

the
thymes

First Alternative
NATURAL FOODS CO-OP

Winter 2017-18 Volume 1 • Issue 4
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A Free Publication

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Winter 2017-18

A Very Cooperative Holiday Poem	3
New Local Breads at the Co-op	5
The Co-op Kitchen & Deli	6
The Year in Co-op, 2017	8
Wintertime Home Hacks	10
Winter Recipes	12
Side by Side: Face Creams	16
Keys to Transforming Stress	18
AARP Tax Aide volunteers needed	18



The Co-op Thymes is a free quarterly publication of First Alternative available in our stores and around Corvallis. It can also be viewed at www.firstalt.coop.

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WELCOME TO THE WINTER THYMES

Adam Payson, *Thymes* Editor

Welcome, one and all, to the new Winter Thymes! Simultaneously the last edition of 2017 and the first of 2018, this is the fourth edition of our revamped publication, bringing its first volume to a close.

It's been an exciting year. Switching from a monthly newspaper to a quarterly magazine has allowed us to bring you deeper looks at some of our favorite local businesses and institutions, like Bespoken Coffee Roasters, Block 15, and KLCC Public Radio. We've also expanded our Side by Side product comparisons, and offered up a ton of fun and helpful tips on camping, cleaning, and tailgating, to name a few. All that and more, wrapped up in a lovely, durable format that's well worth saving.

The Fall Thymes saw the premier of an enhanced online version with easy hyperlink navigation, and stuffed with additional content, like videos and animation that take you

even deeper into the fresh, local, organic goings-on here at your Co-op and out in the community. We've made even more enjoyable enhancements to this edition, so be sure to check it out on our website: www.firstalt.coop.

Let us know what you think about the new look and feel of the Thymes, and please share any ideas you may have for where we should take it with volume two. It's your Co-op, after all, which means it's your Thymes.

Now onto winter, a season that comes quietly into our valley, dropping as softly as a snowflake onto a pine bough.

Read on for happy wintertime wishes, delightful seasonal recipes, a cold weather skincare product comparison, and a visit to our very own Co-op Kitchen, plus a whole lot more. Get yourself cozy, and enjoy the Thymes. 🍃



A Very Cooperative Holiday Poem

'Twas an eve' in December and all through the store,
our stockers were stocking the merry sales floor.
Fair trade woolens were displayed with great care,
knowing that smart shoppers soon would be there.

As bundled-up children pushed tiny carts,
visions of the dinner warmed parents' hearts.

In Produce and Grocery, in Deli and Bulk,
the store was all ready for all the festive folk.

When out in the parking lot there arose such a clatter,
we ran down the aisles to see what was the matter.
Toward Customer Service we flew in great haste,
to look out the window where special orders are placed.

The moon on the lot and the new fallen snow,
gave the luster of midday to an incredible show.
A conveyance of which we'd never seen the likes;
a candy cane Tesla drawn by eight reindeer on bikes!

With a little old driver, so lively and vocal,
we know in a moment it must be our beloved St. Local.
More rapid than the Willamette, her bikers they came,
as she whistled, shouted, and called them by name!

"Now Kale, now Chard, now Ginger and Green Beans!
On Spinach! On Radish! On Celery and Beet Greens!
To the roof of the building, the top of the Co-op!
I'll make a grand entrance, then I'll go for a shop!"

As dry leaves before the valley winds fly,
meeting an obstacle and mounting the sky.
So up to the store-top the reindeer they sped,
with St. Local and her cool electro-pedal sled.

And then, in a twinkling, we heard on the roof,
the unmounting of bikes and the stamping of hoof.
We drew our heads with shock right around,
as down a chimney St. Local came with a bound.

She was dressed all in tie-dye from her head to her foot;
and her clothes they were covered in bits of beet root.
A fur-lined tote bag hung empty at her side,
as she looked at our products, beaming with pride.

Her eyes how they twinkled, her dimples how merry!
Her cheeks were like roses, her nose like an organic cherry!
Her droll little mouth was drawn up like a bow,
her braided lower-back length ponytail white as the snow.

The stump of a pipe held tight in her teeth, told politely "no
smoking on Co-op property," she returned it to its sheath.
She had a kindly sort of face and was really quite fit,
to the healthful, active life, she clearly did commit.

With the humble care you'd expect of a St. Local,
she made a Giving Tree donation, just saying "Some folk'll."
I say, "Whatever you're looking for, don't be afraid to ask it."
Here you go, my coworker's brought you a basket."

She said "thanks" and went straight to the shopping,
getting all sorts of fresh, local, organic goods 'fore stopping.
At the checkout, after revealing she was a Co-op Owner,
St. Local ran up the Wellness aisle, saying "I forgot toner!"

Then, with her reusable bags and boxes packed up,
she grabbed her Beans for Bags tokens from the register cup.
With her donations made, back up the chimney she flew
leaving us to wonder, "we have a chimney, who knew?"

She sprang to her sleigh, her team ready and hopping,
they took to the air to continue their local holiday shopping.
But we heard her exclaim 'ere she flew from our sight,
"It's the cooperative spirit that helps us take flight!"

From Christmas Eve to Boxing Day, from Hanukkah to Yule,
from Kwanzaa to Saturnalia and St. Lucia Day too,
Whatever you celebrate, whoever you are, whatever you do
at First Alternative Natural Foods Co-op, we welcome you!

First Alternative Co-op

WINTER WINE SOIRÉE

SATURDAY, FEBRUARY 3rd

5:30-9 P.M. THE VUE, 517 SW 2nd St.

\$15 in advance/\$20 at the door

Tickets at First Alternative Co-op or firstalt.coop (21+ only.)

Out of each ticket sold, \$5 goes to support scholarship funding that helps make Samaritan Health Services Cardiac Rehab Program an option for local low-income patients.

New Breads to Satisfy Old Kneads

We are proud to stock these fresh, locally-made breads

Little Wuesten Café

115 Elsworth St. SW, Albany, OR

Liz Bobe, founder of Little Wuesten Café in downtown Albany wasn't planning to open a bakery, it just sort of happened. Baking had long been a hobby, but after a visit to her husband's native Germany inspired her to try her hand at baking traditional pastries and pretzels, it became a career.

At the urging of a friend, she began to sell her pastries at markets in Lebanon and Sweet Home. They were a huge success and Liz went looking for a certified kitchen where she could make more. "We saw we needed to expand as our kitchen was getting too small... The old Red Daisy Coffee Shop in Albany had a nice kitchen and a dining area that came along with the kitchen rental." And Little Wuesten Café was born!

Before long, in addition to their traditional pastries (which include some gluten-free options), they were serving German-inspired breakfasts and lunches Sunday through Thursday, and traditional dinners on Friday and Saturday evenings.

Liz credits head chef and baker, Marshall Haueter with many of their wonderful offerings, including the lineup of traditional sandwich loaves loaded with things like cracked rye, caraway, anise, and coriander that we are now proudly selling at the Co-op!

Varieties (subject to availability):

Baltic Rye, Vollkornbrot, Walliserbrot, Paderborner Landbrot, Zwetschgen Ingwer Brot.



Like their slow-fermented breads, Craig and April Hall Cutting's Wild Yeast Bakery has taken its time to develop, and like their breads, it was well worth the wait. We recently asked April how they got their start: "Both of us learned to bake at home growing up... When we were ready to make a career change, we thought it might be a fun adventure to try artisan style sourdough—our favorite bread and a food movement we want to promote."

Their Community Supported Bakery (CSB) began in 2014, selling by subscription and at local markets. Asked to tell us what it means to be a CSB, April answered, "CSA [Community Supported Agriculture] farms connect people with their farmer; we imagined a CSB would connect us to lovers of bread. There are folks in Corvallis who eagerly support small, local businesses—we are grateful for their interest."

Local interest continued to rise, as did their production. Before long, April and Craig were ready to start selling their bread at the Co-op, where a community-oriented bread made exclusively with organic ingredients and locally grown and milled grains is just what our customers wanted. Thank goodness, for Wild Yeast Bakery.

Varieties (subject to availability): Oregon Country Sourdough, Whole Wheat Sourdough, Bruce's Multi-Grain, Cinnamon Raisin, Seedy Southtown, Rosemary Herb, Country Olive, Whole Grain Spelt, Cranberry Cardamom, Toasted Walnut.



Head baker, Marshall, cradles one of his fresh, lovely rye loaves

Craig Hall Cutting labels fresh-baked loaves upon their arrival

The Co-op Kitchen & Deli

The First Alternative Co-op Kitchen's winter menu will be available beginning Dec. 12th. Great food is available daily

Each day, in an unassuming building behind our South Store, the Co-op Kitchen is hard at work slicing and dicing, fricasseeing and frying, chopping and topping so that you always have something fresh and amazing to eat. The Co-op Kitchen is committed to tasty, healthful food. Bread Stop regularly delivers fresh bread. Surata tofu come from Eugene weekly. Beef and pork come directly from Lonely Lane Farms. Our exquisite bakery treats are made from scratch with berries from Stahlbush Island Farms. Everything that goes into our food meets the same rigorous guidelines as rest of the store. You won't find any high fructose corn syrup, we source GMO-free whenever possible, all of our produce is organically grown, and all of our chocolates are ethically sourced. We cook for you.



Hot Bar

Not in a rush? Then we'd love it if you would stay for lunch! What would you like? Follow your nose to the **Hot Bar**, where every day offers steamy new delights.



North Store's Eating Area

Winter sees the return of our tender **Tuscan Chicken**, great with a side of **Steamed Broccoli**, or warm up with a south-of-the-border lunch featuring our sizzling new **Cheesy Chicken Enchiladas** with **Saucy Black Beans** and **Mexican Rice** on the side.



Soup, or how about a super salad? Your choice

If it's something light and local you're in the mood for, grab a plate and pile it high with local greens and all the fixings you please from our **Salad Bar**. We've got everything you could want, from diced organic vegetables, locally-grown sprouts, Co-op Kitchen salads like the spicy **Tempeh Bang Bang**, **Tillamook Cheese** and local **Whole Flower Farms** dressing. Feel free to mix and match **Salad Bar** and **Hot Bar**, it's all just \$8.99/lb!

Our bakers arrive so early in the morning it's practically the night before. All their hard work—done without fanfare in the wee small hours before daybreak—pays off in flakiness and buttery-rich goodness. Taste for yourself with our rotating selection of **Muffins**, **Scones**, and **Cookies**. Check out the availability schedules on our Bakery Cases so you never miss a favorite!



Bakery

We're always looking out for our customers on alternatives diets, here at the Co-op. That's why there's something fresh for everyone, every day, like our **Vegan Marionberry Pie** and our new **Wheat Free Chocolate Peppermint Cupcake**.

Sometimes it's a sandwich you need. When one of those shaggy hankerings overtakes you, the Co-op's got the solution in hand. You'll find the classic sandwiches, like **Tuna Salad**, and **Ham & Swiss** at both our stores alongside our housemade wraps like our **Greek Wrap** and **Teriyaki Chicken Wrap**. Available every day.

We're also excited about some new **Specialty Sandwiches**, available exclusively in our South Store Deli. You've got to try one! Grab a **Chèvre with Apricot Jam Sandwich** or a **Caprese Baguette**, or have a custom sandwich built for you right on the spot!



Sandwiches

At the First Alternative Co-op Kitchen and Deli, you can be sure that whatever you're hungry for, be it a quick bite before work, a healthful and hearty lunch on the go, or a dinner that's as easy as it is nutritious, we have something cooking that's just right for you. Anyone can shop at the Co-op, and everyone's welcome to have a bite as well! 🥗

South Store Deli Counter Hours
Daily 7am-8pm

North and South Store
Hot Bar & Salad Bar Hours
Breakfast: Daily 7am-11am
Lunch & Dinner: Daily 11am-7:30pm

North and South Store
Grab & Go Case Hours
Daily 7am-10pm



Grab & Go

Hungry and in a hurry? **Grab & Go!** We've got entrées, snacks, and everything in between, ready to travel at both of our stores. There's something for everyone, and for every meal. Build a dinner around our **Take-and-Bake Lasagna**, some **Yam & Black Bean Quesadillas**, or one of our **hearty soups**. Looking for sides? We've got those too! **Beet & Walnut Salad**, **Black Bean & Corn Salad**, **Wild Rice & Edamame**, and our legendary **Fried Tofu Nuggets** to name a just few.

Beet & Walnut Salad (left) Lasagna (center) Fried Tofu Nuggets (right) Minestrone Soup (opposite)



Festive Fixings

Look for brochures in-store to order Co-op Kitchen Holiday favorites for your next Feast

The Year in Cooperating 2017

As a new year approaches, it's always worth a look back, because where you're going starts with where you've been

Jan · Feb · Mar

Winter Wine Soirée

On a cold February evening we kept nice and warm at the Vue in downtown Corvallis, with amazing local food and wine, and great conversation with a couple hundred of our nearest and dearest friends. Join us again, for Wine Soirée 2018, coming up on February 3rd at the Vue!



Sustainability Fair and Town Hall

Every March, a "who's who" of advocates for sustainability turn out for the Sustainability Fair and Town Hall. We wouldn't miss it for the world, because, well, it's for the world that we're there for in the first place! We were there to spread the word (that word being Co-op!)



Earth Day

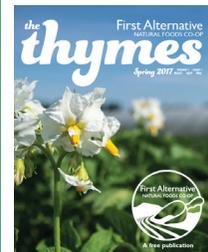
At the Co-op, we try to think of every day as Earth Day. Still, when April 22nd rolls around, we like to party! This year, we unveiled some cool new reusable totes, and offered up a bevy of free local samples for all.



April · May · June

The Quarterly Thymes

Our long-running First Alternative Co-op Thymes monthly paper got an amazing makeover, becoming the Thymes Quarterly Magazine. Find free copies of the Thymes at over 60 local businesses and offices, where they've been delivered by bike. Look, you're reading it right now!



Recycling Center Upgrade

Our South Store Recycling Center got a helpful upgrade—easy-to-read instructional signs!

Corvallis Knights Sponsorship

The Co-op proudly became a sponsor of the 2017 WCL Champions, the Corvallis Knights! Spectators hungry for a treat could find natural delights at the Co-op Candy Shoppe concession stand. Play ball!



Photo credit: Steve Storm

Board Elections

2017-18 Co-op Board of Directors

Your vote, your voice. Our annual Board Election introduced two new members to your Co-op's Board.

Joe Mitchell President	Jim Smith Vice President	Robert Williams Secretary	Blakey Sorenson Treasurer
Richard Cantel	Rebecca Foster	Corinne Freitag	Josh Hirsch
Phil Truchman	Bob Ross		

The Co-op Board is a dedicated group of volunteers elected by Co-op members to guide the overall strategy of the Co-op. The Board is responsible for the overall health and success of the Co-op, and for the development of Co-op policy and vision.

BOARD MEETINGS
Fourth Tuesday of each month at the South Co-op Meeting Rooms, 6:00 pm
Each meeting begins with a 15-minute period for member comments. Email comments to: board@firstalternative.com



July · Aug · Sept

Beans for Bags Refresh

Our Beans for Bags charity program got a great new look making it easier to understand and participate in than ever!



Alaffia Bike Drive

We were happy to once more team up with Alaffia and collect bikes to donate to Togo, West Africa. We sent over 40 bikes overseas to people in need. Thanks to everyone who donated bikes and parts to this wonderful cause!



Summer at SAGE Concert Kickoff

This Corvallis Environmental Center summer concert series brings together good people, great music, and tasty food to benefit the educational SAGE garden. We were proud to serve concessions at this past summer's first concert. It was a blast!



Owner Rendezvous

We had our annual Owner meeting at Osborn Aquatic Center again this year, and a splashing good time was had by all. We also had a record turnout for the pre-party Board talk!



That Total Solar Eclipse

On the morning of August 21st, the sun briefly went away, and it was quite the to-do. The Co-op was here through it all!



Oct · Nov · Dec

Mix Six Pack Program

We love a good brew almost as much as we love sustainability, so we created cool, reusable 6-pack carriers. Grab one, mix it up with six beers of your choosing and get a stamp. Six stamps get you a free bag of Kettle Chips, so keep reusing your carrier, and share pics of your mix sixes with us online!



Co-optoberfest 2017

Our annual Co-optoberfest celebration was tons of fun this year. Both stores were packed with local vendors, free samples, live music, and most importantly, lots of our awesome and involved customers!



Local Eats Week

Every year, Local Eats Week sees a number of Corvallis' local restaurants offer a special all-Local 6 menu item for under \$10. This year's offering from First Alternative's Co-op Kitchen was our delicious Greek Wrap with a side of Potato Salad. Local and delicious!



Co-op Corners

What makes the Co-op so special? It's you, our Owners and shoppers! We've created new stations in both our stores showing the good you've done through us over the years. Have a look!



As you can see, it's not quite over yet, but it's already been quite the year! Thanks to all of you for being here for us, yesterday, today, and tomorrow. Keep cooperating!

HACKING IT THIS WINTER

Beat the grey sky blues with these helpful hints



Emily Stimac,
The Thyme Garden

Summer is a distant memory
The days are short and dark
When the year begins in January
Inside you find your spark...
Oregon winters can be long, damp,
and soggy. Getting through to the
bright days of springtime requires
careful planning, help from friends, and
an occasional trip to Mexico
(my parents are going for a month
this year—what!)

Fortunately for you, Oregonians have gotten a few things figured out over the years. Here are a few tips from some resident beavers that will help you make it through...especially if flying south for the winter just isn't in the cards.

Add sunshine to your diet. With winter comes citrus season. Just when we need it, delightful globes of sunlight make their way into produce in the form of tangerines, tangelos, blood oranges, rio star grapefruit, kumquats, mandarins and more. Consider adding citrus to your regular diet to support your immune system during stressful winter days. Grapefruit on green salads, oranges with steamed carrots, there is no one way to peel them!

Keep the soup pot simmering. Save your organic vegetable peels and scraps and make vegetable broth in your crock over the winter to use in soup for an easy dinner. Collect them in a zipper bag in the freezer that you add to until you have enough to stuff a crock pot. Add fresh herbs such as thyme, sage, ginger, crushed garlic, and rosemary for flavor and for their cold-fighting power. Fill crock with water and steep on low for 24-36 hours, then strain the solids and use right away or freeze for later.

Mix tea blends from bulk.

Refreshing and invigorating, warm tea is a great pick-me-up on a cold winter day. With the wide selection available in bulk at the Co-op, you can collect an apothecary of delicious herbal, green, black, and white teas to blend on any given day. Mix about 1 tablespoon total for a cup of herbal tea, 1 teaspoon for black. To capture the flavor of your tea, place it in a loose leaf strainer in your mug and cover while it steeps. Steeping time varies widely from a few minutes with some black teas to 20 minutes for herbal teas. Playing around with tea is a fun way to break up the work day and treat yourself to something nice.

Invest in raingear,

and go outside when it's sunny. Folks who have lived here a while realize it's actually not that bad outside if you just dress accordingly. Get some good raingear and get outside, work in the yard in the rain, get muddy and don't miss any chance you have to take a walk outside in between cloudbursts. You won't regret it!



With good food, good friends, and these four tips, you just may find that winter in Oregon isn't half bad. Of course, vacation doesn't hurt either. Whichever way it goes, be sure to come in and visit us at the Co-op for some light in the darkness. 🌱



100% of the proceeds from the ReStore go to building new, affordable homes, and performing critical home repairs around Benton County!



Our newest partner family, The Mortons!

Accepting donations of lightly used:

- building materials
- lighting fixtures
- paint
- artwork
- appliances
- furniture
- plumbing supplies
- and MORE!

We even pick up large items for free!
Call (541) 752-6637 to schedule pick ups

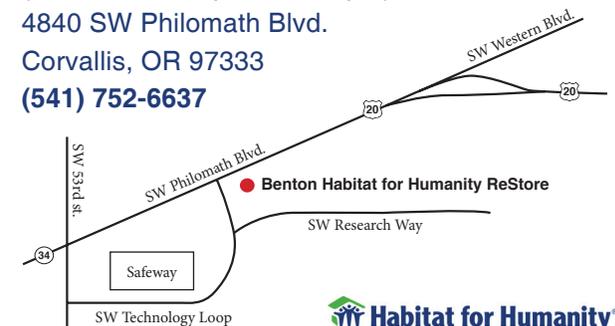
What Makes Benton Habitat For Humanity A True Community Partner In Benton County?

- Our labor is donated by dedicated volunteers who build new homes and complete critical home repairs.
- Your ReStore Donations fund the material purchases for the new homes and home repair projects.
- Benton Habitat for Humanity provides NO INTEREST LOANS to finance the rest for low payments families can afford.

Start your next project at the ReStore!



Open Monday-Saturday 9am-6pm
(donations accepted until 5pm)
4840 SW Philomath Blvd.
Corvallis, OR 97333
(541) 752-6637



Donate at
BentonHabitat.org/Donate



25% Off

any purchase of more than \$10

Valid only at Benton Habitat for Humanity ReStore. Coupon may not be used with any other coupon, prior purchase, exchange or refund. Limit one per customer. Reproduction or alteration of coupon prohibited. Expiration: 12/1/17





Longtime Co-op shoppers and Thymes readers may already recognize our Outreach Coordinator, Donna Tarasawa, from her regular presence in the store and at events, usually serving up samples of something delightful she's made using fresh ingredients from the Co-op. Now she's invited us into her lovely kitchen, ready to share some of her favorite dishes. For our inaugural visit, Donna put together some great recipes for wintertime and holiday entertaining. Now, take off your shoes and come on in. We'd like to welcome you to Donna's Kitchen.

The Oregon Salad Impress your out-of-state guests with a crisp taste of Oregon's year-end harvest—and a few local agriculture facts. Slices of ripe local pear (Oregon grows around 800 million pears annually, more than 200 per Oregonian) and crunchy roasted hazelnuts (the official state nut of Oregon—we produce 99.9% of the nation's supply after all) complemented by a tangy cranberry vinaigrette dressing (Oregon cranberries account for around 7% of the US production). Facts courtesy of oregonencyclopedia.org; recipe adapted from the *Nourishing Meals* cookbook by Alissa Segersten and Tom Malterre.



Cranberry Cheese Spread Sick of schlepping the same old cheeseball to all those holiday parties? Here's an easy-to-make and fun-to-eat variation on that classic *hors d'oeuvre*. The zippiness of the spiced cranberries combines perfectly with the smoothness of the cream cheese to make an appetizer they'll ask you to bring to all the season's get-togethers.

Crock Pot Chuck Roast Now for the main event! Tender meat and veggies, slowly infused with the savory and complex flavors of shiitakes, red wine, garlic, and balsamic vinegar. This slow-cooker pot roast exemplifies the notion that good things come to those with patience. It may take some time, but it is definitely worth the wait, and it's mostly that, *waiting*, so you'll have lots of downtime to work on other dishes, put up some holiday decorations, or just relax. Why not spend some time relaxing? When they ask what you're doing on the couch, tell 'em, "I'm cooking!"

Chocolate Mocha Cake Roll Now it's time to get decadent. This exquisite mocha cake roll is guaranteed to draw a chorus of "oohs" and "aaahs" on its way to the table, "yummys" and "nummms" on its way down, then probably result in a nap or two. A fluffy espresso-laced filling in a spongy spiral of cake, dusted with powdered sugar for that just-snowed look make this the perfect cake to take the chill out of the winter and put a warm glow on the cheeks (and in the tummies) of the ones you love.

For all the fresh, local, organic ingredients you need for these Donna's Kitchen recipes (and all the great ones we've got coming) stop into First Alternative Co-op! 🥬

Pear Hazelnut Salad



Cranberry Cheese Spread



Chocolate Mocha Cake Roll



Crock Pot Chuck Roast



Cranberry Cheese Spread

Ingredients: Serves 14
 16 oz. cream cheese, softened
 1-14 oz. can whole berry cranberry sauce
 4 oz. chopped green chilies, drained
 1 Tbsp. lime juice
 ½ tsp. garlic powder
 ⅛ tsp. cayenne pepper
 ½ tsp. chili powder
 Crackers

Place cream cheese on a serving plate. In a small bowl, combine the cranberry sauce, green chilies, lime juice and spices. Spoon over cream cheese. Serve with crackers.

Chocolate Mocha Cake Roll

Ingredients: Serves 10
 4 large eggs, separated
 ¾ cup sugar, divided
 ¼ cup butter, softened
 2 tsp. vanilla
 ⅓ cup Baker's Choice flour
 ⅓ cup cocoa powder
 2 Tbsp. cornstarch
 ¼ cup water
 ½ tsp. baking powder
 ½ tsp. baking soda
 ¼ tsp. salt
 3 Tbsp. powdered sugar
Filling
 1 cup heavy whipping cream
 2 Tbsp. powdered sugar
 4 tsp. Grouphead Stacked Espresso Concentrate
 12 100% Chocolate Liquor disks, grated

Cake: Heat oven to 350°F. Line 15x10x1" pan with parchment, allowing paper to overlap edges of pan (makes it easier to remove cake). Set aside. Beat egg whites in bowl at high speed until foamy. Gradually add ½ cup sugar, beating until stiff peaks form. Set aside. In small bowl combine flour, cocoa, cornstarch, baking soda, baking powder and salt. Mix well. In a mixer bowl, beat egg yolks, ¼ cup sugar and vanilla until frothy. Fold ⅓ of the beaten egg whites into egg yolk mixture. Pour batter into pan, smooth top. Bake about 15 min. or until top springs back when lightly touched in center. Dust a cotton towel (not terrycloth) with 3 Tbsp. powdered sugar. Turn hot cake out onto prepared cloth. Carefully remove parchment. Roll cake up in towel, beginning with the short side, tightly roll up cake with cloth. Cool completely on wire rack, wrapped in towel.
Filling: Beat whipping cream at high speed until soft peaks form. Gradually add 2 Tbsp. powdered sugar; beat until stiff peaks form. Fold in Grouphead and grated chocolate. Carefully unroll cake. Spread filling over cake. Re-roll cake without the towel. Sprinkle with 2 Tbsp. powdered sugar and place, seam-side down, on serving plate. Cover and refrigerate until serving time. To serve, cut into ¾-1" slices.

The Oregon Salad

Ingredients: Serves 4-6
 1 head red leaf lettuce
 1 firm ripe pear, cored and thinly sliced
 ½ small red onion, sliced into thin rings
 1 cup raw hazelnuts, toasted
Dressing:
 2 tsp plus ¼ cup olive oil
 2 shallots, peeled and thinly sliced
 1 cup fresh cranberries
 Zest of 1 orange
 Juice of 1 orange
 3 Tbsp balsamic vinegar
 1-2 Tbsp maple syrup
 ½ tsp sea salt

Spread hazelnuts on a cookie sheet or shallow baking dish. Roast at 350°F for 15-18 minutes. Let cool, then rub nuts with a towel to remove loose skins. Cut lettuce into bite-sized pieces or chiffonade into ½" wide strips, and transfer to a large bowl. Add remaining salad ingredients and toss. Heat a small skillet over medium heat. Add 2 tsp. olive oil and the shallots and sauté for 3-5 minutes, or until soft. Add cranberries and continue to sauté until they are soft and have 'popped.' Transfer the mixture to a blender along with remaining dressing ingredients and blend on high until smooth. For a thinner consistency add a few Tbsp. of water and blend again. Drizzle over salad and serve immediately.

Adapted from *Nourishing Meals*

Crock Pot Chuck Roast

Ingredients: serves 6-8
 2# chuck roast
 ¼ cup wheat-free tamari
 2 garlic cloves, minced
 1 cup beef broth
 2 Tbsp. balsamic vinegar
 2 cups shiitake mushrooms
 2 tsp. salt
 ½ tsp. cracked black pepper
 ½ cup dry red wine
 1 Tbsp. olive oil
 2 sprigs fresh thyme
 2 sprigs fresh rosemary
 2 med. onions, quartered
 1# carrots, cut into 2" pieces
 2# small red potatoes
 1 ½ Tbsp. flour
 3 Tbsp. cold water

Seal roast, tamari, garlic, beef broth and balsamic in a large zip-top bag. Marinate in fridge at least 8 hrs., turning occasionally. Remove roast, reserving marinade. Sprinkle roast with salt & pepper. Place mushrooms, carrots and potatoes in slow cooker; toss gently. Heat oil in large skillet on med-high; add roast and brown all sides. Place roast on top of vegetables. Add wine, thyme, rosemary. Cover, cook on high for 1 hr. Reduce to low and cook 8 hrs. or until everything is tender. Place roast and veggies on platter and keep warm, leaving liquid in slow cooker. Mix flour and water until well blended. Stir into liquid in slow cooker. Cook, uncovered, 15 min. or until slightly thick, stirring frequently. Season with salt & pepper to taste.



Ted My Handyman
 (541) 207-6349
 Remodels - Home Maintenance - Honey Do Lists
 Intelligent - Honest - Affordable
 Free 3-D Drawing of Your Project
 Free Professional Estimates
 CCB # 183405 Ted Wade - Owner



Sweet Creek Foods
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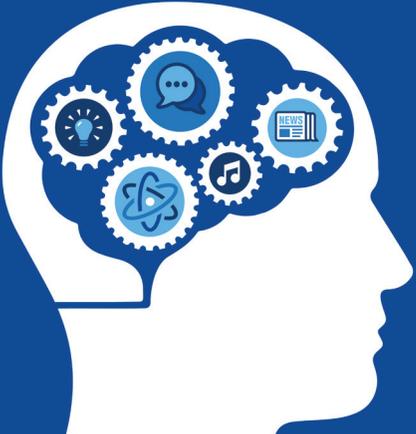
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SIDE BY SIDE FACIAL CREAM

For our winter Side By Side we take a trip into the world of wellness and examine an array of day and night creams



Yadira Ruiz, Sunbow Produce

Oh winter! Your grey skies and softened landscape drive us into our kitchens, next to our woodstoves, or into our coziest reading nook. Your bright yet less oft days find us leaping for joy in the woods, on our mountain bikes, or contemplatively strolling our favorite trails. We'll surely be prepared for anything that comes our way as we pass our days with you, winter. We'll don our raingear, scarves, hats, and gloves to stay comfortable and safe no matter what you bring us. But what

about our shining, smiling faces? Unless you bring us snow and heavy duty gear that covers all but our eyes and nostrils, we're sure to chap, chafe, become ruddied and wrinkled unless we defend ourselves from the wear and tear of your chill embrace. Fear not winter! The Co-op is here to help us.

Protecting your face from the elements is a year-long endeavor but winter can be particularly harsh because we go from cool, wet environments to dry, warm ones several times a day. To not overload my skin, I focused on eight brands, splitting them into categories based on intensity levels and included price ranges. If you don't see any you're curious about, no worries, the wellness staff will gladly help you take home a sample.

\$: \$13.99 or less
\$\$: \$14.00 - \$19.99
\$\$\$: \$20.00 or more

Platinum: For skin that's severely dehydrated, experiencing advanced aging, overexposed to the elements, or has clinical conditions.

Suzi's Botanical Day Cream: Lavender scented face cream is excellent for stressed out skin. Some find the scent calming. My face enjoyed this one. Made in Oregon! \$\$\$

Suzi's Botanical Night Cream: Also contains lavender but has a barely detectable scent. This night cream contains hyaluronic acid which is used to heal and moisturize. It also contains coconut oil, avocado oil and shea butter which make it very thick and nourishing. Made in Oregon! \$\$\$

Wild Carrot Saffron Seed Nutrient Cream (day and night use): The "Cadillac" of face creams for aging or over-exposed skin. It contains sea buckthorn oil which is effective in treating rosacea. It also contains elements to hydrate and brighten. It's very thick, a little goes a long way. Made in Oregon! \$\$\$

Derma E Vitamin C Intense Night Cream: It's all in the name with this one, it's really thick and has a bright, pleasant scent. It features hyaluronic acid as one of many plant-derived ingredients. If your skin is parched, I highly recommend giving this one a whirl. \$\$\$

Derma E Firming DMAE Moisturizer (day and night use): If you're noticing the elasticity in your skin changing, the featured ingredient in this one might give you a lift! DMAE is used for its firming properties but can cause skin reactions so be sure to try this one on a test area first. The manufacturer recommends using this twice a day but my skin felt a bit tacky if I used it too much. \$\$\$

Wild Carrot Borage Butter Face Cream (day and night): Intended for sensitive skin, this cream features borage which has anti-inflammatory properties. It has a very light earthy scent and while thick in texture, leaves skin feeling silky, not tacky. If you have "problem" skin, treat yourself to this one. Made in Oregon \$\$

Vanilla Bean Luscious Face Cream (night cream): Another luxurious, extra thick face cream. This one has a strong sweet smell, as intended by the manufacturer. Dry skin would readily drink this one up but it was a bit much for my skin. Made in Oregon. \$\$

Mineral Fusion SPF 40 with Shea Butter Moisturizer Fair and dry skin has got nothing on this all in one face cream. It's thicker because of the SPF but goes on smooth and can be worn under makeup. \$\$\$

Gold: For skin that may need a little extra love once in awhile but is overall low needs.

Andalou Naturals Resveratrol Q10 (night cream): Resveratrol is an antioxidant most commonly found in grape skin. Q10 is a coenzyme that naturally occurs in our cells to aid with cell growth and maintenance. The scent reminds me of a candy bar and I'm not sure that's all bad. I found it to be really approachable and a great moisturizer for those times when my skin needs an extra boost. \$\$\$

Andalou Naturals Probiotic C Renewal Cream: This daily moisturizer is meant to brighten your skin and the scent brightened my spirits too. If your skin is confused and is a little of this and a little of that, the ingredients in this one might help even things out. \$\$\$

Earth Science Apricot Intensive Night Cream: For dry skin types, I tried this one near the end of the trials and my skin was anything but dry. It ended up sitting on the surface of my face, leaving a bit of a tacky feeling so I tried it on my arm with much nicer results. \$\$

Mineral Fusion Intense Hydration with Hyaluronic Acid A blend of skin soothing botanicals and hydration, skin boosting powerhouses make a super moisturizer that doesn't leave any residue. \$\$\$

Alaffia Coconut Reishi Nourishing Day Cream: While coconut is known for its moisturizing properties, reishi has been used for centuries for its medicinal properties. It's been said to lend antifungal, analgesic, free-radical protection properties, to name just a few. This product line has a sweet scent and is great if your skin needs extra daily moisture. \$\$

Alaffia Coconut Reishi Hydrating Night Cream: The main ingredients and sweet scent remain the same as the day cream but this one has myrrh added to help you relax. \$\$

Alaffia Neem Turmeric Day Cream: Turmeric has anti-inflammatory and calming properties and neem contains Vitamin C and fatty acids that moisturize and aid in collagen production. The scent was invigorating. \$\$

Alaffia Neem Turmeric Night Cream: The creamier, thicker counterpart to the day cream. I loved all of elements this product had to offer. It absorbed well into my skin and did not leave any residue. My skin looked brighter and softer after using both the day and night creams for a few days. \$\$

Silver: Creams that can be used daily, a good place to start if you are a novice to daily skin regimens.

Acure Creme de Jour: This day cream absorbs well and quickly. It's an excellent product to use as an introduction to daily skin care. The scent has citrus notes that brighten your disposition first thing in the morning. \$\$

Acure Creme de Nuit: This night cream gives your skin a little extra moisture for night time restoration so it's thicker than its day counterpart. It has a very light scent that reminds me of the ocean. \$\$

Earth Science Almond-Aloe SPF 15+: If you're trying to get into the habit of daily SPF, this moisturizer is for you. Not intended for intense outdoor activity, just regular work, errands, etc. It's lightweight and has a pleasant scent. If you have very fair skin, or are outdoors most of the day, you might start with a higher SPF (see the Mineral Fusion product description). \$

Alaffia Daily Face Lotion: If you have low-key, low maintenance skin and want to keep it healthy, you'll love this coconut-based, affordable moisturizer. It also has SPF 15 to keep out skin-damaging UV rays. \$



IS STRESS ALWAYS A BAD THING?

Transform Stress into a Positive with these Three Keys



Lea Bayles, M.A., speaker, teacher, author and Soulful Success Coach, helps people connect with their innate wisdom, creativity and power so they can transform their challenges and enjoy joyful purpose and extraordinary well-being. www.LeaBayles.com
Lea@LeaBayles.com

Have you ever heard that the more stressful events you've had in the last six months, the more likely you are to get sick? Turns out that's not necessarily true. Current research supports the value of embracing and transforming stress. As Kelly McGonigal writes in *The Upside of Stress*, "...the latest science reveals that stress can make you smarter, stronger, and more successful. It helps you learn and grow. It can even inspire courage and compassion."

How you think about stress, how you deal with it and how you process it in your body makes all the difference between stress being a destructive force or a source of energy and inspiration. Here are three keys to help you unlock the benefits of stress while reducing its negative effects.

1. Re-frame the way you think and talk about stress. Studies of college students facing exams indicate that those who shift their mindset to embrace test anxiety

outperform those who believe anxiety is harmful. The physical sensations of anxiety and excitement are often very similar. Your heart pounds, your palms get sweaty, your breath speeds up; your body is readying for action. When you feel these sensations, try standing up tall, with your feet apart and saying, "Wow! My body is helping me get ready for this challenge! I'm so excited to do my best! I am learning and growing from this experience!"

2. Focus on what matters most to you. You can't do everything. When you focus on what you really care about, you will have more energy, time, and enthusiasm, and your challenges will feel worthwhile. Learn to say no to commitments that don't bring you satisfaction, joy, or meaning. Then you can say yes to what does matter.

3. Help your body and mind become stress resilient. The simple basics of relaxation, rest, sleep, healthful food, exercise, play and community fortify your nervous system so you can embrace challenges and bounce back from tough times.

Note: Sometimes the negative feelings of stress can be too much to deal with on your own. If you frequently feel overwhelmed, depressed or anxious, or if your daily activity is affected by stress, please contact a licensed mental health professional today. 🐸

We Need You! Volunteer for AARP Foundation Tax-Aide

Many older, low-income taxpayers miss out on credits and deductions because they can't afford to pay for professional tax preparation, costing them money that could help pay for food, clothes, and bills, or be saved. **AARP Foundation Tax-Aide** offers those individuals free, in-person tax-filing help from neighbors like you.

They need reliable, friendly volunteers this upcoming tax season, and will provide the training and support to help you learn new skills. You'll also get the great feeling that comes from helping someone else. Your time and talents are urgently needed. AARP membership is not required. There's a role for everyone

and all skill levels and experience. Training and ongoing support is provided. AARP Foundation Tax-Aide is offered in coordination with the IRS. If you're interested in volunteering, please call (509) 637-4226 or apply at aarpfoundation.org/taxaide

Rodger, a four year Tax-Aide volunteer, says "the seniors and families we serve really appreciate this free, in-person service. They return every year and we really look forward to seeing them." 🐸



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