

First Alternative
NATURAL FOODS CO-OP



FEBRUARY
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Community Monthly

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THYMES

FIRST ALTERNATIVE

PRESENTS THE
4TH ANNUAL

CO-OP

WINTER WINE SOIRÉE



THE
ROARING
TWENTIES



18 DOLLARS
IN ADVANCE

22 DOLLARS
AT THE DOOR

AT THE
**MAJESTIC
THEATRE**

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campaign

230



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coop kitchen

sweet specials for the
month of February

Sweetheart Cookies & Chocolate Torte For Two in the Grab & Go!



FA THYMES

First Alternative Co-op
Community Monthly

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. Owners may receive the paper via mail. It can also be viewed online at www.firstalt.coop.

Editors: Donna Tarasawa & Emily Stimac

Design/layout: Emily Stimac & Jessica Brothers

Photography: Emily Stimac & Jessica Brothers

STORE LOCATIONS & HOURS

SOUTH STORE:

1007 SE 3rd St., Corvallis, OR 97333
Phone: (541) 753-3115 Fax: (541) 753-8401
Open 7 days a week, 7am-9pm

NORTH STORE:

2855 NW Grant Ave., Corvallis, OR 97330
Phone: (541) 452-3115 Fax: (541) 758-4257
Open 7 days a week, 7am-9pm

Web site: www.firstalt.coop

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Editor's email: thymes@firstalt.coop

FA Board's email: faboard@peak.org

VISION STATEMENT

First Alternative aspires to be a cooperative model, providing high quality natural and organic products in a community oriented store.

MISSION STATEMENT

First Alternative is a community market aspiring to be a model for environmental sustainability through our purchasing and workplace practices. We:

- seek to honor our traditions and build upon our potential.
- are committed to cultivating tolerance and diversity in our operations.
- strive for excellence in our products and services, including wholesome organic foods, innovative education and community outreach, while offering high quality, local, organic and minimally packaged products whenever possible.
- will act ethically and appropriately in our pricing practices.
- seek to provide a democratic business climate, fostering worker and Owner participation, according to cooperative principles.

THE INTERNATIONAL COOPERATIVE PRINCIPLES

Voluntary and Open Membership
Democratic Member Control
Member Economic Participation
Autonomy and Independence
Education, Training, and Information
Cooperation Among Cooperatives
Concern for the Community



Toni Hoyman,
Board Member

the board's month in review

We were joined at our January board meeting by Linda Kapuler. She had previously spoken to the Board regarding her concerns about GMOs (genetically modified organisms) creeping into First Alternative's products and deli offerings. This is a concern the Board, General Manager, and staff share. As the food "industrial complex" flexes its muscles, FA will be stepping up its diligence so our staff will be well-informed purchasers of the products they choose to bring to our stores. FA strives to have clear informative labeling, and suggestions for improvements are always welcome.

Linda mentioned a recent documentary, "Genetic Roulette, The Gamble of Our Lives" that she strongly recommended to the Board; most of us had viewed it. Several board members had gone further in researching some of the information presented in this documentary, as well as some of the scientists in the film. The Board discussed the possibility of FA sponsoring a public viewing, as part of our efforts to educate our owners and shoppers about the GMO issue, but no final decision or plan was made at this meeting. Linda gave us a copy of "Genetic Roulette" which the Board greatly appreciates. You will be hearing more about this very important food and health issue in the future.

Our Capitalization Committee and management discussed a great new project called the "230 campaign." This is an effort to raise capital to give a boost to FA. Ownership starts at \$70 but everyone can "buy in" up to \$300 total. By adding another \$230 to your ownership you will be helping FA grow capital, which has been a challenge in this economy. Ownerships for low income owners can be purchased for as little as \$5.00 down and \$2.50 per month, \$15 down and \$5.00 per month for those owners that don't qualify as low income (levels based on SNAP guidelines), or in a \$70 lump sum. To increase the equity on your share you can pick up one of the cranes at the register, have your cashier scan it and put in whatever additional equity you wish, up to \$230 over your initial \$70 investment. Capital funds go for things like a new roof for the South store or other larger repair projects. Owners with current addresses on file were sent a letter explaining the 230 fund drive happening this month. We encourage all who can increase their contributions to do so.

Towards the end of our meeting we talked about the 2014 FA Board elections. BREC (Board Recruitment and Elections Committee) asked if Dan, Camille, or Melissa planned to run for re-election. Dan and Camille have decided not to run for various reasons involving life changes, work, etc. Melissa has not given a final answer. We will have at least 2 openings for the Board this year. I encourage owners to consider

serving on our Board. This is a great opportunity to represent owners, influence the direction of our co-op, and represent First Alternative in our larger community. You can find more information about running for a Board position by reviewing the candidate packet at Customer Service at either store or looking online at: <http://firstalt.coop>.

Finally, I would like to take this space to thank our 2 departing Board members:

I recruited Camille Freitag to join the Board at a difficult time. She stepped into her role willingly, openly, and competently. She has been a strong and reasoned voice. I was Board President when she joined and I asked her to Chair the Board Recruitment and Elections Committee at her first meeting. She guided this committee to its current streamlined efficient form. Camille served two terms as Board President, leading us through our second, and successful, GM search and she has been a committed force on our Policy Governance Committee. Thank you for your service...your voice and intellect will be missed.

Dan Shapiro impressed everyone early on when he ached his interview on NPR Weekend Edition Sunday Puzzle with Will Shortz. Yes, I was listening that day and was very surprised to hear a newly elected Board member...he was amazing! Besides that, Dan has been the ever-present "English Major" helping to make our communications real good :) He also has

served two terms as Board President and led us during some tough times. He has been fair and creative in his leadership. A big thank you to Dan...we will miss the humor you brought to our meetings.

As the food "industrial complex" flexes its muscles, FA will be stepping up its diligence so our staff will be well-informed purchasers of the products they choose to bring to our stores.



campaign 230

230 Campaign Forum

Tuesday, Feb. 11th 6 pm

North Store Meeting Room

Talk with the Co-op Board, General Manager, and Finance Administrator about the campaign and learn more about how you can help the Co-op be even stronger!

Oregon Organic products

We offer: Quality

- ★ Assorted Pickles
- ★ Albacore Tuna
- ★ Fruit Spreads
- ★ Salsa
- ★ Pickled Beets
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look for us at your Co-op

welcome

First Alternative Co-op
welcomed 50 new owners
in December, for a total of
9568 Co-op owners!

Co-op owners enjoy:

- Monthly Owner Sale Day Discounts
 - Electing Co-op Board of Directors
 - Voting for Donation Recipients
 - Receiving Co-op Thymes via mail
 - Patronage Dividends as profitability allows
 - Community-owned business
 - Support Owner Worker opportunities
 - It's refundable!
- To buy an owner share, please stop by Customer Service or call 541-753-3115 or 541-452-3115.

we are the co-op

month of love: from chocolate to your co-op



Cindee Lolik,
General Manager

This month I think we can relate to the film "Nothing Like Chocolate," presented at the Environmental Center's Eco-Film Fest this February 7th.

Valentine's Day is just around the corner and chocolate is one of the ways some folks in our culture choose to show their affection to the ones they love and there are so many different ways to say it with chocolate! This film is about an incredible "bean to bar" chocolate factory in Grenada, Spain, that was built to avoid all the humanitarian pitfalls that so many workers in the chocolate industry face every day to harvest the cacao that makes those tantalizing treats.

It is an example of the practices that your Co-op holds in high regard and looks for when we select the chocolate we sell in our stores. Fair Trade, Sustainable, Organically Grown, non-exploitative of the workers involved. I'm hoping you can all come out and see the film which will be showing at the Odd Fellows Hall at 6:30pm on the 7th of February. The Co-op will have some awesome chocolate samples available at the screening. For more about the series, see page 13.

From Chocolate Love to Co-op Love. In 1999, First Alternative became a true cooperative under Oregon law and a share price was set at \$70 per owner. In the intervening years we have chosen to keep that share price affordable for all and have not raised the price of share in spite of increasing costs to the business. If you did a survey of food co-ops around the country you would find that there are co-ops that charge \$100 per share, \$200 per share and some have exceeded \$300 per share to become an owner. This February, as you will see in a short article in this newsletter, we are letting our owners know that there is a way for them to invest more in their cooperative enterprise here in Corvallis.

According to Oregon law, any co-op owner may invest up to \$300 in the Co-op, that's an additional \$230 that you can add to your share equity to help First Alternative keep up with equipment replacement, structural repairs to the stores, and to keep equity on hand should we have any major equipment failure. This month you will see cranes hanging at the cash register that you can give to the cashier with your groceries and make an additional equity investment in First Alternative – an investment that you will see in the continued growth and financial success of the only locally-owned and operated grocery store left in Corvallis. We are shooting for the moon with a target of \$230,000 in additional equity this month. Please join me in writing a check to the Co-op because we are the Co-op and we are truly all stronger together.

Interested in serving on the Board of the Co-op?

Owners interested in candidacy should contact Toni Hoyman of the Board Recruitment and Elections Committee at 541.929.5452 via e-mail at hexagon@exchangenet.net or at www.firstalt.coop.

Board application packets are available at www.firstalt.coop and at customer service in both stores. **Applications are due by March 31st.**

Elections will be held in June.

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creating value

A triple bottom line adds value to

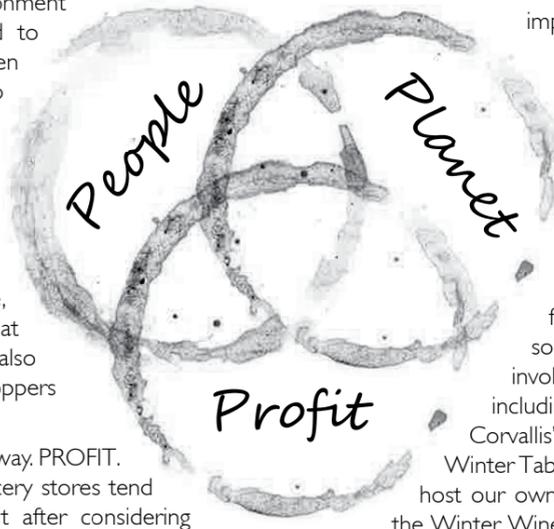


Brian Peat,
South Store Manager

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." ~Harriet Tubman

I think a lot on value and what it means to different people. To some, value is nothing more than the lowest cost for any particular item. To others, it may have more to do with how much a company's practices align with their own personal values. To me, value is a trait that makes something worthwhile.

Allow me a moment, if you will, to explain myself a little. Here at First Alternative we like to gauge ourselves based on a triple bottom line. Instead of measuring our success on nothing more than the dollars and cents at the bottom of our profit and loss statement, we measure our progress on three things: people, planet and profit; or in some circles it may be said as community, environment and economics. Yes, we need to make money to remain open as a business and hold true to our fiduciary responsibilities. It is equally important to us that we constantly work to improve our environment and our relationship with our community and its people. I talk about this because, to me, the things we do to achieve that triple bottom line happen to also create great value to our shoppers and owners.



Let's get the easy one out of the way. PROFIT. We all know about profit. Grocery stores tend to run on a 1%-2% net profit after considering the cost of product, wages, taxes, leases, etc. That is pretty slim. And even minor unexpected repairs to facilities and equipment can eat into that very quickly. We need to continue to run a profitable business, while holding to our moral and ethical standards, so that we can do more of all the wonderful things that contribute to our triple bottom line. It also helps us to continue to pay out a little short of \$3,000,000 a year in wages to hard working people that live in our community as well as supporting many local farmers and food producers through a high percentage of our goods coming from local sources.

PLANET. First Alternative employs many environmentally friendly practices in our effort to be good stewards of our planet. Ranging from rainwater collection and solar arrays to recycling and composting practices throughout our organization. Our pre-consumer compost goes to many local farmers and gardeners and we even offer recycling services to our community through our recycling center at the South Store! We have an extensive bulk selection, reducing our packaging impact, we offer incentives to bring your own bags and re-using boxes and we even sanitize used containers for you to use for our bulk goods and food.

PEOPLE. The other two bottom lines also impact this third one greatly but there is much more we do in this regard as well. First Alternative, and co-ops in general, are community hubs; meeting places for people to gather, socialize and share ideas. We offer an array of classes, both for education and socialization. First Alternative offers a meeting room that is open for community use (and booked solid on a regular basis). We also get involved in many community events including, but not limited to, daVinci Days, Corvallis' Food Day Celebration, Locavore Winter Table and Chocolate Fantasy. We also host our own community based events such as the Winter Wine Soirée, Harvest Hoedown and, as of this year, our first annual Wellness Fair! On top of all this, we donate thousands of dollars every year through programs including Beans for Bags, local schools, gleaners, and many other small donations.

After writing the above, I keep thinking of more and more awesome things First Alternative does to be a community oriented business and improve all three bottom lines but I can't list them all. I would probably fill up the majority of this publication if I tried. We do all of this because we care about you, our community and our planet. Selling groceries is our business but providing value is our passion.

Soil sale one day only; limited to pre-orders

For many years, a fertilizer sale sponsored by Tilth Organic Gardening Club was held in the parking lot of the First Alternative Co-op, South Store. This year the sponsoring organization has a new name: Growing Organic and has become a chapter of the Ten Rivers Food Web. The fertilizer sale has been reorganized and so gardeners need to act soon. Many of the same excellent amendments plus some new ones are available. However, all items must be preordered

before February 10 by full sack or container only. There is only one pick up at the South Co-op parking lot on March 1. People with small gardens may want to get together a group of friends to share an order. Order your organic fertilizers and soil amendments through the 2014 Growing Organic Amendment Sale! For order forms & additional information, please visit www.tenriversfoodweb.org and search for soil sale.

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 Wednesday, February 5th
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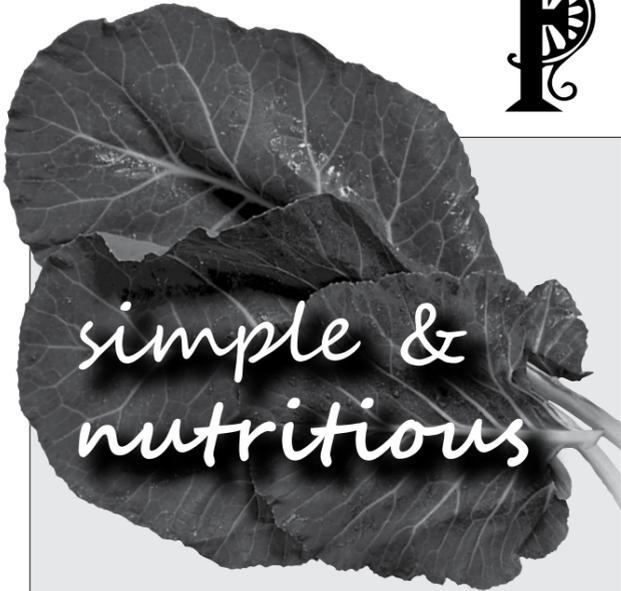
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FEBRUARY

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simple & nutritious

Here we are one month into 2014. In January many of us made resolutions to eat more healthfully and maybe we've let that goal slip away. Well, it's February, and Valentine's Day is on the 14th. Why not renew your wish to eat a more nutritious diet with some delicious heart healthy produce-based recipes? Here are some easy menu ideas, along with why they are so good for you!

Let's start off with **collards**. You're in luck as we've Denison Farm collard greens in stock right now! Aside from being rich in Vitamins A, C, and K, collards have been shown to increase cardiovascular health with a terrific dose of cholesterol lowering antioxidants and micro-nutrients. One of my favorite preparations is to slice it into 1/4 inch ribbons and sauté it with a couple cloves of our local garlic and Gathering Together Farms shallots. I then mix it up with quinoa (a complete protein that cooks in just 15 minutes!) from our bulk section and finish it off with chopped La Mancha hazelnuts (warning: these nuts are addictive!). It's a quick nutrient-packed dinner that's Local 6, too!

Another simple recipe I like is what my family calls **'beets and sweets.'** We peel and dice 2 or 3 beets, along with a chopped sweet potato. Cut the sweet larger than the beets as they cook at different rates. Mix them with grapeseed oil, a sprinkle of sea salt and a tablespoon of cumin and roast for 40 minutes, stirring it up halfway through. Serve this alongside a simple salad made with Denison's salad mix, a squeeze of fresh lemon juice and a splash of olive oil. Yum!

Finally, we're silly with excellent **organic citrus** now (my favorite are tangy blood oranges!). As we all know, citrus fruits are champions of Vitamin C, but were you aware that a single orange can give you 200 mg of potassium -- a mineral essential for maintaining normal blood pressure? Whole fruits, rather than juice also have more fiber so you're giving your digestive system a boost to boot!

Keeping your body working properly is easy to do when you eat a proper diet. Show your loved ones you care by keeping yourself in great health with the aid of First Alt's Produce section!

- Kate Ottersten

healthy & single in bulk!



Opening day for the winter Olympics is the 6th, the perfect time to curl up with some hot chocolate, tea or coffee and watch the games. We've got all of these options in bulk with lots of teas to choose from that support your heart with **catechins and flavonols**.

Celebrate **Singles Awareness Day** on the 15th with a little of this and a little of that from bulk! Whether you have a special someone or not we've got lots of fair trade and organic treats for you, like chocolate-covered ginger, almonds, raisins and peanuts!

If you prefer to create your own masterpiece mix we have many options to tempt and inspire; white, milk, or dark chocolate, cacao nibs, baking cocoa, dutch cocoa. Just buy a little of each and mix them at home! We even have unsweetened and soy free options.

American Heart Month makes bulk the perfect place to shop for many of the best heart healthy foods.

- We have a variety fabulous **dark chocolate** for heart healthy reservatrol and cocoa phenols.
- **Ground flaxseed** blends easily into all sorts of foods: yogurt parfaits, morning cereal, homemade muffins, or cookies and is a good source of omega-3 fatty acids; fiber; phytoestrogens. **Beans** aren't just a musical fruit, they are packed with B-complex vitamins, niacin, folate, magnesium; omega-3 fatty acids, calcium and soluble fiber.

• **Almonds and walnuts** are loaded with Plant omega-3 fatty acids, vitamin E, magnesium, folate, fiber, mono- and polyunsaturated fats and phytosterols. Mix some of your favorite nuts into yogurt, trail mix, salads, pasta dishes, cookies, muffins, pancakes, or whatever arouses your palate.

• **Tofu** supports your heart with niacin, folate, calcium, magnesium and potassium. Making tasty tofu is easy, just slice, marinate and grill or fry it.

• **Blueberries** are a nutrient power house with beta-carotene and lutein (carotenoids), anthocyanin (a flavonoid), ellagic acid (a polyphenol), vitamin C, folate, calcium, magnesium, potassium and fiber. **Cranberries, strawberries, raspberries and marionberries** are potent too, and you can find them all in our bulk freezer. Add some to your **oatmeal**, which is full of omega-3 fatty acids, magnesium, potassium, folate, niacin, calcium and soluble fiber; for an extra delicious heart health boost.

• Last but not least, we have several kinds of **brown rice** full of B-complex vitamins, fiber, niacin, magnesium and fiber. Just add some veggies and you have a quick, simple, heart healthy meal.

- Nina Fredrickson



heart wise with CoQ10 & hawthorn

Love is in the air and we can't help but get swept away in the process of pleasing those we care about most. But to do right for others, you must first do right for you.

What better time to start taking care of your most precious organ—your heart!

We are pleased to offer two great supplements to promote healthy blood flow: CoQ10 and Hawthorn berry.

"CoQ10's energy generation makes it vital to heart health, while its powerful antioxidant properties add yet another layer of protection in maintaining a healthy heart. Together with vitamin E, CoQ10 fights damaging free radicals," states the Dr. Oz website.

treating a long list of cardiac, respiratory, and circulatory conditions...Hawthorn berries are especially helpful in combating heart disease, high blood pressure, palpitations, chest pains (angina) and elevated cholesterol levels."

Try our Herb Pharm Hawthorn Berry tincture in addition to your daily diet. CoQ10 is a super potent antioxidant, which can help protect your heart from free radical damage in our increasingly toxic environment.

Learn more: <http://www.naturalnews.com>

-Sara Spencer



According to Naturalnews.com, "The University of Maryland Medical Center states that the antioxidants found in hawthorn berries may be responsible for

MOM

MAGAZINE

Check out the next issue for helpful tips in the Healthy Living MOM feature editorial from

www.mommag.com

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 Dufner, Director, Nestucca Sanctuary

"Thanks so much for helping us...I really appreciate it!"

-Louise Tippens, Director, Environmental Federation of Oregon

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John Madsen

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BRAND SPANKIN' NEW RISING STARS ON THE CO-OP SHELVES

BULK

- **Coconut Aminos** from **Coconut Secret**, \$7.99/lb. Raw, organic, soy-free, gluten free and packed with amino acids, vitamins and minerals!
- **Follow Your Heart Soy-Free Vegenaise**, \$4.69/lb, offers all of the great taste of original Vegenaise, but now in a soy-free version! It's smooth, creamy, delicious, and of course, entirely vegan and gluten free!



WELLNESS

- **Good Clean Love** from Eugene makes natural, edible lubricants and massage oils and they are making a return debut here at the Co-op with certified organic ingredients, vegan and cruelty free. Great gift idea for all the local lovers out there.
- We're excited to have a new vegan protein to add to our selection made by one of our favorite companies, **HealthForce Nutritional**. Their Green Protein Alchemy boasts a product that is 100% whole foods, 100% complete protein, and filled with 100% super foods. It is an incredibly cleansing and energizing protein like you've never had before!
- **Mychelle** has a new line called **Pure Harmony**, which we are thrilled to bring you. This line of products was specifically created for sensitive skin types to help reduce the inflammation and irritation other skin care products can cause.

CHEESE

- Back by popular demand, **Kerrygold's Cashel Blue Cheese** is a creamy Irish farmhouse cheese, made with milk from grass-fed dairy cows that graze on Ireland's lush and nutrient-rich pastures. Cashel Blue's robust flavor pairs well with ripe pears and figs, or atop a grilled steak or leafy green salad.
- **Rivers Edge Chevre Up In Smoke** was voted Best American Cheese 2013 by the World Cheese Awards. Handcrafted in the Oregon Central Coast Range, Up In Smoke is smoked fresh chevre, made from milk of goats pastured all year. The fresh chevre is wrapped in smoked maple leaves spritzed with bourbon. Enjoy this rich and delicious chevre and its essence of campfire with a good bottle of Oregon Pinot.

Random acts of yummy food!

One day you will ask me which is more important? My life or yours? I will say mine and you will walk away not knowing that you are my life. —Khalil Gibran

With all the things to celebrate in the shortest month of the year, a stop in the grocery department can help you be prepared. Holidays like **Make a Friend Day** on the 11th and **Random Acts of Kindness Day on the 17th should be everyday!**

February is **National Snack Food Month** and we can help with a nice selection of snack foods like the new great tasting Epic Bars (Turkey, Beef, Lamb and Bison), high in protein yet dairy and gluten free. Other snack foods include Dang Toasted Coconut Chips, Nuts Around the World nuts, Made in Nature fruit and Quinn Popcorn, to name a few.

Feb 7th is **National Fettuccine Alfredo Day**. We carry a variety of wheat pastas as well as wheat free and gluten free pastas. Mix together with Newman's Own Alfredo Sauce or Simply Organic Alfredo Mix for a delicious meal—don't forget the sourdough bread, a Willamette Valley Pinot Noir and candles.

February 11th: **Don't Cry Over Spilled Milk Day**. If you do tip over your moo juice (or any kind of juice for that matter), we have tissues to dry your tears and milk to replace what was spilled.

February 14th: **Valentine's Day**, and at the Co-op we can definitely help the chocolate lovers with these Organic and/or Fairtrade Certified brands: Equal Exchange, Madécasse, TCHO, Alter Eco, Dagoba and Nibmor; with flavors like Lemon Ginger, Orange, Caramel, Mint, Hazelnut and with Cherries...it just so happens February is **National Cherry Month**, too.

Feb 16th: **Do a Grouch a Favor Day** (see Feb 17th).

The month of February is also **National An Affair to Remember Month** and **Creative Romance Month**...just saying.

So, I hope everyone enjoys every day in February. It is the shortest month of the year, but long in Friendship, Love, Snacks and CHOCOLATE. - Stan Horsey

Slow food in a hurry

The holiday may be over, but alas, winter remains in the valley! The days are short and everyone is busy, and this is the time of year when all those well-intended New Year's resolutions to take better care of ourselves can tend to get lost in the shuffle of day to day life.

Let's face it—though it can be incredibly rewarding, cooking whole foods for ourselves and our loved ones can also be hard!

It takes planning and time, and then there's that whole part where you have to clean up afterwards!

That's where the Co-op Kitchen comes to the rescue. Our full service Deli remains the best place to eat in town, where you can get slow food in a hurry!

Our hot food bar features a rotating daily menu at both stores, where we offer

consciously raised meat dishes made with free-range chicken, locally raised and grass-fed beef, and sustainably caught, wild Pacific seafood.

We strive to meet the needs of our customers with special diets, offering wheat-free, vegan and vegetarian choices in abundance, made for you, in house, from scratch, everyday.

Our deli cases are packed with fresh salads and sides made from local and organic farmers, and don't forget about our hot and ready organic brown rice; at only 49¢ a scoop it's a super affordable way to complete a meal. But no meal is really complete without dessert, and our Bakery never disappoints! Featuring made-from-scratch sweet treats with fair trade chocolate and local fruits. Go ahead and treat yourself!

- Makenzie Kaiser

Natalie's Wellness Tip:

Try experimenting with essential oils:

I love using essential oils in my home, bath, car and body care. They offer a lot more than just a nice smell. They can energize you to help keep you awake and alert during road trips, calm you to help you go to sleep and cheer you when you are blue. Here are some of the things I like to do:

Mix peppermint essential oil with water in a small spray bottle and keep this in your car. A spritz of this will help you keep your wits about you on a long road trip. Also, citrus essential oil is a great complement. Conversely, try lavender to support feelings of calmness if you struggle with road rage.

Clary sage can uplift your mood. I like to mix it with Epsom salts for my own bath salts or put a few drops in my unscented lotion so I can carry that scent with me throughout the day. One of my personal favorite combinations is clary sage and bergamot. This combination is crisp, fresh and buoying.

I love mixing essential oils of my choice to my washing machine water or unscented spray cleaner. There are a myriad of combinations to try out. Be creative, you can hardly go wrong!

Look for Aura Cacia and Simplers Essential Oils in the wellness aisle.

A Few Essential Oils & Their Benefits:

Lavender: Calming, Balancing, Relaxing, Soothing

Peppermint: Vitalizing, Refreshing, Cooling

Clary Sage: Centering, Visualizing, Euphoric

Citrus: Cheering, Refreshing, Uplifting

Sandalwood: Stabilizing, Meditative, Sensual

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Tofu Spice Mix Pancake Mix
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upcoming co-op classes

Classes in the South Store Co-op Meeting Room unless otherwise noted.

EASY ONLINE REGISTRATION!
Please visit firstalt.coop and click on 'Classes to register!'

Thursdays, February 6 & 20 • 6:30-8:30pm

Soul Collage

Experience this fun and empowering process using magazine and photo images. We make a deck of cards that reflect our many-faceted selves in surprising and delightful ways. It's a story of You. A visual map of the psyche. Meets every first and third Thursday. Materials provided.

Cost: \$8 Co-op Owners, \$10 General Public
FML: Lucy, 541-704-0135

Sunday, February 23 • 2-3:30pm

Making Herbal Medicines for Kids & Babies

with Laurel Buley

A class designed for moms, dads, grandparents and kids who want to make safe & affordable home remedies for everyday ailments and overall health (kids attend for free). In this class we explore recipes together and learn about three classic, everyday herbs for kids. Each participant will go home with two external products made in class, specific to the little ones in our lives, as well as an additional handout with recipes to try at home. Materials provided

Class size limited to 15 adult participants (kids free)
Cost: \$18 Co-op Owners, \$20 General Public

Tuesday, February 11 • 6:30-7:30pm

Outdoor Fitness Series

Part 2: Food and Water for Winter Outdoor Recreation

Join personal trainer, Jess Beauchemin of JessBfit to learn about various options for trail foods and hydration strategies for your next backcountry skiing or snowshoe outing. We'll talk about how many extra calories you burn in winter activities and how to make sure you're eating enough while on the go. We'll also talk about fluid requirements, the hype about electrolytes, and how to keep your water from freezing when the temperatures drop below 32 degrees. Food and beverages provided.

This class is being offered free of charge by professional personal trainer, Jessica Beauchemin.

FML: <http://www.jessbfit.com/>
Cost: FREE

Tuesday, February 25 • 5-7pm

Mung Bean Pancake Class

with the Co-op's Makenzie Kaiser and Yadira Ruiz

Hungry for the Co-op's famous Mung Bean Pancakes? We were all sorry to see them go but fear not, you can learn how to make them at home! The Co-op's Kitchen Queen, Makenzie Kaiser and the Co-op's Demo Diva, Yadira Ruiz will walk you through the process, demonstrating the how to's, step by step. You will get to have a small taste of the finished product and leave the class with a recipe and the satisfaction of knowing you can make more on your own!

Class size limited to 20 participants
Cost: Free

Thursday, February 13 • 7pm-8pm

Hairbraiding for Beginners & Pros

with Raychel Emmons

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

Class size limited to 20 participants.
Cost: FREE

Thursday, February 27 • 7-8:30pm

Well Beyond the Affordable Care Act

with Michael Huntington, MD

A 90 minute discussion of how we in Oregon can lead the way to the sustainable health care system that the Affordable Care Act was intended to give us but fails to. We will show the 27 minute film, "The Health Care Movie" and facilitate a discussion of what we can learn from our neighbors to the north as we make sure every resident of the US has access to health care.

Space limited to 40 participants.
Cost: Free

Learning keeps the brain healthy!

Alternative Transporters of the Month



Han-Jung Ko



"I have been lucky to live nearby the Co-op since moving from Taiwan. I can go to the Co-op either biking or walking anytime during the day. The more I shop at the Co-op, the more I appreciate what individuals like me could do to make the earth a better place for all generations. Biking is my way to contribute to such sustainability and keep me healthy and happy."

- "Koko" Han-Jung Ko



co-op donations

DECEMBER 2013

The 7th Cooperative Principle is "Concern for the Community." First Alternative fulfills this principle in its role as a cooperative by donating to a variety of organizations in our community. In December, donations were given to these worthy groups or causes:

GLEANERS

Linn-Benton Food Share\$4951.04

SMALL DONATIONS

OSU Dixon Rec Center.....\$30
Winter's Eve.....\$40

December's total donations: \$5021.04

stop by for a sample!

Special Valentine's Day treats!

Thursday, Feb. 11th at North and Friday, 14th at South!

Come in during the week for a taste of our featured recipes from Budget Bites, Co-op Deals and more!

Wednesdays	Thursdays	Fridays	Saturdays
South	North	South	North
3:30-5pm	5-6:30pm	5-6:30pm*	11:30-1:00pm*

Harvest of The Month Tastings with the Farm to School Program!

Tuesday, February 11th. Featuring nectarine coffeecake...YUM!

South Store from 4:30 - 6:00 PM | North Store from 6:30 - 8:00 PM

*no demos Feb. 7, 8 or 22, Feb 21 time: 2:30-4p

wine & beer tastings

North Store: Thursdays, 4:30-6:30pm. No tasting February 6th

South Store: Fridays, 4:30-6:30pm. No tasting February 7th



CITRUS TASTING

BRING SOME SUN BACK TO YOUR LIFE WITH CITRUS!

Saturday, February 15th

2 to 4 pm

South Co-op

Offering a wide selection of citrus to sample, learn facts, vote for your favorite, and pick up tips and recipes!

firstalt.coop



Get a bean when you save a shopping bag... Each bean equals a 5¢ donation!

Our Beans for Bags program saves thousands of bags each year and helps fund local non-profit organizations.

January to March 2014

Heartland Humane Society

Habitat for Humanity

Mary's River Gleaners

Court Appointed Special Advocates (CASA)



Ted My Handyman

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

CCB # 183405

Ted Wade - Owner

international year of family farms: Greengable Garden



This February, surprise someone special with a delightful bunch of Greengable Garden daffodils, lilies, snapdragons and tulips. Local flowers = local love!



Greengable Garden is just waking up to spring's abundance as we walk through the warm and steamy air of the greenhouses. Beyond the quiet drip of condensation and crunch of gravel under my feet is a thrumming, humming buzz of thousands of plants just putting on their buds.

Did you imagine wild splashes of color, rows of flowering buds? I did, but when owner Demetri Balint waved me in through the door, I found a surprise! Almost no flowers to be seen.



The science behind running a flower business is picking and shipping the flowers just before they bloom, so that by the time they are on their way to your vase at home they are just starting to reach their best.

Greengable Garden is located just outside Philomath. They've been farming for 25 years, producing cut flowers, hardy and fuzzy kiwis, potatoes, strawberries, blueberries, raspberries, squash and pumpkins.

Owners Viesa and Demetri Balint work with a crew of 15-90 seasonally to bring these great products to the local market, including fresh delivery to the Co-op. Their love of plants and the environment keeps them going even as they face the challenges of small farming like high input costs and stiff competition from national wholesalers.

While Greengable Garden makes a variety of exotic bouquets using imported flowers from South America and beyond, Co-op buyers select the fresh cut locally grown flowers to offer you.



The 2014 International Year of Family Farming (IYFF) aims to raise the profile of family farming and smallholder farming by focusing world attention on its significant role in eradicating hunger and poverty, providing food security and nutrition, improving livelihoods, managing natural resources, protecting the environment, and achieving sustainable development, in particular in rural areas.

WINE BUZZ

- Marlene Culbertson and Karen Mayo

A sparkle, a heart throb red, and an end of day seductive sweet...

For your Valentine, your Winter Blues, or your own little party...



Bouvet Brut Rosé \$15.69/750ml

The French have been making wine sparkle for centuries, and the expertise shows in this rosé version made from Cabernet Franc. Produced in the Loire region of France, this brut rosé is naturally fermented in the bottle, according to traditional methods. It is then allowed to develop its full-bodied excellent character while stored in the naturally cool caves of Saumur.

Insistently robust bubbles deliver rich black currant fruit with a refreshing crispness, making this wine the perfect aperitif. Just as it's lovely deep rose color suggests, it matches well with a salmon or steelhead dinner.

Each occasion to enjoy this wine feels like a special trip to the Loire.

rich black currant

Mouton Noir Wines

Other People's Pinot 2010 \$20.89/750ml

Trying this Pinot Noir for the first time recently, I thought to myself, this is the wine that will swing me back to my red roots.

Smooth, not too light nor too big, with just the right balance of fruit and spice, this Willamette Valley Pinot Noir is extremely versatile. Components of cherry licorice with a touch of earthiness make it a true go to selection for many hearty winter menus...thinking root vegetables, mushroom stews, beef creations of all kinds or just by the fireside with some brie on toast or a chunk of cheddar on an Oregon Cracker:



silky cherry licorice

Henriques and Henriques

Madeira Rainwater \$13.59/750ml

The story goes that in earlier days a shipment of wine from the Portuguese island of Madeira was diluted because the barrels on deck became soaked with rainwater. First considered a significant flaw, the lighter, more delicate style of that Madeira is now emulated and sought after.

This light golden, fortified wine entices with aromas of candied almonds and citrus combined with a warm, mouthwatering sweetness. There are subtle yet lush flavors of dried fig, baked apple, almond and fermented honey. The finish is extended and buttery rich.

This lightly sweet gem is the perfect aperitif, but also great at the end of a special meal with your favorite flourless chocolate cake.

lush warm sweetness

Last but not least, First Alternative is proud to be presenting Take Root, Oregon's Wine & Vineyard Directory, now available at each store for under \$10.

This well-organized directory features:

Maps of Oregon's wine producing regions

Discussion of Oregon's Appellations and their particular terroirs

Well-illustrated snapshots of Oregon's Wineries organized by regions

Fun Facts intermingled throughout

This just-published directory would be a great Valentine gift to a loved one, or just for yourself as you travel Oregon's scenic and ever-expanding wine regions.



I'm in the mood for love...
simply because
you're near me!

Sweetheart Cookies & Chocolate Torte For Two in the Grab & Go!

Lover's Specials in February by the **coop kitchen**



February 2014



Sale Period:
Feb. 5th-March 4th

Special Order Deadline
Feb. 28th

coop deals

stock up and save!

Flyer A: Feb. 5th - 18th
S.O. deadline: Feb. 14th
Flyer B: Feb. 19th-March 4th
S.O. deadline: Feb. 28th
Find more sales in our two-week Co-op Deals flyers!

Local Color

bulk

MERIDIAN FARM

Organic Raw Hazelnuts

reg. \$11.69 **\$10.69 per lb.**

Rich in energy and full of nutrients that are essential for optimum health!

BREAD SHOP

Honey Gone Nuts Granola

reg. \$3.89 **\$3.39 per lb.**

Honey sweetened whole grains with walnuts, almonds and cashews!



HUMMINGBIRD

Organic Hazelnut Butter

reg. \$13.99 **\$12.59 per lb.**

Nothing says love like Local Hazelnut Butter!

Give the gift of love!

Make a granola mix with all of your favorite bulk treats -- then head outdoors for a special day hike with a friend or loved one!



SUNRIDGE FARMS

Yogurt Pretzels

reg. \$7.19 **\$6.19 per lb.**

Sweets for your sweetie!

BREAD SHOP

Raspberry and Cream Granola

reg. \$3.79 **\$3.39 per lb.**

100% whole grain goodness!



EQUAL EXCHANGE



Love Buzz Coffee

reg. \$11.29 **\$8.99 per lb.**

Dark and smoky with sweet velvety layers of chocolate brownie, caramel corn, malt and toffee.

PACIFICA COFFEE

French Roast

reg. \$10.79 **\$8.79 per lb.**



Black Rocks Mountain Clouds

reg. \$10.79 **\$8.79 per lb.**



coffee

Celebrate the Month of Love with the coffee you love!

produce Supporting local farms, families, and communities since 1970!

Fresh, Organic Strawberries

and February is a great time for making your own Dark Chocolate

♥ **Covered Strawberries**



Ingredients

4 ounces fair trade organic dark chocolate, coarsely chopped
1 pound strawberries (about 20), washed and patted dry

Directions

1. Line a baking sheet with waxed paper. Heat the chocolate in a double boiler on low heat, stirring constantly until smooth.
2. Holding a strawberry by the stem end, dip it in the melted chocolate, letting the excess drip off, then transfer to the prepared baking sheet. As you set the strawberry down, slide it 1/2 inch to the side to prevent a thick choco bottom. Repeat with the remaining berries.
3. Refrigerate the strawberries on the baking sheet until the chocolate is firm, at least 30 minutes.

wellness

sweet specials for your valentine!

GOOD CLEAN LOVE 20% off
Organic Skin Oils, Lubricant, and Body Candies

New, Local 6 & Luscious!



BOODA ORGANICS
Daily Moisturizer and Lip Balm

Spread the love!
20% off

INDIGO WILD

Ooh La Zum!

15% off



DR. BRONNER

Rose Soaps

20% off

VALENTINA'S HOME BREWED

Magikal

Perfumes, Oils, & Body Care

20% off



WISHGARDEN

Select Wellness Extracts &

Sleepy Time and Quiet Time

over **25% off** Extracts for Kids



FIRST ALTERNATIVE

Show Me the Whey Canisters

Vanilla, Chocolate, Unflavored

Organic Vegan Protein Power

Rice, Hemp, Chia and Mushroom blend.

Certified organic and gluten free!

15% off



GARDEN OF LIFE

35% off Mini Meal Canisters

Protein Powder

Healthy Blood

Primal Defense

Probiotics



SHI KAI Borage Therapy Dry Skin Lotion

1 oz. reg. \$1.99

Available while supplies last!

sale 99¢

TOPRICIN Topricin, all sizes

Pain relief and healing cream

30% off

BOIRON

Winter Wellness Products

For sinus, colds, flu and sore throats

30% off

HOST DEFENSE

Selected 30 ct. Mycomedicinals

Keep your immunity in tip top shape!

20% off

cheese

K. H. DEJONG

DaVinci Gouda with Mediterranean Herbs

reg. \$12.89/lb.

sale \$11.69/lb.

Makes the best grilled cheese sandwich ever!



CYPRESS GROVE

**Ms Natural Chevre
Psychedillic Chevre
Herbs De Humboldt Chevre**

4oz. reg. \$5.99 ea. **\$5.49 ea.**

Purple Haze Chevre

4 oz. reg. \$5.49 ea. **\$5.29 ea.**



co-op kitchen

Black-eyed Peas with Butternut Squash Salad

A heart-healthy salad that is packed with protein, potassium, zinc, iron, and key antioxidants!

reg. \$7.99/lb. **sale \$6.79 per lb.**

meat

DRAPER VALLEY FARMS

Boneless, Skinless Chicken Breasts

reg. \$8.99/lb. **sale \$7.99/lb.**



K. H. DEJONG

Leyden with Cumin

reg. \$12.69/lb.

sale \$11.49/lb.



K. H. DEJONG

Cablanca Goat Gouda

reg. \$14.89/lb. **sale \$13.69/lb.**

Pairs well with winter fruits!



chocolate

Cacao seeds contain significant amounts of naturally occurring flavonoids, substances also found in red wine, green tea, and fruits and vegetables; flavonoids are connected with a reduced risk of cardiovascular disease and some cancers.

EQUAL EXCHANGE

Organic Chocolates
select varieties

3.5 oz 3.99 **sale \$2.69**

Crafted using only the purest ingredients and grown with care by small farmer co-ops.



MADÉCASSE

Dark Chocolate
select varieties

2.64 oz reg. \$4.99

sale \$3.39

Noted for its smoothness and red fruit flavors of cherry, raspberry and cranberry. These flavors come alive in Madécasse chocolate.



grocery

HUMMINGBIRD

Organic Creamy Hazelnut Butter
No Salt Added

16 oz reg. \$17.29

sale \$13.69

CRYSTAL GEYSER

Assorted Varieties

4/12 oz. reg. \$4.49

sale \$3.29

Pure and refreshing; contains no sugar, artificial ingredients, additives, or preservatives. They are also calorie free, low in sodium, and certified Kosher!



OREGON CHAI

Chai Mix

Original or Slightly Sweet

32 oz. reg. \$4.59

sale \$3.49

Enjoy it hot or iced, morning or evening, summer or winter, alone or with friends, straight up or sweet & creamy!



CELTIC SEA SALT

Sustainably harvested, nutritious, additive free, exquisite taste, and certified Kosher!

Fine Ground

8 oz reg. \$7.89

sale \$6.39

Light Grey

8 oz reg. \$3.79

sale \$2.99



R.W. KNUDSEN FAMILY

Organic Juices, select varieties

32 oz. reg. \$4.69

sale \$3.49

The best ingredients produce juices true to nature.



chill & frozen

BLUE MONKEY

Pure Coconut Water, Pulp or No Pulp

17.6 oz reg. \$2.29 **sale \$1.29**

Coconut water is a natural isotonic beverage high in natural minerals and electrolytes. It's a great way to naturally hydrate your body!

DELVERDE

Lasagna, Spinach or Egg

1.1 lb. reg. \$5.69

sale \$3.99

Delverde products are beloved by gourmets for their genuinely natural and unmistakable taste.



UNCLE MATT'S

Organic Orange Juices
select varieties

59 oz. reg. \$6.89 **sale \$5.69**

These delicious juices are grown in the USA!



FOLLOWYOUR HEART

Sour Cream

16 oz. reg. \$4.29 **sale \$3.79**

Thick and creamy, this non-dairy delight tastes just like the old fashioned favorite!



BRAZI BITES

Gluten Free Cheese Bread Bites, Fire Roasted Jalapeno or Cheese

With a crispy crust and fluffy center they are great for parties, family gatherings, game day, or as part of an everyday meal.

11.5 oz. \$5.49 **sale \$3.99**

household

IF YOU CARE

Select Coffee Filters

100 CT \$2.49-\$3.59 **\$1.99- \$2.79**

Cone and basket filters are made from 100% unbleached pulp.



Meal plan, shopping & recipes for 2 adults, 6 nights, under \$50

BUDGET Bites

Each Budget Bites issue has a meal plan, shopping list and recipes for six dinners that feed two adults, often with leftovers. The total is always under \$50. Pick up a new issue each month at Customer Service or find 4 years of archives online at firstalt.coop

We create each menu and test the recipes to bring you the best eating on a budget.

-Emily Stimac, Marketing

January Menu

- Muffaletta Sandwiches
- Herb Chicken
- Pizza Bread Supreme
- Indian Lentils
- Baked Ziti
- Minestrone Soup



Muffaletta Sandwich

- ½ foccacia bread, halved
- ½ cup pitted kalamata olives, finely chopped
- ½ cup roasted red peppers, finely chopped
- ½ pkg. pepperoni (Applegate or Tofurky)
- jack cheese, sliced
- lettuce
- jalapeños (optional)
- olive oil, balsamic vinegar, salt & pepper

Slice open foccacia bread and drizzle with olive oil and balsamic vinegar. Smooth on olives, roasted red peppers, jalapenos, pepperoni and cheese. Toast until cheese is bubbly. Top with lettuce and serve.

Orange Rosemary Buttered Carrots

- 2 carrots
- ¼ cup water
- juice of 1 tangerine
- 1 sprig rosemary

Simmer ingredients in a skillet until carrots are tender.

The Spring Creek Project for Ideas, Nature, and the Written Word presents

Transformation without Apocalypse

How to Live Well on an Altered Planet



LEGUIN



ROBINSON



VAN GELDER



MACY



DECHRISTOPHER



MOORE



FRANCESCHINI



FINNEY



ALMANZA



NIXON

Humans will be living differently in the very near future, perhaps occasioned by catastrophes brought on by forces of greed and climatic disintegration. But it's also conceivable that we will choose, by acts of imagination and collective will, to create wiser narratives of how to inhabit the planet.

This symposium will explore tangible visions of new/old ways to live that promise thriving without exhausting the Earth.

All events will be held in the LaSells Stewart Center



For more information, visit: <http://springcreek.oregonstate.edu>

Accommodations for disability can be made by calling 541-737-8560 in advance

Celebrating 43 years of the Co-op Thymes

under Laurie Heilman, Member Services Coordinator:

Color seeped into the Thymes in April, 2000. In September, 2002, Sonya Bacheller and Lucinda Kinch took on co-editor roles, segueing to Sonya alone until Emily Hagen (now Stimac) stepped up when Sonya left to care for her first child in 2007. In the years since she has worked as editor with maternity coverage by Lisa Yagoda in 2012 and 2013.

With Emily expecting a second child in July, the Co-op is once again accepting applications for Thymes editor. Applications are due by February 4th. Visit our website for details!

In celebration of 35 years of print, we will be publishing the adjacent *This Month in Co-op History* Column over the next 12 months. Enjoy!

- Chris Peterson & Emily Stimac



Since 1971, First Alternative newsletters, now the Thymes, have kept the community apprised of Co-op news, board reports and elections, product information and projects aimed at building a healthy and sustainable community. Issues were sporadic at first, but have been monthly staples since 1986.

Yellowing, brittle copies tucked in drawers, boxes and closets reveal First Alternative's rich history and influence in the community. In them you can trace the history of the Co-op's growth; challenges, farms, businesses and movements that are household names locally, some internationally. Among them: recycling, local foods, nutrition classes in schools, fair trade, alternative power and transportation.

Board or manager reports, even old grocery ads (look at those prices!) track policies and events that created the store we take for granted today. For example, those new to the Co-op probably don't know about the passionate debates, packed member meetings and fissures in friendships over whether the Co-op should carry meat (well before much was available locally, and certainly not organic). It's hard to believe that the produce section wasn't a key part of the original Co-op and that the store was staffed entirely by volunteers many of the first years.

It's all recorded in old newsletters. No color photos, just colorful stories on black-and-white pages for decades.

The idea for the Co-op was sparked in a class at OSU, but brought to life by community members of all ages and backgrounds. Tom Denison's late father, professor William Denison, was the student advisor. It's recorded in a retrospective printed in the Thymes 23 years ago.

Like everyone else (including managers, initially) those who published the newsletter were unpaid volunteers who eventually received volunteer credit. The editor, now a staff position, was first paid in 1987. The first newsletters were printed bulletin boards, according to an article by Lynn VanDyke (then of the Member Relations Committee) in April 1997. Thanks to her research, we know the first one came out in February, 1971. For more than a decade, issues were sporadic and undated.

The name on the heading varied from Co-op Community to The Co-op, the FA Thymes and today's Thymes. It was printed on mimeographed 8 1/2 X 11-inch sheets until 1986. (Raise your hand if you're old enough to remember mimeograph machines). With the help of Jan Weir, the paper went to the tabloid format of today, but in black-&-white for several years. Articles were typed and attached to mock-up sheets with wax, then carried gingerly to the printer. A much more professional look came when layout could be done by computer and contributors could submit pieces electronically.

The first editor named in an issue was Sally Duncan in October, 1982, then Suzannah Cooper (now Doyle). In December, 1985 member coupons and classified ads appeared. Jill McAllister was editor by then and she asked if I would take over in January, 1986, when her first child was born. It was still a volunteer position, but a growing crew of volunteers wrote, edited, sold ads and distributed the paper. As it grew and appeared monthly without interruption, the board agreed to pay the editor:

Soon, I left to focus on interviews and writing. Over the next decade, five other editors took the helm starting in 1987: Rick Beasley, Anni Praetorius, Robert Delk Hirsh, Melinda Claybrook and Mike Arthur. When Arthur left in August of 1999, after a record six years at the helm, the job moved "in-house"

This month in Co-op History...

1970s:

- One location at 316 SW 2nd Street. \$5 "lifetime" memberships. \$25 and \$100 promissory notes sold as 2-year, interest-free loans to Co-op. Store relied on volunteer staff for years, including managers, in beginning.

February 1994

- Referendum on hiring Co-General Managers Jim Dobis & Sheila Ulfers passes 4 to 1.
- Surata packaged tofu: SALE \$1.35 (reg \$1.59)
- Volunteers finish first covered bike area on north side of South Store w/ as many spaces for bikes as cars .
- Stein Tavern on Evans property closed. Co-op to inquire about using it.
- Volunteer details: In 1993, volunteers worked 21,073.20 hours and took discounts worth \$73,811.02.

February 2004

- Co-op entry level jobs pay better than other major grocery chains in town.
- Healthy financially but still recovering from South Store expansion and new North Store. Customers using North Store as convenience store, buying more low-margin products. Overstaffed in "learning curve" there.
- Solar Creek Pilot Project to put panels on both stores and Lincoln School.
- Surata Bulk Tofu: SALE \$1.65 ea. (\$1.95)
- Lonely Lane Beef owner reassures customers mad cow disease in WA can't happen to them because of isolated herd and small butchering.



staff spotlight

Lindsay Dieckhoff



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

I am a grocery stocker at the North Store and I have been working here for a little over two years.

What brought you to the Co-op?

The environment and the people. I worked mostly for corporate businesses before this, so I was extremely excited to be employed for a company that really truly cares about their employees, their customers, and the integrity of their business and practices.

What do you like best about your job?

It's difficult to pinpoint one thing, but I think the people have to be my favorite part of the job. Both my co-workers and the customers are fantastic, genuine, friendly people and they make coming to work easy. In turn, having these shared goals and mentalities, regarding food and sustainability, create a thoughtful, open work environment, which is another huge benefit of the job.

How has working at the Co-op affected your life?

Most certainly! As I mentioned before, the people have become a huge part of why I love it here. With all the diversity amongst us, I have had a chance to glimpse into the ways and workings of lifestyles I was always curious about. With so many personal experiences to share, I have found new hobbies and interests I might not have known about before. Also, while I have always been a more health and environmentally conscious person, working here has expanded my knowledge in a multitude of ways. I know

more about GMOs, organic food, and grass-fed/free range meat, as well as having access to all the best products. In addition to food ingredients, I've had an opportunity to learn about different food restrictions and lifestyle choices, which was immensely helpful when I found myself with a gluten-free significant other.

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

Northwest Natural Beef Strips, Guayaki Revel Berry drink, Alden's Blackberry ice cream, Nuts Around the World Cocoa Mocha, honey goat cheese (any kind), Lonely Lane beef, bulk organic dried pineapple and mango. I could go on and on and on.

What do you like to do outside of work?

Spend as much time with my long-distance S.O. as possible. We watch a lot of movies, cook together, spend time with friends. Alone, I do lots of craft artwork type activities; Pinterest has made a DIY'er out of me. When it's sunny, I love spending time in the water. When I can get some extended time off, I like to travel and camp. This last year, I spent some time at Camp Dakota, here in Oregon, and had a blast. Can't wait to do more of that, or maybe some road trips, amusement parks, and such.

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

I was born in Klamath Falls, OR, but grew up here in Corvallis (I've been here since I was 4). In fact, only one of my alma maters is still standing in its original form. RIP old CHS and Western View.

Tell us something about yourself others might not know

Even though I have a pretty lofty degree already (Bachelor's in Apparel Design), I really wish I had been a dancer. I took classes when I was really young, but didn't have the discipline. By the time I was a teenager, I thought it was too late to start classes. I still dance around on my own, but I wish I had actual training.

If you had three wishes....

20 more wishes. (I'm not greedy, but do want more. Enough for a lifetime.) For everyone I care about (and their families) to be healthy, happy, and financially stable for the rest of their natural lives. Fully loaded house, including dream master bath, high-tech kitchen, & outdoor pool. Obviously, I would get additional wishes, considering my first wish, but this gives you an idea.

Where are some of your favorite travel destinations?

England was AMAZING, so I'd love to see more of Europe. Right now, my more local travel destinations include gorgeous natural spots across Oregon. I really want to stay at the Treehouse Resort in Southern Oregon, as well as make it to California for some rollercoasters and to Arizona to see family and friends.

Where do you see yourself in 10 years?

I can barely plan a year from now, let alone ten, but basically, married, family, kids, life. Would love to add in a career/side job in apparel, if possible.

What music is playing in your car, home, or head?

Old stuff. I don't have a car, so I don't listen to the radio or hear too many new songs. Right now, my music ranges from Dean Martin to Kansas to Lady Gaga to everything 90's. My playlists are mostly made for my moods (like sleep, fun, study), not divided by music genres.

What are your top 5 favorite things about Corvallis?

The people who live here, the environment we have created as a community, the beauty of our surroundings (both natural and man made), the activities you can find available within or nearby, and, of course, Oregon State Beavers!!

What is one thing you would change at the Co-op?

I would add more locations, as well as sprucing up our current ones. Though the South Store received a lovely overall face lift this last year, it would be nice to see the facility updated to match the North Store more, aesthetically speaking. Also, it would be nice to provide more locations throughout the Valley, to better serve our customers outside of the Corvallis area.



recipes • digital Thymes • news events • bulk lookup • and much more
www.firstalt.coop

Art at the South Store

Bobby Cressman is our featured artist for February 1-14. When he's not assisting in the Co-op kitchen he enjoys capturing the beauty of nature with his Canon A590 powershot.

Bobbie will share some of his nature shots in our South Store eating area through February 14th. Thanks for looking!

If you would like to display your art at the South Co-op, please call Customer Service at 541-452-3115 x 300



Anniversaries in February

Staff Anniversaries

Blueberry, 1 year: Lisa Madrid

Raspberry, 2 years: Paige Merritt, Emily Wittkop

Paid Sub Anniversaries

Raspberry, 2 years: Sam Booth

Staff Positions: 20-40 hours per week with a regular schedule.

Paid Sub Positions: Paid Subs are trained in various departments to fill in for staff who are ill or on vacation or to fill a temporarily open shift.

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

ANNIVERSARY FRUITS

Every year a staff member works is represented by a different fruit that increases in size...

- | | |
|---------------|--------------------|
| 1. Blueberry | 14. Peach |
| 2. Raspberry | 15. Pear |
| 3. Cherry | 16. Apple |
| 4. Blackberry | 17. Orange |
| 5. Kumquat | 18. Grapefruit |
| 6. Strawberry | 19. Pomegranate |
| 7. Plum | 20. Mango |
| 8. Apricot | 21. Papaya |
| 9. Fig | 22. Cantaloupe |
| 10. Kiwi | 23. Honeydew melon |
| 11. Lime | 24. Pineapple |
| 12. Tangerine | 25. Watermelon |
| 13. Nectarine | |

After 25 years watermelons are designated with a hat containing the above fruits, starting with the blueberry for the 26th year. etc.

3 Local Montessori Open Houses Saturday March 1st ♦ 10AM to 1PM

Montessori is one of the most widely implemented educational approaches in the world with over 22,000 schools in 117 countries.

Come visit and find out why.

Montessori Education is Time-Tested for more than 100 years... and is Research-Proven.



Corvallis Montessori School
 2730 NW Greeley Ave, Corvallis ♦ (541) 753-2513

Philomath Montessori School
 1123 Main Street, Philomath ♦ (541) 929-2672

Sundborn Children's House
 1015 7th Ave SE, Albany ♦ (541) 924-9480

health services guide

CAN HYPNOSIS HELP? If you've ever decided to do one thing, but keep doing something else, you have inner conflict. Hypnotherapy quickly finds the common ground between your conflicting desires so you act whole-heartedly. Local, certified, professional. I'll never give up on you. Call Robert Plamondon (541) 286-5440. hypnosis-covallis.com

DISCOURAGED WITH COUNSELING? Sick of being labeled? Dreading telling your whole story all over again? I agree! And that's why I do things differently. My clients feel connected, supported, and hopeful from our first meeting, especially those struggling with the aftermath of traumatic childhoods. Call me! Michaela Lonning, michaelas-counseling.com, (541) 224-6732.

DR. VIRGINIA SHAPIRO, HOLISTIC CHIROPRACTOR 27 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.virginias Shapiro.com.

ENVISION WOMEN'S HEALTH AND WELLNESS, LLC Holistic health care for women of all ages. Linda Lieberman, CNM, MSN, NP is a midwife, nurse practitioner and herbalist. Linda maintains full prescriptive privileges, offers alternative therapies for women seeking complimentary medicine and is a preferred provider for numerous insurance plans. (541)-753-6000, www.envisionwellness.org

HELPING DOGS FEEL BETTER Carol Sweeney, PT, CCRT Physical Therapist, Certified Canine Rehabilitation Therapist. Located within Willamette Veterinary Hospital, 1562 SW 3rd St, Corvallis. Available for home visits. Written referral from a veterinarian is required. 541-908-9969.

HOLISTIC LIFE COACHING WITH LEA BAYLES, M.A. 25 years of helping people reclaim body wisdom and delight, activate the healing power of love and transform challenges into soulful success and creative vitality. Mentoring / Speaking / Playshops / Retreats / Meditations. Learn more and get complimentary Discovery Session: www.LeaBayles.com 541-929-2605

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.

NATURAL VISION IMPROVEMENT Bodywork for the Eyes. Learn methods to release chronic 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 Marybets Sinclair, LMT, certified vision improvement coach at 541-753-8374 or www.marybettssinclair.com

Advertise your health service for only \$35 per ad. Maximum 50 words. Please email your ad to thymes@firstalt.coop by the 15th of the month.

STRAIT HOLISTIC CLINIC, EVIDENCE-BASED NATUROPATHIC DOCTOR Dr. Robert Strait, ND integrates the best of naturopathic and conventional medicine in an evidence-based way to provide the safest and most effective primary and collaborative care. Learn more at StraitClinic.com, or call 541-514-8757. Located at 6450 SW Philomath Blvd, Corvallis.

TWO CRANES ACUPUNCTURE AND MASSAGE Let Acupuncture and Massage nourish your body, mind and spirit. Return to a natural state of balance and harmony, using Japanese and Chinese acupuncture, herbs, nutritional and exercise counseling, or therapeutic massage. Leesa Walters, L.Ac., LMT #13160, Randall Davis, L.Ac. 1230 NW Garfield Avenue (541) 738-6117.

WHOLE HEALTH CLINIC (AKA ACUPUNCTURE CLINIC OF CORVALLIS) DEAN JOHNSON L. AC. – Now featuring a new therapy – Acupoint Far-Infrared Heat – acupuncture without needles – all the benefit of acupuncture without being poked – plus is very effective for difficult problems. 541-753-5152 www.wholehealthclinic.com Serving Corvallis for over 20 years.



unclassifieds

SLIMMING & DETOX TREATMENT BY MORE THAN A FACIAL. Burn calories, reduce stress and fatigue, remove wastes toxins, improve immunity, relieve pain and joint stiffness, increase blood circulation by spending ONE HOUR in the Far Infrared Energy Blanket! Far Infrared heat is thought to be 7x more effective than conventional methods at detoxifying heavy metals, cholesterol, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins. Sweating through thermal heat, converts fat into fatty acids that can be used by muscles for energy. The weight you lose is NOT just water! \$65/1 hour or 4 for \$55. For appt, call 541-487-4060.

ORGANIC FERTILIZERS Organic soil amendments by pre-order only. Full sack or container only. Mail your order form and check before Feb 10th Request order form by email via growingorganic@tenriversfoodweb.org. Sale sponsor: Growing Organic, a new chapter of Ten Rivers Food Web

BEE SCHOOL 2014. Join Nectar Bee Supply at the newly restored "Old School" at Children's Farm Home for our 2nd annual bee school. Whether you are brand new to beekeeping or already have some experience, our classes and demonstrations will equip you with the skills you need to be a successful beekeeper in the Willamette Valley. Local vendors, mead tasting, and more! Sat, Feb 22nd, 8am to 6pm. Cost: \$30 in advance, for more info or to register visit www.nectarbeesupply.com

ALTERNATIVE HEALTH TALK. Dr. Bob Marten: 1580 AM radio. Call in + health news. Sun: 6am-9am.

MULTI-PURE WATER FILTERS FOR SALE Ken, 541-929-4296.

HOW TO TALK SO KIDS WILL LISTEN™

Positive, practical skills for understanding children's feelings & engaging their cooperation. In Corvallis. Facilitated by Esther Schiedel, MS, Certified Family Life Educator. For information phone 541-602-2254 or e-mail: contactme@sharingstrenths.com or visit sharingstrenths.com

CLASS IN HERBALISM starts Sunday, February 16th. 5 week class will introduce medicinal plant identification and cultivation, medicine making, terminology, botany, and organoleptics. Each class will also have a teatime where we taste and explore one herb in depth. Students can take home starts from class garden to start their own herb gardens. Second level class will be offered in the spring. Contact instructor, Jaci at jacimck@hotmail.com or 541-758-9156 for more information and to schedule an interview.

PREGNANT OR PLANNING A BABY? Birth with Liz midwifery service now provides comprehensive prenatal care, homebirth (or hospital birth with doula support), postpartum and newborn care. Check out: www.birthwithliz.com or call 541-223-4454 to set up your free consultation.

TAL'S CARMİ REPAIRS AND REMODELS, LLC From minor repairs to new construction. So you can relax at home. 541-729-4810. ccb#174846.

HELP with bartering, trading, access resources, use "Hours Currency," other skills. Cash/trade. Ken, 541-929-4296.

ERRANDS, shopping, help around the house, dishes done, cooking help, etc. Ken, 541-929-4296.

WEST AFRICAN DANCE CLASS with Ibrahima Sory Sylla Mondays 7:15pm-8:30pm at Oddfellows Hall, Corvallis. 541-513-1630

Unclassifieds are only 20¢ per word. Simply fill out a form at the Customer Service desk by the 15th of the month

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

RELAX AT OUR LINCOLN CITY BEACH HOUSE Spacious 2 bedroom/1927 era character and a great view of the ocean. Sleeps 6 and has easy beach access. Nicely stocked/luxuries. \$125/night. 10% discount for Co-op owners. 541-757-1104.

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.

NON-TOXIC CLEANING Offices and homes. www.OregonOrganicsCleaning.com 13 years locally owned and operated. Seniors, pets and children welcome. Dependable and efficient. Corvallis, Albany. 503-743-2318.

PARENT COOPERATIVE PRESCHOOLS in Albany, Corvallis, Halsey, Lebanon, Philomath and Scio offered by Linn-Benton Community College. For information call 541-917-4899 or visit www.linnbenton.edu/go/parenting-education

FOR A BEAUTIFUL BIRTH, HIRE A DOULA. Corvallis Doula Network. www.corvallisdoulas.net.

KOMBUCHA, DRIED FRUIT, SCRAPWOOD Ken, 541-929-4296.

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

prior to the month in which you would like your ad to run. Payment is due when ad is submitted. 100 word max.

YARDWORK, WEEDING, PRUNING, SCYTHING, Lawns to gardens, general clean-up, recycling, other misc. labor, trailer-haul, mulch. Ken 541-929-4296.

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.

DRIED SEAWEED, DRIED MUSHROOMS for sale or trade. 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.

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

"MORE THAN A FACIAL" is now in the "Oasis room" of the "Willamette Wellness Center" Caite, owner and operator 40 years ...voted BEST Facial in LA 2001 from Conde Naste' British Vogue! Also voted "2013 Best Beauty Salon in Corvallis" in an independent survey. Skin care coaching, Micro-dermabrasion, enzyme peels, oxygen treatments, galvanic treatments, acne and rosacea treatments, and "More than A Facial:" crystals, magic oils, visualization, hand and feet massage, meditation and sage... call now and receive 10% discount with this ad. Student special: \$25 off facial (new clients). Gift Certificates Available ...By appt. only 541 487-4060 caite@morethanafacial.com and www.morethanafacial.com

campaign



If you are one of the 9500+ owners of the Co-op, you dedicated \$70 of your personal finances to purchase that share and fall in step with the Co-op on this path to sustainable living. Since then, you've continued your support by spending your grocery dollars and spreading the word about our products and programs. In return, we've maintained our commitment to provide you with the highest quality food and products possible while cultivating programs to enable healthy lifestyles for our friends and neighbors.

Recently, there have been some bumps in the road. While we have saved for rainy days, 2013 hit us with some unexpected, but necessary, expenses, including: repairing leaking roofs and dairy walk-in cooler; replacing a failing deli freezer; hot food and salad bar; and upgrading the bottle return machines at both stores to lower labor costs. So we started the 230 campaign, to help you help your store!

Did you know that your \$70 owner share has been a crucial contribution to the financial well being of the Co-op? But

that doesn't mean you have to stop there! Oregon law allows each of our owners to invest up to \$300 in equity on their share, an additional \$230 over your share price. This additional equity in First Alternative can be made all at once or over time. Increasing the value of your owner share may not bring you any tangible benefits, but it is very beneficial to your Co-op—the last independent, community-owned grocery in Corvallis!

There are several ways you can help keep First Alternative strong:

- Contribute additional equity, up to a total of \$300, on your share
- Pay off any remaining balance on the \$70 purchase of your share
- Purchase a share for each adult (18 or older) in your household. Each shareholder will receive one Owner Sale Day per month
- Continue to support us with your food dollars

Whether you have \$5 or \$300 equity in your share, it is refundable to you whenever you request it, in accordance with our by-laws and withdrawal policy. That's a win-win situation for everyone!

If you would like to participate in this campaign and increase the value of your share, look for the paper cranes at the cash registers in February. Hand the crane to your cashier, give them your owner number;

and tell them how much equity you wish to add. That's all there is to it. We encourage you to do it today—together we can take First Alternative to the next level. Thank you for continuing to support your local Co-op!

letters

LETTER TO THE EDITOR POLICY

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

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



Eco Film Festival: Seen any good movies lately?

The Eco-Film Festival takes place every Friday in February at the Odd Fellows Hall, 223 SW 2nd Street (above New Morning Bakery). Doors open at 6:30 pm, and the program begins at 7 pm. Come early to visit exhibitors, grab a drink of Nectar Creek Honeywine and enjoy delicious food (both for purchase). Local experts will be on hand after each film for a brief discussion and audience Q & A. A suggested donation of \$5-10 per person is requested to help cover costs of the festival; does not include beverages or food.

This year's 10th annual local Eco-film Festival kicks off on Friday, February 7, with "Nothing Like Chocolate." Change never tasted so good! "Deep in the rain forests of Grenada, anarchist chocolate-maker Mott Green operates an unusual chocolate factory that turns out delicious creations unknown to a world saturated with industrially produced cocoa.

"Nothing like Chocolate, a documentary narrated by Susan Sarandon, tells the moving story of the relentless and headstrong Mott Green, founder of the Grenada Chocolate Company, as he pursues his unique vision to create the best chocolate in the world, from scratch."—a film by Kum-Kum Bhavnani. Super bonus: as sponsors of the event, the Co-op will be there with samples of fair trade, organic chocolate to complete the experience!

On February 21st, we are proud to present Corvallis's own Freshwaters Illustrated. The screening will include several short films, featuring "The Lost Fish" about the struggle to save the Pacific Lamprey. "One of the Pacific Northwest's oldest fish is disappearing, and along with it the sacred place it holds among many American Indian Tribes. For a species that has squeezed through most of the Earth's great extinctions, the sharp declines in Pacific Lamprey populations are a signal of how severely we have changed river ecosystems."

On February 28th, be prepared to be awed by "Symphony of the Soil," an artistic exploration of the miraculous substance soil. "Unfolding with gentle joy and an unexpected beauty, this ode to the miracle of the Earth's topmost layer gives us a newfound respect for the ground beneath our feet." — New York Times Critic's Pick

The Eco-Film Festival is presented by the Corvallis Environmental Center; Corvallis Odd Fellows, and the Corvallis Sustainability Coalition. Please give a big round of applause for our fabulous sponsors: First Alternative Co-op, Pacific Green Party, and Willamette Watershed Productions. To watch trailers and find out more:

www.corvallisenvironmentalcenter.org/february-eco-film-festival

MUG LOVE

I appreciate your store so very much.

I live in Yachats and drive over once a month to shop for essentials. Although I am a member of the Newport Co-op and shop there often as well as the Florence Co-op, your store is special.

It is wonderful to find locally grown grains and legumes along with other locally sourced foods.

Many years ago my sister gave me a San Francisco Public Radio (KQED) reusable coffee mug that to this day is my good friend and traveling companion. Guilt surfaces if and when I want a cup of something 'to go' and neglect to take her along for the ride.

She is asking for a sister or brother cup so there is always one of them with me. It is easy to have a freshly bathed one, cleaned up, waiting in the car and ready for an adventure.

The search is on for the perfect reusable friend who will join our family of environmental thoughtful acts.

Maybe we will find one having been discarded and now living, waiting to be adopted, in a second hand store. Waiting and hoping for a thoughtful person or family to help out with in-the-car or long-walk tea or coffee, and have adventure with.

PS: My cloth and other reusable shopping bags feel the same, which is why they happily live together all cozy in the car waiting to be used.

- Rheychol Paris, Yachats, OR



Deborah Allen

VALENTINE'S DAY
Feb 14th
7:30PM • TICKETS: \$20-\$25

THE MAJESTIC THEATRE • 115 SW 2ND ST. CORVALLIS
TICKETS: www.majestic.org OR BOX OFFICE: 541.738.7469

CALENDAR SALE

2014
Calendars
Up to **50% off**
Original Price

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215 SW 4th St. • CORVALLIS • 541-752-0040
Hours: Mon.-Sat. 8:30-9 • Sun. 9-7

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Benefit from our 27 years experience resolving the causes of chronic and acute pain, fatigue, mood and sleep disorders, and many other conditions.

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Most insurances accepted



WINTER WINE SOIRÉE THE ROARING TWENTIES!

Saturday February 8th
7-10 p.m.

at the Majestic Theatre
\$18 /advance, \$22/door

**THE
ROARING
TWENTIES**

**LIVE JAZZ BY MANGO DJANGO
CHEESE+WINE+CHOCOLATE
HORS D'OEUVRES+MOCKTAILS**

WINE & BEER TASTING
WITH LIGHT APETIZERS

THURSDAYS

3RD NORTH STORE 4:30-6:30 P.M.

wine + cheese + crackers

NOTE: No tasting Thursday, February 6th

2ND & 4TH NORTH STORE 4:30-6:30 P.M.

craft brew + cheese + crackers

EVERY FRIDAY

SOUTH STORE 4:30-6:30 P.M.

wine + cheese + crackers

NOTE: No tasting Friday, February 7th

Wine tastings and times are subject to change. Please check www.firstalt.coop for updates, schedule changes, and cancellations.

**BOARD & COMMITTEE
MEETINGS**

BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday, Feb. 4th 6-8 p.m.

North Store meeting room

FINANCE COMMITTEE

Wednesday, Feb. 5th 5:30-7 p.m.

South Store meeting room

OWNER RELATIONS COMMITTEE

Tuesday, Feb. 11th - Noon

South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday, Feb. 18th - 6:30 p.m.

Owner comments welcomed in first 10 minutes.
South Store meeting room

EVENTS THIS MONTH

GRAPHIC NOVEL MONTHLY BOOK CLUB Tues. Feb. 4, 6-7 p.m. Matt's Comics, 2075 NW Buchanan Ave. We will be discussing Saga, Volume 1 by Brian K. Vaughan. New members welcome, 18+ only. Check out a book copy from the 2nd floor reference desk of the Corvallis Library. FMI: Bonnie, bonnie.brzozowski@corvallisoregon.gov, 541-766-6965

HIKING ACROSS ALASKA'S REMOTEST MOUNTAINS: THE BROOKS RANGE Thurs., Feb. 6, 7 p.m., Corvallis Public Library. Dave Metz spent seven months hiking across Alaska's remotest mountains accompanied only by his dog. Join us to hear about the final stage of this epic journey! Sponsored by the Marys Peak Group of the Sierra Club. FREE. FMI: 541-758-5255

PLANET BOOGIE Sat., Feb. 8. Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. FMI: www.facebook.com/groups/planetboogie

FLORIDA'S NATURAL HERITAGE Mon. Feb. 10, 7:30 p.m. Avery House in Avery Park. Carolyn Kindell will take us on a tour of Florida's major terrestrial plant communities, rare plants, and a history of land conservation and management in the state. Sponsored by the Native Plant Society of Oregon, Corvallis Chapter. Free FMI: Kevin, 208-921-0827 or kweitemier@gmail.com

TRANSFORMATION WITHOUT APOCALYPSE: HOW TO LIVE WELL ON AN ALTERED PLANET Feb. 14-15, times vary. LaSells Stewart Center, OSU. Join a diverse, energetic, engaged community to celebrate and create tangible visions of ways to prosper without exhausting the planet. Includes a Radical Reimagining Fair and more than a dozen workshops. FREE. Registration encouraged. FMI: <http://bit.ly/ljbdMZb>

NATIONAL STUDY OF AGRICULTURE IN THE US Tues. Feb. 18, 7-8:45 p.m. Corvallis Public Library. A survey of trends in farming, impacts of 'buy local' movements, increases in demand for US agricultural products, and barriers and incentives to agriculture industry practices. This is a consensus meeting for League members. Open to the public. FMI: cbrumley@hotmail.com

FEBRUARY REPAIR FAIR Wed, Feb 19, 5:30-7:30 pm OSU Used Store, 644 SW 13th St. Bring your broken items and questions; volunteers will help you learn how to repair your belongings for free! Specific repair skills and DIY demonstrations offered this time at <http://tiny.cc/repair-fair>.

OREGON SMALL FARMS CONFERENCE Sat Feb.22 LaSells Stewart Center, OSU. This daylong event is geared toward farmers, agriculture professionals, food policy advocates, students and managers of farmers' markets. FMI: smallfarms.oregonstate.edu/sfc

SPECIAL SERIES THIS MONTH

GEARING UP FOR GARDENING SERIES Tuesdays thru Feb. 25, noon-1 p.m. Corvallis Public Library. Topics include: *Herbs in the Landscape*, *Drought Tolerant Plants*, *Fossil-Fuel-Free Landscaping*, and more! FMI: Benton County Extension Master Gardeners™

ECO FILM FESTIVAL SERIES Feb. 7th, 21st, 28th. 6:30 seating, 7 p.m. showing. Odd Fellows Hall, 233 SW 2nd St. The Eco Film Festival proudly presents: Feb 7: "Nothing Like Chocolate"; Feb 21: "The Lost Fish"; Feb 28: "Symphony of the Soil". \$5-10 suggested donation. FMI: mida@corvallisenvironmentalcenter.org

ONGOING EVENTS

CORVALLIS PARENTS & FRIENDS A place for parents and their kids to make new friends & get support for parenting and pregnancy. FMI: corvallisparentsnetwork.ning.com

HEALTH AND HEALTHCARE FORUM TV Wed. @ 8 p.m.; Thurs. @ 9 p.m.; Sat. @ 1:30 p.m. & Sun. @ 5:30 p.m. 30-minute program series, Ch. 29. Guests discuss diverse health issues. FMI: rlhall@peak.org, 541-758-9340

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

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

CULTIVATE SPIRITUAL GUIDANCE Schedule TBA, Discover how to cultivate a personal relationship with your own inner spirit with the Urantia Book. All welcome. Some loaner books available. FMI: Doug, 541-207-6333 or David, 541-929-6358

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

CORVALLIS VEG EDUCATION GROUP holds dine-outs and potlucks. FMI: www.corvallisveg.org, corvallisveg@gmail.com

SUNDAYS

ALL BODIES IMPROV Sundays, 6:30-8 p.m. Live Well Studio, 971 NW Spruce Ave. Ste 101. Join us as we explore movement using the forms of Movement Improvisation. These forms give us a unique opportunity to profoundly connect with each other and have better access to movement. Donations gladly accepted. FMI: info@livewellstudio.com

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

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP 10-10:45 a.m. & 11 a.m.-12 p.m. 435 NW 4th St. Inspirational Reading, Meditation, SRF Worldwide Prayer Circle, Study Kriya Yoga through Paramahansa Yogananda's teachings. All are welcome! FMI: www.corvallismeditation.org

AVERY HOUSE NATURE CENTER OPEN HOUSE 2nd Sundays, 12-4 p.m. Avery House Nature Center, 1200 Avery Park Lane. FMI: info@corvallisenvironmentalcenter.org

CORVALLIS ZEN CIRCLE sits 10 a.m.-noon. FMI: Abby, 541-754-4124

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

MONDAYS

WELLMAMA PREGNANCY & POSTPARTUM STRESS SUPPORT GROUP Mondays 12:30-2 p.m. Corvallis Multicultural Literacy Center 128 SW 9th St. Our services accommodate the whole spectrum of reproductive emotional and mental health concerns. FMI: Csilla A., 541-231-4343 or www.wellmama.net

VETERANS FOR PEACE CHAPTER MEETING Every 4th Monday, 6:30-8 p.m. UUFC, 2945 NW Circle Blvd. All are welcome. Come help us "Wage Peace." FMI: info@vfp-corvallis.org

ZAP KILLER FAT & BE a NEW you! Mondays, 12:30-1:30 p.m. Energy 9 Studio, 720 NW 2nd St. A NEW support program to reduce visceral fat around internal organs. Weekly weigh-in, tips & support. FREE. FMI: radiatelifeforce@gmail.com

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

MINDFULNESS MEDITATION Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. Every Monday, 5:30-7p.m. Corvallis Friends Meeting House, 33rd & Polk. We draw from this 2600 year old tradition, though you do not need to be buddhist. All are welcome. FMI: Ken, ken.oefelein@gmail.com

TUESDAYS

CHAIR YOGA Tuesdays 4:15 p.m. Live Well Studio, 971 NW Spruce Ave Ste 101. The benefits of yoga regardless of injuries, health limitations, or mobility. Well suited to individuals living with M.S., Parkinson's, Cancer, A.L.S., or those recovering from injury. By donation. FMI: frontdesk@livewellstudio.com

CORVALLIS MEDITATION COMMUNITY Learn meditation techniques to relax and recharge body and mind. Tuesdays 5:30-6:30 p.m. 3311 NW Polk St. FMI: Carolyn, 971-218-6798, RASALiLA2@yahoo.com

"A COURSE IN MIRACLES" STUDY GROUP Tuesdays 7:30 p.m. Anyone familiar with this book may join our friendly study group. We read and discuss after a brief meditation. Kindly bring your own copy. FMI: George, 541-754-9051, call anytime after 11 a.m.

DINING FOR WOMEN Corvallis Chapter Third Tuesdays. 6 p.m. Unitarian-Universalist Church, 2945 NW Circle Blvd. Bring a dish to share. We discuss female empowerment in the world. FMI: www.diningforwomen.org

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

MARY'S RIVER WATERSHED COUNCIL MEETING Second Tuesdays, 6:30-8 p.m. Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: coordinator@mrwc.net

WEDNESDAYS

CORVALLIS BELLY DANCE GUILD Weds., 8 p.m. Old World Deli, 341 Southwest 2nd St. Live, FREE performances. FMI: Lyanna, lyannadance@yahoo.com

HEART OF THE VALLEY BIRTH NETWORK Every 3rd Wed. 6-7:30 p.m., Waldo Hall, rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: www.valleybirthnetwork.org

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

THURSDAYS

GREEN TARA MEDITATION GROUP 7-8:20 p.m., Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. Everyone is welcome. FMI: susan.salveson@hotmail.com

YOPI Thursdays, 2 p.m. Live Well Studio, 971 NW Spruce Ave Ste 101. Adaptive Yoga & core strengthening Pilates all from the mat. Poses are adapted to provide flexibility, strengthening, and balance. By donation. FMI: frontdesk@livewellstudio.com

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP 7-8 p.m. 435 NW 4th St. Meditation, Inspirational reading, SRF Worldwide Prayer Circle Study the teachings of Paramahansa Yogananda, author of Autobiography of a Yogi. All are welcome! FMI: www.corvallismeditation.org

DANCES OF UNIVERSAL PEACE 2nd Thurs, 7-8:30 p.m. Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Simple, easy-to-learn, heart-awakening circle dances honoring spiritual traditions from around the world. \$5-10 donation requested. FMI: 541-704-0680, barbwoehle@comcast.net

REIKI HEALING CIRCLE 2nd Thurs., 7-9:30 p.m. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, 541-754-3595

FREE TEEN YOGA Thurs. 4-5 p.m. LiveWell Studio, 971 NW Spruce Ave, Ste 101. With yoga you can get stronger and more flexible, feel happier, relieve stress and relax! All teens welcome. Taught by volunteers. FMI: frontdesk@livewellstudio.com

FRIDAYS

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

SATURDAYS

FREE WINE TASTING Every Saturday, 9 a.m.- 6 p.m. Wineopolis, 151 NW Monroe, Suite 103. FMI: Jerry Larson, 541-738-1600, wineinfo@cmug.com

AUDUBON FIELD TRIPS 2nd Saturdays. 7:30 a.m. The trips are great for beginner birders and birders new to Oregon's mid-valley area. We visit National Wildlife Refuges and other local birding areas. FMI: www.audubon.corvallis.or.us/field_trips.shtml

CORVALLIS SECULAR SOCIETY 3rd Saturdays. Meet 2-4 p.m., Corl House in Woodland Meadows Park. FMI: 541-754-2557, CorvallisSecular.org

GLUTEN FREE SUPPORT GROUP 4th Saturdays, 10 a.m.-12 p.m., First Presbyterian Church, Dennis Hall, 9th & Monroe. Learn more about gluten intolerance, share ideas and sample products. FMI: 541-602-1065

Local  Profile



Casper Candles is owned and operated by Stephen and Alison, life and business partners.

The two met while going to school at the University of Oregon back in 1999. In 2002 they started their candle making business, which they run out of a remodeled carriage barn in a historic neighborhood in Eugene. Their work crew consists of the two of them with friends pitching in to help when needed. Stephen produces most of the large style candles such as pillars and tapers while Alison pours the smaller tea light and votive candles.

For the past 12 years, Casper Candle has been selling 100% pure, locally sourced beeswax candles and blocks to the Co-op. At the Co-op you'll find a wonderful assortment of different sizes, shapes, and styles of candles; the beeswax blocks are available for those customers who prefer to make their own candles. All of the beeswax used in the candles is sourced from beekeepers here in the Pacific Northwest. There are never any chemicals or additives in their candles.

And there's something special about the wax that Casper Candle uses. It's not as simple as Stephen and Alison placing a wax order and waiting for it to arrive at their workshop—they buy it direct from local sources.

From Hive to Candle

Beekeepers render their wax at the end of the year when they are through with just about everything else. It generally becomes ready for sale October through December, which is also the busiest three months of the year for Casper Candle. To further complicate things, the ratio of honey to wax is nearly 100 to 1. This means coordinating with multiple apiaries in order to collect enough wax to make candles for another year.

To accomplish this a road trip is planned with stops at many apiaries to collect as much wax as their vehicle can hold. Over the years beeswax has steadily increased in price and popularity.

When Casper Candle started, most beekeepers had wax left over from previous years and the price was half of what it is today. Now companies come to Oregon from as far away as Kentucky offering to buy wax. So being in the candle business also means being in the business of procuring beeswax. To boot, only the highest quality capping beeswax is used in their candles. Darker colored comb wax has more impurities that impede the wicking process. Not only is the wax hard to find, but they are picky about the wax they buy.

Reflecting on buying from local farmers and beekeepers, Stephen explains, "It is wonderful to eat locally grown fruit and think that the same bees may have pollinated the flower, made the wax for my candle, and produced the honey for my toast. That is truly a closed sustainable loop."



Shine your love light!

Combine Fair Trade Chocolate, Casper Candles, an Oregon pint glass and your sweetie's favorite beer for an awesome Valentine's Gift!



CITRUS TASTING

BRING SOME SUN BACK TO YOUR LIFE WITH CITRUS!

Saturday, February 15th
2 to 4 pm • South Co-op

Explore the realm of citrus, from the exotic and unusual to your classic favorites at our first-ever citrus tasting February 15th!

From the colossal Pummelo to the dainty Daisy, and everywhere in between, there's a sweet, sour, tangy and tart taste for everyone!

Learn interesting facts, take home recipe ideas, and most of all enjoy free samples! We hope to have a selection of Pummelo, Pink Lemon, Lemon, Meyer Lemon, Lime, Satsuma, Clementine, Page, Cara Cara Navel, Navel, Valencia, Rio Star Grapefruit, Murcott Mandarin, Kumquat, Blood Orange, Minneola Tangelo, Daisys and Honeygold Grapefruit.



meyer lemons

A sweeter lemon often used for baking.



daisy mandarin

Small, shiny, seedy, but lots of flavor.



blood oranges

Tasty sweet and tart orange variety with crimson flesh.



kumquats

Tasty little treats with a sweet rind and a juicy sour center; just pop them in your mouth whole.

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Do you have an interest in our organization's vision, mission and goals?

Are you willing to represent our organization to the community?

Are you willing to expand your knowledge through orientations and training?

Owners interested in candidacy should contact Toni Hoyman of the Board Recruitment and Elections Committee at 541.929.5452 via e-mail at hexagon@exchangenet.net or at www.firstalt.coop.

Board application packets are available at www.firstalt.coop and at customer service in both stores. Applications are due by March 31st. Elections will be held in June.

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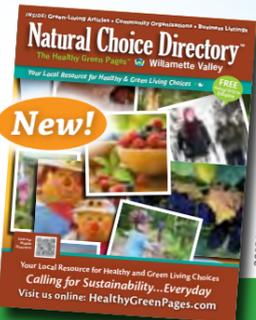
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The Bulk Price is Right

You've got a new recipe but you don't have the wacky ingredients it calls for. What can you do?!

Conventional grocers sell packaged spices for \$5-\$10 an ounce, and their jars can be dated out 2 years or more. Anyway, you just need a teaspoon!

Does that sound like a good deal?

We'd like to offer you an alternative: bulk!

Our bulk spice department has you covered with the freshest herbs & spices around at a great deal!

Here's how some of our bulk prices compare:

1.5 oz Ground Organic Cinnamon

Price in package at local store: \$1.99

Bulk Price:

\$1.02 for 1.5 oz
SAVE 96¢

3.9 oz

Sea Salt

Price in package at local store: 99¢

Bulk Price:

16¢ for 3.9 oz
SAVE 83¢

1.5 oz

Organic Turmeric

Price in package at local store: \$5.69

Bulk Price:

\$1.26 for 1.5 oz
SAVE \$4.43

2 oz

Organic Cumin

Price in package at local store: \$5.29

Bulk Price:

\$2.33 for 2 oz
SAVE \$2.96

Spice Up Your Life!

- Donna Tarasawa

This month's recipes feature foods that contain numerous spices—not especially hot spices, but spices from around the world that give food extra flavor and even provide some health benefits. Cumin, for example, has been shown to potentially stave off cataracts, lower cholesterol and triglycerides, boost your immune system and increase bone density. Turmeric can help reduce arthritis pain and act as an anti-inflammatory. So spice up your life and your dinner and your body will thank you!

Vegetable Curry

Serves 4-6

4-6 cups mixed fresh vegetables, cut into bite-sized pieces
6 cloves garlic, peeled
2 Tbsp ginger, peeled
2 Roma tomatoes
1 Tbsp tomato paste
1 ½ tsp cumin seeds
¼ cup safflower oil
2 white onions, chopped
3 tsp paprika
1 tsp chili powder
3 tsp ground coriander
1 tsp ground cumin
½ tsp ground turmeric
1 tsp garam masala
Salt to taste
1 Tbsp rice vinegar
½ cup rice milk

Puree the garlic, ginger, tomato, tomato paste and cumin seeds in a food processor. Set aside. Heat the oil in a pot and fry the onions until lightly colored. Add the paprika, chili powder, coriander, turmeric, cumin and garam masala. Stir constantly for 1 minute. Add ¼ cup water; stir well and sauté for 2 minutes. Add the tomato mixture and sauté for 3 minutes. Add vegetables and salt; sauté for 2 minutes; add 4 cups water. Cover and cook until vegetables are tender. Add rice vinegar and boil gently for 5 minutes. Stir in the rice milk; cook for 5 minutes. Serve over rice.

Saffron and Cardamom Rice

Serves 6

2 ¼ cups basmati rice
3 cups water
3 green cardamom pods
2 whole cloves
1 tsp salt
1 tsp crushed saffron strands
6 Tbsp coconut milk

Wash rice 3 times, draining after each washing. Place in a medium saucepan with 3 cups water. Add the cardamom, cloves and salt. Bring to a boil; cover and simmer about 10 minutes. Meanwhile, place the saffron and milk in a small pan and warm. When the rice is fully cooked (check by tasting a few grains to make sure they are cooked through), drain any remaining water by pouring rice through a strainer. Put the rice back into the pan and pour the milk mixture over. Stir well, then cover and heat for 7-10 minutes.

Masala Beans with Fenugreek

Serves 4

1 medium onion, chopped
1 tsp ground cumin
1 tsp ground coriander
1 tsp sesame seeds
½ tsp chili powder
½ tsp minced garlic
¼ tsp turmeric
1 tsp salt
2 Tbsp safflower oil
1 tomato, quartered
1 lb fresh green beans
1 tsp fenugreek seeds
¼ cup cilantro, chopped
1 Tbsp lemon juice

Place the onion, cumin, coriander, sesame seeds, chili powder, garlic, turmeric and salt in a food processor and process for 30 seconds. In a medium saucepan, heat the oil and fry the spice mixture for 5 minutes, stirring occasionally. Add tomato and green beans and stir-fry for 5 minutes. Add fenugreek and cilantro and cook another 5 minutes. Add lemon juice, stir and serve.

Spicy Cabbage

Serves 4

¼ cup butter
½ tsp cumin seeds
4 dried red chilies
1 small onion, sliced
2 ½ cups cabbage, shredded
2 medium carrots, grated
½ tsp salt
2 Tbsp lemon juice

Melt butter in a medium saucepan and fry cumin seeds and chilies for 30 seconds. Add onion and fry for 2 minutes. Add cabbage and carrots and stir-fry another 5 minutes, until cabbage is tender-crisp. Stir in salt and lemon juice and serve.

Indian Ice Cream

8-10 servings

14 oz. can evaporated milk
1 egg whites, whipped until peaks form
1 cups powdered sugar
½ tsp. ground cardamom
½ tsp. culinary rose water
½ cups pistachios, roughly chopped
3 Tbsp flame raisins
1 Tbsp Tillen Farms Merry Maraschino Cherries

Remove the label from evaporated milk can and lay it down in a pan with a tight-fitting cover. Fill the pan with water reaching ¾ of the way up the cans. Bring to boil, cover and simmer for 20 minutes. Remove from heat and leave in the water until cool. Remove the can and chill in the refrigerator for 24 hours.

When chilled, pour the milk into a large, chilled bowl. Whip the milk until it doubles in quantity, then carefully stir in the powdered sugar, cardamom and rose water. Fold in the whipped egg whites, cover bowl with plastic wrap and freeze for 1 hour.

Remove ice cream from freezer and mix well with a fork. Transfer to serving container and return to the freezer for 4-6 hours. Garnish each dish with a whole maraschino cherry and serve.

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