

Take an Organic Valley Farm Tour, August 22nd —pg. 11



First Alternative  
NATURAL FOODS CO-OP

# THYME

COMMUNITY MARKET MONTHLY  
AUGUST 2015 VOLUME 36 • ISSUE 8

## SOUTH STORE SUMMIEER BLOCK PARTY

Samples & Demos from:

Brew Dr. | Co-op Kitchen  
Greenwillow Grains | Hot Winter Sauce  
Planet Verde Smart | Chicken | Tofurky  
Q-Tonic | Zaidalia  
and more

Door Prizes

Pouring  
Free  
Samples:

FORIS



2 TOWNS  
CIDERHOUSE



Live Music

FRIDAY, AUGUST 21

4:30 - 7:30 PM

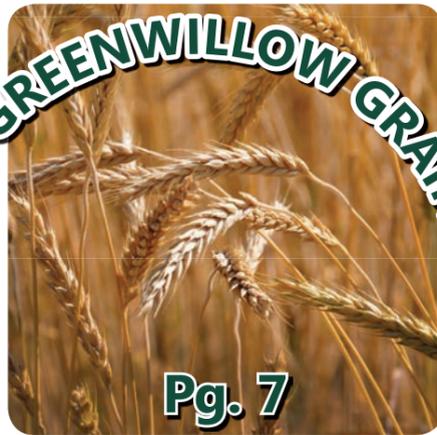
Save 10% on all regularly priced items from Block Party alcohol merchants. Not combinable with case discount or sale items.



Pg. 4



Pg. 5



Pg. 7



Pg. 12

### THE MOST PHOTOGRAPHED BARN IN AMERICA

"What was the barn like before it was photographed?" he said.  
"What did it look like, how was it different from the other barns, how was it similar to other barns?"

—Don DeLillo, an excerpt from the novel *White Noise*



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

Illustrations by Stev Ominski



North Corvallis: 2855 NW Grant Ave. | South Corvallis: 1007 SE 3rd St. | Open daily 7am-10pm

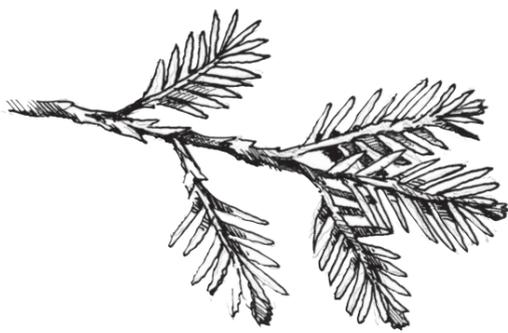
## board and manager reports



Cindee Lolik  
General Manager



Frank Worrell  
NCG



Joel Hirsch  
Board of Directors

## from the Managers

August is going to be a busy month at your Co-op. As you read this, we are in the midst of preparations and training on our new Point of Sale system. (Point of Sale, or POS, is grocery store vernacular for our cash register systems.)

Yes, we're finally replacing our old register system—installed sometime in the last century—for an up-to-date new system that fits the bill when it comes to efficiencies, ability to report on sales, quicker check out.



Okay, the current system isn't this old

Catapult, as it's called, complies with all Payment Card Industry (PCI) standards and features state-of-the-art monitoring options to protect the Co-op and you, our loyal customers, from those nasty data breaches we keep reading about in the news.

Of course, we had already taken steps to make sure your credit/debit purchases were secure by temporarily switching out our credit/debit card terminals in June and July. The new Point of Sale will have all the same protections built in, which will simplify the credit/debit process and allow you to once again swipe your own card.

We are making the switchover in the slower months of August and September so we can all be experts by the time everyone gets back to town in late September.



Checking out, a long time ago in a co-op not at all far away



Our soon to retire Point of Sale System

We are happy to have the assistance of the Centralized Services Manager from National Cooperative Grocers in this process, and to be able to draw on the experiences of two of our sister co-ops—Food Front in Portland and the Ashland Co-op—who have been using the system for some time. Another example of how we are all stronger together. (more examples on the next page —ed.)

While we are excited for this change, we are also cognizant of the fact that it will take a little while to get used to this brand new system, so we ask for your patience and support as we learn its ins and outs. Thank you in advance, from all of us here at your Co-op.



It's my turn to write this month's First Alternative Board of Directors article. One thing I've done every other time I've written this is to talk about you, our Owners, getting involved with this special enterprise that so many of us hold so dear.

This month, in addition to that, I will also talk about some of the ways our management relationship with National Co-op Grocers (NCG) has been of benefit to our Co-op, and review why this relationship was necessary.

First, though, I want to welcome our two new Board members, Richard Cunard and Kathy Berg, and say farewell to two long serving and well-loved Board members, Toni Hoyman and Claire Pate. This was Claire's second time serving on the First Alternative Board, and Toni has served for over a decade.

Our annual **Owner Rendezvous** is being held at the **Osborn Aquatic Center, August 2nd, from 5-8:30pm**. Come beat the summer heat and enjoy a swim and a root beer float. This event is free to all Owners' households.



Owner Rendezvous 2014

First Alternative Co-op is more than just a neighborhood grocery store. Being an Owner and shopping here is about more than supporting a locally-owned business, it's an ethical choice and a lifestyle choice.

Our enterprise is about more than commerce. We contribute to the quality of life here in our community in more ways than just having the best produce department in town, organic or otherwise. Those responsible for its management have much to consider; not only how to improve everyone's experience in these stores we all love to shop, but also as a business that employs nearly 150 people in our community—people who depend on its continued existence.

It's precisely because we are not a traditional business, where profit is the only motivation, that banks have difficulty extending us credit and operating capital.

NCG is basically a co-op of co-ops. (Again, more about this on the next page —ed.)

Although this relationship hasn't been without some criticism, NCG understands our business model—like the need for our Product Selection Guidelines, which are definitely not based on profitability—and have helped us become more efficient and profitable as a co-op, and to secure new lines of credit and capital when we were faced with a serious cash shortage.

Some of changes NCG, along with the First Alternative team, have been instrumental in are:

- A complete management reorganization put in place at the beginning of 2015.
- Cost of living wage adjustments for all staff at the beginning of 2015.
- Significant changes to the deli area at the South Store that have opened the area up and improved the shopping experience.
- The development of a new four unit financial reporting format for each business unit: North, South, Kitchen, and Admin.
- An assessment and reorganization of the marketing department.

The efficacy of these changes are reflected in these benchmarks for success at First Alternative in 2015:

- Attain a positive net income
- Reduction of discounts
- Sale of rental property owned by the Co-op, proceeds of which went to pay down our debt.
- Increase of accounts payable
- Reduction of inventory
- Refinance long term debt by end of 2015

The process hasn't been painless, and it's still a work in progress, but so far it's been a success. We are stronger for it, and getting even stronger still.

The Board now meets on the fourth Tuesday of every month at 6pm at the South Store. Each meeting opens with a designated time for Owners like you to come and speak. You can also write us with your thoughts and ideas. We certainly think things are better, but we want to know what you think. Please, let us know.

We hope you are having a wonderful summer and hope to see you at the Owner Rendezvous at Osborn Aquatic Center!

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, Jessica Brothers

Design/layout. . . . . Adam Payson

Photography . . . . . Adam Payson, Emily Stimac

### Welcome to the Board!



Kathy Berg



Richard Cunard

### Thank you and farewell!



Toni Hoyman



Claire Pate

### 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

**Web site:** [www.firstalt.coop](http://www.firstalt.coop) • **Email address:** [firstalt@firstalt.coop](mailto:firstalt@firstalt.coop)

**Editor's email:** [thymes@firstalt.coop](mailto:thymes@firstalt.coop) • **FA Board's email:** [faboard@peak.org](mailto:faboard@peak.org)

### CO-OP BOARD MEETINGS

#### Owner Relations Committee

Tuesday, Aug 4th - 12:15pm  
South Store meeting room

#### Board Recruitment & Elections Committee

Thursday, Aug 20th - 6pm  
North Store meeting room

#### Finance Committee

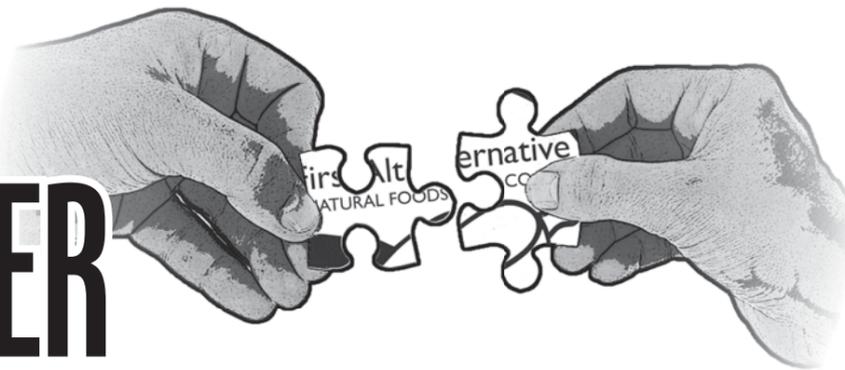
Wednesday, Aug 12th - 5pm  
North Store meeting room

#### Board of Directors

Tuesday, Aug 25th - 6pm  
South Store meeting room

Owner comments welcomed in first 10 minutes.

# STRONGER + TOGETHER



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

## THE SIXTH PRINCIPLE: COOPERATION AMONG CO-OPS

Cooperative collaboration helps us stay strong and spread the message

Gather 'round folks, here comes the sixth and penultimate cooperative principle—Cooperation Among Co-ops. This one comes natural to us, after all, it's in the name.

### We're going back in time

Fully committed to the unfamiliar task of forging a cooperative society, the Rochdale Pioneers had little time to document the particulars of their bold experiment. Keeping their experimental ship afloat was the primary concern; mapping the contours of this new world of theirs would have to wait.

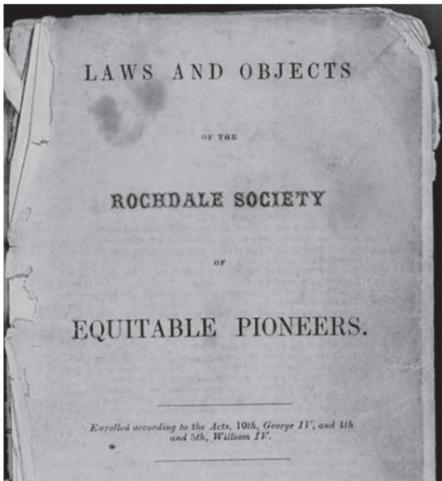


The Waldseemüller Map of 1507, the first attempt to depict America (on the left)

On October 24th, 1844, the English government, acting under the Friendly Societies Acts of 1829 and 1834, approved the "Laws and Objects of the Rochdale Society of Equitable Pioneers," the brief founding document of the Rochdale Pioneers.

The Friendly Societies Acts allowed for the creation of societies that provided insurance-like benefits and financial aid to their members. These were not cooperative societies, though, as such autonomous financial arrangements were not allowed by the government.

That changed in 1852, when the passage of the Provident Societies Act gave legal recognition to cooperative enterprises—the notion of a better way to conduct business that had its beginnings in 18th century utopianism had finally taken root, with a great deal of help from the Pioneers and other forward-thinking collectives that came, and faltered, before them.



### From Hindsight Came the Principles

Nowhere in the "Laws and Objects" is the list we call the Rochdale Principles. There were hints of them in passages like this: "That as soon as practicable, this society shall proceed to arrange the powers of production, distribution, education, and government, or in other words to establish a self supporting home-colony of united interests, or assist other societies in establishing such colonies."

But for every similarity, there's a difference. For example, co-ops aren't expected to build and manage "Temperance Hotels" for their owners and members anymore.

The Rochdale Principles were derived not just from the foundational writings of the Pioneers, but from a close study of their early years—the history of their successes and failures—carried out by the next generation of cooperators who were intent on continuing this revolution.

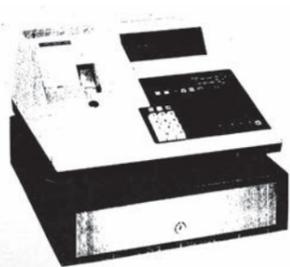
It's these cooperators who gave us the portable, upgradeable, and universally applicable distillation of the Pioneers' achievements we now call the Seven Cooperative Principles.

### The Evolution of the Applicable

From a 1937 report of the International Cooperative Alliance (ICA), came this first list of seven essential Rochdale Principles: 1. Open Membership; 2. Democratic Control; 3. Dividends on purchase, 4. Limited interest on capital; 5. Political and religious neutrality; 6. Cash trading; 7. Promotion of education.

Some items there are very familiar, others not so much. The sixth principle is one of those that has undergone some radical changes.

At an ICA conference in 1965, the principles were reexamined and revised, making them more general and more widely applicable. It was decided a strong emphasis on "Cash trading" was no longer applicable to a society where, as the standard of living got higher and average incomes increased, buying on credit and making payments was becoming commonplace.



Speaking of financial evolution, this is the Co-op's first cash register. Prior to this it was all pen and paper tallies.

The evolution of the world outside of the cooperative enterprise necessitated an internal evolution, because as the ICA put it, in order to remain competitive, co-ops must provide, "facilities for payment equal to those offered by their competitors."

But how can co-ops, with their ethical priorities, evolve and stay vital in a capitalistic environment that not only prioritizes near-term gains over long-term stability, but also sees mendacious claims and usurious rates as a fair means of achieving them?

### By Sticking Together, That's How

That's why Principle Six went from "Cash Trading," to being a natural extension of one of the driving ideas behind the cooperative movement—benefit through collaboration.

At the closing of their 1965 conference, the ICA had agreed on this new language: "All cooperative organizations, in order to best serve the interests of their members and communities, should actively cooperate in every practical way with other cooperatives at the local, national, and international levels."



Not just stronger together, but taller

### Moving Forward, Together

It holds true in the formation of solar systems all the way down to capitalist empire building—power accumulates in the center. As such, the corporate history of the 20th and 21st century is one of mergers, buyouts, and hostile takeovers. The future is a competition between fewer and larger interests.

The cooperative model offers a humane alternative. Collectively, small cooperatives compete with the buying power of corporate giants through the formation of secondary organizations—cooperatives made up of cooperatives, essentially—like the National Cooperative Grocers (NCG).

First Alternative is one of the 243 food co-ops in 38 states with membership in the NCG.



Some fellow travelers on this cooperative trip of ours. Fare we well.

—Adam Payson, *Thymes Editor*

**Food becomes YOU. Be LocallyGrown.**

**CORVALLIS Farmers' Market**

**1st & Jackson 9 pm-1 pm**

**Wednesdays & Saturdays**

Also Saturdays in downtown Albany!

**April 18 - Nov 25**

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

**Gathering Together Farm**

Lunch ... 11 am - 2 pm T-F  
Dinner ... 5:30 - 9 pm Th-Sat  
Brunch ... 9 am - 2 pm Sat

25159 Grange Hall Road, Philomath  
[www.gatheringtogetherfarm.com](http://www.gatheringtogetherfarm.com)  
541-929-4270

**KAREN ROSENBERG**  
Broker, Realtor®, SRES®  
(541) 760-6858

**CAROL TRUEBA**  
Principal Broker, CRS, GRI, SRES®  
(541) 760-8081

**Town & Country Realty**  
[www.tncrealty.com](http://www.tncrealty.com)

Service with integrity, respect, and patience.

Call today to discuss your Real Estate needs!

Licensed Real Estate Brokers in the State of Oregon  
455 NW Tyler Ave, Corvallis OR 97330 | 541-757-1781 | [tncrealty.com](http://tncrealty.com)



Holly Smith  
South Store Deli  
Assistant Manager

# cheese please

Welcome to Cheese Please, a brand new column about an age-old favorite—cheese!

We're hoping not just to introduce you to some new and exciting cheeses, but to tell you about some great ways to enjoy your old favorites, with serving suggestions, recipe ideas, and food and drink pairings.

## Rogue Creamery Smokey Blue

Mild in blue flavor with a hint of smoke, this unique blue cheese makes a great addition to a summer cheese plate or salad. The cheese is cold-smoked over Oregon-grown hazelnut shells, giving it a heavier, drier texture than other blues and a sweet, earthy flavor.

Smokey Blue stands up well to bold flavors. Serve it as an appetizer alongside fried padron peppers or crumble it over a grilled steak at a backyard barbecue. Or enhance Smokey Blue's subtle sweetness at an afternoon picnic accompanied by fresh stone fruit and Pinot Gris.



A pinot gris, a peach, and some sweet padrons



## Vermont Creamery Mascarpone

Best known as a classic ingredient in tiramisu, this Italian cream-cheese-style cheese can add a sophisticated twist in both savory and sweet recipes. Add a few spoonfuls of Mascarpone to creamy pasta sauces for a more complex flavor and little added richness, or dollop it into a chilled summer soup.

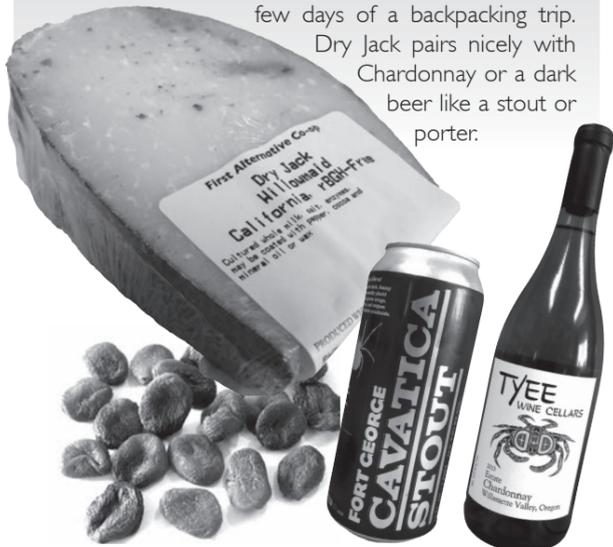


For a light and easy summer dessert, whisk one 8oz tub of Mascarpone with two Tbsps honey. Top with sliced figs or your favorite berries and a drizzle of honey.

## Rumiano Willowmaid Dry Jack

Coated with oil, pepper, and cocoa powder then aged for up to a year, Dry Jack has the crumbly texture of Parmigiano Reggiano with a mild, buttery flavor. Grate this hard cheese over pasta or serve on a cheese plate alongside dried apricots and salty almonds. This is an ideal cheese to take hiking, camping, or even for the first few days of a backpacking trip.

Dry Jack pairs nicely with Chardonnay or a dark beer like a stout or porter.



Dried Turkish apricots, and a dark beer or a light wine

## ALAFFIA SCHOOL SUPPLY DRIVE

There is an education crisis in Togo, West Africa and Alaffia is asking for us to help by donating school supplies to impoverished children that are unable to afford them.

To learn more about the crisis and how Alaffia is trying to help, visit: [alaffia.com/schools.asp](http://alaffia.com/schools.asp).

All through the month of August, we'll be accepting the following: #2 pencils, ballpoint pens, white chalk, protractors, metal compasses, and lined paper. Please donate!



Check these posters for a reminder of what to donate, and who you'll be helping. You'll find donation boxes at both stores' Customer Service desks. Thank you!

## I CAN'T BELIEVE IT'S IN BULK!

Backpack-able snacks and camp-friendly meal ideas

We've got so much stuff here in the Co-op's bulk section, things you're not going to find anywhere else, like bulk frozen fruits and vegetables from Stahlbush Family Farms, or an unbeatable array of bulk spices.

With so many products, it's easy to miss something. That's why I'm here, to tell you about some bulk items that might have flown under your radar. They could be exactly what you were looking for, and you wouldn't even know it.

Planning a camping trip? Going hiking? Renting out a rustic, amenity-free cabin? If so, we've got some great stuff for you

**Dried Fruit:** We've got tons of the stuff, like apple slices, apricots, bananas (chips and whole), blueberries, cherries, figs, mangoes, papayas, pineapple, and a bunch more. As always, you can buy as little or as much as you need.

If you're in a rush, check our bulk prepack section at both stores. We package up small quantities of bulk favorites, so you don't have to. Grab the package that's just right and get snacking. Also keep an eye out for Staff Favorite tags for recommendations from our food-loving staff.

**Freeze Dried Soups:** Taking a bowl of delicious, piping hot soup along for a rigorous hike will just not work. It's downright dangerous. We've got the next best thing—freeze dried soups. They weigh next to nothing and take up just as much space. We've got Sweet Corn Chowder, Deluxe Vegetable Soup Blend, Instant Split Pea, and more. Look for them under the bulk tea section

**Instant Meals:** We've got more than just soup. How about instant black beans or refried beans? All you need to do is add boiling water and wait for a hearty fireside meal. We also have instant hummus and an instant veggie burger mix, Nature's Burger Mix. And don't forget the Arrowhead Multigrain Pancake and Waffle Mix for breakfast.



Our bulk prepack section lets you grab a snack on the go

## Beans for Bags

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

### Recipients for July-September 2015

Benton Hospice

CASA (Court Appointed Special Advocates)

Homeless Education Program

Senior Dog Rescue of Oregon

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

**ProPrint**  
Since 1976  
37+ years as your local friendly Print Shop  
541-754-3000 • www.proprint1.com • 6th & Monroe, Corvallis

Oregon Organic products  
We offer: Quality  
★ Assorted Pickles  
★ Albacore Tuna  
★ Fruit Spreads  
★ Salsa  
★ Pickled Beets  
★ Pickled Jalapeños  
Sweet Creek Foods is proud to be supporting our local farmers.  
Our business is family owned & operated.  
We enjoy what we do, then we bring it to you.  
Sweet Creek Foods  
www.sweetcreekfoods.com  
541-935-1615  
Look for us at your Co-op

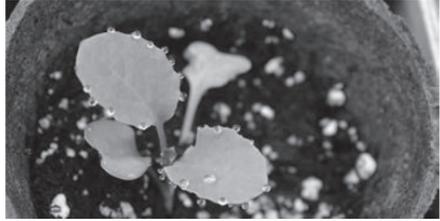
## GARDEN SEED SALE

Save 50% on all garden seeds, bulk and packaged

It's about time to get these seeds off our shelves into your garden, so beginning August 5th, all garden seeds, bulk and packaged, are 50% off for the rest of the month!

Why not stock up now for next season? Gardeners know you save big money on produce by growing it at home. Here's an opportunity for you to take that to the next level by saving money on your seeds.

Look at it like this—half priced seed means you could grow twice as much produce next season for the same price!



Some great advice on how to best store seeds comes to us from Carol Savonen, by way of OSU vegetable breeder Jim Myers:

"Seed is best stored through the winter at 50 degrees, at 50 percent humidity. A good way to store unused seed packets is to place them in a sealed jar with a desiccant such as powdered milk or rice at the bottom (to absorb moisture). Rice can be reused again as a desiccant if you dry it in the oven at a low temperature, said Myers. Store your seed jar in the refrigerator or a cool area, such as a basement."

Read the rest at: [extension.oregonstate.edu/gardening/node/487](http://extension.oregonstate.edu/gardening/node/487). It has more advice, including a list of seeds and how long you can expect them to keep, when stored properly.

Once you've studied up, head down to the Co-op and stock up. 🍷



Get 50% off all garden seeds starting August 5th, and save on Soilsmith Compost. Regularly \$17.99, 5 gallon buckets are only \$14.99 while supplies last

## SMALL MEATS PERFECT FOR YOUR NEXT BIG HIKE

Olli Salamini at the Co-op

Slow cured meats that couldn't be any more ready to eat, that's what you get with Olli's Salaminis. No need to peel them, even. Just toss one in your mouth and enjoy. It's a perfect backpack snack for the trail bound omnivores.

They're available in four varieties: Calabrese, Napoli, Norcini, and spicy Pepperoni.

Olli takes salami seriously, using advanced curing techniques and the best meat money can buy. They also want everyone to be able to enjoy these great meats. That's why all of their products are gluten-free, dairy-free, soy-free, egg-free, as well as treenut and peanut free.

Look for them in the cured meats section at both of our stores. 🍷



Hey Amy, what's in the backpack? Why it's a meaty Olli Salamini snack pack!



## BULK BUYING TUTORIAL

Get as much or as little as you need in our bulk section. Here's how

At First Alternative we have just about everything you'd ever need, available in bulk. Here's a little how-to, to make shopping our enormous selection of items easy.

We provide you a variety of containers and bags, ready for use. Feel free to use one of the sound, clean containers donated by our customers. We sanitize them and offer them for reuse. This sort of direct reuse is even better than using municipal recycling. Find the container that's right for you (we also offer paper and plastic bags of all sizes), or bring your own containers from home.

We also have specialty containers for purchase, like resealable glass jars, classic honeybears, and colorful spice jars.

Before you start scooping make sure to get a tare weight! That's the weight of the container—we don't want you paying for that.

Place the empty container on one of our many scales and make note of the weight.

Write the weight on the container, or on a piece of tape attached to it. (There's no need to get a tare weight on bags.) That tare weight will be subtracted from the total weight at the register, so you only pay for the product.

Now put however much of the product you need in the container. If you already have a container half-full of cooking oil but still need more, just bring the half-full container in, take the tare weight, and fill it the rest of the way up. You'll only get charged for what you're adding.

To ring up your purchase we'll also need to know what it is. Every bulk item is assigned a short number that we call a PLU. The PLUs are clearly displayed on all bulk products. Just write that number down next to the tare weight and our cashiers will know exactly what to do. 🍷



Get as much or as little of anything you need



Glutenous and non-glutenous flours and grains are segregated and clearly labeled



Labeling your container: the top number is the tare, that lets us subtract the weight of your container; the bottom number is the PLU, that lets us know what product it is.

### AMERICAN DREAM PIZZA

**FREE DELIVERY!**

Gluten Free Crust available Sunday through Wednesday!

CAMPUS 757-1713 • 2525 NW Monroe  
DOWNTOWN 753-7373 • 214 SW 2nd  
[www.adpizza.com](http://www.adpizza.com)

### PRINTING & DESIGN

WITH THE EARTH IN MIND

541.752.0033  
250 nw tyler corvallis  
katy@element-graphics.com

Recipes • Digital Thymes  
News • Classes • Events  
and much more

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

## August Anniversaries

**Staff Anniversaries:**

- 1 year:** David Robinson
- 3 years:** Adam Payson
- 5 years:** Lindsey Patterson
- 6 years:** Nate McGhee
- 8 years:** Valori George
- 14 years:** Tom Ryan
- 15 years:** Kirsten Nugent

**Paid Sub Anniversaries:**

- 1 years:** Barbara de Vos

**Owner-Worker Anniversaries:**

- 12 years:** Diane Henneberger

**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

# IN THE KNOW ON THE NEW

## Wellness



### Ener-C Effervescent Powdered Drink Mix

A fizzy fruity drink to tickle your nose and keep you on your toes. Each packet of Ener-C is loaded with vitamins A, C, E, calcium, phosphorous, folic acid, zinc, and so much more. Want an clean energy boost, without the caffeinated jitters or a sugar crash? This is the stuff for you. It comes in a variety of great fruit flavors, and will help your body keeps its defenses up all year long.

## Non-dairy Cheese

### Heidi Ho Veganics Plant-based Cheezes

From just up the road in Portland, Heidi Ho's creamy vegan cheezes are made from sustainably grown ingredients like hazelnuts and chia seeds. They make great dips and spreads, and are just what you need to take your vegan nachos to the next level.



## Meat La Quercia Cured Meats

La Quercia (pronounced La Kwair-cha) is Italian for Oak. The mighty tree is a traditional symbol of the province of Parma, where the delicious art of meat curing was perfected.

It's was there that Herb and Kathy Eckhouse first learned to create prosciutto. Back home in the USA, they incorporated some uniquely American ideas, perfected their recipes, and brought them to the market.

Try their delicate and lovely Prosciutto, Pancetta, and Speck at your next party.



### Brad's Raw Crunchy Kale

It's starts with the best, most nutritionally-dense and delicious green the good earth can muster—organic kale! Tossed that with bold blends of natural ingredients like raw cashews, sunflower seeds, and fiery spices then dehydrated at temperatures never exceeding 115° in order to maintain all that raw goodness. What's that get you? Brad's Raw Crunchy Kale. Available in a trio of powerful flavors, it's all organic, vegan, and gluten-free. Snacking can't get much more guilt free.



### Jolly Llama Sorbet Pops

Dairy-free, gluten-free and low in calories, Jolly Llama's fruity sorbet squeezeups are a delicious way for just about anyone to beat the summer heat. These push-up pops are different from the usual in more than just their healthful, natural ingredients—they come in fun, tapered "calippo" tubes. Just squeeze the bottom and up comes the sorbet. We've got three great flavors: Strawberry, made from whole strawberries, Mango, made with whole mangoes, and Pineapple Coconut. Pick your favorite and get squeezin'!

## Frozen

## Grocery

**PANTRY FULL OF MYSTERIES?**

**TRY OUR BULK LOOKUP**

Go to [www.firstalt.coop](http://www.firstalt.coop)  
 Hover over "Products" on the menu bar and choose "Bulk" from the drop down. Enter your mystery PLU and be enlightened.



### One Degree Organic Sprouted Flours

Now available in the packaged baking goods, it's a fantastic variety of healthful sprouted flours from One Degree Organics. Like everything from One Degree, they're also vegan and sustainably grown.

Sprouted grains are in the first stages of becoming a new plant when they are processed, meaning the starches in the seeds are being converted into simpler, easier to digest molecules, helping unlock the full nutritional potential of every grain.

A wide variety of grains: Whole Wheat flour, Khorasan flour, Red Fife flour, Spelt Flour, Brown Rice flour (gluten-free), and Corn flour (gluten-free). All of them organic, and all of them sprouted. Time to get baking!



**The Road to Greenwillow**

25 years ago, Willow Coberly noticed that there had been a severe decrease in the amount of food being grown in the Willamette Valley (An OSU study, for example, found that 98% of food consumed in the agriculture-rich Willamette valley originates outside of the region). She set out to change that. The first step was transitioning some of the acreage on the farm, located 8 miles east of Corvallis, to organic. 12 years ago, after organic certification, Willow and the crew made an attempt to market organic forage grasses. This met with little success.

Then, at an International Federation of Organic Agriculture Movements (IFOAM) conference in Northern Italy she learned about Slow Food, a movement striving to preserve healthy local ecosystems through farming of native plants and animals, begun in Italy as an attempt to counteract the insurgence of fast food restaurants. Noticing that the Northern Italian climate was so similar to that of the Willamette Valley, Willow decided to adopt the locally-focused Italian model of agriculture, which emphasizes the creation and maintenance of healthy soil rich with nutrients and microorganisms that produce flavorful and nutrient-rich crops. Willow returned to the States, encouraged and determined.



Harvest time

**Hard Red Wheat, and a Hard Day's Work**

Greenwillow Grains started with hard red wheat, popularly used for bread, and widely believed not to grow in the valley. Willow—having learned that it had been grown here prior to Word War II—knew otherwise. At that time only soft white wheat (lower in protein, and consequently, gluten) was being grown in the valley, all of it intended for foreign markets. That changed when they planted 100 lbs of four old American varieties of hard red wheat. The yield from this first planting was only 75lbs, all of it harvested by hand before it could be destroyed by a storm.

First Alternative promised to buy that first crop at cost, and we did. While we were both disappointed at how small it was, we understood it was a great start considering people said it couldn't be done in the first place.

Thanks to the assurance of the local market, and a lot of persistence, Greenwillow was up and running. Next year's planting yielded almost 3,000 lbs. Quite the improvement. And it keeps getting better:



Greenwillow at the recent Mother Earth News Fair

**PANE RELIEF WINDOW CLEANING**

- Multi-story homes
- Skylights
- Sunrooms

www.panereliefwindowcleaning.com  
 Ken 541-207-5736  
 9am - 9pm

Let the "Son" shine in. ☯

**Growing Good Food, Building Good Business**

Over the years, Greenwillow has done a lot. They opened a mill in Brownsville, the first mill in the valley in over fifty years. It remains the only one to mill only local grains. Their eleven certified organic acres have grown to almost five hundred. They were early members on the board of directors of the Ten Rivers Food Web and originated local Fill Your Pantry events. They've also broadened their production to include soft white wheat (pastry flour), rye, barley, triticale, golden bran, buckwheat, raw, gluten-free rolled oats, and when weather permits, flax and garbanzos.

Greenwillow Grains' commitment to locally-grown and produced, healthful foods has never wavered. Neither has their commitment to community. They purchase everything possible locally, including their compostable cellulose bags, made right here in Corvallis. They even offer a community garden for all employees, and pay them a living wage.



Organic Buckwheat Flour

**The Best Part of the Job**

The grains, and the message, are spreading. Greenwillow now delivers to retailers from Cottage Grove to Vancouver, WA in biofuel powered delivery trucks. Bakeries all over the valley are making bread from their grains. And they're serving as an inspiration to similar farms and farmers all across the nation.

When asked what they liked best about their work, Organics Manager, Gian Mercurio answered, "First, our customers...so many people have told us how much they love our products. Our wheat is old-fashioned short chain gluten, so many wheat sensitive people can eat it. Our gluten-free, truly raw oats have their ardent fans and are third party tested to have twice the protein and twice the fiber of steel-cut or any other oat as well as being higher in other nutrients. Second, we are proud of the quality of our crops and the flavor of our flours. Our wheat is old-fashioned, so the old recipes work best. We have developed recipes to work with our products so that they taste great."

And taste great they do. Here are a couple of great recipes to get you started cooking with Greenwillow Grains.

**Greenwillow's Maple Bran Muffins**

Makes one dozen muffins

- 1 cup Greenwillow Grains pastry flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/4 tsp nutmeg or ground coriander
- 1 cup Greenwillow Grains golden bran
- 1 cup buttermilk\*
- 1 egg
- 1/2 tsp lemon peel
- 1/2 cup raisins or chopped dates
- 1/3 cup maple syrup, melted together with...
- 3 Tbsp butter

Sift dry ingredients together in a large bowl. Stir in bran. Make a well in the center. In separate bowl, beat together liquid ingredients. Pour into well in dry ingredients. Add raisins or dates and stir just long enough to combine.

Preheat oven to 350°. Butter 12 muffin cups. Fill muffin cups 2/3 full; bake 25 min or until done.

\* or add 2 Tbs lemon juice to 1 cup milk, let sit 10 min



Organic Gluten-Free Rolled Oats



Greenwillow Wheat Berries Available in Bulk



Alpine Sourdough Bakery Breads, made with Greenwillow Grains

**Greenwillow's Oatmeal Cookies**

Makes about 3 dozen cookies

- 2 cups of Greenwillow Grains Pastry Flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup butter or shortening
- 2 cups packed brown sugar
- 2 eggs
- 1 tsp vanilla
- 3 cups Greenwillow Grains Rolled Oats
- Optional: 1 cup raisins, 1 cup walnuts, or 2 cups chocolate chips
- Optional: 1 tsp cinnamon and/or 1/2 tsp nutmeg

Cream butter and sugar until fluffy. Add eggs and vanilla. Combine dry ingredients and mix well. Add oats and any optional ingredients. Chill dough for 2 hours.

Preheat oven to 375°. Place by round tablespoons on an ungreased baking sheet. Cook 8-10 minutes.

# August 2015 Community Calendar

## UPCOMING EVENTS

### Energy Action Team Meeting

August 5th, 5:30-7pm

Join the Energy Action Team as we plan for and get to work on energy efficiency outreach to Corvallis neighborhoods, including partnering with local energy efficiency advocacy organizations, exploring ways to bring more renewable energy to Corvallis, including community solar, facilitating Corvallis's participation in the Georgetown University Energy Prize competition, and striving to bring more energy grant dollars to Corvallis. To learn more about volunteering with this action team or check out Energy Action Team projects, programs, and partnerships that are featured, visit [www.corvallisenvironmentalcenter.org/energize/](http://www.corvallisenvironmentalcenter.org/energize/) FMI: Tom Ekstedt, [tom.ekstedt@gmail.com](mailto:tom.ekstedt@gmail.com)

### SAGE Summer Concerts

August 6th & 20th 6-9pm at Starker Arts Garden for Education

SAGE Concerts are family-friendly outdoor concerts held every other Thursday in July and August. They highlight local bands, local eateries and local brewers—all while raising funds for SAGE. Suggested donation of \$10/family to help SAGE Garden grow. Food from: Zia Southwest Cuisine, Ploughman's Lunch, McWeenies Hot Dogs, Jason's Tropical Sno, and Francesco's Gelato

Music by, Hilltop Jazz Band, Hunks and the Hottie, Meatbomb (Aug. 6) and Bury the Moon, and others. (Aug. 20) FMI: [Mida@CorvallisEnvironmentalCenter.org](mailto:Mida@CorvallisEnvironmentalCenter.org) (541) 753-9211

### Year-Round Gardening

August 8th, 10am at Starker Arts Garden for Education

Our climate is wonderful for growing fresh produce year-round and this workshop will explore hardy plant varieties, planning good planting times, protection with row cover; season-extending structures such as hoop houses and cold frames, passive solar techniques, and adapting to your garden's micro-climate. SAGE garden will be used to explore plants and processes important for a year-round garden. The workshop includes hands-on experience building some simple structures. Register at: [corvallisenvironmentalcenter.wufoo.com/forms/zhdhe814elpwb/](http://corvallisenvironmentalcenter.wufoo.com/forms/zhdhe814elpwb/)

### The Ukulele Convergence

August 15th, 9:45am at Central Park, 650 NW Monroe Ave.

Join ukulele players of all skill levels for a free, one-day Do-It-Yourself gathering. The goal is to have fun at all levels of experience while playing the ukulele. The day will end with an open mic sign-up concert

from 7-9pm at the Library meeting room.

FMI: [ukuleleconvergence@weebly.com](mailto:ukuleleconvergence@weebly.com), [wallopsisters@gmail.com](mailto:wallopsisters@gmail.com), (541) 753-8530

### Energizers Training

August 16th, 5:30-7pm

Help spread the word about Take Charge Corvallis by becoming an Energizer; volunteers who are helping their friends and neighbors reduce their carbon footprint—and leading the way to make Corvallis the most energy-efficient community in the country! Sponsored by Corvallis Sustainability Coalition and Energize Corvallis/CEC FMI: [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org). Annette Mills, [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org)

### Food 4 Families:

#### Container Gardening Class

August 19th, 5-7pm at Starker Arts Garden for Education

Learn to grow your own food in containers and small spaces through hands-on activities, class discussions, and a garden tour. Leave with new knowledge, a simple planted container, and resource list. The Container Gardening class is the 3rd Wednesday of the month from May through October at SAGE Garden. visit [www.corvallisenvironmentalcenter.org/eci/sage/familyfood/](http://www.corvallisenvironmentalcenter.org/eci/sage/familyfood/) \$3-10, suggested donation but no one turned away for lack of funds.

### Edible Front Yard Garden Tour

August 20th, 6-8pm at 2520 Green St., Philomath

Join us for a free guided walking tour of food-producing front yard gardens. Meet at 2520 Green Street in Philomath. Sponsored by Corvallis Sustainability Coalition's Food Action Team. Details at [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org). FMI: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org), (541) 230-1237

### Energize Your Property: A Workshop to Make Your Rental Property More Efficient

August 26th-28th, 12-4pm

Whether you own 1 or 100 properties, learn how to keep tenants happy with lower energy bills, increase your property value, and help Corvallis win \$5 million. FMI: Sarah Spangler, [takecharge@corvallisenvironmentalcenter.org](mailto:takecharge@corvallisenvironmentalcenter.org), (503) 961-4436

### OSUsed Store

#### 3-Day Clearance Sale

August 26th, 6-7:30pm at Property Services Building, 644 SW 13th St.

We're open for extra days and hours, with prices dropping each day. Choose used! Details at [fa.oregonstate.edu/surplus](http://fa.oregonstate.edu/surplus). FMI: [surplus@oregonstate.edu](mailto:surplus@oregonstate.edu), (541) 737-7347

## 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 listserve 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, 6pm 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, 10am-12pm, 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, 6:30-7:50pm, 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](mailto: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 pm, 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 COMMUNITY MEDITATION

Learn meditation techniques to relax and recharge body and mind. Tuesdays, 5:30-6:30pm, 3311 NW Polk St. FMI: Carolyn, (971) 218-6798, [RASALILA2@yahoo.com](mailto:RASALILA2@yahoo.com)

### A COURSE IN MIRACLES

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

### CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

Sunday 10-10:45am, Meditation & 11am-12pm Inspirational Service; Thursday 7-8 pm, 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 DAFU GROUP

9-11am. 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

### AIKIDO OPEN MAT

Thursdays, 6:30 pm 2323 NW 9th (behind Togos.) Aikido is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. We invite anyone with an interest to try a class. Wear loose, comfortable clothing. FMI: [Joe Canon, dojo@corvallisaikikai.com](mailto:Joe Canon, dojo@corvallisaikikai.com)

### TAI CHI CLASSES

5:30-6:30pm, 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. @ 8pm.; Thurs. @ 9pm; Sat. @ 1:30pm & Sun. @ 5:30pm. 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, 4pm, Live Well Studio, 971 Spruce Ave. Yoga just for teens. Stretch, move, wiggle, strengthen and then free and relax your body. It's fun and it's good for you too. All teens welcome. FMI: Theresa McLaren, [frontdesk@livewellstudio.com](mailto:frontdesk@livewellstudio.com), (541) 224-6566

### CHAIR YOGA

Tuesdays, 3pm, 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, 7-9pm, Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, (541) 754-3254

### REIKI HEALING CIRCLE

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

### FREE TEEN LAUGHTER YOGA

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

### YOGA FOR RECOVERY

Sundays 12:30-1:45pm, Live Well Studio, 971 NW Spruce St. focused on helping those who are recovering from substance abuse and addiction. This class teaches meditation, breathing practices, yoga poses and movement in a nurturing environment. \$5 suggested donation. FMI: [livewellstudio.com](http://livewellstudio.com)

### HEART OF THE VALLEY BIRTH NETWORK

Every 3rd Wed. 6-7:30pm, 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/wutantai](http://google.com/site/wutantai)

## PEACE

### CORVALLIS SECULAR SOCIETY

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

### AMNESTY INT'L WRITERS GROUP

2nd Monday, 7pm, 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, 7-9pm, 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, 7-8:30pm, 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](mailto:barbwoehle@comcast.net)

## MUSIC

### CELTIC JAM

Every Tuesday, 7-9pm, 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, 2-4pm, Riverfront Park, 1st & Monroe St. Singing in polyphonic groove, for all ages and skill levels. FMI: (541) 760-3069.

### COMMUNITY SINGING LESSONS

Every Thursday, 12-1pm, 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

### PLANET BOOGIE

July 18th and August 15th, 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

### MARYS RIVER WATERSHED COUNCIL MEETING

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

### OSUSED STORE PUBLIC SALES

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

### AUDUBON FIELD TRIPS

Every 2nd Saturday. Meet at 7:30am. 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, 9am-12pm. For meeting place, see website. FMI: [www.neighborhood-naturalist.com](http://www.neighborhood-naturalist.com), (541) 753-7689

### SAGE WORK PARTIES

Tuesdays, 3pm-dusk. SAGE Garden Starker Arts Park, SW Country Club and 45th St. Join us for gardening at SAGE! Drop in any Tuesday April-October. Gardening newbies and experts alike are welcome to join in! FMI: Laura Kleman (541) 753-9211, [SAGE@CorvallisEnvironmentalCenter.org](http://SAGE@CorvallisEnvironmentalCenter.org)

# 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.

## ENCORE PHYSICAL THERAPY OFFERS COMPLEMENTARY THERAPIES AT ITS CORVALLIS OFFICE

With decades of experience, Lynn Kirschner, CPT([commonsensepilates.com](http://commonsensepilates.com)) and Marybetts Sinclair, LMT ([marybettsinclair.com](http://marybettsinclair.com)) offer Pilates mat exercise classes and therapeutic massage, to help you stay healthy and free of musculoskeletal pain. Keep your progress going when your rehab is over! Call Encore for an appointment: (541) 758-2235

**LYMPHATIC DRAINAGE \* VISCERAL MASSAGE \* CRANIOSACRAL THERAPY** These modalities rejuvenate and strengthen the body's natural immune system and promote vibrant health and well being. Specializing in: Detoxification, Cancer Therapy Support, Breast Health, Lymphedema Management and Self-care. Heart in the Valley Massage - Piper Jones LLCC, LMT 8032. Now at Blue Heron Healing Arts, 564 SW 3rd St., Corvallis. (541) 740-3698

**DOWNTOWN PILATES** Pilates from fundamental to advanced. Fully equipped studio featuring traditional apparatus. Private lessons, duets, small classes. Enroll now – Pilates Fundamentals Tu-Th 6-7pm. Gain strength, build confidence, tone & reshape your body. Call Shiikon for an appointment: (541) 207-1009

**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.virginia Shapiro.com](http://www.virginia Shapiro.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.

## 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.marybettsinclair.com](http://www.marybettsinclair.com)

## DRIED SEAWEED

\$40/lb. Ideas and recipes. Kombucha, dried apples, suitcases, rugs. Ken (541) 929-4296

## OVEREATERS ANONYMOUS

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

## CALL KORI THE SPOILER

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

## 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)

## ERRANDS,

shopping, Ken, (541) 929-4296

## 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

## 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 [northwestrealttyconsultants.com](http://northwestrealttyconsultants.com)

## TOTALLY UPDATED WHITEWATER OCEAN VIEW HOUSE IN LINCOLN CITY.

2 master suites. 2 large decks. Sleeps 7. Fully stocked. \$195/night + tax, cleaning. 10% Co-op Owner discount. (541) 760-0604

## FOR A BEAUTIFUL BIRTH, HIRE A DOULA.

Mid-Valley Doula Network: [www.midvalleydoulas.net](http://www.midvalleydoulas.net).

## 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)

## YARDWORK SERVICES

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

## CORRECT PRUNING

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

## THE WEDDING GAL

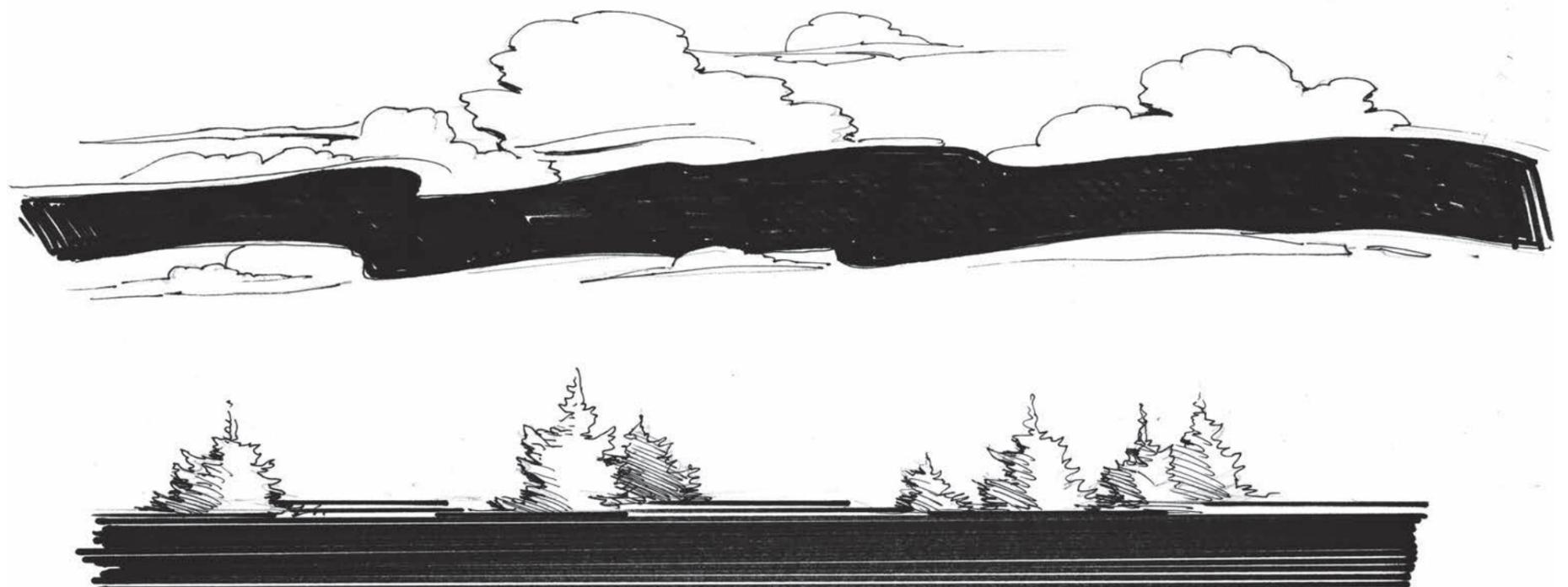
Officiating weddings from the Coast to the Cascades. Corvallis based. (971) 218-6798 or [sites.google.com/site/CarolynSchechtman](http://sites.google.com/site/CarolynSchechtman)

## LOOKING FOR APT, CABIN, ETC.

Prefer S. Corvallis, low rent, trade preferred. M 63, single. Yardwork, etc. Ken (541) 929-4296

## 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



For more on Stev Ominski and his art, visit [www.stevominski.com](http://www.stevominski.com) and keep an eye on future editions of the Thymes.



# staff spotlight Donna Pezzullo

## What do you do at the Co-op and how long have you been working here?

I have been working at the Co-op for a little over three years doing a little of everything. I started out as a Paid Sub and have worked in the Front End, Produce, Deli, and Wellness departments, as well as a three month period doing food demos in the store last summer. At the beginning of this year I started my full time position as Front End Assistant Manager at the South store.

## What initially brought you to the Co-op?

When I moved to the area three years ago, I became an Owner at First Alternative and the Co-op became my primary grocery store. I loved the fresh produce and amazing bulk department, so when I began looking for a place to work that was in alignment with my values the Co-op was number one on my list.

## What sort of other interesting jobs have you done?

When I moved to Eugene in the 90s, I started working at Genesis Juice Co-op. That was the beginning of my education about healthy lifestyles and cooperative principles. I even helped develop some flavors and get them to market—Herbal Fruit Tonic, and Green Life Smoothie. This was back when they were still using glass bottles.

After that I moved to Breitenbush Hot Springs, which is also a worker-owned cooperative. I wore lots of different hats during the 15 years that I worked at those two places, from carrot juice maker to interim business director and everything in between. I also have a small business creating gemstone jewelry called Pezzu Creations.

## What are some of your favorite products here at the Co-op?

I love that we have so many locally-sourced products. My favorites include: produce, to supplement what I grow in my garden, 2 Towns Cider and the pasture raised meat. Also, the bulk department is amazing, so much to choose from and less wasted packaging.

## What do you like to do when you're not at work?

I am passionate about my garden and spend lots of time with my hands in the dirt. I also love to travel with my family to new and amazing places. I am a foodie, and I enjoy being creative in the kitchen.

## What sort of things do you like to cook?

My go-to favorite is a quinoa, kale, tabouleh dish. I also just cooked my first goose, which was great, and a lot easier than I expected. It didn't taste like other fowl, like I would have expected it to. It's the beef of birds.

## Where did you grow up/where have you lived in your life?

I lived in New York until I was six years old, then my family moved to Las Vegas. I lived there until I finished High School and then spent time in various places during college. At this point I have lived in Oregon for more than half of my life. Breitenbush Hot Springs was the most beautiful place I have ever lived and I will always be thankful for the 8 years I lived there. When I moved, I chose Corvallis because it is a vibrant community with a small town feeling and great schools for my daughter.



Donna models her Pezzu Creations necklace and earrings

## PRODUCE IN AUGUST

### The bounty keeps growing

This has been an incredible summer for local produce. Lots of things have been showing up early, like those exquisite blueberries from Goodfoot Farm. Other things, like the Regina cherries from La Mancha and OSU, have been even better than usual this season. The cherries are gone (hope you got your fill!) but the summer is far from over.

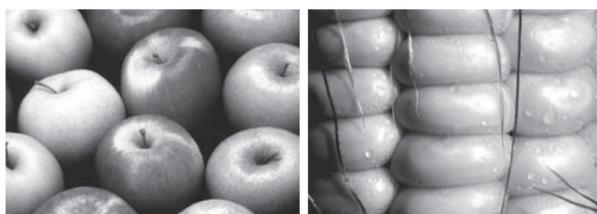
What's next for produce, then, during this crazy hot and super delicious summer? To find out I spoke with South Store Produce Manager Bernie Kurten about his expectations for August. It's pretty exciting.

He fully expects we'll be seeing local corn soon, first from local grower Peter Caday and not long after that, hopefully, from the folks at Gathering Together Farm.

Local apples will be arriving soon too, from Queener Farms in Scio. He also hopes that local melons will be showing up by the end of the month, courtesy of Groundwork Organics, but it sounded like that was a little more up in the air. Keep your fingers crossed, melon-lovers.

Also on the August horizon: okra and hot peppers from Sunbow Produce. What a summer we're having!

—Adam Payson, *Thymes* Editor



## REDUCE, REUSE, BE STYLIN'

### With some of the Co-op's reusable food containers

Packing your own lunches and taking home the leftovers from dinners out are a couple of simple ways to reduce waste and save money.

Here at the Co-op, we've got ways to make these simple acts even better for our wallets and the world—reusable containers.

Skip the foil swan and ditch the doggy bag next time you eat out, and pack your leftovers into **Preserve Storage Containers** instead. These nifty green vessels are American made, dishwasher and microwave safe, and BPA free. We've got a selection of sizes, so you can be sure to have the right container for the job. Sturdy snap-on or twist-off lids will ensure a clean tote bag and a fresh leftover lunch the following day.

When you're snacking, or packing lunch for you or your loved ones, use **Blue Avocado (re)zip reusable bags** and you'll never need to send another Ziplock to the landfill.

They come in a range of sizes from snack to sandwich. They're leakproof, PVC and BPA free, and they're sturdy as all heck so you'll be using them for a long time.

Buy them once, use them over and over, at the Co-op and everywhere else.



Reusable food storage containers from Preserve, and reusable snack and sandwich bags from Blue Avocado



"No need, thank you, I brought my own."

www.valleyparentmagazine.com



We Love It When You Read!

Local Fun! Local Resources!

VALLEY Parent Linn & Benton Counties

## Computer Problems?

I offer fast accommodating solutions for PC and Mac systems

"We really appreciate your prompt and thorough service."  
-Lisa Morrison, Sierra Club office manager

"You have brightened my day through your expertise."  
-Andy Dufer, Director, Nestucca Sanctuary

"Thanks so much for helping us...I really appreciate it!"  
-Louise Tippens, Director, Environmental Federation of Oregon

### Superior PC Service

- Repairs
  - Upgrades
  - Networking
  - Virus removal
- John Madsen**  
541-929-4054  
541-740-6717  
Established 1988



For summer road trip ideas

Consult your **MOM** MAGAZINE

Pick up your issue of MOM Magazine at First Alternative Co-op or find out more at [www.mommag.com](http://www.mommag.com).

**MOM** MAGAZINE REAL | LOCAL | MOMS

CO-OP CLASSES AND EVENTS

AUGUST

ORGANIC VALLEY FARM TOUR

Your chance to see a cooperative organic dairy farm in action



Register for classes online at [www.eventbrite.com](http://www.eventbrite.com)

**Sunday, August 2nd • 5:30-8pm**  
**Otter Beach at Osborn Aquatic Center**  
**Owner Rendezvous Pool Party**  
**For Co-op Owners & Their Families**

Cost: Free

The Co-op is taking over *Osborn Aquatic Center's Otter Beach* for an evening of family fun in the summer sun. We'll have live music, Coconut Bliss and Lochmead ice cream, and root beer floats. We hope to see you there, Owners. Bring your families and your sunscreen. It's going to be a blast!

**Thursday, August 6th • 6pm**  
**Avery Park**  
**Free Outdoor Movie Night**

Cost: Free (no registration necessary)

Sponsored by the Rotary Club of Greater Corvallis. Come enjoy the family classic, *ET: The Extraterrestrial* in an outdoor venue! Bring your family, a blanket or chair to sit on, and your appetite—the Co-op will be there as a food vendor!

**Tuesday, August 11th • 6:30pm-8pm**  
**South Co-op Meeting Room**  
**Prepared Hiker Toolbox, Part 2**

Cost: \$15/free for JessBFit South Sisters team members

Learn about what types of food will sustain you on an all day hike in the mountains. Discover the difference between bars, gels, blocks and summit treats. Learn how much food and water you'll need in different conditions. Tease apart fact from food marketing hype. And of course, sample some tasty treats in class before you take them into the wilderness.

More information about this series at: [www.jessbfit.com/train-to-climb-south-sister](http://www.jessbfit.com/train-to-climb-south-sister)

**Saturday, August 15th • 11am-1pm**  
**South Co-op Meeting Room**  
**Standing Up for Racial Justice,**  
**Saturday Dialogue**

Cost: Free

Responding to the Charleston Massacre: A Community Meeting. Highly structured, respectful conversation using the method called "serial personal testimony." Facilitated by the Corvallis chapter of Showing Up for Racial Justice, a national network of groups organizing people to work for racial justice. Everyone is invited. Free; donations accepted. FMI: [fer@caleyreidenbach.com](mailto:fer@caleyreidenbach.com), (541) 609-8420.

**Monday, August 17th • 7pm**  
**South Co-op Meeting Room**  
**Workshop: Insights from the**  
**Great Mother Bible**

Cost: \$15 suggested donation (no one will be turned away)

The Great Mother Bible is considered the Sacred Feminine version of Conversations with God. Author Mare Cromwell has written this revolutionary and humorous book of spiritual wisdom that speaks to the wondrous sacred realms in which we live. With teachings ranging from the role of aliens on Earth, the Christ Consciousness, and the need for balance between the Sacred Feminine and Divine Masculine, the Great Mother offers essential guidance to help bring our beleaguered world back into divine harmony.

Join us to learn about some of Earth Mother's wisdom. The event will start with ceremony and include a meditation activation for a powerful spiritual connection with Earth Mother. Books will be available to purchase after the event.

Referred to as "The Voice of Earth Mother" by a gifted Shoshone elder, Mare Cromwell is a multi-award-winning author, nature mystic, empathic intuitive, and international speaker. Her other books are: *Messages from Mother... Earth Mother*; and *If I gave you God's phone number... Searching for Spirituality in America*. Mare has worked nationally and internationally on environmental issues and also has studied with Native American teachers for nineteen years. She sits on the Seven Generations World Wisdom Council. FMI: [www.marecromwell.com](http://www.marecromwell.com)

AND COMING UP...

**Tuesday, September 8th • 6:30pm-8pm**  
**South Co-op Meeting Room**  
**Prepared Hiker Toolbox, Part 3**

Cost: \$15/free for JessBFit South Sisters team members

This comprehensive class focuses on staying safe and staying found in the great outdoors. Learn how to read a map and compass, how to track and plan for changing weather conditions, and how to make good choices when you're on the trail. Then, see how quickly a good day can turn into trouble. Practice your judgment skills in some realistic scenarios. FMI: [www.jessbfit.com/train-to-climb-south-sister/](http://www.jessbfit.com/train-to-climb-south-sister/)

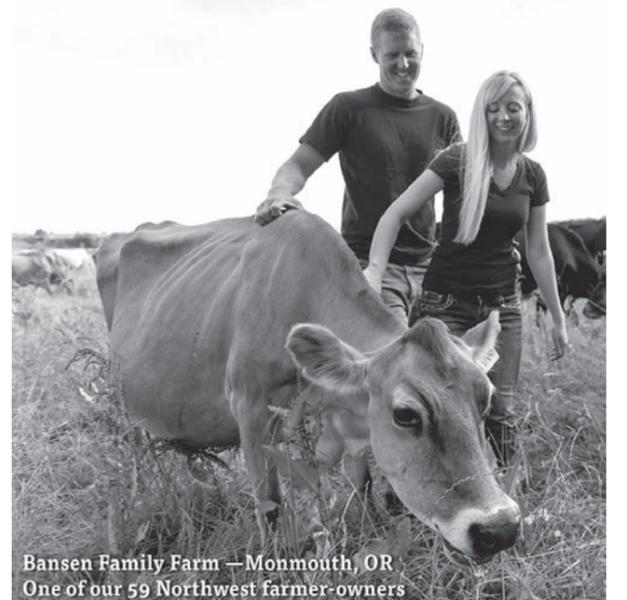
**Tuesdays Oct. 5th-Nov. 17th • 7-9 pm**  
**North Co-op Meeting Room**  
**Waking Up White Discussion Group**

Cost: free (pre-registration required) *limited to 12 people*

Through readings and study questions, we'll discuss what it means to have a healthy white identity, the effects of white supremacy on our families and our town, and how white people can best work locally for racial justice. Everyone is welcome. At the North Co-op. Participants MUST register by October 1 by contacting Faith Reidenbach, [fer@caleyreidenbach.com](mailto:fer@caleyreidenbach.com) or (541) 609-8420. *Registration ends October 1st*

Earlier in this issue, we mentioned Organic Valley, one of the cooperatives businesses we're proud to sell and support here at the Co-op. (see pg. 3) Now we'd like to offer you a chance to get a closer look at one of the family-owned and operated farms that make up Organic Valley's cooperative enterprise.

Owners, shoppers, friends, and family—you're all invited on a visit to a beautiful organic farm on **Saturday, August 22nd**. It's a chance to see what makes Organic Valley farms, farmers, and products so special.



Bansen Family Farm — Monmouth, OR  
 One of our 59 Northwest farmer-owners

The multi-generational Bansen farming family has invited all of us to visit their Double J Jerseys farm where they milk 200 Jersey cows twice daily. Besides cows and calves you'll get to meet their chickens, dogs, and cats, take a guided tour, sample a variety of Organic Valley products, view their organic garden and participate in fun games and activities. You'll also have a chance to enjoy an organic lunch where 10% of the proceeds will be donated to the non-profit, Organic Seed Alliance.

Sound fun? Visit [ov.coop/farmdiscovery](http://ov.coop/farmdiscovery) and reserve a spot on the tour for you and your family. 🐮

**DISCOVER**  
 the  
**WHO & WHY**  
 behind your food.

**You're invited to a Farm Discovery!**  
 Join us in the pasture, meet the farm family and spend time with the animals. Food and fun for all ages!

**Saturday, August 22**  
**10:00 a.m. - 3:00 p.m.**  
 Bansen Family Farm, Monmouth, OR

**ORGANIC VALLEY Farm DISCOVERY**

Reserve your spot today!  
[ov.coop/farmdiscovery](http://ov.coop/farmdiscovery)

**Restore the joy of living**

Serving the whole person and addressing root causes of:

- chronic and acute pain
- fatigue
- digestive disorders
- mood and memory challenges
- sleep disorders
- hormonal imbalance
- immune dysfunction
- allergies and hypersensitivities

**Virginia Shapiro, DC**

**Integrative Chiropractic Care**

29 years of experience combining Functional Medicine, clinical nutrition, Applied Kinesiology, and gentle and specific chiropractic care

541-738-2711 • [www.virginias Shapiro.com](http://www.virginias Shapiro.com)

**Live Well**  
 Yoga • Pilates

**summer**  
**YOGA SPECIAL**

NEW CLIENTS ONLY

3 months for \$149  
 unlimited daytime classes\*

▶ starts date of purchase  
 \*excludes classes after 5pm

971 NW Spruce Ave, Corvallis :: 541.224.6566 :: [livewellstudio.com](http://livewellstudio.com)

**Ted**  
**My Handyman**

(541) 207-6349

Remodels - Home Maintenance - Honey Do Lists  
 Intelligent - Honest - Affordable  
 Free 3-D Drawing of Your Project  
 Free Professional Estimates

CCB # 183405 Ted Wade - Owner

# SERVE CHILLED

Nothing is better than a quick, cool meal at the end of a long, hot day.

This delicious menu is perfect for a high summer dinner party. Make it and plate it before your guests arrive, then keep the plates in the fridge. The cool dishes will help keep the food cold and free up your time for enjoying the evening!

—Emily Stimac, *The Thyme Garden*,  
Co-op Thymes Contributor



## Sangria Skewers

Serves 6

- 1 melon
- 2 peaches or apricots
- 1 pint strawberries
- 1/2 cup *Dalila* Vinho Verde (or *Santa Cruz* Limeade for a non-alcoholic version)
- 2 Tbsp. thyme or mint leaves, minced
- 1/2 block *Don Froylan* Queso Fresco
- Special equipment: *True Bamboo* Appetizer Picks\*

Look for firm fruit a few days prior. Store peaches in a paper bag to ripen. Melons should give just a tad when you press gently at their stem. Strawberries are best used that day.

Combine wine (or limeade) and herbs in a large bowl and stir, set aside.

Cut fruit into bite sized cubes and transfer to the bowl. Gently stir to coat. Allow to marinate for 10-15 minutes.

Alternate peaches, melon, strawberries and cheese on skewers. Refrigerate until serving.

\* Find in bulk section, next to the coffee at South, and in the cheese display at North.



## Chilled Tomato Soup

Serves 6

- 2 Tbsp olive oil
- 1 leek, sliced (white and light green parts only)
- 2 cloves garlic, pressed
- 5 large tomatoes, diced (divided)\*
- Fresh basil for garnish
- 1/2 tsp salt
- Pinch of red pepper flakes
- 1 tsp sugar
- 1/2 cup *Dalila* Vinho Verde
- 1/2 cup half & half
- Fresh basil for garnish
- 1 Loaf of *Big River* Pan Marino

Gently sauté leek and garlic in olive oil just until tender. Add 4 diced tomatoes, salt, red pepper, sugar and wine and bring to a simmer.

Cook for 2 minutes, then transfer to a blender and puree or use an immersion blender to create a smooth base.

Allow to cool before adding cream and last tomato. Adjust seasoning and ladle into bowls. Garnish with fresh basil leaves. Serve with fresh *Big River* bread.

\* Try big reds for the base and a yellow or green tomato for accent.



## Grilled Chicken Salad with Fresh Corn Salsa and Creamy Cilantro Dressing

Serves 6

- 1/2 lb. lettuce mix
- 2-3 *Co-op Kitchen* Chicken Caesar Breasts, thinly sliced\*
- 2 ears corn
- 1/2 cup *De Casa* Green Salsa
- 1 can black beans, drained and rinsed
- 1/4 cup red pepper, diced
- 2 Tbsp cilantro, minced

### Creamy Cilantro Dressing

- 1/2 cup yogurt
- 1/2 cup mayonnaise
- 1 Tbsp lime juice
- 1/2 Tbsp sugar
- 2 Tbsp cilantro
- 1/2 block *Don Froylan* Queso Fresco, crumbled
- 3 Tbsp chives

Cut kernels from corn and rinse. Combine with black beans, red pepper and cilantro in a medium bowl and add 1/2 cup green salsa. Set aside.

Whisk together dressing ingredients and set aside.

Arrange salad mix on 6 plates. Top with corn salad mix and slices of chicken. Place in fridge until serving. Finish with a drizzle of dressing and serve.

\* For a vegetarian alternative, try the *Co-op Kitchen's* Grilled Lemon Tempeh!



## Chocolate Caramel Ice Cream Cake

Serves 12

- 1/2 gallon *Alden's* Salted Caramel ice cream
- 1/2 gallon *Alden's* Chocolate Chocolate Chip ice cream
- 2 pkg. *Amy's* Crunchy toffee bars
- 1/2 cup chocolate syrup, divided
- 1/2 cup caramel syrup, divided
- Ready-to-use whipped cream

Soften ice cream on counter until just soft enough to spread. Spoon chocolate ice cream into an 8-inch springform pan. Drizzle with half of the syrup and 1 crushed toffee bar. Top with caramel ice cream and remaining syrup and toffee bar. Freeze 5 hours.

Remove from freezer. Run a hot knife around edge of pan and remove. Decorate edges with whipped cream and store in an airtight container in the freezer.

Remove from freezer 10 minutes before serving. Use a knife dipped in hot water to cut cake.



Take the stress out of entertaining with the

Call us about special orders for your next event or party: (541) 753-3115