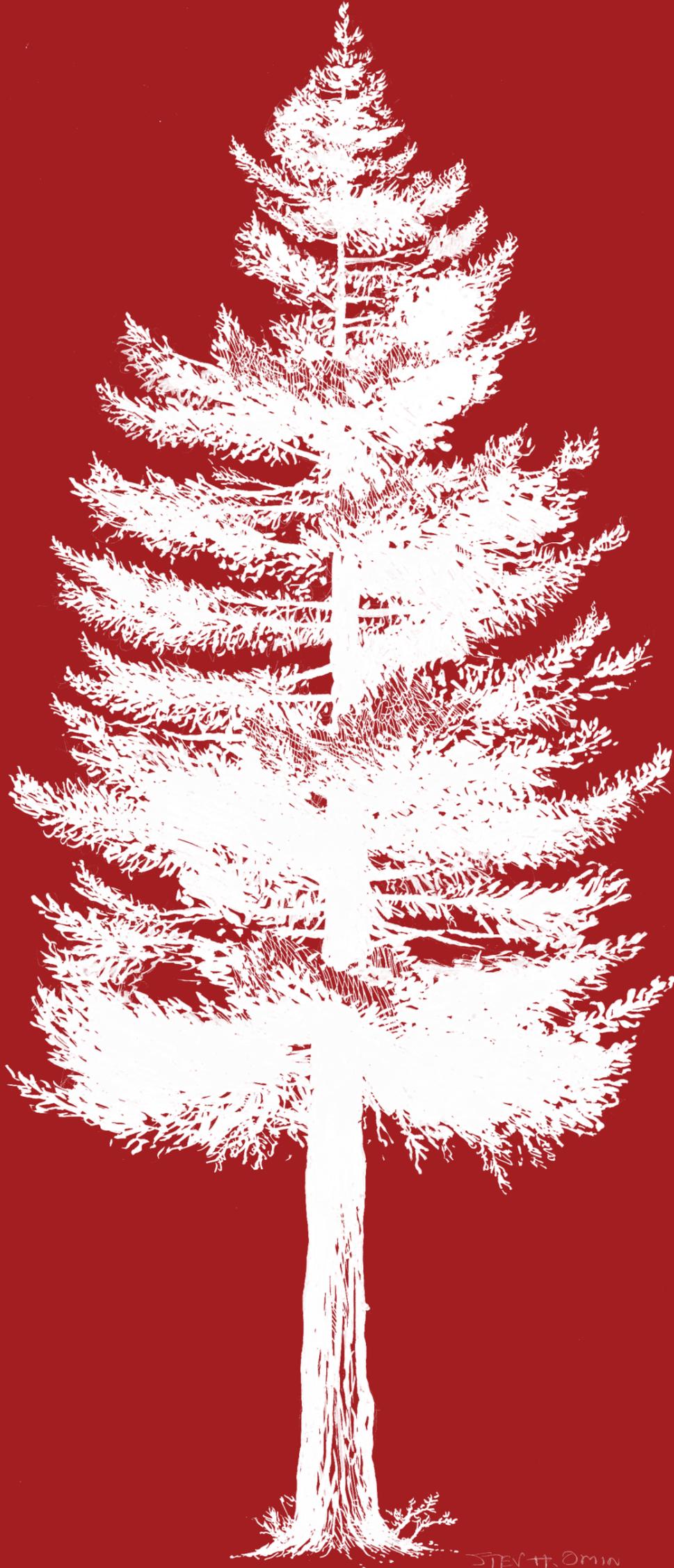




First Alternative
NATURAL FOODS CO-OP

HOLIDAY THYMES

COMMUNITY MARKET MONTHLY
DECEMBER 2015 VOLUME 36 • ISSUE 12



STEVE THOMAS

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



from the General Manager

Cindee Lolik
General Manager

Now that Thanksgiving has once again come and gone, it's time to get serious about thinking of the next round of holiday celebrations.

Hanukkah from Monday, December 7th to Monday, December 14th; Christmas on December 25th, and Kwanza from December 26th to January 1st.

We're excited at the Co-op to have all the festive fixings for you no matter which holiday or holidays you celebrate.

Our buyers love pulling out all the stops this time of year—we've been thinking about the holidays since they ended last year—and have all kinds of exciting and reasonably priced holiday gift items to choose from.

From warm woolens or "monster" hats for the kids from **Andes Gifts**; beautiful etched

and hand-painted gourd boxes from Peru's **Lacama Fair Trade**; colorful scarves from India's **Matr Boomie** that can do double duty as gift wrap; the most precious handmade children's shoes from **Soft Star Shoes**; and holiday soaps, including ones with frankincense or vanilla and pine.

We have a great selection of stocking stuffers and gifts for all the people on your list. Not to mention all the goodies, like **Theo**

Chocolate's fun holiday flavored chocolate bars with names like Nutcracker Brittle, Peppermint Stick, Gingerbread Spice and Cranberry Orange! (See our holiday gift guide on pages 6 & 7 for a lot more ideas—ed.)

South Store gift display

Please remember to consider those who are less fortunate as the holidays approach. While anytime is a good time to make a

First Alternative's Holiday Hours

Christmas Eve • Open 7am-7pm
Christmas day • Closed
New Year's Day • Regular Hours

donation to your local food bank, this time of year the donation can help make a holiday truly joyful for a family in need.

One of my favorite holiday traditions since moving to Corvallis has been the Giving Tree that the Co-op hosts at each store this time of year. It's exciting to take a request off the tree and know that I'm reaching someone in our community that I don't know, but who will have a more joyful holiday because the Vina Moses Center (at the North store this year) and Furniture Share (at the South store this year) create this opportunity for us to connect.

Lastly, remember that **December 5th is Buy Local First Day!** Stop into either store that day and enter a drawing to win a \$50 gift certificate! Non-winning entries will be collected by the Corvallis Independent Business Alliance (CIBA) and entered into another drawing for local prizes. Another great reason to shop locally for your Christmas presents this year. 🐾

First Alternative—Your New UPS Access Point!

We have partnered with UPS to become a new UPS Access Point. What is an Access Point? Great question!

In the past, when no one was available to receive a package and UPS couldn't just leave it at your doorstep, what happened?

You got a post-it note telling you to drive an hour away to pick it up. Not anymore! UPS will now deliver your package to their new local Access Points.

First Alternative's two locations are now two of the three UPS Access Points in Corvallis.

We will service approximately a mile radius around each location.

Not only will we hold on to packages for you, but we will also accept packages to be shipped out. You will need to pack up your items and print a shipping label from the UPS.com website, then bring it to us to get on the next UPS truck. Our hope is not only to provide another service to the community, but to bring new people into our stores to see everything we have to offer.

More questions? Inquire with Customer Service.

—Brian Peat, South Store Manager 🐾



from the Board of Directors

Jim Smith
Board Treasurer

Co-op Board Ponders Next Steps

First Alternative Co-op has been serving our community for 45 years. As the market for healthy food grows, many mainstream grocery retailers are expanding their offerings to include a wide variety of organic food. Competition is fierce as the market share of traditional organic food retailers comes under pressure from these new market entrants.

Last month, the First Alternative Board and General Manager met for a full Saturday in downtown Corvallis for the annual Board offsite retreat.

These retreats allow time for the Board to contemplate issues other than routine Board business. The focus of this year's offsite event was to examine how we can take First Alternative's Board Governance to the next level.

Art Sherwood, a professor at Western Washington University and an expert in co-

operative governance, facilitated the meeting. With Art's assistance, in the days leading up to the retreat the Board performed a self-assessment survey of co-operative governance.

Co-operative governance consists of four pillars: Teaming, Accountable Empowerment, Strategic Leadership and Democracy. Teaming means working together effectively as a Board. Accountable Empowerment is the assignment of responsibilities with clear expectations along with the authority to make the decisions. Strategic Leadership is not just creating a plan, but forming and articulating the strategic direction of the organization. And last but not least, Democracy, where co-op members practice, promote and perpetuate the democratic principles of the organization. In the self-assessment, the

board ranked itself relatively high overall. The weakest ranking, which was still better than average, was strategic leadership.

Co-operative governance of four pillars: Teaming, Accountable Empowerment, Strategic Leadership, and Democracy.

These suggestions included:

Teaming

- Better, faster communication
- Identify and provide needed training
- Improve Board member recruiting

Accountable Empowerment

- Identify and communicate expectations
- Examine policy governance process for efficiency
- Build an effective follow up process

Strategic Leadership

- Establish a strategic leadership team which will identify timelines for the deliverable (strategic plan)

Correction:

The Board article in the October Thymes was written by Jim Mitchell, not Jim Smith, to whom it was credited. Apologies, Jims!

Jim Mitchell
Vice President



Democracy

- More participation in Board Elections
- Utilize online processes for elections and Owner feedback
- Better communication and education

At the end of the retreat, it was decided that a group of four Board members would continue to work on identified goals. This Board group will communicate with and work with the rest of the Board and Management during this process.

The first order of business will be to ensure we are rock solid on Accountable Empowerment and Teaming. Next, focus will be on strategic vision and direction. Management will then incorporate this vision into a long-range business plan. The initial phase of this process is expected to take a full two years, at which time the strategic process will be incorporated into the way the Co-op does business. Adjustment and fine-tuning will be ongoing.

I am confident that with the strength of our current Management Team along with the expertise of the Board members and our successors, we will still be spreading the word about the importance of food and how we treat the earth for another 45 years. 🐾

Beginning in December Board Meetings will begin at 6pm

CO-OP BOARD MEETINGS

Owner Relations Committee

Wednesday, Dec. 2nd - 12:30pm
South Store meeting room

Board Recruitment & Elections Committee

Thursday, Dec. 17th - 6pm
North Store meeting room

Finance Committee

Wednesday, Dec. 9th - 5pm
North Store meeting room

Board of Directors

Tuesday, Dec. 15th - 6pm
South Store meeting room
Owner comments welcome in first 10 minutes.

Due to Christmas, December's Board of Directors meetings will be held on the third Tuesday (December 15) instead of the fourth.

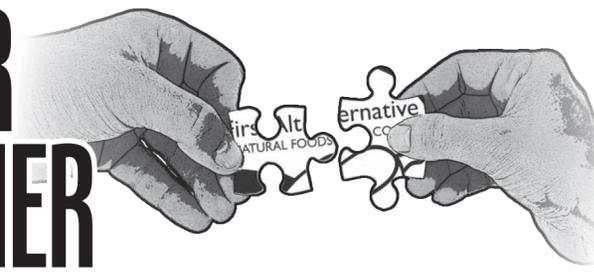
STORE LOCATIONS & HOURS

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 • Email address: firstalt@firstalt.coop
Editor's email: thymes@firstalt.coop • FA Board's email: faboard@peak.org

STRONGER TOGETHER



A VISIT FROM LOCAL SAINT NICHOLAS

Everyone Gather Around for this Cooperative Christmas Poem

It was a few days before Christmas, when all through the store the stockers were stocking, the merry sales floor.

Fair trade woolens were hung with great care, in hopes that smart shoppers soon would be there.

As bundled-up children pushed tiny carts, visions of the future warmed parents' hearts. In produce and grocery, in deli and bulk, The store was all ready for the festive folk.

When out in the lot there arose such a clatter, we ran down the aisles to see what was the matter:

To Customer Service we flew in a haste, to look out past the windows where special orders are placed.

The moon on the parking lot and the new fallen snow, gave the luster of mid-day to an incredible show.

A conveyance of which we'd never seen the likes; a convertible red-white Prius, pulled by eight reindeer on ten-speed bikes!

With a little old driver, so lively and quick, we know in a moment it must be that Local St. Nick.

More rapid than the Willamette, his bikers they came, as he whistled and shouted and called them by name!

"Now Kale, now Chard, now Ginger and Green Beans! On Spinach! On Radish! On Celery and Beet Greens!

To the roof of the building, the top of the Co-op! I'll make a grand entrance, then I'll go for a little shop!"

As dry leaves before the Oregon wind fly, meeting an obstacle and mounting the sky. So up to the store-top the reindeer they sped, with Local St. Nick and his hybrid sled.

And then, in a twinkling, we heard on the roof, the unmounting of bikes followed by a stamping of hoof.

We drew our heads with shock right around, as down a chimney not seen before or since Local St. Nick came with a bound.

He was dressed all tie-dye from, his head to his foot; his clothes they were covered in carrot shavings and flakes of beet root. A fur-lined tote bag hung empty at his side, as he looked at all our great products and beamed with pride.

His eyes how they twinkled, his dimples how merry! His cheeks were like roses, his nose like a cherry!

His droll little mouth was drawn up like a bow, and his braided, lower-back length ponytail was as white as the snow.



The stump of a pipe he held tight in his teeth, told politely "no smoking on Co-op property," he returned it to its sheath.

He had kind of face and was really quite fit, To a healthful and active life, he quite clearly did commit.

He was all energy and cheer; a right jolly fellow, and we got right down to helping him shop, right after saying "hello."

"Whatever it is you're looking for; don't be afraid to ask it. Here you go, my coworker has brought you a basket."

He spoke not a word, but went straight to the shopping, getting all sorts of fresh, local, organic goods before stopping.

At the check out, after he revealed he was an Owner, Local St. Nick ran up the Wellness aisle, saying he forgot his face toner:

Up the chimney he rose, rejoining his team And away they all flew, leaving us wondering was it a dream?

But we heard him exclaim, before he drove out of sight, "Happy cooperative holidays to all, and to all a goodnight!" 🐾



December Anniversaries

Staff Anniversaries

- 1 year:** Donovan Armijo, Zak Kezer, Monica Jacobson Tennes, Donna Pezzullo, Laurel Thompson, Daniel Worden
2 years: Daisy Hedgepeth
3 years: Brie Lee-Tharp

Paid Sub Anniversaries

- 2 years:** Chuck Flavin

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 in various capacities

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



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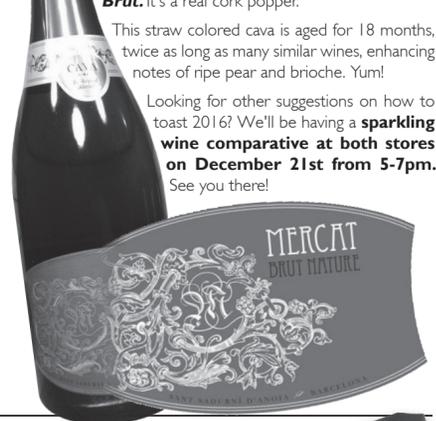
OUR CUPS RUNNETH OVER

With Your Seasonal Favorites

One of the best parts of winter is the beer. This December, some of our favorites are on sale. **Sierra Nevada's Celebration**, **Deschutes' Jubelate**, **21st Amendments' Fireside Chat**, and **New Belgium's Accumulation**. Remember, at the Co-op you can always mix and match, so make yourself a winter sampler!

Christmas and New Years are quickly approaching, which means it's sparkling wine time! As usual, the Co-op's got you covered.

We're excited about one lovely looking (and tasting) new selection in particular: **Mercat Cava Brut**. It's a real cork popper.



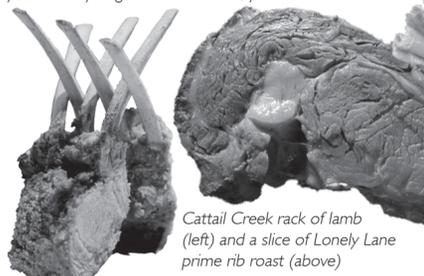
Six packs of these seasonal brews on sale for just \$7.99/ea.

MEATS FOR ALL YOUR FÊTES

For Whatever You're Celebrating and Whoever You're Serving

If your main dish is meat this holiday season, we've got you covered here at the Co-op. As usual, we've got the best meat in town, ethically-raised, locally-grown, and affordably priced.

Cattail Creek Rack of Lamb and **Lonely Lane Prime Rib Roast** are two of the cuts we're most excited about this year. Once you get a look at them, you will be too.



Cattail Creek rack of lamb (left) and a slice of Lonely Lane prime rib roast (above)

Your next holiday charcuterie platter starts with **Volpi Salami**. We're excited about their luxuriant new **wine salami** and their decadent **Aged Asiago Artisan Salami**. Already wrapped, it makes the perfect gift for the meat lover on your list.

THE CO+OP KITCHEN HOLIDAY MENU

Let Us Cook Seasonal Favorites For You

The Co-op Kitchen is now cooking for the holidays!

Find your favorites in the Grab and Go coolers at both stores, or ask one of our Deli stars at the South store to scoop you up as little, or as much, as you'd like.



A Co-op Kitchen Vegan Fruit Pie



The Kitchen's brand new Cranberry Relish (left), and a holiday classic, Maple Glazed Yams (above)

Favorites from years gone by are back, like our fluffy potato **Mashers**, our festively tart **Cranberry Sauce**, and all of those fantastic **Co-op Kitchen Pies**. And check out some exciting new additions, like **Cranberry Relish**. 'Tis' the Season!

PANTRY FULL OF SECRETS!

TRY OUR BULK LOOKUP

Go to www.firstalt.coop
Select Products, Bulk, then Bulk Product Lookup from the menu bar and enter your mystery PLU numbers

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-Louise Tippens, Director, Environmental Federation of Oregon

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TOFFEE BUTTER PEANUTS IN BULK

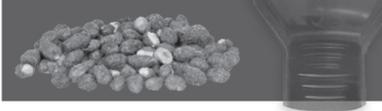
Take Home as Little or as Much of this Sweet Salty Treat as You Please

Nut lovers and aficionados of treats, both sweet and savory, can come together in glorious harmony in the bulk section thanks to our new **SunRidge Farms Butter Toffee Peanuts!**



If you're a regular at the bulk candy bins, then you know **SunRidge Farms**. They provide us with amazing treats like Jolly Beans, Zen Party Mix, and Milk Chocolate Rainbow Drops.

Welcome to the family, Butter Toffee Peanuts!

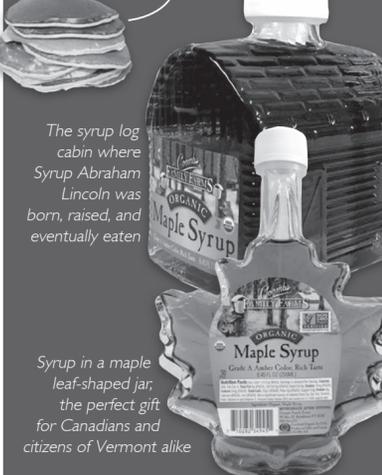


ORGANIC MAPLE SYRUP FROM COOMBS In Fun-And Syrup-Filled Gift Jars

For seven generations, Coombs Family Farms has been doing business their way. While industrial agriculture supplanted small family farms, the Coombs family maintained their dedication to small family farms, environmental stewardship, sustainability, and providing the best quality organic syrup.

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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.

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Look for us at your Co-op

cheese please

And a Fondue To You As Well



Fondue, meaning "melted", originated in 18th century Switzerland as a way for the common people to use cheeses and breads that had been stored during the cold winter months. Swiss Villagers found that if they heated the aged cheeses, and added wine, garlic, and herbs that they could dip their stale bread pieces into the melted cheese, thus making it easier to eat!

Since its humble beginnings, Fondue has become a Winter tradition in Switzerland.

Fondue is traditionally served family style, as a main course, in a special type of pot called a "Caquelon".

There is no standard recipe for Fondue, but many variations depending on preference. Typically, two types of Swiss-style cheeses are used, such as Gruyere, Raclette, Emmentaler, or Appenzeller.



The cheese is placed in the Caquelon and heated on the stove. Once the cheese has become smooth and creamy, the Caquelon is moved from the stove to a lit burner or hot plate on the dinner table. Diners use metal skewers to dip small chunks of bread into the warm, delicious cheese!

This year the Co-op is making it easier than ever to enjoy an evening of Fondue Fun with our **Traditional Cheese Blends!** From **Emmi Roth USA**, this shredded blend of Gruyere and Emmentaler is ready to use, just add wine! Look for it in the Deli!

The Deli also offers a variety of Swiss cheeses perfect for Fondue, ask one of our friendly Deli staff to point you in the right direction!

TRADITIONAL CHEESE FONDUE

Serves 10; Prep time: 20 min.

- 1 pound Gruyère cheese, coarsely shredded
- 1/2 pound Emmentaler cheese, coarsely shredded
- 1 1/2 tablespoons cornstarch
- 1 garlic clove
- 1 cup dry white wine
- 1 tablespoon Kirsch
- Salt and freshly ground white pepper
- Crusty bread cubes, hard salami and small dill pickles, for serving

In a bowl, toss the Gruyère and Emmentaler with the cornstarch. Rub the inside of a cheese fondue pot or medium, enameled cast-iron casserole with the garlic, then add the wine and bring to a simmer. Add the cheese mixture all at once. Using a wooden spoon, stir over moderately low heat just until the cheese is melted and smooth, about 5 minutes. Stir in the Kirsch and season with salt and pepper. Serve with the bread, salami and pickles.

Recipe by: Chef Ryan Hardy
foodandwine.com/recipes/classic-cheese-fondue

Fondue Sampling and Wine Tasting: from 5-7pm, Dec. 17th at the North Store,

Thursday, the 17th from 5-7pm at the North Store, we will be sampling some delicious lines from local favorites **Lumos Wine Co.**, and at the same time giving you an opportunity to try this whole fondue thing for yourself.

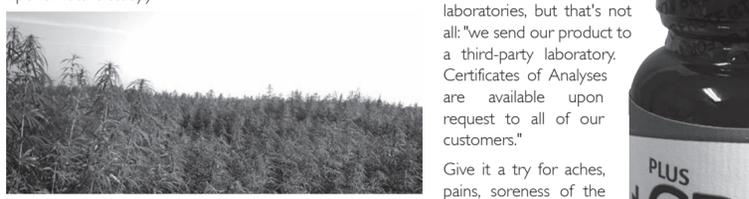
A whole shopping-week before Christmas, this will give you enough time to find a caquelon to call your own, or to give as a gift. And you know where to find the cheese!

CBD OIL FROM INDUSTRIAL HEMP It's Won't Get You High, But It May Help You Feel Better

As far as beneficial compounds found in marijuana, THC is the name probably familiar to most. Recently, though, you may have heard of something called CBD.

Like THC, CBD has myriad medicinal properties. Unlike THC, it's not intoxicating, greatly widening its potential uses. For example, you may have heard stories on the news recently of the potential effectiveness of CBDs in treating children with seizure conditions. Something that wasn't possible with intoxicating THC-based compounds.

Researchers are still teasing out all the potentials of this exciting new compound (just one of the over 60 molecules, known as cannabinoids, found in marijuana, many of which are ripe for future study.)



An industrial hemp farm where low THC high CBD marijuana is grown

At the Co-op, we're excited to be getting in on the ground floor of this little revolution thanks to our forward-thinking Wellness department.

New from **CannaVest**, pioneers in the CBD revolution, comes **Plus CBD Oil**, a line of CBD oil supplements made from industrially grown hemp. Industrial hemp is a perfect



source for their "Total Plant Complex" formulas that are fully traceable, from seed to shelf.

In their own words, "In order to make the highest quality CBD products, we believe it is imperative to be a part of every step of the supply chain process. That's why, from harvesting our hemp seeds to laboratory testing for quality to distributing our exceptional finished products, we are committed to going the extra mile. It's our commitment to you."

Product testing is done in their own state-of-the-art laboratories, but that's not all: "we send our product to a third-party laboratory. Certificates of Analyses are available upon request to all of our customers."

Give it a try for aches, pains, soreness of the joints, and other minor ailments.

The Co-op is carrying **Plus CBD Oil** in capsules, sprays, and balms.

To learn more, visit www.Cannavest.com

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Published monthly, available in both of our stores, online, and at more than 20 local businesses. We reach the people who reach out to the community

For more information including rates and frequency discounts, contact: marketing@firstalt.coop

HOLIDAY GIFT GUIDE

Make your list, check it twice, then head to the Co-op where we've got gifts for everyone, be they naughty or nice.



All Frequent Buyer Cards 10% Off until Dec. 29!



Frequent Buyer Cards

The perfect stocking stuffer for any Co-op shopper. Pay in advance for ten cups of coffee, for example, and you get an eleventh for free. With an additional 10% off, it's like eleven for the price of nine! Cards available for coffee, breakfast wraps, bakery pastries, and oatmeal.



Holiday Chocolate Bars

No stocking would be complete without a delicious Christmas-themed treat. And boy have we got them. Try fun holiday flavors from Theo Chocolate, Seattle Chocolates, and more!



Greeting Cards

Keep ahead of Hallmark with great cards, Christmas themed and otherwise, from Hello Luck, Rigel Stuhmiller, and locally-made Blue Camas Press. Send your love, in style.



Socks

Wintertime is no time to have chilly feet. Give the toasty warm heels and toes with some of our fantastic socks. Merino makes organic wool and organic cotton socks for teeny-tiny feet all the way up to adults. PACT socks are made with super soft organic cotton, wind power, and their cool designs are guaranteed to draw some eyes. Sock it to someone.

Fair Trade Woolens

Keep yourself as warm as an alpaca with fair trade winter woolens from the knitters at Andes Gifts. Hats, scarves, gloves, slippers, and adorable finger puppet critters. There's something warm for boys, girls, men, and women.



Disc Golf Discs

We have a great selection of discs from Innova Disc Golf, one of the biggest and most trusted names in the business. Get some for the disc golfer on your list and you'll be the biggest and most trusted name in gift giving!



Jewelry

Deck your loved ones halls with fun and fantastic jewelry from [Un]possible Cuts and Marquet. Designs from classic and elegant to funky and fresh.



Mugs

Perfect and stylish vessels for teas, ciders, toddies, nogs, glogs, any other sort of steaming sip-ables. We've also got a great selection of tea-brewing supplies, pint glasses, pint glasses, and rugged, stylish reusable water bottles.



Holiday Scented Soaps and Candles

Smells like holiday spirit with these scented soy candles, hand soaps, and dish soaps from Mrs. Meyers. Scents include Orange Clove, Cranberry, and Iowa Pine



Fair Trade Ornaments and Boxes

Hand-carved by Lacama Fair Trade, the carved gourd ornaments look great on trees, and the carved gourd boxes make adorable containers for all things small and precious.



Festively Scented Soaps

It's Christmas in the shower with ZUM's goat milk soap holiday scents. Holiday Almond? Good enough to eat. Minty Pine? Smellin' fine. Frankincense & Fir, because no one wants to smell like myrrh.



Beeswax Candles and candle-making supplies

From Casper Candle, it's candles that just smell like candles, as well as raw beeswax and lip balms. Bees!



Gift bags, wraps, and papers

You've got to hide your gift away, and we've got what it takes. Cloth wraps, decorative bags, classic wrapping papers, and more.



Wheatgrass Juicer

Start enjoying the great health benefits of wheatgrass juice now! Easy to Set up and Clean! Small, Light and Compact! Great for all types of leafy vegetables! Small and light enough to take with you when you travel!

Wheatgrass Juicer

Give the gift of wheatgrass shots with this portable and easy-to-use juicer from Lexen. Turn all manner of leafy green vegetables into healthful green drinks.

BUY Local FIRST

5th Annual Buy Local First Day
Saturday, December 5, 2015

- Visit a participating business for special treats, sales or discounts
- To find local businesses: www.communityba.org or www.sustainablecorvallis.org

Buy Local First Holiday Contest
December 5 - December 12, 2015

- Visit/shop at participating businesses
- Enter to win gift cards or great prizes from CIBA businesses

Buy Local First Events sponsored by:
CORVALLIS SUSTAINABILITY COALITION CIBA Community Independent Business Alliance

December 2015 Community Calendar

Upcoming Events

Library Tour

December 1st, 10am at the Benton County Public Library (645 NW Monroe Ave)
Library Board member, Freda Vars, leads tours of the art at the library. Discover hidden gems and get a glimpse of the library's rich history. Please meet in the 1st floor lobby!
FMI: bonnie.brzowski@corvallisoregon.gov; (541) 766-6793

Graphic Novel Book Club

December 1st, 6:30-7:30pm at New Morning Bakery (219 SW 2nd)
Join the Corvallis-Benton County Public Library sponsored Graphic Novel Book Club the first Tuesday of every month from 6:30pm-7:30pm. December 1st we will be discussing *Bitch Planet, Volume 1* by Kelly Sue DeConnick. 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.brzowski@corvallisoregon.gov

A Conversation with Tracy Daugherty, Author of "The Last Love Song"

Dec. 2nd, 7:30-9:30 pm at CH2M Hill Alumni Center (725 SW 26th St)
Daugherty's new book, *The Last Love Song*, is the first printed biography about the reclusive American author and journalist

Joan Didion's life and career. Daugherty is the author of four novels, five short story collections, a book of personal essays and three literary biographies. FMI: mealoha.mcfadden@oregonstate.edu, (541) 737-6522

International Winter Bazaar

December 4th-5th, 9am-3pm at the Corvallis Multicultural Literacy Center
Showcasing handcrafted gifts by international Corvallis artists, fine ethnic & vintage goods, kid's activities and tasty treats from around the world. Celebrate the season multi-culturally! FMI: Jeanne Lusignan (541) 754-7225

Raising Race-Conscious Children

December 5th, 11am-1pm at the South Co-op Meeting Room.
An action team is forming to help grand/parents teach children about race and support white grand/parents who have children of color. Come help plan future educational sessions. Everyone is welcome. No pre-registration. \$3-\$5 donation (more if you can, less if you can't). FMI: (541) 609-8420, surj@googlegroups.com.

Memory Loss Support Groups

December 8th, 1:30pm at the Corvallis Senior Center (2601 NW Tyler Ave)

For caregivers and family members of persons with Alzheimer's disease or a related disorder. A support group for those with memory loss is held at the same time. FMI: chelsea.chytka@corvallisoregon.gov; (541) 766-6959

Parkinson's Support Group

December 9th, 12 noon at the Corvallis Senior Center
This group provides information and support to those who have Parkinson's Disease, are providing care for someone who does, or those seeking more information about it. FMI: chelsea.chytka@corvallisoregon.gov; (541) 766-6959

Film: This Changes Everything

December 10th, 7pm at the Benton County Public Library
Based on Naomi Klein's recent book by the same title, the film is an epic attempt to reimagine the vast challenge of climate change. Throughout the film, Klein builds to her most controversial and exciting idea: that we can seize the existential crisis of climate change to transform our failed economic system into something radically better.

Free Blood Pressure Checks

December 10th, 9am-10am at the Corvallis Senior Center

Free blood pressure checks at the Corvallis Senior Center! FMI: (541) 766-6959

HOOR Traders Marketplace

December 12th, 11am-5pm
Activities and entertainment. Shop local and meet the folks who accept and trade Corvallis' own local currency. FMI: Cheryl Good, (541) 224-7752; hourexcchange@peak.org

Low Vision/Macular Degeneration Support Group

December 14, 2:00pm at the Corvallis Senior Center
Share information on assistive devices and coping skills for those with macular degeneration or other types of low vision. FMI: chelsea.chytka@corvallisoregon.gov; (541) 766-6959

Coloring Mandalas for Fun, Relaxation and Meditation

December 15th, 6:30 PM at the Benton County Public Library
With The Mandala Lady, Maureen Frank, Kick-off event for a monthly coloring for adults program that will take place on the 3rd Tuesday of each month in the Main Meeting. Supplies, relaxing music, and light refreshments will be provided. FMI: Ruth Rose Hennessey, (541) 766-6793

Ongoing Events

FREE or by-donation listings only • To submit your event, visit firstalt.coop/community/community-calendar/

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 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

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

ECKANKAR, RELIGION OF THE LIGHT AND SOUND OF GOD 1st Sunday, 10am, 425 SW Madison, Suite N. Join us as we sing HU, an ancient name for God. ECK Worship Service, 4th Sundays, 10am. FMI: www.Eckankar-Oregon.org

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: savesonvideos@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

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

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

CORVALLIS MEDITATION COMMUNITY 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

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

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

WELLNESS

COMPASSIONATE COMMUNICATION PRACTICE GROUP Every first and third Monday, 7-9 pm, at 2255 NW 25th Street Support in living the model taught by Marshall Rosenberg. Led by Tina Taylor, CC trainer and counselor. Donations appreciated RSVP and FMI: Tina@tinataylor.co, (541)753-2255

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

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: rthall@peak.org, (541) 758-9340

FREE TEEN YOGA Tuesdays, 4pm. Live Well Studio, 971 Spruce Ave. Yoga just for teens. It's fun and it's good for you too. All teens welcome. FMI: TheresaMcLaren, 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

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: (541) 224-6566

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 google.com/site/wutantaichi

MEMORY LOSS SUPPORT GROUP Every 2nd Tues. 1:30-3pm, for caregivers and family of persons with Alzheimer's or a related disorder. Another group for people with memory loss is held at the same time Free, but registration is required. To register, call (541) 766-6959. FMI: Gene Dannen, (541) 753-1342

PEACE

CORVALLIS RAGING GRANNIES Every Every Tuesday, September to June, Noon to 1pm. Women over 50 meet to rehearse satirical songs to Rally for Social, Environmental and Economic Justice. Ability to Rage helpful, ability to carry a tune optional! FMI: valeriejwhite@comcast.net, (541) 738-8275, or nonie@rice.edu

CORVALLIS SECULAR SOCIETY 3rd Saturdays. Meet 2-4pm, Corl House in Woodland Meadows Park. FMI: (541) 754-2557, 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, (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

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

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.

EZ BLUEGRASS JAM, every Sunday 2-4pm, Jam with other beginning and intermediate-level players. Traditional bluegrass and other acoustic songs. We meet in a private home. FMI: Christine, (541) 738-2610

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 Oct. 17, Nov. 21, Dec. 19, 7:30-9pm, 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

ENVIRONMENT

MARYS RIVER WATERSHED COUNCIL MEETING Second Tuesdays, 6:30-8pm, Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: coordinator@mrvwc.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.orus/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, (541) 753-7689

Health Services Guide

Advertise your health services for only \$40 per ad. Please email your ad to thymes@firstalt.coop by the 15th of the month.

MINDFULNESS-BASED THERAPY

Experienced, caring therapist offers mindfulness and compassion-based individual, couple and family therapy in a peaceful private practice setting. Get help with anxiety, depression, relationship issues, chronic and serious illness, loss and grief, as well as navigating the stresses of pregnancy and parenting. Licensed Marriage and Family Therapist. (541) 286-5087 www.corvallismindfulnesstherapy.org

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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.

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 LLC, 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 Tues-Thus 6-7pm. Gain strength, build confidence, tone & reshape your body. Call Shiikan for an appointment: (541) 207-1009



Un-classifieds

Un-classifieds 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. Maximum length is 100 words.

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 for more details.

GREEN HERON WOODCRAFT

Expert cabinet and trim installation. Fine woodworking, custom furniture. German trained craftsman. (541) 753-2345. greenheronwoodcraft.com

YARDWORK SERVICES:

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

LOOKING FOR ROOM, APT. Prefer S. Corvallis, low rent, trade. Ken (541) 929-4296

FOR A BEAUTIFUL BIRTH, HIRE A DOULA. Mid-Valley Doula Network: www.midvalleydoulas.net.

CALL KORI THE SPOILER overnight pet sitter/house sitter. (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.marybettsinclair.com

DRIED SEAWEED \$40/lb. Dried fruit, kombucha. Ken (541) 929-4296

ERRANDS. Ken, (541) 929-4296

TOTALLY UPDATED WHITEWATER OCEAN VIEW HOUSE in Lincoln City. 2 master suites. 2 large decks. Sleeps 7. Fully stocked. \$165/night + tax, cleaning. 10% Co-op Owner discount. (541) 760-0604

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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

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

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

PARENTING SUPPORT

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

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

NUTS FOR NUTS

What To Do With Our Local Nuts

We all know the song, but how does one go about roasting a chestnut? They're too hard to pierce with my trusty marshmallow and hot-dog roasting tines. What to do?

First, let's use an oven, not an open fire, for safety's sake, and because more people have ovens than fireplaces.

Start by wiping the nuts with a damp rag to make sure they're clean. Next, take your chestnuts and cut an X into each one. This allows steam to escape during the roasting, preventing nuts from exploding in the oven.

Place the nuts X-side up on a roasting tray and put them in an oven preheated to 425°.



It's my time to shine!

Roasting takes 20-30 minutes. They're ready when the shells have all burst open and the nuts inside are golden brown. Remove them from the oven and allow to cool just enough that you can handle them, then peel and eat!

Walnuts are a lot easier. Grab your nutcracker, insert the walnut and squeeze. Don't have a nutcracker? Take two walnuts in your palm, line up the seams and squeeze hard. This should be enough to open up at least one of the nuts.

Hazelnuts? Roast the raw ones in the oven if you'd like, but raw or roasted I prefer just to shovel them into my mouth.

—Adam Payson, *Thymes Editor*



Locally-grown chestnuts at the Co-op



Locally-grown walnuts at the Co-op

First Alternative NATURAL FOODS CO-OP

Fresh, Local, Organic

Organic Roasted Hazelnuts \$10.99/bag

Organic Raw Hazelnuts \$8.99/bag



Dave and Anita of La Mancha Ranch and Orchard, provide us with their lovely hazelnuts.



LOKI SMOKED FISH

Wild-Caught Salmon Direct From the Fishermen

We're proud, and excited to be offering Co-op shoppers Loki Fish Company's wild caught salmon. Here's why.



Loki Fish Company is a family owned and operated company that harvests wild salmon and halibut from southeast Alaska and the Puget Sound. Founded in 1979 by Pete Knutson (that's Pete's boat, Njord pictured above) and his partner Hing Lau Ng. They still run the company, along with their sons Dylan and Jonah.



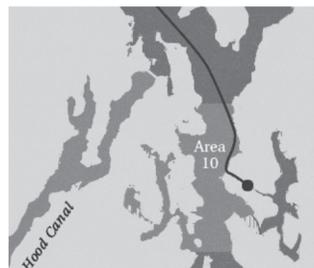
Loki salmon are gillnet caught, handled respectfully, bled and dressed onboard,

immediately chilled to below freezing in refrigerated seawater holds, and then custom processed in Bellingham, Washington.

Loki expanded their operations this past season to include five more boats—each working to Loki's exacting sustainable specifications. This allowed them to cast a wider net (pun quite clearly intended there) and distribute to retail outlets further from home, namely here at First Alternative.

Next time you're in either of our stores, fish lovers, cast yourself (I know, geez) over to our chilled and frozen meat sections and see what Loki has to offer.

They are a real catch!



Loki's Puget Sound fishing grounds (Area 10)

LOKI FISH COMPANY

Smoked SALMON CANDY

SOCKEYE LOX

Smoked PINK SALMON

Smoked PINK SALMON

Don't let these be the ones that got away! Gotta catch 'em all!

CO-OP CLASSES & EVENTS

DECEMBER

Classes

Tuesday, December 1st • 7-8:30pm
South Co-op Meeting Room
Crater Lake Hiker Toolbox (Part 3)

Cost: \$15/free for JessBfit Crater Lake team members
Safe winter outdoor recreation depends on having a wide spectrum of practical skills, including navigation, pre-trip planning, and decision-making skills. In this class we will discuss the basics. Resources for further study will be provided to all who attend. While reading about these topics is a great way to get started, it is no replacement for practical experience. This class is intended to be a jumping-off point for beginning outdoor winter travelers.

More information about this series at:
<http://www.jessbfit.com/crater-lake-prep-2015>

Saturday, December 5th • 11am-1pm
South Co-op Meeting Room
Showing Up for Racial Justice

Cost: \$3-\$5 donation requested (more if you can, less if you can't)
Corvallis action teams are forming with the following goals: amplifying the voices of people of color; implementing Campaign Zero to ensure safe policing; examining racial equity in schools; raising race-conscious children; and supporting the creation of a permanent downtown homeless shelter.

Everyone is welcome. No pre-registration required.
For more information call (541) 609-8420 or email surj@googlegroups.com

Sunday, Dec. 6th • 1-3pm
South Co-op Meeting Room
Natural Incense Making

Cost: Free
Join Llewellyn Publications author Carl Neal for an afternoon of natural incense making. Learn the secrets of turning gifts from nature into amazing incense sticks, cones, and more that are free of synthetic fragrances and ingredients. Everyone will get to make incense to take home to enjoy or give as gifts (just in time for the holidays). All tools and supplies are provided at no charge. Incense making books, tools, and kits will be available for purchase during and after the workshop.

Carl F. Neal is the author of *Incense: Crafting & Use of Magical Scents*, *Incense Magick: Create Inspiring Aromatic Experiences for Your Craft*, and *The Magick Toolbox: The Ultimate Compendium for Choosing and Using Ritual Implements and Magickal Tools*.

Look for Carl Neal's newest book from Llewellyn Publications in December, 2015!

Register for classes online at www.eventbrite.com



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Events

come
Caroling
at the
Co-op
with the
Hammered Brass Quintet

December 13th
from 3-4pm
at the North Store



Have you talked to MOM lately?

Day one is all fun and games, but we want your ideas for keeping the inmates happy during prolonged snow events. We may include your comments in an upcoming issue! Like us on Facebook.com/lovemommag.

MOM MAGAZINE
editor@mommag.com
www.mommag.com

BEANS FOR BAGS 2016 ELECTION RESULTS ARE IN

The Beanvelope Please...
Voting Co-op Owners have spoken! Here are the local charitable and environmental organizations that received the most votes. We've listed the winners in the order they'll be appearing in our Bean Towers.

QUARTER ONE JANUARY-MARCH

- Community Outreach
- Edible Corvallis Initiative
- Philomath Community Cleaners
- Senior Dog Rescue



QUARTER TWO APRIL-JUNE

- Benton Hospice
- Coastal Range Food Bank
- Corvallis Environmental Center
- Marys River Watershed Council



QUARTER THREE JULY-SEPTEMBER

- Friends of Corvallis Parks & Recreation
- Grace Center
- Linus Pauling's Healthy Youth Program
- Work Unlimited



QUARTER FOUR OCTOBER-DECEMBER

- CARDV (Center Against Rape & Domestic Violence)
- Co-op Recycling Center
- CASA (Court Appointed Special Advocates)
- Ten Rivers Food Web



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 October-December 2015

- CARDV (Center Against Rape & Domestic Violence)
- Chintimini Wildlife Center
- Co-op Recycling Center
- CSC Youth Garden

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

Sugar and Spice...and everything nice

Sweet and Spicy Gingerbread House

With the black pepper in the garam masala, this gingerbread has a little more kick than your average snap. Look online to find a template or make your own!

- 1 cup butter
- 1 cup sugar
- 1/2 cup brown sugar
- 1/2 cup molasses
- 4 1/2 cups flour
- 1 tsp baking powder
- 1 Tbsp ground ginger
- 2 tsp garam masala

Melt butter and add sugar, brown sugar and molasses. Stir to dissolve sugar and allow to cool to lukewarm.

Meanwhile, stir together dry ingredients. Pour in wet ingredients and stir to form pliable dough. Wrap tightly and refrigerate 20 minutes or up to 3 days.

Cut out sides, roof, front and back of your house from heavy cardboard. Roll dough out to 1/4" directly on an ungreased baking sheet (one without sides works well) and cut out your shapes, two of each. Leave 3/4" in between them. Cut windows and doors but do not remove until after baking. Roll out extra dough and make gingerbread men or other decorative elements if you desire.

Bake 12-15 minutes or until firm and a shade darker. Remove and cover the shapes with your templates again, trimming the pieces back to their original size. Cut out and remove your doors and windows. Allow them to cool on the pans.

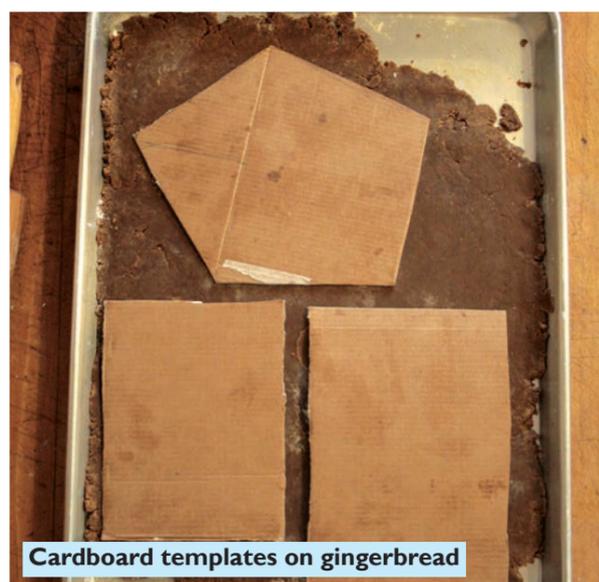
Cut out another generous rectangle in cardboard. Prepare icing (recipe to the right) and arrange the sides and front and back of your house on the rectangle. Squeeze a generous amount of icing along the bottom edge of each piece and stand them up, sealing the edges well both inside and out with additional icing.

Allow the sides to dry and firm before adding the roof. In the meantime, decorate the sides using icing as glue.

To attach the roof, put a generous amount of icing along the rooflines and tops of sides. Place the roof gently and press into place.

Repeat with the opposite side and complete your decorating. Display your house proudly. Keeps up to 1 month.

Busy Parent Option: Skip making gingerbread and use graham crackers instead! Gently cut sloped sides for rooflines and follow assembly instructions above. (A great option to keep the littles busy as you work on your masterpiece)



Cardboard templates on gingerbread

I have to admit I was a little bit daunted when I got the assignment this month to make a gingerbread house for the Thymes.

Sure, I've always admired the lovely, lacey edifices you see during the season, the painstakingly detailed designs and the creative use of food as architecture. But cooking something that's not going to be eaten just confuses my good German sensibilities. And what if it wouldn't stand up? What if it crumbled? It was a cookie, after all.

Now that I have kids the activity of making houses with candy has begun to seem like a sort of good idea...if it's after lunch

time and on a sunny day when they can run around outside after sneaking bites of the decorations, that is.

So I got out my cookbooks and perused the web for a recipe to bring you, my fellow adventurers, the best gingerbread house recipe I could find. I tested it and tasted it and tweaked it and found that, all my fears aside, it's a pretty darn awesome and rewarding experience!

So grab your favorite goodies from bulk and get building. It's a new classic.

—Emily Stimac, *Thyme Garden*, *Thymes Contributor*

Icing

Yield: 6 cups

- 1/4 tsp cream of tartar
- 6 cups confectioner's sugar
- 4 large egg whites, at room temperature*
- 2 tsp lemon juice
- Special equipment: pastry bags and decorating tips

Sift together confectioner's sugar and cream of tartar. Beat egg whites until stiff, then gradually add sugar and lemon juice. Thin with more lemon juice or water. Cover except during use to maintain consistency.



Roof



Side Window



Assorted bulk decor: jelly beans, chocolate covered raisins, yogurt pretzels, candy canes, dried fruit & nuts. Leftover candy makes for perfect stocking stuffers!

*If you are concerned about food-borne illness, pasteurized egg whites are available in our refrigerated dairy section.



Anika shows off her graham cracker house!

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DECEMBER EVENTS

MAKING SPIRITS BRIGHT
 A WINTER DANCE CONCERT
 FEATURING DOWNTOWN DANCE, MODERN DANCE TECHNIQUE, PACIFIC TAP DANCE COMPANY, & WILLAMETTE APPRENTICE BALLET
DECEMBER 5

THE BEST CHRISTMAS PAGEANT EVER
 BY BARBARA ROBINSON
DECEMBER 11-20

THE LAST ROMANCE
 BY JOE DiPIETRO
DECEMBER 27

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