

the
thymes

First Alternative
NATURAL FOODS CO-OP

Fall 2017 Volume 1 • Issue 3
September • October • November



First Alternative
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A Free Publication

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thymes
Fall 2017

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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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FALL INTO FIRST ALTERNATIVE

Adam Payson, *Thymes* Editor with Puddin', *Friendly Chicken*

The days are growing shorter, the nights crisper. Fall comes gently to the Willamette valley, tumbling like a leaf. It comes to the Co-op just as gently, starting with the appearance of the first orchard-fresh local apples.

As the season rolls on, the colors, tastes, and textures continue to change. Delicatas come next, the first in a parade of winter squash, each tastier (and a little stranger looking) than the last.

Want to know the single greatest thing about eating seasonally? It never gets old! With the arrival of every new season you get to fall in love with your local favorites all over again.

It's just about time for the seasonal eater to say *arrivederci* to the heirloom tomatoes, "tata for now" to sugary-sweet

corn, and to bid *adieu* to those fresh berries. It's tough to say goodbye, but all those favorites will be back next season, their absence having bred an even greater fondness... "*It's even better than I remember,*" you'll catch yourself saying.

Meanwhile, it's time for juicy beets, candy-rich sweet potatoes, cold-sweetened kales, and hearty stews and soups loaded with potatoes, carrots, and onions. And with each new, locally-grown fall favorite you taste comes the same reaction... "*It's even better than I remember.*"

New seasons are cause to celebrate. This fall, celebrate with the Co-op. Stop by our Fall Fest food both on the weekend of September 23rd and 24th, and come to our Co-optoberfest celebration, 4-7pm at both stores on October 13th. 🥒



First Alternative Fall Fest Food Booth

Proceeds help support the
Corvallis Sustainability Coalition

Fall Fest turns 45 this
year, and the Co-op is
bringing treats!

Stop by our Fall Fest
Food Booth for delicious
gluten-free, dairy-free,
vegan frozen desserts.

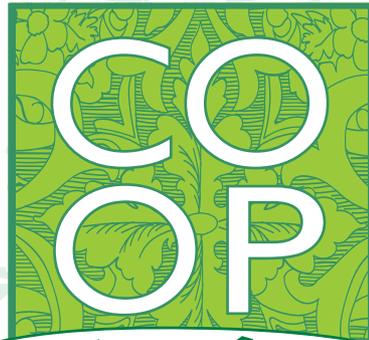
This may be your last
chance for ice cream
outdoors in 2017!

September 23rd & 24th
at Central Park

More info at:
www.corvallisfallfestival.org



You are cordially
invited to



toberfest

2017

A community
celebration with
food drink & music

Friday
October 13th

4-7pm at both stores

BEANS 4 BAGS

Encouraging Bag Reuse and Supporting Local Charities Since 2003

Over \$91,000 in donations & more than 2 million bags saved!

That's a lot of money for wonderful causes in our community, and an enormous amount of waste waylaid by the program.

How much waste? Well, producing 100 million plastic bags requires about 15,100 barrels of oil. Doing the math—if we were assuming every bag saved was plastic—Beans for Bags would have saved the equivalent of 312 barrels! And it's not just petroleum. Every plastic bag manufactured uses one gallon of water, meaning more than two million gallons saved (equivalent to a swimming pool 50 feet wide, 10 feet deep, and 534 feet long!)

What about paper? After all, Corvallis did ban plastic bags in 2013 (yay!) If every bag saved by Beans for Bags were paper, we'd have saved 2,894 trees. That's a nice little cooperative forest right there.

Unfortunately, the exact number of paper *and* plastic bags saved is impossible to determine, but we can confidently say it's in the range of "tons of both." And we're ready to save tons more.

So how's it work, anyway?

Every October, Co-op Owners vote for the sixteen local organizations that will receive donations. Every quarter, four of those sixteen organizations will take their turn.



Reuse and support: Co-op shoppers get to choose the Owner-elected organization(s) they'd like to support by taking a bean token for each shopping bag they brought from home and placing it in one of the corresponding slots in displays near the exits. At the end of the quarter, the organizations receive a check proportionate to the amount of bean tokens they received.



Heads or tails? Either side is a winner with our cool and durable new bean tokens. These recyclable tokens will last a long time, are easy to sanitize, and won't look like a tasty treat to your kids!

Same program, new look:

Easy-to-read signs make the program easier to understand and participate in than ever before, and we've literally leveled the playing field by putting the collection jars side by side instead of stacked one on top of another. Now one organization won't have an advantage over another just by having a more convenient placement.

Owners, look for ballots in October and make sure to vote for next year's recipients. Everyone, keep bringing those reusable bags from home and remember to grab your token(s) after checking out. You're helping build your community and helping preserve our planet. 🌱



THANKS, CORVALLIS

Celebrating the Community That Cooperates

When the Co-op first opened its doors, on November 23rd, 1970 it was because the dedication, support, and hardwork of the people of Corvallis and the Willamette valley made it possible. That support continues today. It's what keeps our doors opening every morning at 7am. In light of the coming season of thanksgiving, we'd like to thank everyone who not only made the Co-op thrive, but who have made Corvallis and the valley a safe, happy, healthful place to live, work, study, and grow. It's impossible to thank everyone, of course, but we'll try to do our best.

Thanks to everyone who has worked for the Co-op!

When the Co-op opened, we operated with an all **volunteer staff**. Over the years, volunteers were phased out, but their contributions remained part of our foundation. Likewise, the contributions of everyone who took part in our **Paid Substitute** program continue to inform and motivate us. Crucial to our operations, our **Owner-workers** have made countless small contributions to the Co-op over the years that have added up to something enormous. And **all Co-op staff, past and present** have had a part in keeping our community healthful and happy.

Thanks to everyone who grows and makes our food and drinks!

Where would we be without all the fresh, organic produce delivered direct from earth-loving local farms, like

Gathering Together, Denison, Sunbow, Spring Hill, Silvernail Farm, La Mancha, Groundworks Organic, and dozens more. It's not just produce, we've also got to thank the drink-makers helping put Oregon on the map. Local institutions like **Block 15** and **Oregon Trail Brewing, Tye Vineyard** and **Lumos Wine Co., 2 Towns Ciderhouse** and **Nectar Creek Mead**, to name just a few. And what about fresh breads from **Alpine Sourdough** and **Big River**, or the local honey from **Queen Bee Apiaries** and **Beetanical Apiaries**. This is barely scratching the surface of all the wonderful local businesses that sell to the Co-op, helping keep money in our local economy, and keeping local folks employed.

Thanks to the local organizations creating a healthier, more just world!

Community outreach and education are a huge part of what we do at the Co-op. It's a drop in the bucket compared to the amazing work of organizations like the **Corvallis Sustainability Coalition** who work tirelessly to make our community a sustainable and self-sufficient one. There's the **Corvallis Environmental Center** whose SAGE Garden serves as a classroom for those looking to learn about healthful stewardship of the earth.

Then there's the **Ten Rivers Food Web Community Food Land Trust**, working to ensure that future generations will have healthy farmland available. That's not to mention the myriad other organizations working to help our land and its people, like **the Greenbelt Land Trust, Oregon Tilth, the Center Against Rape and Domestic Violence, the Corvallis Bicycle Collective, the Coastal Range Foodbank, Benton Habitat for Humanity**, and so many more. We wish there was room here to list them all.

Thanks to Corvallis and its citizens!

Last, but far from least, there's everyone else. It's the people of Corvallis and surrounding areas that make this one of the best places to live in the nation. We have fun community events and free public transportation. We've banned wasteful plastic bags and have a great recycling and composting program. Our downtown is filled with flourishing local businesses, and most importantly, we have each other; and always will. Thanks! 🥰



Thank You

Illustration by Stev Ominski

TRIED & TRUE COFFEE + BESPOKEN COFFEE RO

Traditional Techniques Meet Bold New Brews in Corvallis

Collin and Ann Schneider are here to perk up Corvallis. The husband and wife team own and operate Bespoken Coffee Roasters and Tried & True Coffee's two locations. (Downtown at 160 SW Madison Ave., and in Southtown at 120 SW Cummings Ave.) We recently visited the Southtown location, participated in a cupping session, and learned more about how they roast and brew such incredible coffee. Here's what Collin had to say:

How and when did Bespoken Roasters Start?

Ann and I always knew we wanted to work in coffee, with the hopes of someday owning and operating our own cafe/roastery. After working in the industry for about 10 years, we felt we'd accumulated all the knowledge we could and set out to start our company in a place that we could raise our family and really plug into a smaller community. Corvallis fit the bill, so we packed up our things and set out.

What brought about Tried & True? We had kind of a slow start with Bespoken, and were finding it hard to save up enough capital to start the very expensive process of opening a cafe. We more or less stumbled into a cafe in downtown Corvallis before it opened

and starting talking with one of the owners. It took a few weeks of hashing things out, but now we all say that we knew we were going to work together since that first ten minute conversation in the shop. It's been really seamless with our partners, the Orwicks, lending a lot of business savvy and expertise to our coffee and service background.

Tell us about the names? Bespoken is an Old English tailoring term that means "custom-tailored" or "made-to-order." We liked the idea of each coffee we source and roast being unique, and requiring its own delicate adjustments during the roasting process to maximize its potential flavor. Our last name, Schneider, also means tailor; in German. Tried & True is kind of an extension of that, being a riff on another old tailoring term, "tried & tested", basically saying, "we've put this through the wringer and think it's good to go." The actual definition is "weighed, measured, worthy", but we like to think there's a question mark on the end of that statement. Kind of a reminder that we're



Go Coffee Cupping with the Co-op!



It begins with a cup of whole beans from which we take a deep sniff. Then the beans are ground and we give them another deep waft, noting the stronger aroma.

Next up, Collin pours hot water over the grounds, leaving them unstirred. We wait four minutes while the brew steeps, admiring its lovely crust.

MASTERS

always weighing and measuring ourselves to make sure we're doing everything we can to put out a really good product in a really friendly, unpretentious way.

What's your favorite part about being in Corvallis? I don't know that we could list everything, but we're a big hiking family, so the quick access to beautiful little hikes is great for getting out with the kids. We love the college town energy too. Just something special about the energy that moves through town on gameday.

What's your favorite part of roasting coffee? I'm always learning. If I ever think I've got a good handle on things, there's always a new coffee that tests my understanding. There's a great, larger community of coffee roasters in the states and beyond that are always pushing quality and consistency, so being a small part of that and gleaning from them is really awesome.

If you could express Tried & True's vision in a single sentence, what would it be? Good coffee, served without pretension.



What are you looking for in each stage of a cupping session? Each stage informs the whole experience. Sometimes a coffee will be extremely fruity and floral on the dry aroma, but be super lacking in sweetness when it comes to taste, which tells me I'm missing something in the roasting process. My main goal is to use cupping as part of a larger system to draw correlations between changes made during roasting and their effects on quality and flavor of the final product.



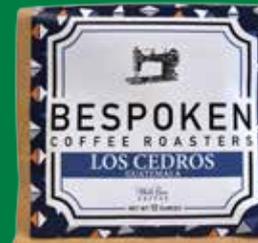
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Skilled coffee roasters like the folks at Bespoken use cupping to measure all aspects of a coffee's taste. This delicate process involves interrogating a coffee's texture and mouthfeel, its relative amounts of sweetness and acidity, the overall flavor, aromas, and its aftertaste. Every Bespoken blend starts with cupping sessions to make sure it tastes just right.



Then it's time to "break the crust." Spoons sideways before our noses, we lower them partway into the crust and push forward, taking in the powerful aroma.

Finally, it's time for a taste! We take a spoonful of coffee and give it a vigorous slurp to get the optimal spread of flavors, truly sampling the complexities of each roast.

TAILGATER TIPS GUIDE

Another OSU Beaver Football season is underway, which means it's time to tailgate! Friends and family gathering in the parking lots of Corvallis to eat, drink, and generally be merry on gameday is a proud local tradition.



This year, the Co-op wants to help you have an unbeatable tailgating experience. That's why we've put together this helpful **Tailgater Tips Guide**. So break out all your orange and black Beavs gear—the outfits, the car pennants, the flags, the folding chairs, the noisemakers, and the face paints, because it's tailgate time!



The Playbook

It's a parking lot, not a prep kitchen: Get started the night before to get your tailgate kicked off in style. No one wants to be chopping vegetables or seasoning steaks in the parking lot. Everything you do the night before is something you won't have to do on gameday. Just make sure you get to bed early!



Simply not safe in a parking lot

Early bird get the spot: Much like getting up earlier on your weekend than you would have during the week—but when you manage to snag that prime spot and get your entire operation setup before breakfast, you'll know it was a good play.



This fellow is nice and early, but it looks like maybe he forgot some stuff

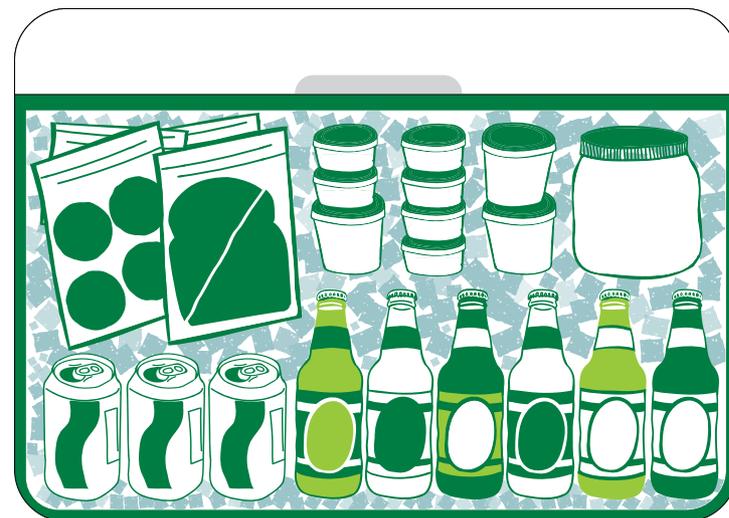
Cooler Packing Advice

Start cold: refrigerate items first, don't rely on the cooler to chill things, just to keep them that way

Build it up: start with a layer of ice across the bottom. Beverages and items that must remain frozen come next. Pack em in, then add another layer of ice, making sure it gets into the cracks between bottles and cans.

Keep it safe and dry: use resealable, watertight containers to store food and fixings. The sturdier something is, the lower it can go. Leave the precious cargo like eggs for the top of the cooler.

Keep it tight: the less empty space, the cooler everything will stay. It's more for everyone that way too. Now close that lid tight, and head to the lot!



Be This Season's MVT (Most Valuable Tailgater) With a Little Help From Your Friends at First Alternative



Home team menu:

1) *Lonely Lane* ¼ lb. beef patties 2) *Carmen's* Tortilla Chips 3) *DeCasa* Salsas 4) *Lonely Lane* Pork Sausage 5) *Bread Stop* Challah Burger Buns 6) *Nearly Normal's* Sunburgers



Know what it takes to feed your team:

Know your lineup in advance? Poll them for dietary restrictions and preferences. You don't want to be stuck with a cooler full of meat and cheese when your all-vegan squadmates shoulder up to the chow line, or nothing but regular buns when half the bench is gluten-free. Don't know who's coming? Have a little something for everyone. (secret play: keep some lettuce around, in a pinch it can substitute for a gluten-free burger bun.)

Full contact foods: Gameday is long and snacking a must, so bring hand foods to fill the gaps between grill sessions. Chips and fresh local salsa are a popular pick. For a quick, reliable blast of energy, try chopped up apples with peanut butter for dipping—the Co-op's bulk U-grind peanut butter lets you get enough for the whole team. And don't forget the power-packed potential of a head of lettuce or a bag of greens.



Tackle hunger with salad



Fair trade coffee and Tomato Dill soup from the Co-op Deli

Keep it hot: You'll be up early and the mornings (and days) will be chilly. Bring reusable insulated containers full of coffee and hot foods like Co-op Kitchen Grab & Go Soups to keep you pepped and warm all day.



Don't forget the foil: Aluminum foil, grillmaster's greatest ally. Everyone knows the foil-wrapped grilled baked potato, but that's just the start. Quickly and easily grill all sorts of veggies with no mess. Just toss them in oil and your favorite seasonings, seal them up in a foil pouch and when the time comes toss them on the grill. Flip once or twice as they cook. The sizzling sound means it's working. Cleanup's a cinch, just wad up the used aluminum and toss it out.

Stay safe and have fun this season. Go Beavs!

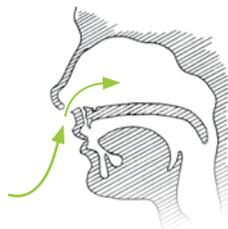
HACK TO SCHOOL SPECIAL

Do the Math and Make the Grade with These Smart Tips

With another school year underway, we thought it would be a good time to pass around this worksheet of handy school hacks. Do the math to save time, money, and help out the planet. From kindergarten all the way through grad school, there's an equation here for every student.



+



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Study near a unique scent (like peppermint essential oil) then, come test time, take a deep whiff of that same scent to help jog your memory.



+



=



Chop bell peppers into ¼ inch wide strips for a fun and healthful answer to french fries that will liven up lunch while providing vitamins A, C, and E for an energy boost that will help you ace the big exam.



+



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Pack lunches into reusable containers, like sturdy *Preserve* containers (made from recycled BPA-free plastic) and these tough, fashionable sandwich and snack bags from *Now Designs* to subtract waste from our landfills.



+

2



=



Multiply storage space in tiny dorm closets with the help of a soda! Pop the tab off the top of the can, put one of its openings over the hook of a clothes hanger, then hang another hanger from the remaining hole in the tab. Math-magical! 

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KITCHEN COMFORTS

As the Days Grow Shorter, The Kitchen Grows Warmer

Fall is a well-deserved season of feast and fest. Another summer of hard work has passed, its bounty harvested and waiting. Meanwhile, the days are growing shorter, so short that it's hard to get home before dark. What's there to do, then, but dig into the comforts of home—a warm kitchen, and a table filled with food, surrounded by friends and family.

When it's time to plan Thanksgiving dinner—and all the feasts and parties to follow—we'll be here with everything you need to make it fresh, local, and organic. But it's not just the holidays and special occasions we aim to help with. First Alternative is here for everyone, every day, that's why we've put together this harvest menu. Make all four dishes for a full-course meal, or go ala carte. Either way, all these tasty recipes are gluten- and dairy-free.

Autumn Harvest Salad

A salad as crisp and colorful as an autumn afternoon. Tender greens and crunchy cabbage pair delightfully with toasted walnuts and pumpkin seeds. Brightly flavored currants, along with chopped apples and figs, give it extra texture and a seasonal bite.



Maple-Glazed Delicata Squash

Delicata, the official winter squash of fall. Thin, edible flesh (unlike a butternut, you'll never be tempted to pull out the power tools when cutting into it) and a modest number of seeds make preparation easy. The Dijon and maple syrup glaze, added late in the roast, will finish to an almost-candy crust, a perfect complement to the delicata's savory flesh and its marshmallow-like texture.



Lemon Thyme Roasted Chicken

Time for the main course. This whole roasted chicken recipe makes a perfect small-scale warmup for the big Thanksgiving feast. Heck, it's quite the feast in its own right. Tender chicken infused with lemon, thyme, and garlic that falls right off the bone *and* rich, roasted carrots and fennel. Who wouldn't fall for that?

Chocolate Chip Cookies

We hope you saved room for dessert. These easy-to-make cookies have a complex, sweet and nutty flavor that perfectly matches their texture. They're an excellent dish to take to holiday parties, potlucks, gatherings, get-togethers, and even shin-digs. 🍪





Maple-Glazed Delicata Squash

Ingredients:	1 tsp. chopped fresh rosemary
2 lb. delicata squash	1 Tbsp. maple syrup
2 Tbsp. olive oil, divided	1 Tbsp. Dijon mustard
¼ tsp. salt	

Preheat oven to 425°F. Cut squash in half lengthwise; scoop out seeds. Cut lengthwise into ½ inch thick slices. Toss with 1 Tbsp. oil and salt in a large bowl. Spread in an even layer on a baking sheet. Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes. Combine remaining ingredients in a small bowl. Toss squash with dressing. Roast an additional 5-8 minutes.

Autumn Harvest Salad

Ingredients:	½ cup walnuts, lightly roasted
Serves 6	½ cup raw pumpkin seeds, toasted
8 cups mixed salad greens	Dressing:
1-2 cups finely sliced red cabbage	4 Tbsp. olive oil
1 green apple, diced	3 Tbsp. balsamic vinegar
6 dried black mission figs, cut into quarters	1 Tbsp. maple syrup
½ cup dried currants	2 tsp. Dijon mustard
3 green onions, sliced	¼ tsp. sea salt

Place all salad ingredients in a mixing bowl and toss. Mix dressing ingredients in a jar with a tight-fitting lid. Pour dressing over salad and gently toss to coat. Serve immediately.

From *The Whole Life Nutrition Cookbook*

Chocolate Chip Cookies

Ingredients:	¼ cup ground flax seeds
Makes 30-36 cookies	2 tsp. vanilla
½ cup packed pitted Medjool dates (about 6 dates)	1 cup almond butter
¼ cup hot water	1 cup quinoa flakes
¼ cup coconut oil	½ cup almond flour
¼ cup honey	¾ tsp. baking soda
	¼ tsp. salt
	½ cup chocolate chips

Preheat oven to 350°F. Place pitted dates and hot water in a blender; soak for 5 minutes. Add coconut oil and honey. Blend until very smooth. Transfer mixture to a mixing bowl; add ground flax seeds and vanilla. Beat on high with electric mixer until combined. Add almond butter and beat again. Add remaining ingredients and beat until well combined. Drop dough by teaspoons onto a parchment paper-lined cookie sheet. Bake for 10-12 minutes. Transfer gently to a cooling rack.

From *Nourishing Meals: Healthy Gluten-Free Recipes for the Whole Family*

Lemon Thyme Roasted Chicken

Ingredients:	2 Tbsp. butter, melted
Serves 6	1 yellow onion, thickly sliced
5-6 lb. whole chicken	4 carrots, cut into 2-inch chunks
Salt & pepper	1 bulb fennel, tops removed, cut into wedges
2 bunches fresh thyme	
1 lemon, halved	
1 head garlic, cut in half crosswise	

Preheat oven to 425°F. Remove chicken giblets; rinse chicken inside and out. Generously salt & pepper inside the chicken. Stuff the cavity with 1 bunch thyme, both lemon halves and all the garlic. Brush the outside of the chicken with the melted butter and sprinkle with salt & pepper. Place the onions, carrots and fennel in a roasting pan. Toss with salt, pepper, remaining bunch of thyme and olive oil. Spread around the bottom of a roasting pan and place chicken on top. Roast, covered, for 1 hour; uncover and roast 30 minutes more or until juices run clear and skin is golden brown. Remove chicken and vegetables to a platter, cover with aluminum foil and let rest for 20 minutes. Carve chicken; serve with vegetables.



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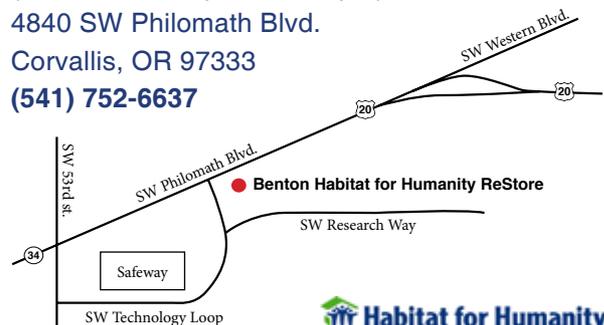
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SIDE BY SIDE



Yadira Ruiz,
Sunbow Produce

Some folks like it for breakfast with milk or yogurt, others like it by the handful as a snack, while those with a sweet tooth sprinkle it on ice cream for crunchy texture and I've even used it as the crumb topping for baked fruit desserts like berry crisp. How do you granola? Snap a shot and share it on our social media pages.

There are more than thirteen granolas in the bulk department, so to help break it all down, I've sorted them into three categories: Cereal Worthy, Trail Mix Worthy, and Snack Bar Worthy. Since these are all available in bulk, you can scoop up as much or as little as you want...maybe even a little of all of them for your very own sampling party.

Cereal Worthy: These granolas have a consistency closest to cereal and are most easily eaten with a spoon. My high-tech test for this is if I grab some with my hands, does it end up mostly in my mouth or on my shirt, I've spared you the clean-up on testing this one. You're welcome!

1) **Golden Temple Ginger Snap:** Do you love ginger snaps dipped in milk? Well if you haven't discovered this breakfast version, you must head to the bulk section ASAP and snag some up.

2) **Breadshop Honey Gone Nuts:** Sometimes simplicity is best. This oat-based granola lays it all out in its name. Honey and nuts (but nothing crazy), with just a touch of added sweetness.

3) **Golden Temple Super Nutty Granola:** I think of nutty granola as the "OG" of granolas, this one is a bit sweeter than the Honey Gone Nuts version from Breadshop.

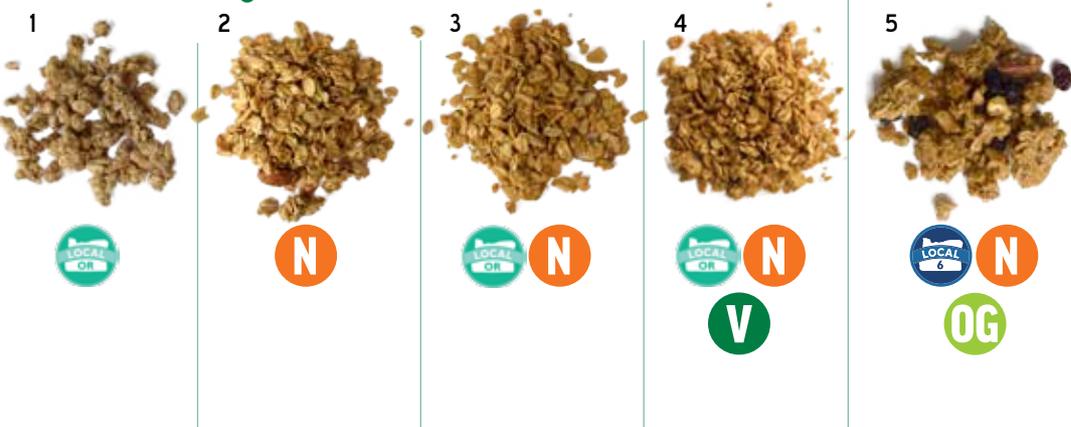
4) **Golden Temple Maple Almond Granola:** For the vegan who loves simple granola! Lightly sweetened with slivered almonds is a great way to jazz up your cereal routine.

5) **Grizzlies Aunt Ginger's Snappy Granola** While the ginger is more of a back-up singer rather than the star of the show, this light granola has chewy raisins in it that add a pleasant texture.

Trail Mix Worthy: if you reach into your granola container and come up with crunchy hunks of fruits and nuts, you've got a trail mix worthy granola.

1) **Grizzlies Cherry Pecan Crunchy Granola** My favorite in this category, because there's big dried tart cherries with a medley of nuts and seeds backed by light coconut flakes and almond flavoring that takes it to the next level. They even use almond butter to create nice granola clusters.

Cereal Worthy



Trail Mix Worthy



GRANOLA GUIDE

Granola Varieties are as Diverse as Their Applications. Let's Find the Granola That's Right For You

2) Breadshop Raspberries and Cream Granola: They had me at freeze dried raspberries. I don't normally go for fruit flavored things but it's working for this granola. Allergic to soy? Beware, there's soy milk powder in this one. It is dairy-free.

3) Grizzlies Cardamom Pistachio Granola: If you like your granola with a bit more complexity, you've found your match. This one has chewy date bits, whole almonds, and cardamom candied pistachios.

4) Grizzlies Cinn-nut Granola: There's a little something for all palates in this granola. A light hint of cinnamon, raisins, and nuts.

Snack Bar Worthy: Picture your favorite fruit and nut snack bar broken into bite-size chunks for you...yes, there's granola that meets this criteria!

1) Back Roads Paleo Coconut Crunch Toasted strips of crispy sweet coconut steal the show, but the yummy seeds and sweetened cranberries are a great boost. Sweetened with honey and maple syrup, this one is on the sweeter side of life but is totally grain-free.

2) Higher Power GRAWnola Buckwheat groats are the magic of this granola, the texture is like millet and is complemented by fruits, coconut, and nuts with a touch of cinnamon and vanilla. Fun texture with no added sweeteners.

3) Hummingbird Ariel's OM Grown Granola If you're concerned about the added oils and sugars in some granolas, this local company has come to your rescue. They've combined hazelnuts, flax, fruit, and nori (yes! seaweed!) to create their own healthful and tasty treat that comes in bite-sized chunks.

4) Back Roads Paleo Maple Pecan Granola Gluten-free paleo vegans rejoice! This granola is delicious, chock-full of goodness, and doesn't have any added salt or oil. It's an excellent combination of nuts, seeds and coconut flakes. 🥥



Dietary Details

Gluten-Free		Paleo	
Certified Organic		Local 6	
Made w/Organic Ingredients		Local OR	
Vegan		Contains Nuts	

Snack Bar Worthy

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The Tale of The Airlie Red Apple



In the 1950s, a family stumbled across an apple tree in their backyard.



When they cut into one of the apples they found that the inside was red!



The family later sold the property, not telling anyone about the mysterious red apple. For over 20 years, the tree sat untouched.



After years of waiting, the tree was rediscovered by a farmer who had purchased the property.



Our friends at Silvernail Farm are now working the land and growing this amazing red-fleshed apple for all of us to enjoy.



Now every year the Co-op looks forward to Airlie Red Apple season. We'll be sure to let you know when they arrive! 🍏



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