms and adaptogen herbs. Traditionally known for their helpful support of memory and cognitive function.



Garden Of Life My Kind B-12

A certified organic raspberry flavored vegan spray that promotes concentration and energy and helps to support metabolism and heart health.



Life Seasons Clari-T

A formula of botanicals and phospholipids that together help support memory and cognitive function. It acts to support neurotransmission by helping sustain normal blood circulation and oxygen delivery to the brain.



Hyland's Calm

A homeopathic formula that helps provide natural safe relief from anxiousness, nervousness and irritability.



Natural Factors Pharma Gaba

A tasty tropical flavored chewable tablet clinically studied to increase the production of alpha brain waves that help create a profound sense of physical relaxation and maintain mental focus.



Oregon Wild Harvest Kava

An herbal supplement that helps support brain wave changes that can have a calming and rejuvenating effect on the mind.



Source Naturals Melatonin

Produced in the pineal gland in humans, melatonin helps support restful sleep.



MOUNTAIN SPIRIT

A CO-OP FAVORITE SINCE 1985

BY KATE NICHOLS

On these cold winter mornings, what better way to warm up than a hot cup of Mountain Spirit herbal tea? These teas are handcrafted by local herbalist Denise Joy, who learned the art from her grandmother, who in turn learned from her Russian mother, following oral traditions. Denise's relationship with the Food Co-op began in August 1985, when she started working as a volunteer. At the same time, she developed her herbal business, Mountain Spirit Herbal Company. She created her products in a shop uptown, then downtown. Now she handcrafts her herbal products in a small building on her property, where she added a small retail shop this year.

When Denise realized the Co-op didn't have tinctures or salves, she started making those products. In October 1985, the Co-op became her first wholesale customer. The three products she initially sold there were Amber Massage Oil, Lavender Massage Oil, and Comfrey Wild Flower Salve. (Now, due to FDA labeling rules, a salve is called a balm). For the Co-op's 50th anniversary, Denise has reimagined her original Co-op product as Golden Anniversary Amber Orange Massage Oil. Look for it on the shelf alongside

the original Amber Massage Oil. And you can also enjoy her Mountain Spirit herbal tea at the Food Co-op's 50th anniversary party on May 4 at the fairgrounds.

Denise credits Steven Hayden, who worked as the Co-op bookkeeper, for helping her get a loan so she could bring her business to the next level. She has expanded what she sells to the Co-op to include additional tinctures and balms, creams, oils, and cherry bark syrup. She also has eleven tea mixes in the bulk section, including her Tasty Tea, which is popular with children.

Many of the herbs Denise uses in her products are from her own garden. She selects what she can't grow very carefully, sourcing fresh herbs grown organically by other farmers or wild-crafted. All her products are made in small batches to ensure high quality.

Denise is happy to provide a consultation, for a donation, to anyone who is unsure which herbs might help them. She may be contacted through her website:

<https://www.mountainspiritherbals.com>.



MIRACLE MORSELS A MIRACLE FOR MIRRACOLE

BY KATE NICHOLS

Cynthia Holmes and Karen Fischer feature a quote on their website from Bette Davis—“If you want a thing done well, get a couple of old broads to do it”—and they keep finding new things to do well. With the addition of Miracle Morsels (formally Mirracole Morsels), they now have a mini empire of gluten-free delights. Cynthia is the proprietor of Ancient Grains Kitchen, where she makes gluten-free cookies, and together they own Reko’s Dream Dog Bakery, creating gluten-free dog treats that are so tasty humans sometimes sneak a bite. When it came up for sale last summer, Mirracole Morsels’s gluten-free granolas and trail mixes seemed a natural fit.

Cynthia started Ancient Grains Kitchen ten years ago to make gluten-free cookies that everyone could enjoy, whether they needed gluten-free or not. And when Karen wanted healthy, gluten-free dog biscuits for her aging dog, who was becoming a picky eater, she called Cynthia for help, and Reko’s Dream Dog Bakery was born. Reko, Canine CEO and Chief Taste Tester, tells their story at www.rekosdreamdogbakery.com.

Cynthia and Karen handcraft their products at their dedicated gluten-free commercial kitchen in Poulsbo. Proving Bette Davis’s motto, they are the superwomen of gluten free—their personal best is 600 pounds of granola produced in two days! The Co-op carries four varieties of granola in bulk, and four varieties of packaged granola on our shelves. (And naturally, we carry a variety of Ancient Grains cookies.) Be sure to try their Co-op 50th Anniversary granola—Golden Ginger Hazelnut. As a special treat, also to celebrate our 50th, we’ll have their Golden Pumpkin dog treats available for our canine friends.

As Cynthia and Karen say on their website, “Life is short. Only eat good stuff!”

You can read more about their endeavors at <https://www.miraclemorsels.com> and www.ancientgrainskitchen.com.



PROPOLIS BREWING FOR COMMUNITY

BY KATE NICHOLS

Robert Horner first started brewing beer at home, also experimenting with herbs and teas. In 2012, he expanded his interest in brewing beer, and with his partner, Piper Corbett, started Propolis Brewing. They handcraft unique ales in traditional ways at their brewery near the Food Co-op. They sold their first ale, Spruce Saison, to the Food Co-op in 2013.

The word propolis is two Greek words that mean “before city.” Piper emphasized that for them, the name Propolis means “for the good of the community,” a concept which is important to them. Piper wildcrafts many of the herbs and flowers that they use in their seasonal ales from the fields and woods that surround Port Townsend. She is mindful that she leaves enough berries for the birds and the bears to pass on to the future. The sun, rain, and the changing conditions provide different flavors to the berries giving the ales their terroir, or “sense of place.”

It was hard for them to transition from their first few bottles, but they were successful and now brew over 40 different ales. Propolis Ales are brewed using 100% certified organic Pacific Northwest malted barley and wheat, as well as organically sourced un-malted wheat, spelt, oats, and rye. Ales are fermented with a blend of yeasts and microbes, and French & Belgian Yeast cultures, as well as local indigenous yeast and microbe cultures. They isolate and

cultivate many wild *Brettanomyces* strains specific to the Olympic Peninsula. Belgian-Style ales are aged in champagne bottles and corked for stability for storing up to three years. Corks are high quality so they will stay in the bottle even in a dank cellar.

Because their beers and saisons are made using high quality organic grains and wildcrafted herbs and fruits, their beer is more expensive than commercial beers. So there has been an educational piece for them as they often need to explain their higher prices. They have B Corporation stamp of approval, which is an international certification, but because of the wildcrafted herbs, they don't get an organic label.

In line with their desire to be a sustainable part of the community, they source the barrels that some of their ales are brewed in from local wineries, which are selected specifically for existing cultures, past varietals, and quality. Spent grains are composted and reclaimed.

The Propolis beers at the Co-op change with the seasons. For the Co-op's 50th Anniversary, they will be making a Dry Hop Ale with honey. So have a glass and cheers to Local!

<https://propolisbrewing.com/>



Bunny's Bath



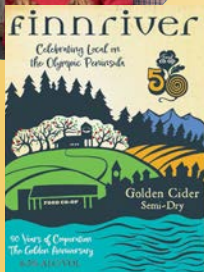
Two Crows Bakery



Midori Farm



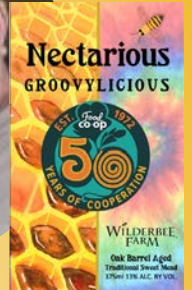
Finnriver Farm & Cidery



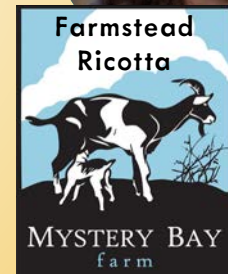
Thanks to all of our Local vendors for making this year extra special.



Mead Werks



Mystery Bay Farm



Elevated Ice Cream



Hopscotch Farm & Cannery



Meshaz



BluJay Kombucha



PORT TOWNSEND FARMERS MARKET

Celebrating 30 Years!

BY AMANDA MILHOLLAND, Farmers Market Director

Along with the Food Co-op, the Port Townsend Farmers Market celebrates an important anniversary this year—30 years!

History in a Nutshell

Founded in 1992, the Port Townsend Farmers Market first opened on Saturdays in downtown Port Townsend in the Elevated Ice Cream parking lot. In 2003, after a couple of location changes, the Market settled Uptown on Tyler Street. In 2010, the Port Townsend Farmers Market was recognized by the Washington State Farmers Market Association as “Large Market of the Year” for our product diversity, vendor participation, and market vibrance. Also in 2010, the Jefferson County Farmers Market Association (JCFM) took over management of the Chimacum Farmers Market, established by the Chimacum Grange in 2008. In 2011, JCFM was formally established as a 501(c)3 nonprofit operating the Port Townsend Saturday and Wednesday markets, as well as the Chimacum Farmers Market.

Emerging from Covid-19

Over the last two years, Covid-19 health and safety guidelines narrowed the JCFM focus to our most essential function—fostering thriving small businesses and a resilient local food system through producer-to-community sales. While our markets shrunk in vendor and shopper numbers in 2020, we saw growth last season. Chimacum Farmers Market sales increased 12% over pre-pandemic 2019. Port Townsend shopper numbers remained a fraction of what they were prior to Covid-19, but community support for local farm, food, and art businesses grew last year with vendor sales 1% above pre-pandemic seasons. This growth during one of our most challenging years shows deep community support for local farms and small businesses. Thank you! This support is essential to sustain local agriculture and grow a resilient local economy.

Food Access

The most significant growth we saw over the last two years has been in our food access programs. JCFM provides matching funds to shoppers who use federal food assistance benefits at our markets. Supplemental Nutrition Assistance Program (SNAP/EBT) and SNAP Match sales increased 258% in 2021 versus 2019. In combination with federal food benefit dollars spent at our markets, last year our food assistance matching programs empowered shoppers with low incomes to bring home more than \$85,000 in nutrition-dense foods from our farmers markets. The Food Co-op is one of our food access sponsors and a partner in our fruit and vegetable prescription program, VegRx.

We are so thankful for the fruitful relationship the Jefferson County Farmers Markets have with the Food Co-op, dating back to our founding. Some of the same amazing local food advocates led both the establishment of the Food Co-op and JCFM. Deb Shortess, for example, was one of the Market board members during our early years of operation. Thank you, Deb. Thank you to each and every farmer, artist, and food maker who has contributed to the growth and development of the Jefferson County Farmers Markets. Thanks also to our donors, sponsors, JCFM board members, volunteers, and shoppers for supporting our local economy, food system, and community. We could not have done it without you!

Let's celebrate! Join us for the 30th season opening of the Port Townsend Farmers Market on Saturday, April 2, 9 am to 2 pm, Tyler St. Red ribbon cutting with the Jefferson County Chamber of Commerce, live music, story time with the Port Townsend Public Library, and fabulous new and returning vendors. You don't want to miss it! Listen to a tune, greet your friends and neighbors, and pick up your groceries direct from the farmers who grew them. See you at the market!

For more details visit our website, jcfmarkets.org.



Ribbon cutting



Serenity Farm, courtesy of Deja Vue Photography



Steve



Kate



Opening day 2019



Farmers Market 1994

50 YEARS OF CO-OP HISTORY

PRE-1972
GRANT LOGG FORMS A BUYING CLUB FOR HEALTHY FOOD WITH FRIENDS FROM HIGH SCHOOL. HIS GARAGE WAS THE "STORE."



1972
THE FOOD CO-OP INCORPORATES AND OFFICIALLY OPENS IN FRANK KILHAM'S PAINT BARN, WHERE PANED'AMORE NOW LIVES.

1981
MEMBER NUMBERS ARE ASSIGNED, AND \$2 MONTHLY DUES ARE ADOPTED.



1987
WE BUY OUR FIRST COMPUTER, A DELPHI.



1994
STAFF BECOME PAID!



1998
AS MEMBERSHIP GROWS, CO-OP TOO OPENS IN FINISTÈRE'S CURRENT SPACE. BOARD HIRES FIRST FULL-TIME MANAGER.



BEANS FOR BAGS PROGRAM BEGINS, RAISING \$6,856.65 FOR LOCAL NON-PROFITS IN ITS FIRST YEAR.

2012
WE ADD A LOCAL CULTIVATOR POSITION TO STRENGTHEN RELATIONSHIPS WITH LOCAL FARMS AND PRODUCERS.



2012-2013
PRODUCT RESEARCH COMMITTEE LABELS THE FEW PRODUCTS THAT MIGHT HAVE GMO INGREDIENTS.





1975

THE CO-OP IS AWARDED A FEDERAL GRANT, WHICH WE USED ON COMMUNITY PROJECTS. ONE OF THE FIRST IS THE FARMER'S MARKET.



1976

THE CO-OP GROWS ENOUGH TO NEED ITS FIRST PAID MANAGERS. THE CO-OP CAKE WALK ON LAWRENCE STREET IS THE GENESIS OF THE UPTOWN FESTIVAL.

1979-80

WITH LOANS FROM MEMBERS, THE CO-OP RENOVATES THE OLD UPTOWN BUS GARAGE (WHERE PUFF IN SHOE REPAIR AND THE LAND TRUST NOW ARE).

2001

MEMBER LOANS RAISE \$492,500 TO REMODEL THE OLD BOWLING ALLEY ON KEARNEY STREET FOR OUR NEW LOCATION. MEMBERS ALSO HELPED WITH THE REMODEL.

APRIL 2001

MEMBERS HELP MOVE GOODS IN A SHOPPING-CART PARADE DOWN TO THE NEW STORE. RETAIL SPACE INCREASES FROM 1,800 TO 8000 SF. STAFF GROWS FROM 35 TO 80.



2007



WE BECOME THE FIRST ORGANIC-CERTIFIED PRODUCE DEPARTMENT ON THE PENINSULA.



WE ALSO INTRODUCE OUR LOCAL SYMBOLS TO EASILY IDENTIFY LOCAL PRODUCTS.

2008

WE CREATE AN "UNACCEPTABLE INGREDIENTS LIST" TO HELP BUYERS GET THE BEST.

2014

MEMBERS VOTE TO AMEND OUR ARTICLES OF INCORPORATION SO THAT WE CAN GIVE BACK SOME OF OUR PROFIT TO MEMBERS THROUGH PATRONAGE DIVIDENDS, A COOPERATIVE PRACTICE SINCE THE 1840S.




2014
WE INITIATE CO-OP CENTSIBLES, NOW CO+OP BASICS, A RANGE OF PRODUCTS AT THE LOWEST POSSIBLE PRICE.



2014
WE BECOME INCREASINGLY SQUEEZED FOR SPACE, SO THE BOARD BEGINS DISCUSSIONS WITH MEMBERS ABOUT OUR OPTIONS. BOTH RESEARCH AND MEMBER OPINION SUPPORT STAYING IN OUR CURRENT SPACE AND EXPANDING.


2015
WE ELIMINATE THE NON-MEMBER SURCHARGE TO SUPPORT OUR GOAL OF BRINGING GOOD FOOD TO EVERYONE IN OUR COMMUNITY.



2017-19
WE EXTEND AND REMODEL OUR BUILDING, ADDING 3400 SQ FEET TO THE STORE.




2020-2021
THE CO-OP INITIATES PROTOCOLS TO KEEP EVERYONE COVID-SAFE IN THE STORE. THE BOARD ORGANIZES A VOLUNTEER SHOPPING AND DELIVERY SYSTEM TO GET GROCERIES TO PEOPLE WHO CAN'T SHOP UNTIL STAFF ARE ABLE TO INSTITUTE COOP2GO, OUR ONLINE SHOPPING SYSTEM.



2022
THE CO-OP TURNS

50





Welcome To The **PARTY!**

BY DANNY MILHOLLAND

I can't believe it's been 50 years. I am only 36 years old, but I can remember, way back before I was born, there were a bunch of hippies making tempeh, swapping clothes, and transporting loads of food from Seattle to Port Townsend in their trusty van, the "Cosmic Crinkle." These inspired folks started a buyers club in Gay Pilon's garage. The club grew and moved into Frank Kilham's paint shed (now Pane d'Amore); it grew some more and moved to what's currently known as Chester Square; this was the Co-op that I knew and loved growing up.

There were three kids' picnic tables out front that my dad had made, each with a beautiful carving by a giant German carver named Stechbeitel. An enormous fig tree jungle grew out of the building. All of us coop kids held court while the adults talked and talked for hours and hours. Many of my lifelong friendships were forged in that courtyard. Sadly, the fig tree had to be removed as it was planted too close to the building and was wreaking havoc on the foundation. But before we removed it, we took cuttings and rooted about a hundred little fig trees and gave them away to whoever wanted them, so now they are all over town, including my parents' home.

In those days, the first order of business when entering the Co-op was to grab a snack of your choice off the shelf to enjoy while shopping. There was a change jar on the shelf where you could pay for your treat, honor system. A special hat was kept at the entrance—you could put it on if you were in a hurry to get in and out without being expected to chat for an eternity.

Our Co-op has changed a lot over the years, and I am proud of who we are and who we have become. We created one of the first food co-ops in the country, and we still own and operate it 50 years later. In celebration of our perennially growing Co-op family, it is my great pleasure to invite ALL CO-OP MEMBERS to join us for our 50th Anniversary Party on Wednesday, May 4th, at the Jefferson County Fairgrounds. The PARTY, I guarantee, will be absolutely LEGEND—amazing food, music, games, prizes, dancing, and plenty of time to connect. Take Thursday off. Live it up. Dress up. We're going all night!!!! The party actually ends at 9 pm, but you can stick around to help with cleaning up if you want. We are a co-op, after all!" Big love! And see you very very soon!!! BOOMSHAKALAKA!!!





Build A Better Veggie **BURGER**



A Formula For Culinary Creativity

BY SIDONIE MAROON, THE FOOD CO-OP CULINARY EDUCATOR, ABLUEDOTKITCHEN.COM

Kitchen creativity needs two fundamental constants to spur it on—a problem and limits. The problem motivates our imaginations: How will I use up the extra chickpeas? What to do with these leftovers? A problem prompts us to get curious and come up with solutions, while limits force our brains to consider options outside our usual box: How will

I make a burger if I can't use meat? What will I try, and how will it taste? This is how creativity works. A formula, while it streamlines the creative process, is a wonderful shortcut, because you know where you're heading — burgers and they will be vegetarian—but there are still lots of creative choices to make, plus you get the thrill of eating something yummy.

“A formula, while it streamlines the creative process, is still a wonderful shortcut because you know where you’re heading. I’m making burgers and they will be vegetarian. Yet, there are still many creative choices to make.”

1. Base

1 cup total cooked rainbow veggies:

Sweet potatoes, potatoes, carrots, beets, parsnips, corn, celery, sweet peppers, zucchini, winter squash, mushrooms, sprouts, peas....

1 cup total cooked green veggies

Kale, broccoli, cabbage, chard, mustard greens, nettles, chickweed....

1 cup total cooked grains or pseudo grains

Couscous, cracked wheat, rice, quinoa, buckwheat, amaranth, millet, barley, polenta, kasha, cracked rye....

1 cup total legumes

Tofu, black beans, chickpeas, lentils, black-eyed peas, split peas, mung, kidney, or pinto beans...

1 cup total nuts and seeds

Walnuts, pecans, cashews, almonds, sunflower seeds, pumpkin seeds, sesame seeds, coconut flakes....

2. Glue is always the same

¼ cup ground flaxseeds with 1 tablespoon psyllium seed husk powder.

3. Flavor

Power Pastes

include as wanted up to 1 tablespoon ginger paste, up to 1 tablespoon fresh turmeric paste, 1 teaspoon horseradish sauce

Salt: ½ teaspoon salt and an optional 1 teaspoon tamari, soy sauce, or aminos.

Heat: ¼ teaspoon red pepper flakes, cayenne, or black pepper, and/or up to ½ teaspoon hot sauce, diced hotchilies, or chipotle or chili paste of your choice.

Umami: Always add ¼ cup dehydrated onion flakes, 2 cloves minced garlic PLUS 2 to 3 tablespoons total of the following: mushroom powders, tomato paste, and/or nutritional yeast.

Sweet: Choose one of the following:
2 teaspoons: maple syrup, honey or sugar OR ⅓ cup of raisins or chopped dates.

Sour: Choose up to 2 teaspoons liquid sours: lemon, lime, vinegar, tamarind paste OR ¼ teaspoon citric acid.

Spice: Choose up to 2 teaspoons total: smoked paprika, turmeric, cumin, coriander, fennel seed, anise seed, dill seed, caraway, and/or citrus zests. Also choose up to 2 tablespoons total fresh dill leaves, fennel leaves, parsley, fresh thyme, marjoram, oregano, basil, rosemary (sparingly), and/or sweet paprika (1 tablespoon only).

Method

Prepare

1. Survey what you have on hand, perhaps leftover quinoa or kale to use up, maybe some chickpeas.
2. Are you craving Indian or Greek food? Whatever the case, jot down your key base ingredients — the grain, legume, and veggies. The “glue” will always stay the same. Choose some seeds and/or nuts. The burgers will come together quickly if the principal ingredients are all ready to go.
3. Now comes the fun part—flavor variations!

Flavor Variations

Mexican Flavor Salt, smoked chilies, onion and garlic, some raisins, cumin, oregano, paprika, and lime, using the juice and the zest.

Greek Flavor Fennel leaf, dill, lemon, coriander, honey, onion, garlic, and some red pepper.

See the recipes for Indian & American-inspired burgers.

Mix and Make

When everything’s together, you can either pulse the mix in a food processor, leave it chunky, or roughly mash it together.

Make sure it is sticky enough to hold together. The ¼ cup of water, flaxseed meal, and psyllium seed husk powder will ensure a sturdy burger that doesn’t fall apart.

Molding the burgers in a ¼ cup measure will help you make uniform shapes, which helps even cooking and the presentation.

It’s important to chill the burgers before frying or baking, because it helps hold their shape.

If you air fry or bake, be sure to rub the burgers with enough oil to attain a crispy crust. I use 1 tablespoon of oil for every 4 burgers.

Serving Ideas

Go beyond the bun and try pitas, tortillas, and other flatbreads.

Create a sauce especially for your veggie burger — you won’t regret it.



Indian Inspired Veggie Burger

Makes 11 small burgers

Ingredients

- 1 cup cooked sweet potato, diced (rainbow veggie)
- 1 cup cooked kale, finely chopped (green veggie)
- 1 cup cooked quinoa (grain)
- 1 cup firm tofu, crumbled (legume)
- ½ cup unsweetened coconut flakes (nuts and seeds)
- ½ cup pecans, chopped (nuts and seeds)
- ¼ cup flax meal (glue)
- 1 tablespoon psyllium seed husk powder (glue)
- ⅛ cup raisins, minced (sweet)
- ¼ cup dehydrated onion flakes (umami)
- 1 teaspoon cumin seed, ground (spice)
- 1 teaspoon coriander seed, ground (spice)
- 1 tablespoon sweet paprika, ground (spice)
- ¼ teaspoon red pepper flakes (heat)
- 2 cloves garlic, minced (umami)
- 1 teaspoon sea salt (salt)
- ¼ teaspoon citric acid (sour)
- or substitute 1 tablespoon lime juice
- 1 tablespoon fresh ginger paste (power paste)
- 1 tablespoon fresh turmeric (power paste)
- or 1 teaspoon dried
- ¼ cup water

Directions

1. Combine the ingredients in a large mixing bowl.
 2. Firm the mixture into a ¼ cup measure and tap out onto a parchment paper-lined tray. When you've made 11 to 12 burgers, slightly flatten them with your palm. Freeze for ½ to 1 hour.
 3. **To fry:** Heat oil in a shallow frying pan and fry 3 burgers at a time until crisp on both sides. Add oil as needed. To air fry: Coat burgers with cooking oil and air fry at 390F for 6 to 7 minutes, turning them halfway through.
 4. **To bake:** Coat burgers with cooking oil and bake in a preheated oven at 425 F for 10 to 12 minutes.
 5. Serve hot with sauce and bread of choice.
- The burgers freeze well and are wonderful to make in bulk as a healthy, homemade convenience food.

Tomato Chutney

Makes 4 cups

Ingredients

- 3 cups chopped tomatoes
- 1 bunch scallions, sliced
- 1 cup cilantro, chopped
- ½ cup mint, chopped
- 1 cup parsley, chopped
- 2 teaspoons pickled jalapeno
- 1 clove garlic, mashed
- 1 tablespoon candied ginger, finely minced
- Juice and zest of one lime
- Juice and zest of one lemon
- 1 teaspoon sea salt or to taste

Directions

Combine ingredients in a food processor and pulse.

Creamy Cashew Lime Chutney

Makes 2 cups

Ingredients

- 2 cups raw cashews
- 3 tablespoons fresh lime juice
- 1½ teaspoons sea salt
- 1-inch piece of unpeeled ginger root, minced into a paste
- 1 teaspoon pickled diced jalapeno
- ⅓ cup unsweetened coconut flakes
- 2 tablespoons coconut sugar
- 1 cup water

Directions

Blend ingredients until chunky smooth.



American Inspired Veggie Burger

Makes 11 small burgers

Ingredients

- 1 cup cooked sweet potato, diced (rainbow veggie)
- 1/2 cup cooked kale, finely chopped (green veggie)
- 1/2 cup frozen peas (green veggie)
- 1 cup cooked quinoa (grain)
- 1 cup firm tofu, crumbled (legume)
- 1 cup walnuts, chopped (nuts and seeds)
- 1/4 cup flax meal (glue)
- 1 tablespoon psyllium seed husk powder (glue)
- 1/4 cup dehydrated onion flakes (umami)
- 1 tablespoon porcini mushroom powder (umami)
- 1 tablespoon sweet paprika, ground (spice)
- 1 teaspoon smoked paprika (spice)
- 1 tablespoon nutritional yeast (umami)
- 1/4 teaspoon red pepper flakes (heat)
- 2 cloves garlic, minced (umami)
- 2 teaspoons dried thyme (spice)
- 1 teaspoon sea salt (salt)
- 1 teaspoon Braggs aminos (salt and umami)
- 1/4 teaspoon citric acid (sour) or substitute 2 teaspoons apple cider vinegar
- 2 teaspoons maple syrup (sweet)
- 1/4 cup water

Directions

1. Combine the ingredients in a large mixing bowl.
2. Portion the burgers using a 1/4 cup measure. Tap out onto a parchment paper lined tray. When you've made 11 to 12 burgers, slightly flatten them with your palm. Freeze for 1/2 to 1 hour.
3. To fry: Heat high heat oil in a shallow frying pan and fry 3 burgers at a time until crisp on both sides (about 3 minutes per side). To air fry: Coat burgers with cooking oil and air fry at 390F for 6 to 7 minutes, turning them halfway through. To bake: Coat burgers with cooking oil and bake in a preheated oven at 425 F for 10 to 12 minutes.
4. Serve hot with sauce and bread of choice.
5. The burgers freeze well and are fabulous to make in bulk as a healthy, homemade convenience food.

Maroon's Barbecue Sauce

Vegan version Makes 2 cups

Ingredients

- 6-ounce can tomato paste
- 15-ounce can tomato sauce
- 2 tablespoons Braggs aminos
- 2 tablespoons apple cider vinegar
- 1/4 cup blackstrap molasses
- 1 tablespoons tamarind paste
- 1 tablespoons fresh ginger minced
- 3 cloves garlic minced
- 1/4 cup dehydrated onion flakes
- 1/3 cup coconut sugar
- 1 teaspoon sea salt
- 1 teaspoon coriander seed
- 1/4 teaspoon black peppercorns
- 1/4 teaspoon allspice berries
- 3 green cardamom pods
- 1 dried pasilla chile
- 2 tablespoons sweet paprika
- 1/2 teaspoon grated nutmeg
- 1 teaspoon ground cinnamon

Directions

1. Toast pasilla chile and grind with whole spices.
2. Add everything to a blender and blend at high speed until smooth.

Nailing the **HOUSING PROBLEM**

BY JUDITH ALEXANDER

One of the most inspiring agents of change in our time was Martin Luther King. The Poor People's Campaign of 1968 was motivated by a desire for economic justice—the idea that all people should have what they need to live. Currently we are seeing, locally and globally, the consequences of economic disparity, right down to basics like the ever-increasing numbers who are not securely housed. Through the incredible job done by the Housing Solutions Network to bring awareness of the huge local consequences of our housing crisis, we at least “get it” now.

Our entire economic and social fabric is negatively impacted by tolerating this divide. We look the other way when someone experiencing homelessness is right in front of our eyes, protecting ourselves from feeling empathy. It takes energy to steel our hearts from the suffering of others. We can become hard-hearted, losing access to our natural kindness as our compassion atrophies.

We are losing essential workers in our community, people we depend on but who can no longer afford to live here. If our doctors, EMTs, linesmen, police, etc., live on the other side of the Hood Canal Bridge, what will we do in an emergency when they cannot reach us?

It is easy to feel powerless, impotent to make a difference. What is one to do? What can one do? I have found when we embrace a shared purpose that stems from valuing sustainability, peace, justice, or collective compassion, we ALL benefit from coming together to accomplish important work in the world.

When I was asked to become the community engagement person for the Community Build Project (CBP), I jumped at



Join us! See some of our videos and the link to sign up as a volunteer at:
www.community-build.org

the chance to help our community address the problem of homelessness. The CBP leadership envisioned a way of finding solutions and new ways to participate in those solutions, even when controversy over the deplorable temporary living conditions at the County Fairgrounds deeply divided us. Little did we initially understand that the community we were about to build was for us as much as for the intended residents of the tiny shelters.

We partnered with Bayside Housing and Services to create two villages of emergency shelters, one in Port Hadlock and one in Port Townsend. Opportunities to draw in our local population grew quickly and exponentially. The colorful shelters being built along San Juan Avenue were hard to miss! The initial volunteers built two shelters. That grew into financial donors willing to buy materials, local building suppliers discounting or donating product, several business owners donating all that colorful paint, mattresses for each shelter, the towing service to move the shelters to the village site, and countless carafes of coffee from the Food Coop (just to name a few important contributions). More than once, people walked off the street and handed us cash or wrote checks, sometimes for the cost of entire shelters.

People are realizing they can make meaningful contributions, sometimes in response to an invitation, but more often than not, just by showing up with, “This is what I have to offer! I want to get involved!” The list and rate of unsolicited volunteers signing up is nothing short of astounding.



This shelter, called Whispering Willow, that was built by the folks at the Community Boat Project, a work skills effort to train up young people for the construction industry. left to right: Bill Testerman, Dennis Daneau, Todd Armstrong, Randy Welle, and Tom Buell.

Here are a few responses from our volunteers to the question “What keeps you coming back to donate your time and talents?”

Michael, a retired university professor—*I get tired of the myriad requests for financial donations while not having a clear sense that my money goes for what is being promised. This project allows me to SEE the difference I make. Very satisfying!*

Dave drives from Sequim many days per week to volunteer as a lead builder—*I have been a teacher, then a carpenter, since I was 27. I learned quickly to be an effective change agent by using my natural skills. In retirement, I’ve found I have more time, and mentoring the next generation in learning those skills holds a lot of appeal.*

Todd, a retired contractor from Seattle, traveled here to volunteer much of the last year and a half—*I really appreciate the opportunity to generate and nurture community participation, creating such incredibly tangible results that benefit other people, particularly those who are most vulnerable in our community.*

Judy, a clinical social worker in private practice, has long struggled to find solutions to our vast income disparities—*I derive so much satisfaction, not only from many folks creating and cooperating together but also seeing the voluntary flow of resources from “those with too much” to “those who don’t have enough!”*

Our next project will not be decided by the time this goes to press, but guaranteed, it will be built on the enthusiasm of the volunteers. And, yes, there is something one person can do to be the change you want to see. Join us! See some of our videos and the link to sign up as a volunteer at: www.community-build.org.



Various shelters get seated on their foundation blocks at Pat’s Place village. All City Auto Body donated all the labor and the use of several vehicles to make moving these shelters to the village a reality. Olympic Crane did the “lifting.”.





BY LIAM CANNON, POS TECH

Tight AS A DRUM

This was the example that Scrooge (George C. Scott) gave his nephew's wife for a proper simile in *A Christmas Carol*. In a nutshell (walnuts, not pine nuts), similes, idioms, and metaphors are figures of speech that illustrate a point of comparison. They are like the ballet of language. Watching the dancers glisser, tourner, and sauter on the stage can be a beautiful sight, but they dance around the point of the story. Throughout history we have used food as part of this dance of comparison. Not surprising, as food has always been an important part of our survival and enjoyment.

As Busy as Popcorn on a Skillet

While watching popcorn burst and jump around in the pan, you understand why a person that is constantly busy or preoccupied is compared to this tasty movie night treat. It is uncertain when this phrase was first put into use, but we know that popcorn has been around much longer. Archaeologists in Peru found 6700-year-old fossilized corn cobs with puffed kernels still attached. I was amazed to find that the FDA publishes a handbook detailing how much rodent munchings and excrement is allowed in our

food. They don't have a problem with the furry beasts gnawing on some of it and they say that a sub-sample of popcorn can have 1 poop pellet. Unfortunately, they don't quantify what a "sub-sample" is. This begs the question how many rodent leavings have to be present before you call it poopcorn?

Searching for a Red Herring

There isn't a species of fish known as a red herring. To preserve the meat, fish were split from the tail to the head on one side, gutted, opened up and laid flat, salted, and smoked over smoldering wood. This process not only made the fish highly pungent, it turned the flesh to a reddish color. The earliest known reference to a red herring is from a 13th century poem "The Treatise" by Walter of Bibbesworth. In 19th century texts, there are several references to using red herrings to train scent hounds for hunting. The fish would be dragged through the path of the dog in training. If the dog followed the strong smell of the fish instead of following the intended scent, they would be said to be "chasing a red herring."

Sow Your Wild Oats

The first documented use of this saying was by a clergyman, Thomas Becon, in 1542. He was comparing people occupied with useless endeavors to farmers sowing “wild oats.” Although *Avena fatua* was the precursor of current day cultivated oats, it was considered a worthless cereal crop in the day. The much later use as a sexual connotation has basically the same meaning of spreading seed without purpose.

I Have a Sweet Tooth

Those of us that love sweet treats know exactly what the reference is. The phrase has evolved from the 14th century use of “toothsome,” meaning “delicious.” Be very careful if you live in Idaho and want to give your sweetheart (hearts aren’t actually sweet) candy. There is a state law that makes it illegal for a man to give a box of candy weighing less than 50 pounds.

It’s All Gone Pear Shaped

Pears don’t seem to have a problem with this phrase, but the rest of us know that it means that something didn’t go as planned. We can thank the British Royal Air Force for the use of this term. When their pilots unsuccessfully attempted circle or oval loops, the maneuver looked more like a pear.

In a Pickle

“We’re in a pickle, Archie,” was a common saying for fictitious eccentric sleuth, Nero Wolfe to his assistant, Archie, when confronted with a troublesome situation. Pickle originates from the Dutch word *pekel*, referring to a spicy sauce or brine solution for flavor enhancement or food preservation.

You definitely would not want to find yourself sitting in this. The 19th century phrases “in a stew” and “in a fix” have a similar meaning. Incidentally, “A Nero Wolfe Mystery” TV series was one of several video production based on the Rex Stout books. This 2001 production starring Maury Chaykin as Nero Wolfe and Timothy Hutton as Archie is my favorite.

You Can’t Have Your Cake & Eat it, Too

The first known use of this phrase was in a letter from Thomas Duke of Norfolk to Thomas Cromwell in 1538. It is meant to show that, when you have a choice, you can’t have both options. He pointed out that if you eat the cake, you will no longer have the cake to eat. We like cake so much we use it in several sayings (especially those of us with a sweet tooth). An unstable person might be as “nutty as a fruitcake.” When something is easy to do, it’s “a piece of cake.” Similarity, “cakewalk” currently denotes anything that is obtained easily. Originally, this was not the case. Before the Civil War, the cakewalk or “prize walk” was a social dance performed by enslaved workers on plantations. Basically, it was a procession of couples around an elaborately decorated cake. The couple with the most graceful dance would “take the cake.”

Don’t Spill the Beans

One of the earliest forms of democratic voting was accomplished in ancient Greece. Voters were given a white and a dark colored bean. The voter would put either the dark bean for “no” or the white bean for “yes” into the voting jar. When the voting was finished, the official “bean counter” would tally the beans. If the jar was prematurely knocked over accidentally, the vote would no longer be a secret. They probably also kept a cat in a bag somewhere.



Doesn't Cut the Mustard

When someone is not up to a task, they are compared to a poorly sharpened harvesting tool. Before the advent of farm machinery, the tough, woody, mustard plants had to be cut with a scythe. If the blade was dull, it literally couldn't cut the mustard.

Worth Your Salt

Something or someone is worth its cost or has value. The Latin word for salt is *sal* and our word salary is derived from *salarium*. It is believed that *salarium* was the name given to the money allotted to Roman soldiers for the purchase of their highly valued salt. They were also required to use this money to purchase all of their supplies, including food and weapons. If the soldiers performed admirably, they were worth their salt.

Bring Home the Bacon

It all started in 1104, when the Lord of Essex and his wife posed as commoners and asked the Prior for a blessing for not arguing after one year of marriage. The prior was so impressed by this that he not only gave them a blessing but also gave them a flitch, or side of bacon. The lord and lady revealed their true identities and bestowed land to the monastery, with the condition that they award flitches to couples who proved that they were equally devoted. This event, held every four years, is still practiced today and became known as the Dunmow Flitch.

Have a Serving of Humble Pie

If you feel humiliated by your actions and have to apologize for a mistake, you are eating humble pie. Eating pie is not necessarily a bad thing until you see what the ingredients are. Humble pie is a medieval meat pie originally called umble pie which was derived from the word numble, which in turn evolved from the French *nomble*, meaning "deer's innards." It was made from what was termed "pluck." Although it could be from other animals, it was primarily deer heart, liver, lungs, and kidneys.

Eating Crow

Similar to humble pie, one eats crow when you admit that you were proven wrong after taking a strong position. The crow is considered repulsive to eat in most cultures. Writings supporting this belief claim that after watching carrion-eaters, like crows and ravens, dining upon corpses on the battlefields, it would be too repulsive to eat them. That being said, the United States experienced a crow eating trend in 1935. It was considered a delicacy, started by Dr. T.W. Stallings, a former Tulsa County Health superintendent. Most that tried it agreed that it had a pleasantly gamy flavor.

Hand Someone a Lemon

It doesn't mean that you are attempting to help someone make lemonade but to give them something of substandard quality. Metaphorically, it would leave them a bad taste in their mouth as if they bit into a lemon. Apparently, they never ate a Persian sweet lemon. Yum.

Take It With a Grain of Salt

Today it means don't take something seriously. The phrase comes from a recipe for an antidote to poison found in Pliny the elder's *Naturalis Historia* (77 C.E.). He outlines the recipe as such: "Take two dried walnuts, two figs, and twenty leaves of rue; pound them all together, with the addition of a grain of salt; if a person takes this mixture fasting, he will be proof against all poisons for that day." It was thought that if you took this antidote, you could take any threats involving the poison less seriously.

This performance has come to a close. I hope you enjoyed the flitting and twirling of the phrases.

Wine is bottled poetry.

- Robert Louis Stevenson



Staff

REMEMBER US?
A look behind the mask...



Katy, Front End



James, Sommelier



Jordan, Food Services



Rich, Front End



Marty, Food Services

HEARTY THANK YOU



Abi, Marketing Dept.



Dan, Produce Dept.



ANNIVERSARIES

December

Peter P	15yrs
Stephanie B	7yrs
Andrea S	4yrs
Jessica B	4yrs

January

Gale W	27yrs
Sky B	27yrs
Daniel G	19yrs
Daniel P	6yrs
Mabel M	5yrs
Christopher O	2yrs

February

Deborah S	20yrs
Jessica H	9yrs
Lisa J	8yrs
Cara L	7yrs
Teresa S	6yrs
Jacob G	5yrs
Terra A	2yrs



MUSIC

Alexa Sunshine-Rose
Matt Sircely &
Danny Barnes
Unexpected Brass Band
Uncle Funk & the Dope Six

FOOD

\$5 eats from:
Nadine's Kitchen
Friendly Nettle
Batch Brothers
Free drinks & CAKE!

FUN

Glow Club Juggling
Family Friendly Games
70s Themed
Costume Contest
Photo Booth & Door Prizes

Covid Protocols: We will be following protocols determined by the Washington State Health Department at the time of the event.