



FREE



SUMMER 2022

THE FOOD CO-OP QUARTERLY NEWSLETTER

AROUND THE TABLE



Experience, Engage, Energize

THIS ISSUE: Annual Report 2021, Elections 2022, Summertime Foods!



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Open Daily 8am-9pm

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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.

CELEBRATING OUR FIRST 50 YEARS— WORKING ON THE NEXT 50

BY KENNA S. EATON, GENERAL MANAGER

When I first arrived here in 2011 to take on the role of general manager at The Food Co-op, someone shared this piece of local lore: What you wear to view the New Year's Eve fireworks display will be the same thing you'll wear to watch the 4th of July Fireworks. That weather prediction sure has turned out to be true. The heat of summer really doesn't really get going here until the week following the Fourth—maybe.

So, we knew we couldn't count on sun when we celebrated our 50th anniversary back in early May, but that didn't stop us throwing a great party! We were thrilled to celebrate with our members. Fifty years is a huge milestone! The weather—as predicted—was iffy, but our community is prepared, and nothing can dampen your spirits when you're dressed in the neon colors of the early Seventies and we are planning to keep on celebrating all year, in multiple ways. For now, be sure to check the shelves for special "Golden" items created by local vendors to mark our anniversary.

As we celebrate the past 50 years, we are also stepping into our future. For instance, the long-held golden dream of installing solar panels on our rooftop might be a step closer to fruition. Last year we replaced our leaking roof, so now we can explore installing solar panels. Working with Power Trip, our local solar experts, we are developing a plan. There are several hurdles to get over before we install—a structural assessment, the permitting process, applying for a grant, and then fundraising—but I am hopeful that together we can do it. We'll let you know how the process goes and how you can help as we get a bit closer to reality.

Another project we've had in the works for a while finally launched this spring. Funded by the Washington Supplemental Nutrition Assistance Program (SNAP)—which helps low-income individuals and families obtain a more nutritious diet—we implemented a SNAP Produce Match to increase SNAP users' purchasing power. Customers who buy at least \$10 in qualifying fruits and veggies with their SNAP card will earn a \$5 credit towards their produce purchases. Food access has always been an important value of the Co-op, and with the rising cost of organics and food in general, we are honored to be able to offer SNAP Produce Match at our store. Bringing more fruits and veggies, maybe even locally grown, to the homes that need it most helps us fulfill our mission of nourishing our community.

Warmly,

Kenna



WHEN OLD WISDOM IS NEW

BY JURI JENNINGS, BOARD PRESIDENT

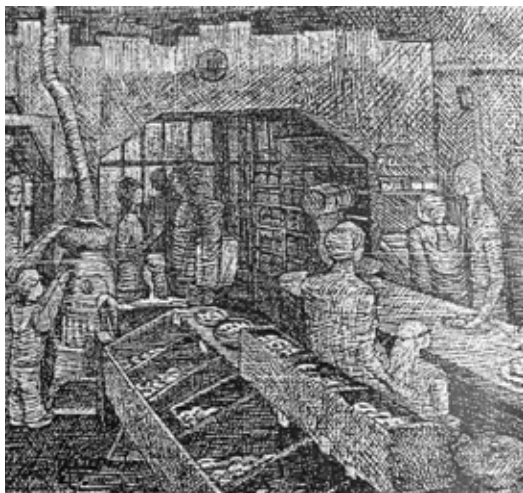
As we've been celebrating our 50th year as a co-op, I have been particularly enjoying the stories from the long-time Food Co-op members, the members who played a vital role when it was located in Uptown. One of the moments I want to share is a conversation with Doug Millholland about the kids' picnic table he constructed—or actually re-created after the original collapsed—back when the Co-op was in the old bus barn. He told us the story of an amazing itinerant wood carver he hired on the spur of the moment to decorate the table he'd made, and then at the end of his story, he casually asked, "Would you like one?" offering to make us a new table. In that moment, I felt the spirit of what brought and kept this community together—the spirit of giving unconditionally. (And the fact that Port Townsend is filled with so much talent!)

It is a difficult time knowing the planet is on fire in many ways, but these beautiful moments and the potential of the Port Townsend community bring me hope.

I keep coming back to the Japanese saying, "Onkochishin," which literally means "when old wisdom is new." I translate the idea as "make sure the soup (signifying tradition) is warm, and then add new ingredients to the pot." Beautiful harmony is created when the old and new ways can become friends.

Happy 50th, PT Food Co-op. Let us be friends with our past and welcome the next 50 years!

Juri Jennings
Board President



Drawing of
old co-op by
Hiroko Dennis,
1975

BOARD MEMBERS

**JURI JENNINGS,
PRESIDENT**

**CLAIRE THOMAS,
VICE PRESIDENT**

**OWEN ROWE,
TREASURER**

**MICHAEL FLOWERS,
BOARD MEMBER**

**DAVID DUNN,
BOARD MEMBER**

**LISA BARCLAY,
SECRETARY, EMERITA
BOARD MEMBER**



WORKING TOWARDS A MORE EQUITABLE WORLD

BY CLAIRE THOMAS, BOARD VICE-PRESIDENT

Every five years our member-elected Co-op board updates our Strategic Plan, and 2022 is the year for the board to revisit and examine our list of “Ends,” found on our website here: www.foodcoop.coop/strategic-plan. 2018 was the year the current version of our Ends was finalized and set into motion, and it would be an understatement to say that a lot has happened since then.

The Ends describe the purpose of the Strategic Plan delineated into five core facets of our Co-op: market relevance, food system development, thriving workplace, environmental sustainability, and outreach. They guide our general manager in her work managing the store.

After all that has happened the last few years, it felt really important to use forward-thinking and empathy when reviewing the current strategic plan. The board chose to examine the policy using a “DEI lens” to take a look at our language and identify who might be effected by it. (DEI stands for Diversity, Equity and Inclusion. There is debate about the best terminology, but the basic idea is to work for a more equitable world.) We know that we don’t have all the answers, and in doing much of this deep work with social justice and advocacy, we uncover patterns and

uncomfortable feelings that need to be worked through. As Board President Juri Jennings mentioned in last year’s Annual Report article on the DEI Committee, “We can only do our DEI work effectively in a safe environment, where it is okay to make mistakes and where we work together to correct them.” We must apply this compassion and empathy to ourselves and others when we examine the strategic plan.

For the board, inclusion starts with input from our members on the importance of exploring and promoting how DEI concepts can improve our Strategic Plan and there’s no better time to have an impact there than right now. Over the next several months the board will spend time in the store to talk to members.

I personally choose to believe that people are inherently empathetic and want all beings to feel safe, have access to fulfill their basic needs and live without suffering. As anti-racism educator Aiko Bethea puts it, what’s important is to “treat others as they want to be treated” and having an understanding of our community-at-large and really knowing who they are is an important step in that direction.



ANNUAL REPORT 2021

**CELEBRATING 50 YEARS OF
COOPERATION AND GOOD FOOD!**



“

I was 52 years old when I got involved, and those ideas were like the far side of the moon to me. I was absolutely amazed it didn't go down the drain. After my initial reaction—that is was bullshit—I must say it's changed my mind about people. There are more generous people than I ever imagined! I must say now the 'learning experience' is the Co-op's major contribution to the community and individuals. The Co-op has created hope for what can happen when the heart's in the right place. -Frank Killham

I was the self-appointed manager; Lynn was the self-appointed secretary and bookkeeper. Chelle was the self-appointed helper. My dad (a grocer) said, 'Co-ops were good for a while, but wouldn't last.' I said, 'Well, we can't worry about that now. -Hank

It wasn't cheaper food—it cost most to buy unprocessed food. We were going for more quality in our lives. -Gae

”



WHAT A LONG, STRANGE, BEAUTIFUL TRIP IT'S BEEN

BY LISA BARCLAY, BOARD SECRETARY

Fifty years ago, Port Townsend was so quiet you could walk down the middle of the street and never encounter a car. This low-key atmosphere and the beautiful setting attracted young people disillusioned with government (especially as the draft sent ever more young men to Vietnam) and with capitalism. In the 1960s, co-ops started popping up all over the country as an alternative to corporate-owned stores, so when Vietnam vet Grant Logg began selling honey, rice, and flour in his candle shop on Water Street, it didn't take long for the idea of a co-op to take root.

The Co-op grew quickly, moving from Frank Killham's paint barn to the uptown bus garage and finally to the old bowling alley, where we are now. With each move, members worked to fix and beautify their "new" space, continuing in the PT tradition of renovation. With each move, the store metamorphosed. The first building was tiny and heated with a pot-bellied stove. At the next, members transformed a gravel driveway into a beautiful courtyard, opened a mercantile section in the adjacent Co-op Too, and most importantly, purchased a freezer to hold those popsicles beloved by Co-op kids. The final move gave us room for a Wednesday farmers market, the Alcove for local entrepreneurs, a deli, and perhaps most coveted of all, a parking lot!

Our 50-year path has not been without its bumps. Volunteers were always in short supply, meetings could take all night to reach consensus, and ideologies frequently clashed. Cooperation is hard work. There were recessions, bridge closures, and a pandemic to negotiate, not to mention competition from huge corporations hilariously marketing themselves as local and organic. But here we are, stronger than ever, thanks to 50 years of dedication from our phenomenal volunteers, staff, and members. Thank you all!





BEYOND OUR WALLS

BY KENNA EATON, GENERAL MANAGER

Co-ops have a powerful story to tell about how we are vehicles for change, that what we do matters beyond the walls of our stores. For the Food Co-op, this means that, in addition to the good food we provide, we are always looking for tangible ways to nourish our community.

We work with a variety of local partners to increase access to healthy food, enhance our food shed, and further the cooperative economy and ideals. Our partners range from the Organic Seed Alliance to the Jefferson County Farmers market—from seed to table. We’ve worked with the LandWorks Collaborative and Jefferson Land Trust to ensure there is land to grow those seeds on and farmers to grow that food for us. We co-founded Eat Local First to highlight the importance of local farms, farmers, and producers.

Over the past 50 years, we’ve found many ways to make a difference in our community, but possibly everyone’s favorite is Beans For Bags. We were the first store I know of to offer it—in fact, we even won an award—and since 2008 we’ve distributed \$136, 878 to over 75 different community nonprofits. Check out Dave’s piece on the opposite page for this year’s details.

Our latest program is Change For Change. When you tell your cashier you would like to round up, we put those extra cents (or dollars!) in our C4C fund. These funds have gone to the Jefferson Land Trust to protect farmland, but this spring we collected for local farmers, who will use those dollars to subsidize CSAs, donations to schools and the food bank, or similar programs.

Thank you for being a key part of this positive impact on our community!



“

In 1991 the small Food Coop was Uptown, and I have great memories of how certain staff helped me find bargains and suggest new recipes for me to try (as well as supplements). I depended on them each time I came to shop with a limited amount of money. Each person there deserves 5 stars for making the coop experience a pleasure. So I hope you keep growing and changing and making our lives richer by giving us the best foods around and the best staff!

-Nan

The first time I walked into the Food Co-op was in 1981 or '82, when the store front was opened in the courtyard uptown. I remember walking in there feeling it was very ‘down to earth.’ Other people would say ‘hippie,’ I suppose, but I thought it was informal and honest, a grassroots kind of operation. I had already been part of the buyers club, getting bulk flour, sugar, oats, beans, and stuff like that. I liked it from the beginning.

-Anne

”



FOOD FOR PEOPLE

BY DEB SHORTESS, SIPS MANAGER

The co-op was started for members to have access to good food and we still focus on that today. In 1982, a committee formulated our buying policies/priorities in a living document, “The Products We Choose to Carry.” We use this as a foundation for purchasing products today. Local and organic are a big part of these guidelines.

Local produce has always been important to us. When I arrived in late 1989, we had only one major produce delivery a week from a distributor. Additional produce from local farms and gardens could make all the difference in having fresh product to offer. The busiest day was Wednesday – that was the day we got our produce delivery. Within a year, we were getting two major deliveries a week.

In the summer in 1992, up to 25% of our produce was local. Now, if there is a good blueberry crop, we have up to 45% local produce. From 2004 to 2021 we grew our total local farmer/producer purchases from over \$500,000 in to over \$1.4 million.

When I started, 3 local farms were certified organic – Lazy J Tree Farm, Nash’s Organic Produce, & Gunning Family Farms. Now most of our local farmers are certified organic, and we have been able to grow our organic offerings to over 98% of our total produce sales. Our total certified organic sales have been 45% consistently over the last 10 years.

We have also done many product audits, over the years as concerns were raised or as ingredients were added to our unacceptable list, which we call TAUFIL.

Here are a few that were done.

1989 – Reviewed products for those not tested on animals.

1991 – Statement that the Co-op will not knowingly sell irradiated foods.

1994-95 – Asked for statements from dairy producers about their use of rBST.

prior to 2010 - Developed our acceptable/unacceptable food ingredients list (TAUFIL). (updated annually)

2007 - Formed Product Research Committee (currently an operations committee; began as a board committee)

2007 - Wrote first product boycott process.

2011 - Reviewed radiation testing standards of products from Japan after tsunami.

2013 – Audited products for potential high risk GMO ingredients. (The number of nonGMO verified products available now has increased fourfold or more.)

2016 - Audited products for carrageenan.

2017-18 - Audited products for glyphosate and sustainable palm oil.

In 2021, we purchased over \$900,000 from co-operatively owned producers and distributors, up 20% from 2020.

We will continue our work of the last 50 years, to search out local products, review our TAUFIL, audit products as needed, look for opportunities to support other co-operatives, all to provide good food for you.





... NOT FOR PROFIT

BY OWEN ROWE, BOARD TREASURER

The way we conduct our business is every bit as important as the products we sell. Since 1972, The Food Co-op has played an important role in building and strengthening Port Townsend's culture of community service, collective effort, and mutual aid.

As a cooperative, we work to uphold seven principles:

Voluntary and Open Membership

Democratic Member Control

Member Economic Participation

Autonomy and Independence

Education, Training, and Information

Cooperation among Cooperatives

Concern for Community

Part of what makes Port Townsend special is that so many businesses in town can point to similar principles, whether or not they identify as a cooperative.

Non-profits share our spirit of community service, whether they're doing cultural work (Centrum, New Old Time Chautauqua), environmental work (North Olympic Salmon Coalition, Jefferson Land Trust), or human services work (Jumping Mouse, Dove House). Collective effort is at the core of the Shipwrights Co-op, Port Townsend Gallery, and Peninsula Homecare Cooperative. Mutual aid drives the work of Habitat for Humanity and the Jefferson County Food Banks.

Over the past five decades, Port Townsend has said farewell to some beloved organizations (Town Tavern and Boiler Room R.I.P.). Over that time, though, Port Townsend and The Food Co-op have also welcomed and helped launch newer groups pursuing new community aspirations, including Quimper Mercantile Co., the Jefferson County Anti-Racist Fund, the Port Townsend Film Festival, The Benji Project, and Olympic Angels. It couldn't be clearer: we're not doing this just to make a buck. We're doing this for each other.



1972

The Co-op initially sold local produce on consignment.

Volunteers make supply runs to Seattle for rice, honey, and flour.

1975

We add fresh tofu, soy sauce, miso, and nutritional yeast to our products.

We start a farmers market with grant money we received.

It cost \$10 for a family to join the Co-op plus \$2 a month dues or a day's work. In 1844, Rochdale cooperative dues were the equivalent of a month's wages, with no volunteer option.

We begin collecting glass and aluminum from members to recycle.

1976

We collaborate with PT Bakery to provide bread made with Co-op ingredients.

Dr. Bronner's soap cost \$1.98 per pint in bulk.

We hold a raffle to buy a truck. The Cosmic Crinkle begins to make runs to Seattle.

1976

The Co-op sells raw milk as pet food for a few months.

1982

Product Guidelines Committee formed.



1988

We get a new upright freezer to sell frozen food, as people are spending less time cooking.

1989

Co-op offers products not tested on animals.

1990

Alar scare brings more people to the Coop.



1991

We stock products from a Guatemalan weaver cooperative, initiating our support of Fair-trade initiatives.

1992

Produce labels designate organic, non-organic, and pesticide-free.



25% of produce in summer/fall months was local.

1993

35 local producers/manufacturers at co-op.

1996

Board hires first general manager.



GROWING OUR COMMUNITY

BY DAVE DUNN, FRONT END MANAGER AND BOARD MEMBER

So I've been given 250 words to mention the ways the Co-op helps the greater community. Gotta go with bullet points to fit in as much as possible!

We all know how much we love to care for our neighbors and that is reflected in giving to The Food Bank. Last year, The Co-op gave \$5,768 through Beans For Bags to the Food Bank and a total of \$35,325 in food donations (7,000+ items!).

Total beans last year: 216,715!

Other Beans For Bags recipients received a combined total of \$7,252.

Farm to School: When you purchase these 3# bags of apples, our schools get money for programs that focus on healthy food (Community Wellness Project).

Bicycle Benefits: \$1,296 in apples, bananas, or carrots for folks who eschewed gas and rode their bikes to the store.

Local event sponsorships: \$13,475 for things like those bananas and oranges we gobble up after the Rhody Run.

Northwest Watershed Institute Plant-A-Thon: \$1,000 to support restoration efforts in the Tarboo watershed.

Cooperative Community Fund: Cooperatives giving money to help other cooperatives. We use our interest to improve food access, support sustainable agriculture, focus on healthy kids/families, and much more.

Twin Pines Cooperative Community Endowment Fund: \$3,362 (protects organic farmland, etc).

BIPOC organizations doing food system work in our local and regional community: \$2,000+.

Grow Fund went to Hugging Tree Legacy this year: \$1,456

Then there's Round It Up at the checkout (e.g., Jefferson Land Trust, Farmer Fund), Co-op Explorer's Club (apple/banana/carrot for kids), annual Beach Cleanup, Co-op Food Bank garden, multiple re-use programs designed to reduce community waste, and many more.

This is a very reduced list and doesn't go into all the ways we support the local economy, food education programs, or reduce our environmental impact through reducing waste. Just remember, we are not shopping at "just a grocery store"—we are growing community!

CONNECTING WITH OUR COMMUNITY

THE CO-OP BY THE NUMBERS 2021

In a town of 10,000 people, the Co-op has 7,000 active members.

Improving Food Access



7000+ items of Food Donated to the food bank with a retail value of **\$35,325**



\$1,241.27 Farm to School apple bag donations to the Community Wellness Project



\$2000+ given to BIPOC organizations doing food system work in our local and regional community

Sustainable Agriculture, Land, & Sea Stewardship



\$2000 Jefferson Land Trust agricultural conservation



\$1456 Grow Fund granted to Hugging Tree Legacy for their work at SHY ACRE FARM.

Healthy Kids, Families, and Animals



\$ 1,296 of FREE fruit given to Bike enthusiasts via our BIKE BENEFITS program.



216,715 Beans Collected WOWZA! That's also 216,715 single use bags saved from the landfill



\$ \$25,310 = Local Giving (JeffCo** \$ from beans + donations – national donations = Local Giving.)



\$13,475 Local Program/Event Sponsorships



\$1500 Head Start organic milk program



\$2,299 of fruit given to our young CO+OP EXPLORERS

Supporting the Cooperative Model



\$3,362.66 Funds deposited into the Twin Pines Cooperative Community Endowment Fund

1996

Store tours for teens & kids.

1997

We put up the suggestion board.

We open on Sundays.

Checkout clerks have printouts with most prices for bulk, produce etc, so shoppers don't have to write everything down.



2001

With the move to bowling alley, we have more shelf space, and can offer WIC (Women, Infants, and Children). Deb immediately sets to find out how to get affordable organic foods into the government program.

We provide space for Wednesday Farmers Market. The deli opened when we moved to the much larger bowling alley.



2002

We reimburse shoppers 5 cents for bringing their own bag and 2 cents for jars.

2003

We co-sponsor first county farm tour.

We assist Food Bank in construction of new walk-in freezer. Board drafts first Ends policies

Our Produce Department became the first organically certified on the peninsula. Now 99% of our produce is organic!!!



CO-OP STAYS STRONG THROUGH ANOTHER TOUGH YEAR

BY OWEN ROWE, BOARD TREASURER

Planning for 2021 at the end of 2020, we anticipated that the pandemic would end and life would return to something resembling normal. Instead, 2021 was another difficult year. We felt the effects of inflation, supply chain disruptions, the local housing crisis, and a tight employment market—on top of the continuing pandemic and social-political tensions.

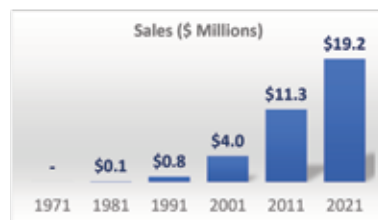
Still, we did better than we expected. The store actually made a small profit on operations, but that became a loss when we included interest payments on our building and equipment loans and an unexpected charge related to the roof replacement. (We had to write off the value of the old roof.) Unfortunately, that means there's no profit to return to member-owners as a patronage dividend for 2021.

While 2021 wasn't a stellar year financially, the Co-op was able to survive and thrive thanks to 50 years of member investment. The four graphs below give you a broad sense of the Co-op's steady growth over that time, but I want to point out one of the numbers on the next page:

Members' Equity

Members' Equity is the total of the Capital Investment everyone pays when they join the Co-op, the portion of each year's patronage dividend that we retain, and the cumulative earnings from 50 years of operation. It doesn't mean we have \$5 million in the bank! Most of that equity has been invested in our building and equipment, giving us tools and resources to weather difficult times.

This is what accountants mean when they talk about a "strong balance sheet." Despite the challenges of recent years, in 2022 our Co-op is financially strong, thanks to 50 years of support from our community and our member-owners.



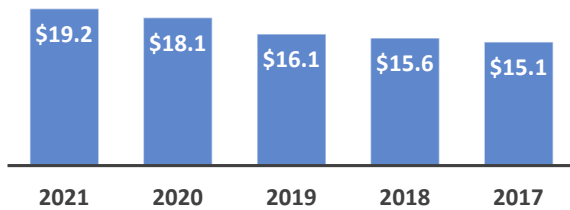
**Profit & Loss Summary
December 2021**

		% Sales
SALES	\$ 19,202,395	100.0%
Cost of Goods Sold	\$ 11,947,052	62.2%
Gross Profit Margin	\$ 7,255,343	37.8%
OPERATING EXPENSES		
Total Personnel	\$ 5,164,761	26.9%
Total Operating	\$ 552,676	2.9%
Total Administrative	\$ 662,044	3.4%
Total Occupancy	\$ 312,969	1.6%
Depreciation	\$ 312,838	1.6%
Marketing & Outreach	\$ 146,412	0.8%
Board Governance	\$ 71,590	0.4%
Total Operating Expenses	\$ 7,223,290	37.6%
Total Other Expenses	\$ 110,802	0.6%
NET INCOME (LOSS)	\$ (78,749)	-0.4%
Local Farmer & Producer Purchases	\$ 1,433,363	12.0%

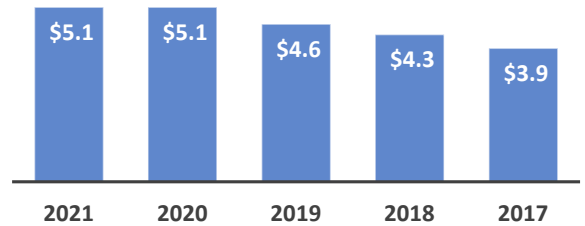
**Balance Sheet
December 2021**

ASSETS	
Cash	\$ 1,585,510
Inventory & Receivables	\$ 909,784
Land, Building & Equipment	\$ 5,332,849
Investments	\$ 200,112
Total Assets	\$ 8,028,255
LIABILITIES	
Current Liabilities	\$ 907,445
Long-term Liabilities	\$ 2,039,300
Total Liabilities	\$ 2,946,745
MEMBERS' EQUITY	
Members' Capital	\$ 1,083,464
Retained Patronage	\$ 1,279,530
Retained Earnings	\$ 2,718,516
Total Members' Equity	\$ 5,081,510
Total Liabilities and Equity	\$ 8,028,255

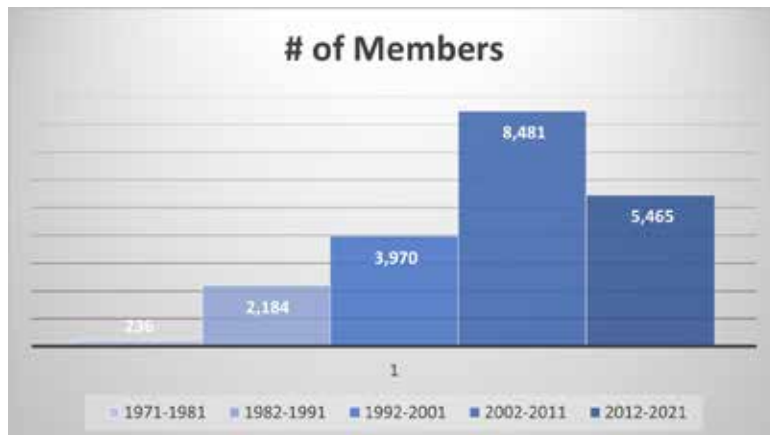
Store Annual Sales
(in millions)



Members' Equity
(in millions)



THE CO-OP OVER THE YEARS





2004

We install EV charging station.

2005

We hold several Wisdom Councils to get the benefit of our collective knowledge and experience.

Buy Local Day gives shoppers a chance to meet some of our local producers.-

The Choices, Choices Forum brings Co-op members and producers together for an evening of exploration of food choices and their impact on the environment, health, the local landscape and economy resulting in our Products We Choose to Carry guidelines.

2006

We are first in the area to introduce Local labels.



Local Food Forum initiates a dialogue about sustainability.

Buy Local Day gives shoppers a chance to meet some of our local producers.-



2007

Buyers begin work on list of acceptable and unacceptable ingredients (TAUFIL). “Listening Like Crazy” events lead to a revised mission and principals.

Buyers work on list of acceptable and unacceptable ingredients (TAUFIL).



Begin the “market basket” program, with 7 items at lowest possible price—now it’s our Co+Op Basics, with over 300 items.

Consultant hired to begin Strategic Planning Process.

2008

First store cards issued.

First year of Beans For Bags, raising \$6856.65!

2009

We begin using 100% recycled bags with FSC certified paper, leading to this change at all NCGA Co-ops.

\$10,000 grant to Organic Seed Alliance.



We partner with PT Library and receive a grant to teach healthy eating. Our Co-op Natural Foods curriculum includes over 10 hours of training. Staff receive this education, which is also offered free to owner-members.

2012

Board completes first 5-year Strategic Plan in 2013 after a year-long process consulting members and community partners.

2015

Round Up for Land Trust begins.

Co-op Annual Meeting leads to Eat Local First campaign.

Begin program to loan money to farmers.

2016

GM and board president help found the Olympic Cooperative Network, which assists local coops to get started.

Product Research Committee surveys store for possible GMO ingredients. We find very few, then label and begin to phase out products that might contain GMOs.

2018

Begin collecting clean plastic to recycle into Trex, both from the store and our members.

We sponsor "Cooking with the Co-op" for middle schoolers, where a variety of local chefs taught kids how much fun it can be to eat healthily

2019

Offer soups in reusable jars.

Multiple green business awards over the years, including

We partner with the Farmers Market and hospital on Veggie Rx program, getting fresh vegetables to those who need them.

Board organizes volunteers to shop and deliver food during the first months of the pandemic.

Coop2Go debuts in July

We have over 900 local items in the store!

2022

We celebrate 50 years in our community!





Gettin' Down To Business

ANNUAL GENERAL MEETING

Tuesday, June 28, 2022

5:30 - 7PM

REGISTER FOR ZOOM MEETING AT WWW.FOODCOOP.COOP/AGM



Voter's Guide

ELECTIONS 2022

Voting begins the day of the annual meeting, June 28 at 12:00 pm and ends at 9:00 pm on July 11.

All active members—that is members who have shopped at the Co-op within the past year and are paid up as of May 31, 2022—are eligible to vote. Please note that each membership equals one vote. While other people in your household may share your membership number when shopping at the Co-op, only the person who holds the membership may vote.

As a bonus, for each vote, the Food Co-op will donate a dollar to the Food Bank!

This year we have two seats, each for a 3-year term. Each candidate is running for a particular seat, and you may vote For or Opposed—or choose Skip if you have no opinion—for each candidate. A candidate must receive at least 51% For votes to gain the seat, which means that every vote counts.

In addition to their statements below, the candidates will be answering questions at our Annual General Meeting on Tuesday June 28 (5:30-7:00 pm) via Zoom. Members can register for the meeting on our website (www.foodcoop.coop) until Friday June 24.

Voting will be online and in the store. Ballots will not be mailed to members. There are three ways to vote:

- 1. On June 28, if the Co-op has your email address on file, we'll email you instructions and a link to the vote. Voting opens at noon.**
- 2. If you don't receive an email, you can go to The Food Co-op website (www.foodcoop.coop), click the Vote button, and follow the instructions.**
- 3. If you prefer paper to computers, you can fill out a paper ballot at the store. Look under the Board's board for ballots and envelopes. Put your ballot in an envelope, sign and write your member number on the envelope, and then deposit it in the blue ballot box.**

Questions?

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



Dave Dunn (3-year term)

After working on the board for two years, I remain interested and excited to continue service on the Co-op board. The past two years of service have really flown by, and there's been so much to learn in some ways I feel like I've just started. We've initiated so much work in the past two years and I would really like to continue with this work and see it through.

I feel that we are all here to serve each other and our community, and working on the board gives me an opportunity to do just that. By working at the Co-op, I have certain insights of how the store works and I am able to bring this understanding to our board work. I believe this has been helpful in certain situations and hope that these understandings can be helpful in the future.

It continues to humble me to be able to work with such great people—the board members, Co-op staff, and our members. I think we all benefit when we work together, which is what the concepts of collaboration and cooperation really means. Printed on many of the Co-op paper bags is the phrase “Stronger Together,” which to me means that we can only be strong if we work together. To work together, we all have a responsibility to communicate our ideas, listen to each other, and work for each other. Only by working for each other can we have the capacity to cause great change and benefit to our community.

These ideas—which exist within the co-op model but not the corporate—make our Co-op so much more than just a grocery store!



Owen Rowe (3-year term)

When I first joined the Food Co-op board in 2015, I knew it was a great place to buy food that's good for people and for the planet. I also knew it was a locally-owned business that keeps our dollars circulating in the community, rather than sending them off to some distant (or nearby) billionaire. During my time on the board, I've discovered a few other ways the Co-op nourishes our community.

Collaborative governance, the way we practice it, is not just powerful—it's beautiful. The board's job is to serve member-owners by guiding the Co-op to the best long-term strategies to achieve our mission, and to check to make sure that we're following our values, principles, and policies along the way. But we're also always learning and improving, working to understand our community and collaborate better as a team. It's a great group of people, and I honestly look forward to board meetings because I know I'll always learn something new.

And the Food Co-op doesn't just participate in our local economy. With the board's support, we're working to grow the cooperative sector, build community ownership, and expand democratic governance. When member-owners shop and invest in the Co-op, the Co-op can re-invest in our community to help build farms, businesses, and resources.

I'm running for one more term on the board—we do set term limits—to help the board continue to fulfill its governance responsibilities to member-owners. But more than that, I want to make sure the board, now and in the future, can sustain and spread its own practices of learning, development, and outreach. In 2022, we're celebrating 50 years of working together, but I'm focused on the future.

OLYMPIC HOUSING TRUST –IT’S TIME TO SHINE

BY JUSTINE GONZALEZ-BERG

After several years spent in a chrysalis stage, the Olympic Housing Trust is beginning to emerge and prepare its wings for flight. And the timing could not be more critical. All around the community we are seeing the negative impacts of a runaway housing market, as families struggle to find decent places to live without success, and local businesses struggle to retain and attract workers due to a lack of housing options.

In this hour of need, Olympic Housing Trust uses a time-tested approach to growing communities that thrive, based on the principles of community ownership and resource stewardship.

Using the Community Land Trust model, Olympic Housing Trust is an organization intrinsically shaped and owned by the community it serves, and it can be used to fill a variety of community-identified needs. Right now, our community’s greatest need is affordable workforce housing, and we are excited to be able to join our local landscape of housing providers in addressing this critical need using the permanent affordability model.

Olympic Housing Trust is unique in that it approaches affordable housing through the lens of resource stewardship. This model is based on the desire to hold and preserve common resources for the benefit of the community. Primarily, this means protecting land for permanently

affordable housing. However, the model could also be used to preserve other common assets such as community gardens, strengthening local food security, or buildings that are home to community-serving organizations, strengthening the vitality of our local economy. Stewarding our shared assets is at the core of Olympic Housing Trust’s vision.

Olympic Housing Trust is also committed to social equity. The Community Land Trust model achieves this goal by including impacted populations in the governance of the organization, through reserving one third of board seats for people served by the organization. Community accountability is achieved through a membership model that gives local voices a say in the governance of the organization.

This is a critical time to cultivate solutions for our affordable workforce housing crisis, and this summer it is finally time for Olympic Housing Trust to step out into the sun.

Justine Gonzalez-Berg is one of a small but incredibly dedicated team of working board members helping to build Olympic Housing Trust into a valuable community resource. Learn more about Olympic Housing Trust and the Community Land Trust model, and support or join our work at olympichousingtrust.org.



STOP IN FOR AN ELEVATED TREAT THIS SUMMER

BY KATE NICHOLS

For an elevated pleasure, try homemade ice cream, chocolate, and other tasty treats at Elevated Ice Cream and Candy Shop. Their homemade ice cream, sherbets, and nondairy Italian ices come in a variety of delicious flavors, including long time favorites Swiss Orange Chocolate Chip and Blind Love, a double chocolate. They also have baked goods and espresso beverages. And if that isn't enough, walk into their candy store for truffles, fudge, and some whimsical confections.

Shirlena and Josh Freund bought the shop in January of 2020 from its original owners, Julie and David McCulloch. Two months later stores closed because of Covid, so they rushed to change their business model to sell quarts of ice cream to grocery stores. Shirlena got on the phone and called stores to find out who would sell their product. She found fourteen regional stores, including the Food Co-op.

As stores and restaurants opened back up, Josh and Shirlena began making speciality ice creams for retail shops and restaurants. One of their more unusual flavor requests was Ube potatoes, a purple plant that tastes like french fries. They have a small cooler to mix up sample batches before they run a batch for sale or as a specialty flavor for a wholesale customer.

Josh and Shirlena run the business side of the shop—although Josh helps out making ice cream when he's needed—while Matthew Moeller is their head ice cream chef. Matthew graduated from Pennsylvania State University's Short Ice Cream Course. He explains making

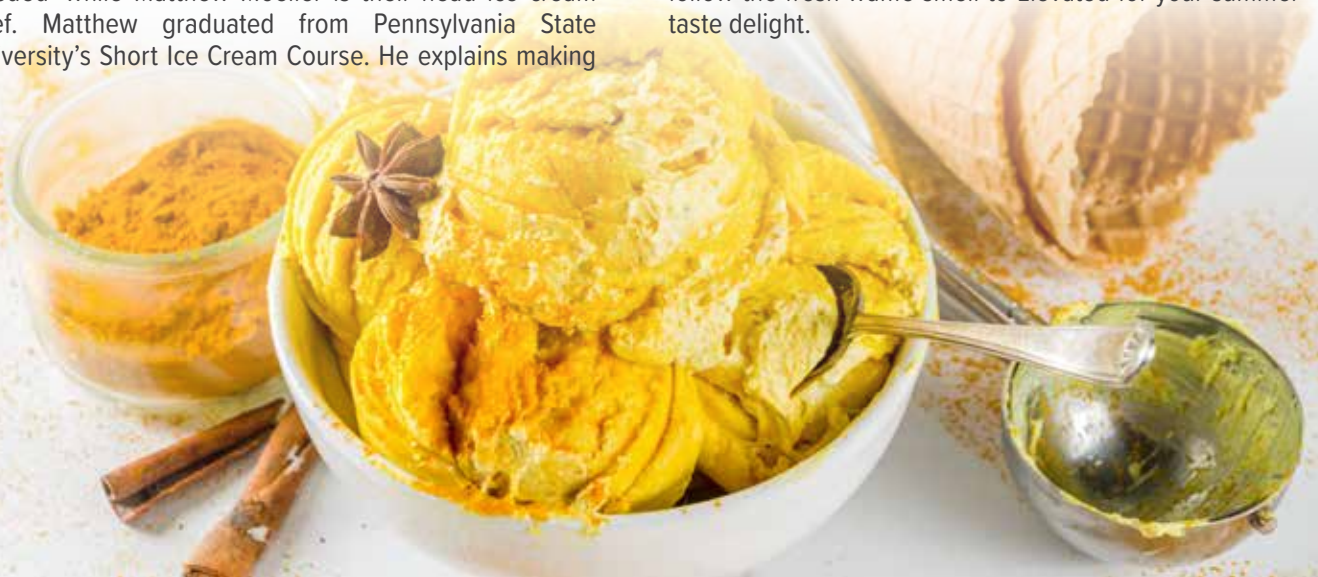
ice cream is more chemistry than one would think. He compares it to acquiring a baker's attitude rather than a chef's, due to the need for exactness in recipes.

Recently, Shirlena and Josh changed their logo so that the label honors Elevated's history, adding a drawing of the first shop, in 1977, an elevator cage. They also bought a freeze drier, which allows them to freeze dry some of their ice cream. Soon a favorite flavor might be available to take home without being cold or mailed to your favorite long-distance friend.

Matthew created the Golden Milk flavor for the Co-op's 50th Anniversary. Its color comes from turmeric, in addition to ginger and cardamon flavors. He's also invented favorite flavors like Jam-Packed, that uses raspberry sauce made from local raspberries and gluten-free crackers. Josh said that they might try making other floral flavors, such as rose. Right now they are working on a cheesecake ice cream.

Specialities for summer include ice creams made with local lavender an extra special flavor lavender tea made with melted white Guittard Chocolate. Summer also offers fresh fruit from local farms to make such flavors as melon cucumber and apple ice from Soltice Farm's apples.

Waffle cones are made fresh every day, so this summer follow the fresh waffle smell to Elevated for your summer taste delight.





MEET THE LOCALS

THE FAY FARM FARM –Handmade Organic Body Care

BY KATE NICHOLS

Stacy Anderson manages her natural skin care company, The Fay Farm, with three of her five daughters, and gathers honey from hives run by eight Queens.

Three years ago, when Stacy and two of her daughters moved to Port Townsend from their farm on Whidbey Island, Stacy says they “reimagined the business after deciding not to include livestock.” Instead, they chose to use honey as a cornerstone of their products because of its medicinal value. Stacy has created an apiary with eight hives for the honey in their products.

Stacy wants her products to be as eco-friendly and organic as possible. Because she feels that EU standards are more conscientious than US standards, she completed a three-year master program on formulating with organic ingredients from Formula Botanica out of the UK. She brings that knowledge to her products.

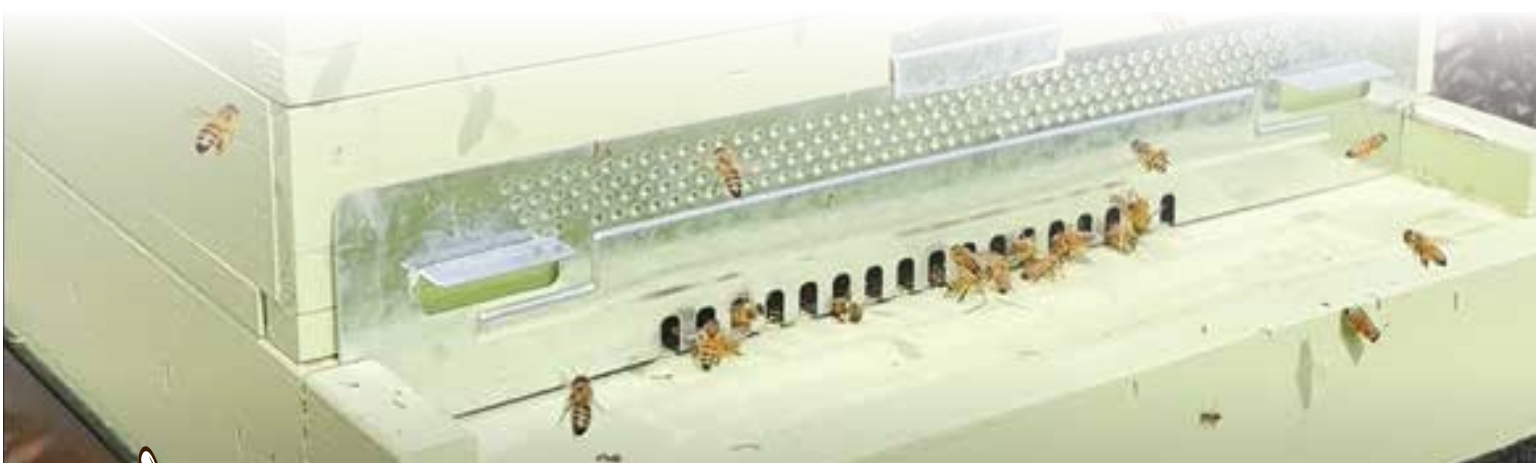
In 2013, she started using CBD in her products because more people with chronic illnesses were asking for products to help with their pain. She adds CBD in some of her salves and lotions to increase their effectiveness. She uses full spectrum CBD to get the most benefit. She buys her CBD from an organic farm in Colorado and has it tested for pesticides, bacteria, mold, and yeast. Her final

products are also tested to make sure the amount of CBD is accurate and the THC is below the legal limit of .3%.

Stacy said they are revamping their packaging to be more environmental friendly. With the packaging change, they created a new logo to include the honeybee. As a way of being more environmentally friendly, they've eliminated plastic by crafting bars of body wash, shampoo, conditioner, and even bubble bath. An additional benefit of these bars is that they are made with surfactants derived from sugar and coconut, which are gentler on our skin and hair than traditional soap. Her new line of facial cleansers and moisturizers will be in glass containers, rather than plastic. All their current packaging is made in the US.

In late June, Stacy will teach classes on cold-process soap making as well as other fun products. Private groups and scheduled classes will be available. Class size is eight to ten people, and children ten and up are welcome.

Watch for her new bars and facial line this summer at the Food Co-op and enjoy the benefits of Fay Farm body-friendly products.



The Queen bees names: Ruth Bader Ginsberg, Eleanor Roosevelt, Sojourner Truth, Harriet Tubman, Wilma Mankiller, Susan La Flesche Picotte, Frida Kahlo, Sylvia Rivera



SHY ACRE FARM **We Are Growing—Thanks to the Grow Fund!**

BY CELINE SANTIAGO, HUGGING TREE LEGACY

Shy Acre Farm is an intergenerational demonstration farm in the heart of Port Townsend. Our first projects focused on the connections between the land that hosts us and the native people, plants, and animals who have inhabited it, while our greatest goal is to create a healing sanctuary with a sustainable growing space and a “Life is Art” alignment within our work.

Last year, we designed an inclusive family program and fostered farm connections for youth volunteers. Through a weekly Farm Menu series, participants could choose their “art farm adventure” and explore nature with creative projects interwoven with volunteer farm work.

We grew roots supporting young families in the community with the inauguration of Heartberry Cooperative Playschool. Juri Jennings of PeddlerPT, Corinne Adams, and Natalie Maitland partnered with Shy Acre Farm to create a classroom on the farm within a greenhouse. Additionally, PeddlerPT delivered 113.5 pounds of produce to the Food Bank for us in 2021. We also gave regular harvest shares to the Jefferson County Anti-Racist Fund.

We bookended the farming season with community celebrations. To welcome spring, we hosted the annual Plant and Seed Exchange in collaboration with Friends of the Trees Society. To conclude the year, we held two art-activist events in our community garden to honor the cycles of life. For Dia de los Muertos, we celebrated autumn for a second year at our Listen Earth Art Altar. We closed the year with a winter solstice observance including poetry, song, and a “Luminary Labyrinth.”

For our 2022 season, the intergenerational farm and nature program will meet June through September, pairing a themed menu with art learning experiences. Adrianna Santiago, working in collaboration with fellow local artist Grace Love, will continue to grow an integrative art farm program for kids from 2-18.

The community programming available at Shy Acre Farm would not be possible without the generous donations of our local businesses and nonprofit organizations. The Grow Fund from The Food Co-op provided the funding for the supplies needed to build two picnic tables with benches and a shed to hold our farm tools and support our solar array. For this we are truly grateful.



APPLY FOR THE GROW FUND

HELP US GROW OUR LOCAL FOOD SYSTEM!

APPLICATIONS OPEN ON AUGUST 1ST.

Non-Profits and Community groups are encouraged to apply.
2022 Funds available –\$1548.02

Visit www.foodcoop.coop/grow-fund



YOUR CHANGE MAKES BIG CHANGE

**SUPPORT OUR LOCAL
FARMS BY ROUNDING
UP YOUR PURCHASE
AT THE REGISTERS.**

You can donate any amount at the register over the next three months, and we'll divide the total evenly to three local farms, which they will use to subsidize CSAs, donations to schools and the food bank, or similar programs.

NOTE: These donations are not tax deductible but investments in our community.



WHAT GOES INTO A LOCAL EGG?



BY DEB SHORTESS, SIPPS MANAGER

Did you know that in the last 12 months, we had local eggs to offer for sale every day, except 25 days in the winter? We purchased and sold over 7000 dozen Local 5 eggs! (This is about 15% of our total egg sales. Most of the other eggs we sell are Local WA.)

What does it take for our egg farmers to have those local eggs to sell to us?

It starts with chicks. During the pandemic, the availability of chicks has been unreliable, and chicks have to be reserved 6-10 months in advance. Whether you buy or raise chicks, they have to be fed for 5-6 months before they produce eggs. The first eggs are small, pullet eggs and may not have a ready market.

When a hen is no longer able to lay eggs, there is the question of what to do with them. To sell the hens involves a different set of rules, those for meat production and harvest, and it can involve 50 birds or more at a time.

Predators, eagles, dogs, coyotes, weasels, to name a few, can be a problem for chicks or full-sized hens. Some farmers have mobile chicken houses for their entire flock. Others have not been able to make that investment. Any infrastructure has to be very secure against predators, although some predators are bold—this year one entered a barn even with the farmer working right there.

What about feed? There are shortages of some ingredients—for example, oyster shell—and increasing prices on grains. Even with negotiated vendor discounts for pallet quantities, prices are going up. (The Scratch & Peck bags we sell at the Co-op have gone up in price twice in the last two months.) One farm experimented with cooperative purchasing a few years ago, but that did not result in any price reduction for the grain.

What benefit does the farmer get? Good food. A small profit. The ability to employ someone or offer an internship. For one farmer, it has been difficult to impossible to find anyone interested in learning or working on the farm during COVID. Making a profit is true for some farmers, but for others the egg production simply fits in with the whole farm enterprise.

The Co-op has worked for several years to minimize the gap in local egg availability. Some years, like this past one, we have succeeded in reaching this goal. The farmers who deliver eggs to us every week are Chimacum Eggs, One Straw Ranch, and Solstice Family Farm. They all also contributed information to this article. We have two farmers who provide us eggs less frequently—Sid's Cackleberries and Chicken & Egg. A giant thank you to all of them.

**YOU
WIN!**

7. special
order

6. buy bulk

5. NCG
coupons

4. co-op
basics

3. co+op deals
bi-weekly flyer

2. member deals
*Wellness
Wednesday*

1.
weekly deals *always
includes one
local item*

**WAYS TO
SAVE AT
THE CO-OP**

GO



Summer

LAURA SCHEAFFER, OUR WELLNESS MANAGER

Summer is my favorite time of year. A time of sweet scents in the air, raspberries to eat, and a renewed sense of play as we watch the shapeshifting of lazy clouds or, from a new campsite, we point out the first star appearing in all that blue of the night sky. Summer memories connect us to neighborhoods and family, intermingle past and present, and always seem to show us something compounded—

perhaps deeper hues in the streaks of sunsets. And there are earlier dawns, too, some of them growing warmer than expected, requiring water, oils, and lotions to soothe our parched skin. The Wellness Department can be a kind of oasis in this season as we gear up for the adventures just waiting outdoors. Here's the team's preview for protecting your skin.



Alba Botanica Sport Sunscreen, SPF 45 and fragrance-free, is a top seller, made with 100 percent vegetarian ingredients and gluten-free. Alba also contributes to the nonprofit Care, providing girls in poor villages with educational opportunities.



Rich moisturizers such as Weleda's Skin Food, Acure's Moroccan Argan oil, Wild Carrot's Firefly Sparkle, and our local vendor Island Thyme's Lavender Rose Cream are affordable products that keep your skin luxuriously hydrated. Even their names speak to sunshine and wonder.



It wouldn't be summer without bugs or our overexuberance. This summer take it easy pre- and post-workout with Garden of Life's CBD Intensive Recovery Lotion, which not only aims to soothe those tired muscles but includes two adaptogens in its organic ingredients—both Ashwagandha and holy basil help support and balance our response to stress.



And finally, give yourself a quick spray of Defense from Pranarom. This deet-free "aromashield" will keep the bugs away from all that beautiful skin you've been caring for. Made with 100% organic essential oils.

Lovini

PROTECT YOUR SKIN



MyCHELLE Dermaceuticals answer the call to add a little glow and stay safe under the sun with their sunscreen Protect, SPF 50 in a light/medium tint. Reef Safe and made with bentonite clay and safflower oil to smooth and even skin tone.



Earth Science Almond-Aloe moisturizer, for all skin types, is made with jojoba, shea, and hyaluronic acid. With SPF 15, it provides a natural scent and nourishing aloe vera for everyday use.



And don't forget your lips! All Good's coconut lip balm is SPF 20 to keep your lips moisturized, too. Made with organic ingredients by a company that protects our reefs. This B Corporation is giving back to what matters most—our planet, rain and shine.



Red Raspberry Seed Oil from Wild Carrot Herblals is a natural sunscreen jam-packed with goodness. This seed oil also offers antioxidants and fatty acids to refresh and soften the face. Made in Oregon and infused with bird song.



Local vendors celebrate wellness for the Co-op's 50th anniversary.

Golden Anniversary treats include Oasis Fir & Cedar lip balm, made simply with only natural oils, bees wax, and vitamin E; Bunny's Bath Golden Light Moisture Soap, with beautiful golden swirls (really, you have to check it out); and Mountain Spirit's Amber-Orange massage oil—Denise's reimagining of the first product she ever sold to the Co-op back in 1985.

Greek **SUMMER SALADS**





FOOD BRINGS ON THE APPETITE (OLD GREEK SAYING)

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

Summer feeds the soul, languid days traversing between garden and kitchen, wandering the farmers market, or ogling the Coop's produce. I fall in love with the bounty of color and taste. At home, we often eat meze style, with a collection of small appetizers—a lentil salad, olives, sliced tomatoes, cucumbers, hummus, some roasted vegetables, fresh yogurt, feta, bread.... I pull them out for impromptu meals, especially handy when unexpected guests arrive.

The Greek tradition of meze (plural mezedes) is ingenious and a culinary study in itself. Mezedes are like tapas, creative little plates, usually served with drinks. They span everything—bread, cheeses, seafood, meats, salads, sauces. For the home cook, they're the perfect way to serve summer meals. We find meze throughout the Mediterranean and North Africa, and while there are similarities across cultures, each has its own style.

One genre of mezedes that fascinates me is spreads. For instance, hummus, while it's so ubiquitous that we don't give it a second thought, is worthy of our attention. To use a legume and add creamy tahini, olive oil, garlic, salt, and lemon is genius. Now we scoop it onto crackers, make sandwiches, or eat it by the spoonful. There are several Greek versions of pureed legumes that are outstanding. My favorite is black-eyed pea skordalia: black-eyed peas, which we don't eat enough of, smashed with garlic, olive oil, lemon, and salt. YUM! An addition of toasted walnuts creates a smooth and crunchy combo. There is nothing dull here.

Tzatziki is another masterpiece. Who would have thought yogurt combined with vegetables would taste so good? Once again we get creamy, salty, the garlic bite, sour, and finally, crunch. There are so many versions on this theme. When I discovered I could also use grated carrots, beets, zucchini, or even green tomatoes... happy flavor dance.

Melitzanosalata is the classic we know as baba ganoush, a pureed eggplant spread and another revelation. Roast vegetables in olive oil until they are unctuous and sweet, add heat, sour, a touch more sweet, and puree. Try it with onions, garlic, peppers, zucchini, or tomatoes, and it'll even work with carrots or beets.

I'll be going further into meze with more Greek recipes and tutorials this summer with the Co-op's Community Cook Greek course. Hope you will join in the fun.

Cookbooks cover my table, all open to yummy pages. Diane Kochilas is my top Greek author, and her recent book *Ikaria: Lessons on Food, Life, and Longevity from the Greek Island Where People Forget to Die*, with luscious pictures, memorable stories, and useful recipes, is a favorite. If you want an immersion experience, check out her books and cooking shows.

Tzatziki (Tsaht-ZEE-kee)

Greek Cucumber & Yogurt Spread recipe next page





Tzatziki (Tsaht-ZEE-kee) Greek Cucumber & Yogurt Spread

Makes 4 cups

I often serve tzatziki with grilled meats, and it goes well with roasted veggies, but I love it best on poached eggs with olives and sliced tomatoes!

Ingredients

- 2 medium cucumbers (4 cups), seeded and grated
- 3 cups plain Greek yogurt
- ¼ cup extra virgin olive oil
- ¼ cup chopped dill
- ¼ cup chopped mint
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, pressed
- 1 teaspoon fine sea salt

Directions

Lay half of the grated cucumbers in a small, light tea towel or piece of cheesecloth, make a bundle, and lightly press to squeeze out the excess water. Repeat with the other half.

In a bowl, combine the drained cucumbers with the other ingredients and allow the flavors to meld for 15 minutes. Serve right away or refrigerate. The sauce keeps well for up to 5 days.

TIP: Try this recipe with green tomatoes, zucchini, carrots, or beets instead of cucumbers.

Melitzanosalata Roasted Eggplant & Red Pepper

Makes 2 cups

I'm in favor of creamy, scoopable appetizers, and love pulling out a medley of dips, olives, and spreads to have with chopped tomatoes, flatbreads, or perhaps some roasted chicken.

Ingredients

For roasting:

- 1.5 pounds eggplant, peeled and cut into a medium dice
- 2 sweet red bell peppers, topped, seeded, and cut into a medium dice
- 6 cloves garlic, minced
- ¼ cup extra virgin olive oil
- 1 teaspoon sea salt
- 2 teaspoons sugar

For finishing:

- ½ cup Italian parsley, chopped
- ½ cup walnuts, toasted and chopped
- 4 tablespoons fresh lemon juice, or to taste

Directions

Preheat the oven to 425 F. Line a baking sheet with parchment paper. Gather and prepare ingredients.

Mix the eggplant, peppers, and garlic together on the baking sheet with the olive oil, sugar, and salt. Roast on a middle rack for 20 minutes. With a spatula, mix the vegetables and bring the bottom pieces to the top. Return to the oven and continue to cook for another 15 to 20 minutes or until pieces are sweet with some crisping edges.

In a food processor, pulse the roasted veggies with the parsley, lemon juice, and walnuts. It should be chunky-smooth. Using a rubber spatula, spoon into a serving dish. Taste and correct the flavors with more lemon or salt if needed. Serve warm or at room temperature. Will keep a week refrigerated.

Black-Eyed Pea Skordalia

Serves 4-6

A luscious lemon garlic black-eyed pea spread. Serve it with crusty bread and a salad. The lemon garlic sauce needs time to temper its bite, but when it's settled—usually overnight—it's amazing. If you are short on time, use roasted garlic instead of fresh.

Ingredients

2 cups dried black-eyed peas cooked per directions below

1 teaspoon salt

Sauce

3-6 cloves garlic, minced

½ teaspoon sea salt or to taste

⅓ cup walnut oil

⅓ cup extra-virgin olive oil

¼ cup fresh lemon juice or more to taste (I usually use a whole lemon)

Zest of lemon

Topping

1 cup toasted walnuts, chopped

½ cup chopped parsley

Directions

Combine garlic, salt, and lemon juice in a food processor. With the machine running, slowly add the oil through the feeder tube until the sauce emulsifies into a smooth paste. Taste for salt and acid.

If you are using fresh garlic, let the sauce temper in the fridge overnight, or as you like. Mash the sauce and black-eyed peas together into a semi-puree. You should be able to see some whole beans, but overall it should look like mashed potatoes. Spread the toasted walnuts and chopped parsley over the top. Serve at room temperature.

Tip: Greek method for cooking black-eyed peas

If you follow this method, you'll end up with flavorful and digestible beans that won't give you any trouble. Once you get into the habit, this method is straightforward. I don't change my cooking water for any legume but black-eyed peas.

Soak the peas in water overnight, covering them by 2 inches. After the peas have soaked, drain and put them into a heavy-bottomed pot. Cover with water by 2 inches. Bring them to a boil and then drain off the boiling water. Return the peas to the pot, add the same amount of water, and bring them back to a simmer. Then skim off any foam and add whatever aromatics you are using. Add 1 teaspoon of sea salt for every 2 cups of dried beans. Simmer the beans for 45-60 minutes depending on their age. They're done when they taste smooth with no raw flavors yet hold together with few broken skins.



STAFF

DID YOU KNOW?

Gale

I remember the day Steve Hayden came to me on a Monday after Thanksgiving, so excited because the Co-op had broken \$11,000 in sales in one day for the first time. Gale is an accountant.

Seth

Seth has a degree in geology. "My first impressions of the Co-op were that it was tiny and crowded. There were hand-crafted containers, shelves, and bins. Everything was made out of wood. It was a lively place, and I couldn't step inside without being there for hours. Somewhat rustic and always friendly."

Deb

was a math and physics major, plus she was our first paid Produce Steward (manager) in 1990.

Peter

began his grocery career in 1974 at Johnny's Food Center in Kent.

Katy, Mindy & Andrea

are all artists. Mindy has written and illustrated several children's books. Katy has beautiful paintings displayed downtown PT at Gallery 9 and Andrea has used her skills to help a variety of non-profits including the JUMP playground..

Dave

researched and found nontoxic receipt paper. Other cooperatives use it now, too.

Kenna

Kenna has worked in co-ops for almost 40 years. "My first time coming to this Food Co-op was back in the 1980s when I was here for a Provender meeting at Fort Worden. It was uptown then, and so cute and beautiful. Crazy, small, and crowded, but friendly, too."





Coming Soon!

Creek



Cook with us. Join the fun!
www.foodcoop.coop/community-cook



414 Kearney Street, Port Townsend, WA 98368 (360)385-2883 Open Daily 8am-9pm



the Party!