

Remember, the Co-op is now open until 10pm every day!



# THYMES

COMMUNITY MARKET MONTHLY  
APRIL 2015 VOLUME 36 • ISSUE 4

## Celebrate Earth Day with your Co-op

Earth Day, Wednesday April 22nd, the Co-op will be giving out double punches on Alternative Transportation Cards, all day long.

We'll have tons of local vendors on hand from 12-5:30pm handing out samples.\*

Bring your kids to our Nancy's Potting Stations, 1-4pm at both stores. Your sprouts will have the chance to sow some seeds of their own. It's a great opportunity to turn some young thumbs green.

You won't want to miss this, for the world.



## Local Seeds & Starts at the South Co-op



Read about South Store's great selection of local seeds, starts, and soil amendments

pg. 7

### \*DEMOS BY:

LONELY LANE

THE THYME GARDEN

STAHLBUSH FAMILY FARMS

ALPINE SOURDOUGH BAKERY...

...PLANET VERDE

TOBY'S FAMILY FOODS

SUNSET VALLEY ORGANICS

ZAIDALIA COFFEE ROASTERS

AND MORE...

# Earth Day April 22nd

## Seed Matters

Learn more about the importance of organic seeds, and about your chance to win an organic gardening kit.

Pg. 4

## Georgetown University Energy Prize

Corvallis is in the running to win a \$5 million prize in this nation-wide competition to develop sustainable energy projects.

Pg. 12

## Brands We Love

Take the guesswork out of buying supplements with this informative piece on some of Wellness' favorite brands.

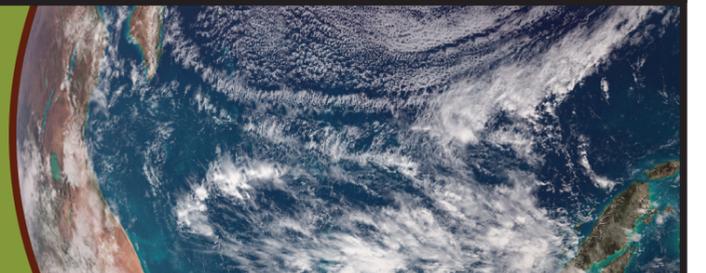
Pg. 5

[www.firstalt.coop](http://www.firstalt.coop)

"We moved to Wisconsin, that's why we decided to buy back our membership...(t)here is a co-op near our house here in Northwest Wisconsin but it doesn't even come close to the two First Alternative locations in Corvallis. It's better than nothing, staff is friendly, but it's very small and has limited options. We were spoiled in the Willamette Valley!

First Alternative staff was always so incredibly kind, understanding, and helpful. The options and varieties were amazing, and the prices were very reasonable. I already really miss the Corvallis Co-ops, the people, and the inviting atmosphere. Thanks for all you do for the Corvallis community!"

—sent to us from a former Owner



## board and manager reports



Jim Smith  
Co-op Board

### from the Board of Directors



Over the last year, Co-op management has been working hard to restructure itself in many ways. On the financial side, this effort got a significant boost when National Co-op Grocers (NCG) was hired to assist in running the business. NCG brings with it knowledge of industry best practices and access to many qualified professionals.

Many areas impacting the Co-op's finances are being addressed and will continue to be addressed. Some of the actions management has taken or is taking are as follows:

Cash management is a top priority. Our cash position has improved significantly and continues to improve. Inventories are being analyzed and improvements are being made to ordering practices, with the goal of improving inventory turns and product offerings.

Last year we refinanced one of our commercial loans with much better terms including a lower interest rate. This had an immediate positive impact on cash flow and the bottom line.

In an effort to continue restructuring the balance sheet, last year we put the house next to the North Store up for sale. Recently the house sold. The money was used to pay down another commercial loan, which was taken out when the North Store was expanded several years back.

I am also pleased with year-to-date results but there is still much work to do. The Board, NCG and Management are all actively engaged within our respective roles towards ensuring a financially strong and efficient Co-op. How many times have you driven by the Co-op at 8:55pm and decided not to stop because the store was about to close?

#### How many times have you driven by the Co-op at 8:55 pm and decided not to stop because the store was about to close?

How many times have you driven by the store at 9:15pm on your way back from your job, volunteering in the evening, or just being out late and the Co-op was closed? This happens to me all the time. That all changed on April 1st, when the Co-op extended its operating hours from 7:00 am to 10:00 pm daily; this adds an extra hour to current store hours. Not only is this an added convenience for Co-op Owners, we expect it will improve Co-op operating results and for you finance people out there, our return on investment.

Adding the extra hour to the store operating hours doesn't add significant costs, and will allow us late-night folks to drop in for any last minute shopping requirements.

Lastly, I would like to remind everyone that the Co-op Election Ballots will go out in May. Watch your mailbox and be sure to vote. Your Co-op Board guides the Co-op into the future. Read the candidate profiles in the next edition of the *Thymes* and vote for the candidates you think will best move us forward. 🗳️



**NEW HOURS**  
Both the North and South Store are now open everyday from 7am-10pm



Cindee Lolik  
General Manager



Peg Nolan  
NCG



Frank Worrell  
NCG

### from the Managers

We are excited to announce that on April 1st our Kitchen completed its transition to a centralized kitchen that is serving both of our stores.

For three months they worked on developing systems and menus to better serve the many tastes of our Owners and shoppers.

These menus include the standards that you love as well as seasonal items that bring new and exciting flavors to you based on cyclical fresh product availability. Our cooks are eager to apply their considerable talents in the Kitchen/Commissary to create new healthy fresh recipes as well as respond to food trends (gluten-free, paleo, etc.) with the bountiful produce and products from our local purveyors.

They are considering a multitude of mouth-watering dishes in areas such as new ethnic foods, regional cuisine and good old simple comfort foods.

Our in-store Delis are also excited to be making new kinds of sandwiches daily! They started out making ham and swiss cheese, turkey and smoked cheddar, and veggie hummus last month. So far they are a big hit. In fact, we're having to make them more than once a day!

Come on by and try out our new fresh foods! And please, as always, let us know what you think and what you want! 🍴



#### CO-OP BOARD MEETINGS

##### Owner Relations Committee

Tuesday, April 7th - 12:15 pm  
South Store meeting room

##### Board Recruitment & Elections Committee

Thursday, April 16th - 6 pm  
North Store meeting room

##### Finance Committee

Wednesday, April 15th - 5:30 pm  
North Store meeting room

##### Board of Directors

Tuesday, April 28th - 6:30 pm  
South Store meeting room

Owner comments welcomed in first 10 minutes.

*The Co-op Thymes* is published on the 1st of each month. Correspondence and submissions are welcome. Send by e-mail or 'snail mail' to addresses listed below. **Deadline for all submissions is the 15th of the prior month.** Opinions expressed in *The Co-op Thymes* are strictly those of the writers and do not represent an endorsement by, or official position of, First Alternative Co-op, its Board, managers, or Owners, unless specifically identified as such. The same is true of claims made by paid advertisers.

*The Co-op Thymes* is a free publication available at First Alternative and at other locations in the Corvallis area. It can also be viewed online at [www.firstalt.coop](http://www.firstalt.coop).

Editors: . . . . . Adam Payson, Donna Tarasawa

Design/layout: . . . . . Adam Payson, Jessica Brothers

Photography . . . . . Adam Payson, Jessica Brothers

#### STORE LOCATIONS & HOURS

**NORTH STORE** 2855 NW Grant Ave., Corvallis, OR 97330 • (541) 452-3115

**SOUTH STORE:** 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115

**HOURS:** Open 7 days a week, 7am-10pm

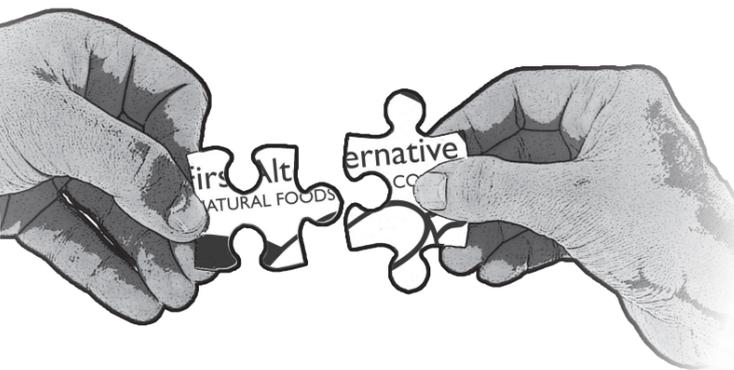
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# STRONGER + TOGETHER



## MEMBER ECONOMIC PARTICIPATION

Your investment in the Co-op is your investment in the community

We're moving on to principle number three this month, Member Economic Participation. We'll be deferring once again to the definition put forth by the International Cooperative Alliance (ICA), but first, how about a little more history on the ICA, and the movement itself?

### Pioneers come first

As we've previously mentioned, it was in 1844 when the Rochdale Pioneers, a group of northern England tradesmen, established the modern cooperative. Paid meager wages and forced to work long hours in unsafe conditions, the Rochdale Pioneers decided something had to change.



The Rochdale Pioneers

Pooling their resources, however scarce, gave them the power to sidestep the traditional, predatory "company-store" model that took what little money they made and put it back into the overstuffed corporate purse.

The Pioneers laid the groundwork for others to follow their example through the "Rochdale Principles of Co-operation." They read like an outline of what we operate from today.

### Then an Alliance is formed

The cooperative model spread quickly, as evidenced by the 1st Co-operative Congress held in London, England in the summer of 1895. Delegates came together from cooperative enterprises in Argentina, Australia, Belgium, England, Denmark, France, Germany, Holland, India, Italy, Switzerland, Serbia, and the US.

By the end of the Congress the International Cooperative Alliance had been formed. A union between countries so politically disparate was unlikely, considering the tenuous global climate there on the brink of the 20th century. Amazingly, the political

tensions that would twice bring the world to war on an unprecedented scale were unable to derail the ICA. The Alliance was committed to political neutrality and, above all else, peace and democracy. Their ideals held, even in the face of wars that threatened the very foundations of global society. They continue to hold today.

### The principles follow

The Alliance undertook its first review of the Rochdale Principles in 1937, adopting them officially as their own. They're not exactly the principles we're talking about here though. Principle number 3, in 1937 and prior, was a little simpler, "distribution in proportion to trade," it read. The origin of this principle traces back to one of the original Pioneers, Charles Howarth. It's believed he is indebted to Alexander Campbell for the idea. (Campbell was an Owenite, a utopian social philosophy that many consider a forerunner to the cooperative movement. More on the Owenite's if we ever do a prequel of sorts to this feature.) The general idea is there: to reward loyalty, and to make sure that cooperative profits are returned to the cooperative system and its adherents.

In 1995 the principles were once again reviewed. This time they were updated.



A co-op newsletter from 1871

### The third principle

"Members contribute equitably to, and democratically control, the capital of their co-operative. At least part of that capital is usually the common property of the co-operative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their co-operative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership." It's a bit of a mouthful, now, but still speaks to the same basic points as it did prior to 1995.

### Breaking it down

Your equitable contributions, be they \$70 or \$300, entitle you to your vote, your democratic control of this here Co-op.

That 100% refundable capital you provide us becomes part of the common property that is First Alternative, a place where the like-minded meet to shop, to chat, to learn, and hopefully to improve the world, if just a bit. If that weren't compensation enough, Owners get the added benefit of the once-per-month Owner Appreciation Sale Day where, with a few exceptions, everything in the store that's not already on sale is 10% off. On your Owner Sale Day it's like the whole store is on sale, just for you.

Co-op Owners don't just vote for our Board of Directors, they can also become them. As a democratically elected member of the Board, Owners can take a more active part in guiding and developing their Co-op.

Not being a member of the Board doesn't mean you're shut out from the meetings. Owners are always welcome to attend. The first 10 minutes of every meeting are set aside for Owner comments and input. Meeting times are posted in store, on our website, and right here in the Thymes (they happen to be on page 2 this month, take a look.)

We do everything as openly as possible here at the Co-op, and are always looking for input and suggestions from you, our Owners. After all, we're stronger together. I think the Rochdale Pioneers would be proud.

—Adam Payson, Thymes Editor

- The Seven Cooperative Principles:**
1. . . . . Voluntary and open membership
  2. . . . . Democratic member control
  - 3. Member economic participation**
  4. . . . . Autonomy and independence
  5. . . . Education, training and information
  6. . . . Cooperation among cooperatives
  7. . . . . Concern for community

## April Anniversaries

### Staff Anniversaries:

- 1 year:** Bridget Chipman
- 2 years:** Daniel Waroff
- 3 years:** Chris Bell
- 4 years:** Ebony White, Makenzie Kaiser
- 7 years:** Carolyn Latierra
- 8 years:** John Roullier, Lisa Lindner, Robert Wilderson
- 9 years:** Mises Moses

### Paid Sub Anniversaries:

- 7 years:** Christopher Speakman

### Owner Worker Anniversaries:

- 12 years:** Carole Kalk

**Staff:** Staff Members work 8-40 hours per week on a regular schedule.

**Paid Sub:** Paid Substitutes are trained in various departments to fill in for staff.

**Owner-Worker:** Co-op owners who work a 2-hour shift per week doing various duties such as stocking or helping in the deli.

## THANK YOU ALL

for helping make this such a fantastic place to work and shop

## 230 WORDS OR LESS

Owners tell why they chose to increase their equity in the Co-op

"I increased my investment in the Co-op because I value supporting an independent grocer that shares my values of sustainability and environmental justice."

—Tara Rodden Robinson, Owner



## PRINTING & DESIGN WITH THE EARTH IN MIND

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## SEED MATTERS AT THE CO-OP

Your opportunity to win an organic garden kit

We usually don't think about seed when we sit down to eat our cereal in the morning or tuck the kids into their cotton sheets at night, but it all starts with seed. And the seed we sow affects the quality, nutrition, cost and environmental impact of all the food we eat and every fiber we wear.



Planting the future (and some corn.)

During the last several decades of industrial agriculture, seed has been developed to be suited for intensive chemical agriculture. While this has sometimes resulted in higher yields, it has come with very real costs to our environment. Unintended consequences include air and water pollution, increased pesticide use, greater dependence on fossil fuels, degraded soil health, increased exposure to toxins for farm workers and the loss of biological and genetic diversity.

The success of diverse, regional and resilient food systems requires a different approach to seed—an organic approach.

### Seed Matters

As a member of National Cooperative Grocers (NCG), the Co-op has partnered with the Clif Bar Family Foundation Seed Matters initiative to work to improve the viability and availability of organic seed and ensure healthy, nutritious and productive crops.

Seed Matters, partnered with NCG co-ops, Organic Valley, Annie's and Earthbound Farm Organic is making a noticeable difference. Across the country, organic farmers have received training from their programs and are returning to the fields with new skills in seed production and crop improvement. They launched the first ever fellowships in organic plant breeding and funded 13 graduate students, returning public seed research to the public good. And dozens of communities have received support to launch local seed swaps, launch free seed libraries and plant seed saving gardens.



First Alternative and Seed Matters, sowing a better, more organic future, together.

### Learn more—and win a free organic gardening kit!

As Co-op Owners, retailers and eaters we all want to protect our ability to choose food raised sustainably...but what can any of us as individuals do? You can begin to help determine the future of food by visiting the Seed Matters website to learn about and engage in seed solutions today.

As an added incentive, visit the Seed Matters website between March 15 and May 15 and you can enter a sweepstakes to win an organic garden kit that includes regionally appropriate organic seed, seed-starting materials, garden tools and seed saving educational materials. The prize also includes 4 hours of consultation with a local garden expert that specializes in edibles, and recipes designed by well-known Farm-to-Table chefs that are based on what you will harvest from the organic seeds provided in the kit. A total of four prizes will be awarded, nation-wide.

Visit [www.seedmatters.org](http://www.seedmatters.org) for more details

## PASSOVER TREATS

Kosher for Passover, but delicious anytime of year

Here are two great recipes from South Store Deli Assistant Manager, Holly Smith. She adapted them from recipes found on [marthastewart.com](http://marthastewart.com). They're both kosher for Passover, but would make great treats any day of the year.

### Coconut Macaroons

Yields about 1 dozen

Ingredients:

- 3/4 cup sugar
- 2 1/2 cups shredded unsweetened coconut
- 3 to 4 large egg whites
- 1 teaspoon vanilla extract or 1/4 teaspoon almond extract
- Pinch of salt

Directions:

Preheat oven to 325 degrees. Line a baking sheet with parchment paper. In a large bowl, combine sugar, coconut, 3 egg whites, vanilla or almond extract, and salt. Mix well with your hands until completely combined. If necessary, add additional egg white a little at a time until the mixture sticks together. Use a small ice cream scoop, 2 spoons, or your hands to form haystack-shaped mounds; place on prepared baking sheet, spacing about 1 inch apart. Bake 10 minutes, rotate, then bake 6-8 minutes more until golden brown. Let cool on the sheet pan for 5 minutes, then remove to cool completely on a wire rack. Store in an airtight container at room temperature up to 3 days.



Coconut macaroons

### Banana Pecan Matzo Brei

Serves 2 as a breakfast main dish, or 3-4 as a breakfast side

Ingredients:

- 3 matzos (broken into 2-inch pieces)
- 2 bananas, one whole and one sliced
- 1/2 cup chopped toasted pecans
- 1/4 cup pure maple syrup plus more for drizzling
- 1/4 cup plus 1 tablespoon vegetable oil
- 1 large egg
- 1/4 teaspoon coarse salt

Directions:

Soak broken matzos in cold water for 5 minutes. While the matzos soak, mash the whole banana with 1/4 cup maple syrup using a fork. Whisk in 1/4 cup oil, egg, 1/3 cup pecans and salt. Drain matzos in a colander and gently fold into the egg mixture. Heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Spread matzo mixture evenly in skillet, pressing gently. Cook about 4 minutes, until the underside begins to brown. Flip in several pieces with a spatula; the mixture will break up on its own. Cook until underside is golden, about 5 more minutes. Transfer to plates. Top with banana slices and remaining pecans, and serve with maple syrup.



Left: Yehuda Matzoh  
Above: Kosher for Passover symbol

## EARTH BALL 2015: AN ALL SPECIES MASQUERADE & CELEBRATION

Saturday, April 18th 6-10pm, Sky High Brewing Rooftop



What's an "Earth Ball" you ask? Imagine the taste of locally brewed IPA, and the company of good friends, all on the beat of live music on the rooftop of Sky High Brewing. What could be better than that? There will even be a photo booth, cornhole competitions, dancing, and door prizes! It's an evening you won't want to miss

and it is the Corvallis Environmental Center's annual Earth Day all species masquerade and celebration: Earth Ball!

The Corvallis Environmental Center (CEC) has been working in Corvallis for twenty years to educate, engage, and inspire people to create a healthy and sustainable community. Our programs directly benefit over 15,000 people annually in Benton County through place-based environmental education, resource efficiency, and local food security.

We want you to help us celebrate this work. Earth Ball, the one and ONLY Earth Day party of its kind in town, will be kicking off on the Sky High Brewing Rooftop on Saturday, April 18th from 6 to 10PM – and we want you to join us.

Our presenting sponsor Sky High Brewing has prepared a delicious beer, Fender Blues Organic IPA, to help us celebrate. Fender Blues will be available at Sky High beginning the first week of April and a portion of the sales of the entire batch will be donated to the CEC. So head over and enjoy a beautiful locally brewed IPA and support the CEC at the same time.



On Saturday April 18th, after a fun day parading downtown during Procession of the Species, make your way to Sky High at 6PM and get ready for the first rooftop party of the season. Fender Blues Organic IPA will be available on tap as well as Outcider, an unfiltered hard cider from Two Towns. Special Occasions will be providing tents to keep everyone comfortable and Big Outside will be providing earth-inspired tunes with the help of Mark Schurman's sound skills.

Tickets are on sale now, here at the Co-op, and online at [www.CorvallisEnvironmentalCenter.org](http://www.CorvallisEnvironmentalCenter.org). The cost is \$14. This includes a FREE commemorative pint glass for the first 120 guests and entry into multiple door prizes. We can't wait to see you there!

Thank you to Pacific Power for generously offsetting the energy used during this event through their Blue Sky renewable energy program and our sponsors that have made this fun party and benefit possible: Sky High Brewing, Special Occasions, Two Towns Ciderhouse, Corvallis Radiology, Hays & Associates, Medicine Flower, Northwest Graphic Imaging, Studio Lux Images, Bustle: New and Rediscovered, Dancing Oaks Nursery, First Alternative Co-op, Holiday Inn Express On the River, and Reynolds Law.

For more information visit:

[www.corvallisenvironmentalcenter.org](http://www.corvallisenvironmentalcenter.org)

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We enjoy what we do, then we bring it to you.  
look for us at your Co-op

## BRANDS WE LOVE

Suggestions to help take the guesswork out of supplement buying

Quality is always top priority here at First Alternative. We know our customers want and demand the top quality products, but when there are so many options it's hard to pick the very best. That's where we come in. We do the hard work checking all the details so you don't have to.

When you pick up a supplement in our aisle you can feel confident it's top notch. I don't think there's a supplement in our aisle that I wouldn't confidently take myself. Here are some of our personal favorites:

### Vitamer

Our house branded supplement company. They have top-to-bottom quality control safeguards, from rigorous qualifications for raw materials, to the extensive lab testing of those materials. They follow Good Manufacturing Practices, and according to a recent statement: "As required by CGMP's, the identity of 100% of all raw materials used in manufacturing our Dietary Supplements is confirmed using established methods including Fourier Transform Infrared Spectroscopy (FTIR) and Thin Layer Chromatography (TLC), and testing of subcomponents of these materials are tested as appropriate. The purity of each raw material is verified by testing for gluten, pesticides, heavy metals and microbial content."



### Megafood

The level of transparency this New Hampshire based company offers is really setting the bar high for other supplement companies. Their supplements are made with 100% food-grown vitamins, all of which they source directly from family farms around the US. For example, all the beets in their products come solely from Stahlbush farms here in Corvallis, Oregon. They offer tours, and you can view live webcam footage of their facility all hours of the day. It's your chance to see how oranges go from whole fruit to a vitamin C complex. These guys really know their stuff.

### Nordic Naturals

Leading the way for purity in the fish oil market. They employ their own crews and boats to catch fish, giving them control over the product from the very beginning. Then they process and manufacture everything themselves here in the US, guaranteeing you the freshest fish oil products. Nordic uses third-party, double-blind testing for contaminants and heavy metals. You can call the company and provide the lot number found on any bottle of their products and they will send you a complete breakdown of the testing done for that batch.

Overall, we love the companies we work with and stand by every single one. It's always good to ask questions and be skeptical of the things you put in your body—and we do just that! We hope that it helps provide you a greater sense of well-being when shopping our aisles.

—Sara Spencer, North Store Wellness Manager



MegaFood™



NORDIC NATURALS



## DESSERTS YOU'LL LOVE

Saturday, May 2nd, Co-op staff are having a chocolate dessert making contest, and we want you to do the judging

It's an inter-departmental chocolate throwdown, Saturday, May 2nd from 12-2pm at both the North and South Stores!

Sweet-toothed representatives from various departments will be making and sampling their favorite chocolate-based desserts, all of them prepared with ingredients available here in our stores. We'll be providing recipe cards too, so you'll have everything you need to recreate these mouthwatering treats at home.

Tour the store, trying a bite of each dessert, then vote on your favorite. We'll announce the winners (and print the winning recipe) in the June Thymes.

Oh, and students take note: this happens to coincide with Mom's and Family Weekend at OSU. After you take Mom out to brunch, bring her by the Co-op for a kaleidoscope of sweet treats. She'll be pleased as punch, no doubt, and say, "since we're here, why don't we go ahead and get you all stocked up on foodstuffs, my beloved son or daughter."

This is the sort of contest where everybody wins.



Yes, that cupcake is having fondue.

## CALL FOR PICS

We're looking for photos of the Co-op in the 80's

This year marks First Alternative's 45th anniversary! Amazing. It's hard not to get a little nostalgic on such an occasion. Something became apparent during our most recent fit of reminiscence—we have hardly any pictures of the Co-op through the 1980's!

No one's quite sure how that happened—a familiar refrain regarding that particular decade—but it's something we'd like to remedy. That's where you come in. This is an open call for Co-op related pictures from anywhere in the 1980's. If you have them in digital formats, just email them to [marketing@firstalt.coop](mailto:marketing@firstalt.coop).

Maybe you've just got a shoebox full of polaroids though, and you don't feel like giving it up. In that case, just drop me a line at that same email, and we can work out a time you can come in, and I'll scan them into our system.

Remember the 80's? Someone must.

—Adam Payson, Thymes Editor



Email me and I promise I'll take a break from playing Oregon Trail long enough to answer you.

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# IN THE KNOW ON THE NEW



## Merchandise

### Klean Kanteen Reusable Water Bottles and Cups

We've got a great new selection of rugged, reusable drinking vessels from Klean Kanteen. All of their bottles and cups are made from high-quality food-grade stainless steel, one of the healthiest and durable materials available. We've got it all: classic drinking bottles (above right), vacuum insulated mugs, stainless steel pints and tumblers that make perfect replacements for single-use plastic cups, a variety of alternate lids made from stainless steel or BPA-free plastics, and for a limited time, their ultra-stylish Classic Graphic Collection (above left), available in three nature-conscious designs.

Klean Kanteen is a Certified B Company, meaning they "meet rigorous standards of social and environmental performance, accountability, and transparency."



### Grocery Carrington Farms Coconut Cooking Oil

The first of its kind, and it's on our shelves! Liquid Coconut Cooking Oil makes a great alternative to traditional cooking oils, and retains all the benefits of coconut oil, without the flavor or scent of coconuts. Best of all, it remains liquid at room temperature.

Carrington Farms Liquid Coconut Cooking Oils contain four times the Medium Chain Triglycerides of traditional virgin coconut oils. They also have a higher heat point than traditional olive oils.

Coconut cooking oil is all natural, gluten free, hexane free, Non-GMO, free of hydrogenated and trans fats and comes in a BPA free bottle.

### Honey Mama's Cacao-Nectar Bars

Look for Portland-based Honey Mama's unrefined paleo-friendly treats in our Chill section.

These nutrient rich, cocoa-honey, raw food treats are made simply, with only five whole foods. They offer a satisfying, easy to digest, treat, free from soy, dairy, gluten, and grains.

The only non-organic ingredient is the raw, local honey produced by beekeepers who use 100% sustainable, non-chemical, and natural practices.

These bars contain coconut oil, so they'll melt at temperatures over 76 degrees (what a mess it would be if they used the liquid coconut oil above!), so keep them chilled, or even better, eat them right up!



### Dogfish Head Brewing American Beauty Imperial Pale Ale

Brewed in celebration of the 50th anniversary of a band that begat a lifestyle.

Dogfish Head asked customers what they wanted in a Grateful Dead beer. Of more than 1,500 suggestions, organic granola, the main course in a million plus parking lot meals, was the top pick. It makes a sweet, toasty complement to the layers of barley and all-American hops.

Available for a limited time only!

### Grizzlies Salted Maple Granola AKA American Beauty Granola

In 2013 Dogfish Head approached Eugene's Grizzlies Granola and Nuts and asked them to make a simple, wholesome, organic granola for their American Beauty beer.

From that base, Grizzlies added several layers of simple, honest ingredients, creating a granola that pays homage to the band that became legend.

This is real, honest food, so come in and scoop some up in our Bulk Department.



Bulk

Beer

### Jasmine Pearl Bulk Assorted Medicinal Teas

Our Bulk tea selection keeps getting better and better. We've recently added some great medicinal teas from Portland's Jasmine Pearl Tea Company. Calm your nerves and get ready for bed with **Dream Blend Tea**, mellow out after a long day with a fragrant and smooth cup of **Rest Easy Tea**, or if you're looking for something fruity and a bit tart, brew up some **Ruby Nectar Tea**.

There are too many new teas to list here, so swing by Bulk and give them all a look (and a sniff.)



### Bright Earth Foods Raw Rainbow Superfood Smoothie Mix

Take your smoothies to the next level with this naturally synergistic blend of the planet's top superfoods that takes the guesswork out of superfood nutrition.

Raw Rainbow Superfood Smoothie Mix is designed to provide your body with high-density nutrition, supporting a modern lifestyle with abundant micronutrients and antioxidants—all in one convenient powder. I would suggest you taste the rainbow, except for fear of copyright infringement. You know what, do it anyway.





# Local Seeds

Starting plants from seeds can be a rewarding experience, but it's also a little daunting. When you first get started it's hard to believe that anything could happen with a little speck, or even a dried up pea or bean. But...add water, soil and sun and before you know it your garden will be growing strong and healthy!

Plant varieties have unique needs. Most seed packages will include information about how to sow your seeds, whether they can be planted indoors and transplanted or whether it's better to sow them directly in the soil after the danger of frost. Many will refer to growing zones. We are in zone 8. According to the Farmer's Almanac, the chance of frost is 50% by April 20 this year.

Early seeds to plant outside include peas, kale, lettuces, spinach, and beets. Of course, if you're buying bulk seed you won't have a package to refer to. In that case a good source for information on seed sowing is available on the OSU Extension website ([extension.oregonstate.edu](http://extension.oregonstate.edu)) under the Gardening heading,



Starts at the Thyme Garden

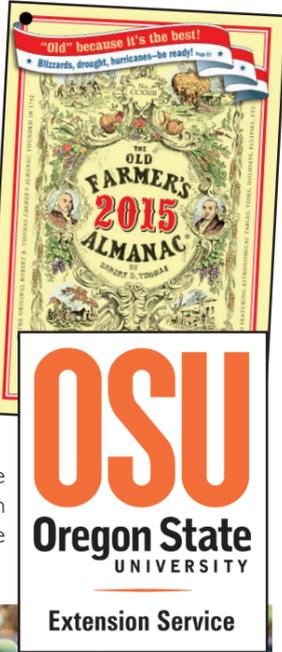
Seeds need fine soil and even moisture to survive. If they get too dry or too damp they may not make it.

When you begin planning your garden, it's great to start small. Pick out 4-5 varieties that do well from seed. I've had great results with kale, beets, cucumber, beans, cilantro, squash, onions and carrots.

A lot of gardeners use a journal to keep track of plantings. This is helpful for comparing what you did year to year. The Old Farmer's Almanac online has a very cool vegetable planting planner that you can customize with your location, and even sign up to receive reminder emails when it's time to plant. Visit [www.almanac.com/gardening/planting-dates](http://www.almanac.com/gardening/planting-dates).



Starting with healthy soil is absolutely key to a happy garden. The Co-op is pleased to bring you some great local soil amendments from Soilsmith Services to help you get the best crop possible. You can their high-quality 5 year aged compost, and their Mackenzie River Glacial Rock Flour at our South Store.



## A LOOK AT OUR LOCAL SEED PROVIDERS

We've got a great selection of seeds from local growers scattered throughout our South Store location (like seeds on the wind?). Along with seeds from each provider, we've set out their seed catalogs. These tell you more about the growers, and can provide useful information and advice on your seed purchases. Please ask a staffer if you would like help finding anything!

**Adaptive Seeds:** Growing out of Sweet Home, Oregon, Adaptive Seeds are Certified Organic, Open Pollinated seeds with an emphasis on, "rare, diverse and resilient" seeds. Peruse their unique and beautiful selections and find something new and different!



**Peace Seedlings:** This second-generation farm offers open-pollinated hand harvested vegetable and flower seeds. Choose from heirloom varieties of grains, greens, herbs, squash and a fabulous selection of roots. Located in Corvallis, OR.

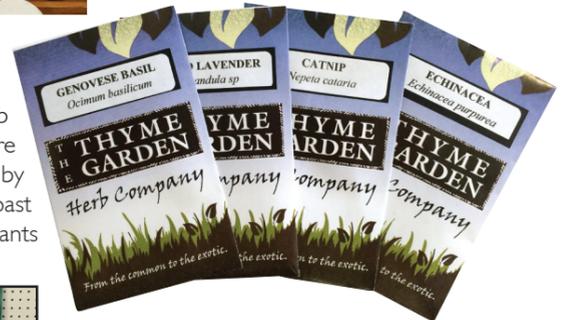


**Sero Biodynamic Seeds:** Territorial Seeds owners Tom & Julie Johns were inspired to start this line of seeds to promote biodynamic farming as a way of rethinking modern agriculture.



**Territorial:** One of the oldest and most well known seed purveyors; Territorial Seeds is located in Cottage Grove. We are proud to offer a great selection of their Certified Organic seeds in bulk, located in the alcove off of the produce section.

**The Thyme Garden:** Located in Alesia, the Thyme Garden offers the widest selection of herb seeds in the Northwest. Seeds are harvested, cleaned and packed by hand. Find their seed rack just past the registers, and watch for live plants arriving sometime this month!



Bulk seeds are found in the South Store pet area alcove, right behind the Produce Section



Sprouting Station

Don't forget our sprouting station and the raw seeds in our bulk bins for additional selections (and savings!) when you're gathering seeds for your garden.

—Emily Stimac



Peace & Adaptive Seed displays



Sero Biodynamic display



Thyme Garden display

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# April 2015 Community Calendar

## UPCOMING EVENTS

**Co-op Earth Day Celebration! Wednesday, April 22nd, First Alt North and South Stores.** Join us as we celebrate Earth Day with over a dozen local demos and tastings! Bring the kiddos for our FREE planting and activity station with materials provided by Nancy's Yogurt (both stores)! Come celebrate with us!

### Graphic Novel Book Club

Tues., April 7th, 6:30-7:30 p.m.

New Morning Bakery

219 SW 2nd St.

We will be discussing How to be Happy by Eleanor Davis. New members always welcome. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Library. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov)

### Art Tours at the Library

First Tuesdays, 10 a.m.

C-BC Public Library

645 NW Monroe Ave

Why does the library have so many gargoyle statues? Is there really a time capsule? These questions and more will be answered by Library Board member, Freda Vars, as she leads monthly tours! Discover hidden gems and get a glimpse of the library's rich history. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov)

### Conserving Oregon's Environment

Thursday, April 9th, 7p.m.

C-BC Public Library

645 NW Monroe Ave.

Michael McCloskey will speak about his book

"Conserving Oregon's Environment," which traces the arc of success in Oregon conservation efforts and deals with the breadth of modern environmentalism: protecting nature, habitat, purifying ambient media, eliminating unsafe operations, and promoting energy efficiency. FMI: Marcia Shapiro, 541-758-5255

### Lower North Ridge Trail field trip on Mary's Peak

Saturday, April 11th, 9 a.m.

Meet @ OSU Wilkinson Hall parking lot, 26th & Monroe

Join us for this wonderful five miles round trip with a gentle climb of about 1,000 ft. Wear weather appropriate clothes, sturdy shoes and bring lunch and water. FMI: Louise at [patch1L@aol.com](mailto:patch1L@aol.com), 541-753-0012

### Community Poetry Reading

Saturday, April 11th, 2 p.m.

C-BC Public Library

645 NW Monroe Ave

In celebration of National Poetry Month, community members will come together, led by Oregon Poet Laureate Peter Sears, to read aloud the poetry that matters to them. Readers include Mayor Biff Traber among many others. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov)

### Conserving Rare Willamette Valley Butterflies

Monday, April 13th, 7:30 p.m.

Avery House in Avery Park

Conserving rare Willamette Valley butterflies is all about the right plant in the right conditions. Dr. Paul M. Severns, Department of Botany and Plant Pathology at Oregon State, will discuss interactions between native and exotic plants and three extremely rare Willamette Valley butterflies, Fender's blue butterfly, Taylor's checkerspot, and the Great Copper. FMI: [brownj@science.oregonstate.edu](mailto:brownj@science.oregonstate.edu), 253-820-3934

### Soil: Our Agent of Climate Recovery

Thursday, April 16th, Reception 6:30 p.m.; Talk 7:30 p.m.

1165 NW Monroe Avenue,

Find out how our scientists, farmers, and foodies are healing the soil to save our planet. A talk about the book *The Soil will Save Us* by New York Times bestselling author Kristin Ohlson. Co-sponsored by Benton Food Freedom, 350Corvallis.org, Citizens Climate Lobby, and Natural Step Ministry. FMI: Lyn, 541-745-7916

### HOUR Exchange Spring Gathering and Market

Sunday April 19th, 12-4pm

Old World Deli 41 SW 2nd St.

Be a part of a thriving community event where you can swap/trade plants and seeds as well as share information. Learn what insects will be gardening with you, as well as what an organic, sustainably produced soil amendment is. Bring insect specimens, in a jar, for identification. FMI: 541.224.7752

### OSU's Earth Celebration Week

Eleven days packed with fun and educational activities geared toward showcasing sustainability and how the environment is interconnected with people and issues of justice. Free and open to the public. See the full schedule at [tiny.cc/earth-calendar](http://tiny.cc/earth-calendar). FMI: [Andrea.Norris@oregonstate.edu](mailto:Andrea.Norris@oregonstate.edu)

### Sustainability Coalition Quarterly Gathering

Monday, April 27th, 12-1:30 pm

C-BC Public Library

645 NW Monroe Ave.

Presentations by Coalition partner organizations and action teams. See [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org) for details. FMI: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org)

## ONGOING EVENTS

FREE or by donation listings • To submit your free event, visit [www.firstalt.coop/thymes/calendar-submission/](http://www.firstalt.coop/thymes/calendar-submission/)

### FOOD

#### VEGAN AND VEGETARIAN OSU STUDENTS

Monthly potluck style meeting for vegans, vegetarians, and anyone considering a plant-based lifestyle. Come eat, share recipes, plan campus events, and talk with like-minded people! FMI: [vegansandvegetarians@gmail.com](mailto:vegansandvegetarians@gmail.com) to join the list serve or for more info.

#### CORVALLIS VEG EDUCATION GROUP

Events in Corvallis, including monthly dine-outs. Non-vegetarians welcome. Open to all. FMI: [Corvallisveg.org](http://Corvallisveg.org)

#### DINING FOR WOMEN

Corvallis Chapter Third Mondays, 6 p.m. Unitarian-Universalist Church, 2945 NW Circle Blvd. Bring a dish to share. We discuss female empowerment in the world. FMI: [www.diningforwomen.org](http://www.diningforwomen.org)

#### GLUTEN FREE SUPPORT GROUP

1st Saturdays, 10 a.m.-12 p.m. First Presbyterian Church, Dennis Hall, 9th & Monroe. Learn more about gluten intolerance, share ideas and sample products. FMI: 541-602-1065

### SPIRITUAL

#### PLACE OF TARA

Mondays, 6:30-7:50 p.m. Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. FMI: [salvesonvideos@gmail.com](mailto:salvesonvideos@gmail.com)

#### BUDDHIST PRACTICE SGI-USA

Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: 541-753-6170

#### BAHA'I DEVOTIONAL PROGRAMS

The Baha'i communities offer many devotional gatherings throughout the county in English & Spanish. Locations vary. FMI: 541-745-7916, [linnbenton.local.bahai.us](http://linnbenton.local.bahai.us)

#### CORVALLIS INSIGHT MEDITATION

Come join us for sitting and instruction, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. Email for time/date. FMI: [maryleigh.burke@gmail.com](mailto:maryleigh.burke@gmail.com)

#### MINDFULNESS MEDITATION

5:30-7 p.m. Friends Meeting House, 33rd & Polk. Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. FMI: [ken.oefelein@gmail.com](mailto:ken.oefelein@gmail.com)

#### CORVALLIS MEDITATION

Learn meditation techniques to relax and recharge body and mind. 5:30-6:30 p.m. 3311 NW Polk St. FMI: Carolyn, 971-218-6798, [RASALiLA2@yahoo.com](mailto:RASALiLA2@yahoo.com)

#### A COURSE IN MIRACLES

7:30 p.m. Join us as we read & discuss this spiritual classic, after a meditation. FMI: 541-754-9051.

#### CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

Sunday 10-10:45 a.m. Meditation & 11 a.m.-12 p.m. Inspirational Service; Thursday 7-8 p.m. Meditation, Study Kriya Yoga through Paramahansa Yogananda's teachings. Author of the spiritual classic, *Autobiography of a Yogi*. FMI: [corvallismeditation.org](http://corvallismeditation.org)

#### FALUN Dafa GROUP

9-11 a.m. A meditation practice based on principles of Truthfulness-Compassion-Tolerance. FMI: Hong 541-754-9938

#### CORVALLIS ZEN CIRCLE

weekly meditation. FMI: [www.corvalliszencircle.com](http://www.corvalliszencircle.com)

### WELLNESS

#### TAI CHI CLASSES

5:30-6:30 p.m. Oddfellows Hall. Ages 16+. Instructor, Andy Bennett, holds 30 years of martial arts experience. Class fee: commitment to practice. FMI: 541-760-9328, <https://sites>.

#### HEALTH AND HEALTHCARE FORUM

TV Wed. @ 8p.m.; Thurs. @ 9p.m.; Sat. @ 1:30PM & Sun. @ 5:30p.m. 30-minute program series, Ch. 29. Guests discuss diverse health issues. FMI: [rlhall@peak.org](mailto:rlhall@peak.org), 541-758-9340

#### FREE TEEN YOGA

Tuesdays, 4 p.m. Live Well Studio, 971 NW Spruce Ave. Stretch, move, wiggle, strengthen and then free and relax your body. It's fun and it's good for you too. FMI: 541-224-6566

#### CHAIR YOGA

Tuesdays, 3 p.m. Live Well Studio, 971 NW Spruce Ave. Chair Yoga provides the benefits of yoga to everyone regardless of injuries, health limitations, or mobility. It is well suited for individuals living with M.S., Parkinson's, Cancer, A.L.S., and physical limitations. Sliding scale donation. FMI: 541-224-6566

#### TRADITIONAL SHOTOKAN KARATE

Tuesdays and Thursdays, 7-9 p.m. Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, 541-754-3254

#### REIKI HEALING CIRCLE

1st Thurs., 7-9:30 p.m. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, 541-754-3595

#### FREE TEEN LAUGHTER YOGA

Wednesdays 4-5 p.m. FMI: [Energy9Studio.com](http://Energy9Studio.com)

#### YOGA FOR RECOVERY

Sundays 12:30 p.m. Live Well Studio, 971 NW Spruce St. Perfect for people recovering from substance abuse, addiction, eating disorders and codependency. \$5 suggested donation. FMI: [livewellstudio.com](http://livewellstudio.com)

#### HEART OF THE VALLEY BIRTH NETWORK

Every 3rd Wed. 6-7:30 p.m. Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: [www.valleybirthnetwork.org](http://www.valleybirthnetwork.org) [google.com/site/wutantaichi](http://google.com/site/wutantaichi)

### PEACE

#### CORVALLIS SECULAR SOCIETY

3rd Saturdays. Meet 2-4 p.m. Corl House in Woodland Meadows Park. FMI: 541-754-2557, [CorvallisSecular.org](http://CorvallisSecular.org)

#### VIGIL FOR PEACE

Every day, 5-6 p.m. Alternatives to War sponsors a vigil for peace at the Benton County Courthouse, 120 NW 4th St. FMI: Ed, 541-752-3152

#### VETERANS FOR PEACE CHAPTER MEETING

Every 4th Monday, 6:30-8 p.m. UUFC, 2945 NW Circle Blvd. All are welcome. Come help us "Wage Peace." FMI: [nfo@vfpcorvallis.org](mailto:nfo@vfpcorvallis.org)

#### AMNESTY INT'L WRITERS GROUP

2nd Monday, 7 p.m. First United Methodist Church, 11th & Monroe Rm #106-B. Write letters to prisoners of conscience. FMI: 541-619-1379

#### COMPASSION COMMUNICATION PRACTICE GROUP

Every 1st & 3rd Monday, 7-9 pm, 2255 NW 25th St. Support in living the model taught by Marshall Rosenberg, in our daily lives. Led by Tina Taylor, CC trainer and counselor. RSVP & donation appreciated. FMI: [Tina@tinataylor.co](mailto:Tina@tinataylor.co), 541-753-2255.

#### DANCES OF UNIVERSAL PEACE

2nd Thurs, 7-8:30 p.m. Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Simple, easy-to-learn circle dances honoring spiritual traditions from around the world. \$5-10 donation. FMI: [barbwoehle@comcast.net](http://barbwoehle@comcast.net)

### MUSIC

#### CELTIC JAM

Every Tuesday, 7-9 p.m. Imagine Coffee Live Arts, 5460 SW Philomath Blvd. All levels of players are welcome. FMI: 541-286-4340, [imagine.cof@gmail.com](mailto:imagine.cof@gmail.com)

#### FIRST SUNDAY VOCAL IMPROV JAM,

Every first Sunday of month, 2-4 p.m., Old World Deli, 341 S.W. Second St., Participatory improv singing in polyphonic groove, for all ages and skill levels. Free. FMI: 541-760-3069.

#### COMMUNITY SINGING LESSONS

Every Thursday, 12-1p.m. Gracewinds Music Lesson Loft, 137 SW 3rd St. International singer and expert voice teacher offers FREE group lessons to the community. FMI: Rebecca, 503-559-5205

#### CORVALLIS UKULELE CABARET

First Fridays, 7-9 p.m. First Alt Co-op Meeting Room, 1007 SE 3rd St. Open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes of The Wallop Sisters. FMI: 541-753-8530

#### PLANET BOOGIE

Every 3rd Sat. April 18th 7:30-9pm, May 16th 8-9:30pm, June 20th 8-9:30pm. Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. Facebook: Planet Boogie Corvallis

#### CORVALLIS COMMUNITY DRUM CIRCLE

1st Saturdays 7-8pm, 101 NW 23rd St. FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich, Drum Circle Connection. FMI: [drumcircleconnection@gmail.com](mailto:drumcircleconnection@gmail.com)

### ENVIRONMENT

#### MARY'S RIVER WATERSHED COUNCIL MEETING

Second Tuesdays, 6:30-8 p.m. Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: [coordinator@mrwc.net](mailto:coordinator@mrwc.net)

#### OSUSED STORE PUBLIC SALES

5:30-7:30 p.m. on 1st Wed. of the month; 12-3 p.m. on all other Weds. 644 SW 13th St. FMI: <http://surplus.oregonstate.edu>, 541-737-7347

#### AUDUBON FIELD TRIPS

Every 2nd Saturday. Meet at 7:30 a.m. The trips are great for beginners and birders new to the mid-valley area. We visit local refuges and birding areas. FMI: [www.audubon.corvallis.or.us/field\\_trips.shtml](http://www.audubon.corvallis.or.us/field_trips.shtml)

#### NATURALIST ADVENTURES

Tracking, wild edibles, native plants, and birding: 3rd Sundays, 9 a.m.-12 p.m.. For meeting place, see website. FMI: [www.neighborhood-naturalist.com](http://www.neighborhood-naturalist.com), 541-753-7689

# Health Services Guide

Advertise your health service for only \$40 per ad. Maximum 50 words. Please email your ad to [thymes@firstalt.coop](mailto:thymes@firstalt.coop) by the 15<sup>th</sup> of the month.

## CORVALLIS COMMUNITY ACUPUNCTURE

Offers personalized acupuncture in a peaceful, relaxing group setting. Sliding scale \$15-\$35, you choose what to pay. Reduce stress, relieve pain, improve sleep. Bring a friend and nap together! Learn more and schedule online at [www.corvalliscommunityacupuncture.com](http://www.corvalliscommunityacupuncture.com). Leyna Jensen L.Ac. (541) 753-8000

## DR. VIRGINIA SHAPIRO, HOLISTIC CHIROPRACTOR

29 years experience resolving the causes of chronic and acute pain, fatigue, mood and sleep disorders, and other conditions. Specific diagnosis, gentle chiropractic care, Applied Kinesiology, Frequency Specific Microcurrent (resolving scar tissue and inflammation), clinical nutrition, Functional Medicine. 915 NW 36th Street, Corvallis. (541) 738-2711, [www.virginiashapiro.com](http://www.virginiashapiro.com).



# Un-classifieds

Unclassifieds are only 30¢ per word. Simply fill out a form at the Customer Service desk by the 15th of the month prior to the month in which you would like your ad to run. Payment is due when ad is submitted. 100 word max.

**CARMİ REPAIRS AND REMODELS, LLC** Handyman services for minor repairs to new construction. So you can relax at home. (541) 729-4810. ccb#174846

**HAUNTED BY OLD, NEGATIVE ENERGY?** Have a clearing Feng Shui consultation! Call Kori at (541) 750-0006

**SEEING WITHOUT STRAIN** Learn natural vision improvement methods to release chronic neck and shoulder tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybetts Sinclair, LMT, certified vision improvement coach. (541) 753-8374 or [www.marybettssinclair.com](http://www.marybettssinclair.com)

**HELP ME FIND A COMMUNE. LOOKING FOR A FAMILY** Middle-aged man starting over. Rescue me from the city. Can a dream come true? What I have to offer: Self-sufficiency skills (including Farming, Food production and preserving, Beekeeping, Large seed collection.) Construction, maintenance, some mechanical. Health conscious, early riser, yoga, cook, non-drinker, strong back, two good hands. Respectful of the Earth, animals and children. Can help home school, love books, science, history. Home business plans, earth and family friendly, easy start. Realistic view, not a freeloader. Let's get together: I will be an asset. Farmer Jack (970) 208-3524, [earlyup13@outlook.com](mailto:earlyup13@outlook.com)

**TOTALLY UPDATED WHITEWATER OCEAN VIEW HOUSE IN LINCOLN CITY.** 2 master suites. 2 large decks. Sleeps 7. Fully stacked. \$195/night + tax, cleaning. 10% Co-op Owner discount. (541) 260-0604

**YARD AND GARDEN MAINTENANCE** ornamental and edible, pruning, planting, tilling, mowing, homestead help. Experienced, with affordable pricing. Free estimates. Greg Menkiena (541) 829-0373

**DRIED SEAWEED** \$40/lb. Ideas and recipes. Kombucha, dried apples, suitcases, small-medium rugs, space heater. Ken (541) 929-4296

**NORTHWEST REALTY CONSULTANTS** has many listed and by-owner services for people interested in buying or selling their homes. Call us at (541) 753-4567 or (541) 928-8440 or visit us at [northwestrealtyconsultants.com](http://northwestrealtyconsultants.com) for more details.

**CERTIFIED HAKOMI THERAPIST** Margot Vance-Borland, LPC has been a healing arts professional for 30 years. Her sessions are powerful and nurturing and designed to access the body, mind and spirit's deep healing wisdom. Reiki-Seichim classes and sessions are also available. Call (541) 754-3595 to schedule. [www.seichimcenter.com](http://www.seichimcenter.com)

**PARENT COOPERATIVE PRESCHOOLS** in Albany, Corvallis, Halsey, Philomath and Scio offered by Linn-Benton Community College. For information call (541) 917-4899 or visit [www.linnbenton.edu/parenting-education](http://www.linnbenton.edu/parenting-education)

**FOR A BEAUTIFUL BIRTH, HIRE A DOULA.** Mid-Valley Doula Network: [www.midvalleydoulas.net](http://www.midvalleydoulas.net).

**CORRECT PRUNING** on ornamental and fruit trees. 13 years local experience. Call David, (541) 758-7432

**PARENTING SUPPORT** for families in Linn and Benton Counties. Find parenting tips, classes, and resources at [www.ParentingSuccessNetwork.org](http://www.ParentingSuccessNetwork.org). Parent Advice Line: (541) 917-4899

**TRUST THE CLEANING** of your home, small office, rental or move in/out situation to AWESOME CLEAN. Owner operated, providing efficient, detailed, dependable service with reasonable rates. Non-toxic products and pet friendly! Excellent references. Call Tracy (541) 730-1625

**CALL KORI THE SPOILER** for your pet's good time! Will stay overnight with pets. (541) 750-0006

**ERRANDS,** shopping, Ken, (541) 929-4296

**YARDWORK SERVICES:** raking, weeding, pruning, scything, mowing, trailer available. Organic methods. General labor: Ken (541) 929-4296

**OVEREATERS ANONYMOUS** Sundays 4pm, North Co-op Meeting Room. Info: Beth (541) 220-4682

**FIRE PROOF SECURITY CABINET.** 2hr rating with locks. High end German company "Kardex." 3 drawer, 29" wide, 34" deep, 54" high. Documents, collections, firearms, photographs, etc. Used, in excellent condition. Jesse: (541) 964-3049. \$745. Costs thousands.

**TIRED OF GUILT, BLAME, TENSION, AND CONFUSION?** Maybe you're ready for a COMPASSIONATE COMMUNICATIONS INTRO WORKSHOP with Tina Taylor, RN, MS, in Corvallis, APRIL 25-26; AKA Nonviolent Communication (NVC), this model is used worldwide for transformational personal growth, relationship enrichment, conflict resolution, and community building. Details at [www.tinataylor.co](http://www.tinataylor.co), or call Tina at (541) 753-2255. Private sessions and couples counseling also offered. FREE preview Friday, APRIL 10 at South Co-op Community Room, 7-9pm

**KNOW YOUR ENEMIES...HOW TO CONTROL INVASIVE PLANTS,** Benton Soil & Water Conservation. Know Your Friends...Learn about the Upcoming Survey of Fish Habitat in the Upper Marys River, Marys River Watershed Council. Summit Center, April 20th, 7pm. Sponsored by Summit Grange

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## Beans for Bags

After check-out, take a bean for each shopping bag brought from home then drop them in the bean towers located next to every exit. Each bean generates a donation to the chosen organizations.

**Recipients for April-June 2015**

- Edible Corvallis Initiative
- Friends of Corvallis Parks and Rec.
- Local 6 Connection
- Marys River Watershed Council

*Our Beans for Bags program saves thousands of bags each year while also helping to fund local non-profit organizations.*



## letters

### LETTER TO THE EDITOR POLICY

- Not all letters will be published.
- Letters over 250 words will be edited for length. All letters are subject to editing for length, spelling, grammar and clarity.
- All letters must include the author's name, street address and daytime telephone number. Addresses and phone numbers will not be published.
- The decision regarding the appropriateness of the topic will lie with the Editor:
- Letters concerning First Alternative Cooperative issues will take priority over those concerning more general issues.
- Letters regarding local food, environment and sustainability issues will take priority over national issues.
- Letters regarding political issues as they pertain to local food, environment and sustainability issues will take preference over those that do not.
- Letters concerning timely issues or events will take priority over those that are in regard to past events.
- Letters containing personal attacks or offensive or inappropriate language will not run.
- Letters are limited to one letter per person per discussion item.
- Letters are limited to one letter per person per month.
- Owners are given priority over non-owners.
- Opinions expressed are not necessarily supported by the Co-op board, staff or owners.

Send letters by email to [thymes@firstalt.coop](mailto:thymes@firstalt.coop) or mail them to 1007 SE 3rd St. Attn: Thymes. Deadline for submissions is the 15th of the month prior to the publication date.

### We the People: Toward a Deeper Understanding of the Benton County Local Food System Ordinance, Measure 2-89

The ordinance, Measure 2-89, begins with the power filled words WETHE PEOPLE...

have the inalienable right...

We The People is then repeated as a statement of authority eight times. What is the meaning of those three words?

We are familiar with them in the United States of America founding documents, The Declaration of Independence and the Constitution. They are the words that separate how the United States is to be governed as opposed to the centralized authority based in the Divine Right of Kings that exists to this day throughout Europe and much of the rest of the world.

So where did the notion of We The People originate? There are historical records that show that Benjamin Franklin and other founding fathers took council from the Iroquois Confederacy. In fact there was Iroquois presence in the room at the signing of our country's founding documents.

We The People is a notion that exists throughout ancient indigenous cultures worldwide. It is an inclusive term. It is spoken by We human two legged People for the four legged, winged, swimming, slithering People. We humans also speak for the rooted, soil, rock, water and sky People; All Our Relations.

The inalienable rights claimed by these People are derived from order or pattern observed in natural processes. Nature, especially the larger, recurring cycles, such as the seasons, the phasing of the Moon, the timing of the planetary and star cycles in the night skies present a Natural sense of law and order.

Our lives are aligned with that order. Any attempts by two legged humans to realign life in ways that mutate that order, especially practices like the privatization of the genetic commons through patenting, are violations of that natural order.

When such violations become the dominant decisions of a society and its government, then natural order must be reasserted by All The People affected. If we are to live in alignment with natural systems. This is why the Benton County Local Food System Ordinance, Measure 2-89 was written, and why every voter in Benton County should proudly vote YES to reaffirm the rights of WETHE PEOPLE.

—Harry McCormack, *Sunbow Farm, Ten Rivers Food Web,*

### Vote yes on Measure 2-89

The May 2015 ballot Measure 2-89, the Local Food System ordinance, is a farmer's solution to a farmer's problem.

In 2013, the Asian wheat market collapsed due to the discovery of GE plants in an Oregon field. Monsanto paid \$2.4 million in damages to farmers; however, trust in Oregon's market was damaged. To forestall this happening to our conventional and organic seed, vegetable, and fruit markets, the ordinance will prevent the open field cultivation of GE crops. This will also alleviate the problem of "super weeds" where wild plants evolve with GE traits of pesticide resistance. To farmers, these are both economic issues.

Yet, economics lies in community context. Sean McGuire, Oregon expert on sustainability economics, recently cited our Farmers' Market as an example of an entity which improves our quality of life above economic benefit. Our thriving market is the visible portion of the real community value which is our local food system.

This ordinance will protect that community value by empowering citizens to exercise their inherent rights above those rights claimed by corporations to save seeds, protect natural communities (e.g. water, soil, pollinators) as the basis of healthy agriculture, and establish a GE-free environment to protect their crops and markets.

The ordinance was crafted to allow genetic engineering in medical or non-food research. The only OSU activity curtailed would be open field cultivation of GE food crops which would impact the local food system. Under the ordinance, OSU could still conduct GE food research in their APHIS lab which sequesters experimental crops from the environment.

Visit the Yes on 2-89 website where you can read the ordinance for yourself, donate, endorse, or pledge to vote yes. Join the community conversation of how to best protect our local food system for economic vitality, environmental health, food security, and sustainability.

—Stephanie Hampton, *Benton Food Freedom*

## MARK YOUR CALENDARS FOR AN EVENING WITH MARY CHRISTINA WOOD

Thursday, April 30th, 7:00 pm at LaSells Stewart Center, OSU

Come learn from Mary. She originated the approach called "Atmospheric Trust Litigation" to hold governments worldwide accountable for reducing carbon pollution within their jurisdictions, and her research is being used in cases and petitions brought on behalf of children and youth throughout the United States and in other countries.



It takes the fate of the Earth into the courts, arguing that the planet's atmosphere—its air, water, land, plants and animals—are the responsibility of government, held in its trust to insure the survival of all generations to come.

This event is sponsored by the League of Women Voters Corvallis, Oregon State University School of History Philosophy & Religion, and the Spring Creek Project

For more information call: (541) 752-0591 or visit:

[billmoyers.com/episode/full-show-climate-crusade/](http://billmoyers.com/episode/full-show-climate-crusade/)

## FOR THYME GARDEN, A NEW SEASON

April is a great month to begin planning and planting your garden. Here in the Willamette Valley we're lucky enough to have the Thyme Garden just a scenic drive down the road, with herbs, seeds and starts to make your visions reality.

Things are bustling at The Thyme Garden as spring awakens and brings our thoughts to new, interesting plants for our gardens. The greenhouse is packed with herbs like tarragon, thyme, lemon verbena, lavender, sage and rosemary; all set to be ready for the big opening day.



The Thyme Garden opens to the public April 15th, and will be open 10am-5pm, 7 days a week through June 1st, when they switch to summer hours. Visitors can tour the lovely display gardens, shop for gifts and plants in the greenhouses and gift shop, stroll the forest paths, and see the property's salmon restoration project.

The Thyme Garden hosts a number of special events each season. Coming up on Sunday, April 26th, it's Herbs, Seeds and Songs; an Earth Day Celebration featuring seed saving

with Pam Welch, a spring herb walk with Jaci Guereña, Nia dancing with Leela Devi and music by Cassandra Robertson. Delicious food and beverages—always one of the best reasons to visit—will be available for purchase from 11am-2pm. This year they've added kids' activities in addition to their traditional Earth Factoid Scavenger Hunt.

As spring turns to summer activities switch to tours and luncheons on the weekdays and weddings on the weekend, with ongoing plant sales until August when the property closes to the public and seed harvesting begins. "We don't rest until September," commented Rolfe Hagen.

Family involvement is also growing. Eldest daughter Emily Stimac (*Ed: Former editor of, and current contributor to, these Co-op Thymes. Hi Emily!*) joined her parents, founders Rolfe and Janet Hagen and General Manager Bethany Schiminsky in February. Two more seasonal workers have come on board in March to help keep up, in addition to the year-round staff.

The family is excited to open for the season and hopes visitors will leave with a renewed appreciation for the natural world.

For more information, please contact Emily Stimac at (541) 487-8671.



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### MAJESTIC THEATRE EVENTS

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# APRIL Co-op Classes

Register for classes online at [www.firstalt.coop](http://www.firstalt.coop)



**Thursday April 2nd & 16th • 6:30-8:30pm**

**South Co-op Meeting Room**  
**Soul Collage**

Cost: \$8 for Co-op Owners; \$10 for community

Experiencethis fun and empowering process using magazine and photo images the first and third Thursday of every month. We make cards that reflect our many-faceted selves in surprising and delightful ways. A visual map of the psyche. Materials provided. To sign up, call (541) 753-3115 and register with customer service. For additional questions, please contact Lucy: (541)704-0135 or [lucyjjohnson@comcast.net](mailto:lucyjjohnson@comcast.net).

**Saturday April 4th • 11am-12pm**

**South Co-op Meeting Room**  
**Showing up for Racial Justice—Saturday Dialogues: Racism in Corvallis**

Cost: FREE

A series of monthly community conversations. This month's topic: What Does It Mean to Be White?. Everyone is welcome. Sponsored by Corvallis SURJ: Showing Up for Racial Justice. FMI: [fer@caleyreidenbach.com](mailto:fer@caleyreidenbach.com), 541-609-8420.

**Saturday April 4th • 2-3:30pm**

**South Co-op Meeting Room**  
**Mid-Valley Doula Event**

Cost: FREE

Comfort Measures for Birth—Be prepared to welcome your baby more comfortably. The Mid Valley Doulas will help you prepare for a more comfortable labor and birth by showing you (and partners) a variety of great techniques and positions to help keep you more comfortable. There will be demonstrations and the opportunity to try-out some techniques if interested. This is a free class by the Mid-Valley Doula Network. Come meet some incredible doulas in the area and get prepared for a more comfortable birth!

**Mondays through May 18th • 7-8:45pm**

**North Co-op Meeting Room**  
**"Waking Up White" Book Study**

Cost: FREE (pre-registration required) • *Class size limited to 12 people*

Deepen your consciousness about whiteness, white privilege, how white people can best work for racial justice. FMI: Faith Reidenbach, [fer@caleyreidenbach.com](mailto:fer@caleyreidenbach.com) or (541) 609-8420.

**Monday April 6th • 9am-1pm**

**South Co-op Meeting Room**  
**NW Wellness Health Screenings**

Cost: Some screenings free

Visit [www.newellness.com](http://www.newellness.com) for more information.

**Friday April 10th • 7-9pm**

**South Co-op Meeting Room**  
**FREE PEEK at Compassionate (Nonviolent) Communication (NVC)**

Cost: FREE

Presented by Tina Taylor, RN, MS, counselor-mediator-trainer: Need some help untangling "what just happened between us?" This model is used worldwide for transformational personal and professional growth. Everyone welcome! More info at [www.tinataylor.co](http://www.tinataylor.co), or call Tina at (541) 753-2255.

**Tuesday April 14th • 7-8pm**

**South Co-op Meeting Room**  
**Hairbraiding for Beginners and Pros with Raychel Emmons**

Cost: FREE (pre-registration requested) • *Class size limited to 20 people*

Come learn exciting hair braiding techniques for all instructional levels! Participants will get hands-on practice and instruction from braiding expert, Raychel Emmons. This class is appropriate for hands 4 years old and older. FREE and open to the public. See examples of Raychel's work on her website: [www.findingbraids.com](http://www.findingbraids.com).

**Saturday April 18th • 12:30-2pm**

**South Co-op Meeting Room**  
**Exactly What is Iridology?**

Cost: FREE

Description: Learn why Iridology can give you information your doctors can't. Get to the real cause of your symptoms and then learn what nutritional steps can be taken to heal yourself on an emotional and physical level.

Crystal Maciera is a Master Herbalist of more than 30 years. She received training from Dominion Herbal College and School of Natural Healing, with additional training from Ellen Tart-Jensen in Iridology and Leonard Melhmaurer in Sclerology. Crystal is a mother of 8 and grandmother to 12 and enjoys running and regular exercise.

**Wednesday April 29th • 7-8:30pm**

**South Co-op Meeting Room**  
**Find the Hidden Messages in Illness**

Cost: FREE

Genuine healing is more than getting rid of symptoms or pain. It is the transformation of physical, emotional, mental and spiritual consciousness. How do we shift from a 'fix it' approach to illness to stewarding our health with conscious awareness? The answer to this question lies in our relationship with our body. When we learn to turn on the light of consciousness in our body we begin to access an ongoing source of information that guides us towards increased health and wellbeing.

In this presentation we'll explore:

- A key underlying spiritual principle that governs physical healing.
- How to use subtle skills of perception to assess the nature of illness.
- How to discern the hidden information contained in illness to guide authentic healing.

The format of the class will include teaching, guided meditation, Q and A and individual guidance.

Fiona Moore is a Spiritual Mentor and Healer who teaches how to access wisdom and unconditional love within our core for healing and spiritual transformation. She offers a deep presence of silence, gentle inquiry, and simple exercises to deepen conscious awareness. Her work attracts people from a range of contemplative, spiritual and creative backgrounds who want to embody and live from their highest spiritual potential.

**Thursday April 30th • 7-8:30pm**

**South Co-op Meeting Room**  
**Hormonal Health for Women and Men at Mid-life and Beyond**

Cost: \$12 for Co-op Owners; \$15 for community (Plus ones half price)

This class will focus on menopausal and andropausal dynamics, important considerations for maintaining health, comfort, and vitality, and prevention of hormonal cancer (breast, ovarian, prostate) and osteoporosis.

Virginia Shapiro, DC, is an experienced and engaging presenter. She has practiced integrative chiropractic, functional medicine, and nutritional health care for 29 years. She holds diplomate status in clinical nutrition and was recently one of only four clinicians in the state of Oregon to be certified in functional medicine by the Institute for Functional Medicine. She has a long standing commitment to sustainability and environmental health and is committed to making a positive and lasting difference for her patients and her community.

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## Valley Parent

Linn & Benton Counties



Photo: Adam Payson

## SOW WHAT!?

### Choosing to grow from seed

There are many reasons to start vegetable plants from seed: it is less expensive, you have control over both quality and organic status of plants and you can pick a healthy, chemical-free potting soil. But best of all, when you grow your own plants from seed, a world of unique plants opens up to you. Growing from seed gives you access to the thousands of varieties available in seed catalogs, garden stores, seed swaps and seed libraries.



Quinoa in bloom

The sheer variety may be overwhelming at first, but if you imagine how you want to use the produce, it will be easier to choose which to grow. Want to grow tomatoes for salsa or sauce? Pick a paste-style tomato. Maybe you want savory thick-skinned roasting tomatoes or Italian stuffing tomatoes with a hollow interior? Pick a classic red slicer tomato. Most seed catalogs and garden stores can offer you advice on what varieties are good for which use.

More choices also means you can select plants that will do well in your specific environment. Look for varieties that flourish in your growing conditions, whatever they may be. Shorter season veggies do well in tiny spaces and green-when-ripe tomatoes might ward off neighborhood tomato thieves.

If culinary use and growth habit can't convince you to start growing from seed, try thinking about it historically. Find a variety that connects you to your community. Seeds, after all, are a living connection to all those who have come before us. An old variety such as "Djena Lee's Golden Girl" tomato, is still as tasty today as it was when it won first place at the Chicago Fair 10 years in a row during the 1920s.

If you're looking for something more modern, find farmers, gardeners and seed savers who have been growing and saving seed for decades in your region. Not only are these people a wealth of information, but they might be willing to share some of their favorite varieties. Seed swaps and seed libraries are great places to meet local seed savers. Seed Matters partners with Seed Savers Exchange, the oldest and largest seed saving network in the US. They can help connect you to local seed savers through community seed projects and their membership network.

Organic seed, like organic fruits and vegetables, are grown without the use of harsh synthetic chemicals and are GMO-free. Unlike organic fruits and veggies, seed crops stay in the ground much longer than those grown for market produce, and are able to complete their life cycle and produce seed. For conventional seed, more time in the field means more exposure to pests, diseases and applications of chemical treatments and sprays.



Organic seeds from Territorial, available in Bulk at the Co-op's South Store

Purchasing organic seed also encourages the future development of organic seed varieties. When seed is bred, grown and harvested, selection for certain traits can occur. For example, if it's an abnormally cold growing season, individual plants with strong cold hardiness may produce higher yields of fruit and seed. Though this won't change the variety in one season, varieties can adapt and change after many years of selection. The same goes for disease. Organic seed developers focus on selecting and saving seeds from crops that have proven to be naturally hardy and resistant to disease.

Creating varieties well-suited for organic agriculture is a slow process; it takes years for breeders to create varieties and release them to the public. Breeders take on risk by guessing what will be important and desirable for farmers, gardeners and eaters in the future. Purchasing organic seed today is your way of telling plant breeders what kind of food you want grown for future generations. Learn more at [www.seedmatters.org](http://www.seedmatters.org)

## CORVALLIS COMPETES FOR ENERGY PRIZE

Small to mid-sized communities across the country are coming together in the spirit of friendly competition to create and implement innovative, replicable, scalable and continual reductions in the per capita energy consumed from local natural gas and electric utilities.

And what are they competing for, besides saving the Earth?

It's called the Georgetown University Energy Prize, a nation-wide, multi-year competition with a grand prize of \$5 million.

Corvallis is one of 52 communities who have made it to the semifinal stage of the competition. The communities have their long-term energy efficiency plans, and are now demonstrating their initial effectiveness and sustainability over a two-year period.

It's our time to shine, efficiently, Corvallis. The next step towards victory? Visit [www.energizecorvallis.org/energy-prize](http://www.energizecorvallis.org/energy-prize) and learn everything you need to know, then enroll in the Communities Take Charge program.

As part of Communities Take Charge, you'll be asked to pick three energy-saving actions to try out for a month. Your actions will earn you Energy Prize Points. If Corvallis brings

home that cool \$5 million, each Energy Prize Point turns into a raffle ticket that could win you some serious prizes: ten \$1,000 prizes, five \$2,000 prizes, two \$5,000 prizes, and one grand prize of \$10,000!

While you're visiting Energize Corvallis, learn all about other local sustainability programs already in place, like Seeds for Sol, which provides no-interest loans for solar electric installations, and Clean Energy Works Oregon, which provides whole-home energy upgrades. Corvallis residents who live in single-family homes can also receive up to 16 free LED and CFL light bulbs by contacting Energize Corvallis.

It's programs like these, and people like you that can bring this prize home.

Let's get together and do this Corvallis!



A map of the communities competing for the Georgetown University Energy Prize.

## First Alternative's Weekly Specials Flyer

The freshest deals in town are right here at First Alternative!

Every Wednesday we bring you the best of the best, from local, organic produce, rBGH-free dairy products, humanely-raised meats, tasty selections from the Co-op Kitchen, and so much more.

Pick up our new Weekly Sales Flyer every Wednesday at both stores. Or visit us online at [www.firstalt.coop](http://www.firstalt.coop).



New specials every Wednesday!

Open Daily ° April 15<sup>th</sup> - June 1<sup>st</sup> ° 10am-5pm

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 Sunday, April 26th,  
 10am-5pm. FREE

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 Music by Cassandra Robertson  
 Nia Dancing with Leela Devi  
 Food & Beverages for purchase  
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