



First Alternative
NATURAL FOODS CO-OP

JULY 2014
VOLUME 35 • ISSUE 7
Community Monthly

In This Issue:

Board's Month in Review: 2

North Store Manager Report, Election Results: 3

The Road Best Traveled: 4

Brand Spankin' New, Wellness Tip, Smoothies, Kind Organics: 5

Co-op Classes, Donations, Demos: 6

Farmer Feature—Goodfoot Farm: 7

Co-op Specials: 8 & 9

Budget Bites, Local 6 Feature—Coconut Bliss: 10

All About Staff, Art At South: 11

Health Services Guide & Unclassifieds: 12

Wagon giveaway, Farmer Demo Day, Independence Cheese: 13

July Happenings, Community Calendar: 14

Side by Side, Bike Drive Roundup: 15

Recipes—Picnic Time: 16

THYMES

THE WILLAMETTE RIVER

RIVERSIDE TREATS

BACKPACK LIBATIONS

A VIEW FROM MARYS PEAK

First Alternative's Kitchen is now cooking up some of your favorite, picnic-perfect summertime treats. Available at the Deli counter and from the Grab-and-Go. Yum!



Potato Salad



Tabouleh



Fried Chicken

And don't forget the drinks! Swing through our beer and wine sections to peruse our hiking- and camping-friendly beverage option. Cheers!



Bandit Boxes: Aseptic packaging. Available in 500ml and 1 liter sizes. Lightweight and easy to carry on long hikes.



Bota Box: 3 bottles worth of wine in one backpack-friendly box.



Canned beers and ciders: Here's just a sampling of our selection. Pack 'em in full, pack 'em out empty. In the meanwhile, keep 'em cool in a river.

www.firstalt.coop

FIRST ALTERNATIVE CO-OP
1007 SE THIRD ST.
CORVALLIS, OR 97333

PRSRST STD
US POSTAGE PAID
SALEM, OR
PERMIT #178



You needn't wait any longer: local tomatoes have returned to First Alternative's Produce section! Rejoice! Read more on pg. 4

FA THYMES

First Alternative Co-op
Community Monthly



Blanche Sommers
Treasurer

the board's month in review

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, Adam Payson, & Emily Stimac
Design/layout: Adam Payson, Emily Stimac, & Jessica Brothers

Photography: Emily Stimac & Jessica Brothers

Greetings, cooperators and shoppers. Here it is July and two major milestones for our Co-op have just passed — the Annual Owner Rendezvous and the board election. I hope everyone enjoyed the Rendezvous! This event has become an inspiring gathering of committed owners of the Co-op. This is one of the best ways for Board members to connect with Owners. Thanks to all who attended.

I would like to congratulate our newly elected board members, Melissa Hartley, Erick Rose, and Jim Smith. Congratulations and welcome to the Board! I thank them for their commitment to our Co-op and commend them for investing their time, effort and talents in this truly locally owned business. An investment in your Co-op is an investment in our community in so many ways. Just a few of these are providing jobs for community members, providing a market for local products and supporting many local organizations with assistance.

For those of you who don't have the time to commit to serving on our Board of Directors, there are other ways you can invest in your Co-op and, through it, your community and your local economy. One of these is to purchase an Owner Share, which many of you have done. We ask for an investment of \$70; or if you are in a position to add to your share, you can increase your investment by any amount up to \$300. Our Co-op is currently raising capital by asking for additional share investments from Owners who can add to their share. We've dubbed this effort the 230 Campaign in reference to the additional amount each Owner can contribute beyond the minimum. While the additional investment has not been designated for a specific project, there are several projects we

anticipate needing to fund in the near future. For example, we need a new Point of Sale computer system which will have the ability to track inventory. We will also need the ability to handle the new security features that credit cards will soon require. These are not the kind of projects that are fun to contemplate but they are necessary to maintaining our business.

We recognize that everyone cannot afford to add to their Owner Share but that doesn't mean there aren't other ways to invest in the Co-op. Just shopping at the stores on a regular basis constitutes an investment. Although the Owner Sale Day discount is a significant benefit to Owners, it can be a drain on the Co-op's profitability. In fact if all sales were subject to the Owner Sale Day discount, we would not be able to pay for the expenses of running the store and would go out of business. So shopping at other times without using the discount helps to support that benefit and allows it to continue.

For those shoppers who are not Owners of the Co-op, I thank you also for investing in your community by buying at this locally owned business. I encourage you to purchase an Owner Share so that you may take advantage of the many benefits of ownership including voting for the members of the Board of Directors and attending the Owner Rendezvous.

We will welcome the incoming board members at our July meeting. The June board meeting is when we have our annual board appreciation dinner because it is the last meeting for board members who did not run for a new term. This year we are saying farewell to two members who have served well and will be sorely missed — Camille Freitag and Dan Shapiro. Both have served at different times as Board President. Both also filled other officer positions and acted as committee chairs at different times. On behalf of all of the Owners, I thank them for their dedication and wish them the best.

An investment in your Co-op is an investment in our community...



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

Email address: firstalt@firstalt.coop

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.

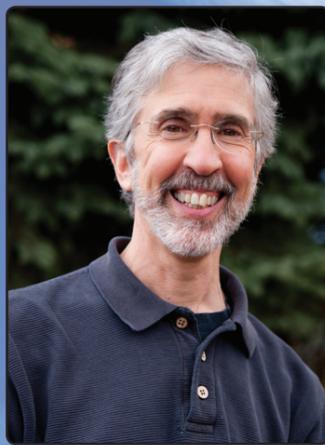
MISSION STATEMENT

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



Dan Shapiro

A very special thanks to our departing board members:

Dan Shapiro & Camille Freitag!

Your hardwork and dedication were invaluable in carrying out the Co-op's mission. You will be missed dearly, and will continue to serve as an inspiration for many years to come.

Thank you!



Camille Freitag

welcome

First Alternative Co-op welcomed 52 new owners in May for a total of 9869 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
- Annual "Owner Rendezvous" celebration
- 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



Bill Genné,
North Store Manager

THERE'S ALWAYS MORE TO LEARN

Staff training and development never cease here at First Alternative

In addition to the customer service, leadership, finance, safety, and other job- and life-skill trainings that are offered for all staff, there are tons of other learning opportunities both formal and informal. In addition to being one of our guiding cooperative principles, we recognize that investing in our staff is critical to our long-term success.

We want our Staff to be as informed as possible about our products, vendors, mission statement, and cooperative principles. Our employees come to us already interested in supporting local, organic, and cooperative practices, but there's always more to learn in our ever-evolving industry. Luckily, at the Co-op, we're always eager to learn.

We provide numerous resources for Staff and shoppers to learn about our products and suppliers. Many departments will set up visits to local providers, giving Staff an opportunity to see where many of our products come from, and to hear about them firsthand from the growers and producers. We also host on-site Staff trainings throughout the year as sometimes it's more feasible having these people coming to us to share their knowledge. Since so much of our focus is on local, we tap into those opportunities as often as possible, but a chance to travel further away to take advantage of a learning experience is always

a nice reward for our Staff. In recent months we've had Staff members broaden their work knowledge in the following ways:

Natalie, our Wellness Manager, went to visit and learn about the Frontier/Aura Cacia cooperative in Iowa. Here is what she had to say about her time there, "Aura Cacia held a VIP event this year and I was honored to be one of 24 Co-op Wellness workers invited. We spent three days touring their warehouses and manufacturing facilities as well as taking part in a day long essential oil workshop. We had lunch at one of their cafeterias and toured their on-site childcare facilities, test kitchens, and several of the labs where they test, test again, then re-test raw materials and finished products for authenticity and quality. We also learned about global sourcing. We learned about the school they built in Madagascar near the ylang ylang fields, so the children could be near their mothers who harvest the ylang ylang for essential oils. They have many other similar projects underway. We also attended their annual member meeting and reception, where we schmoozed with some Members, Staff and the Board of Directors."

Jeannie and Ashley, both from the Deli, recently took a trip to Wisconsin to learn all about organic cheeses and other aspects of dairy production.

Grocery Assistant, Chris Johnson went to Minnesota for leadership training.

Donna and Yadira from Marketing went to South Africa and Chicago respectively to accept awards for us! Yadira felt that representing our Owners at the FMI Connect

Tradeshow in Chicago this past month was an invaluable experience.

And for Donna, seeing South Africa was a unique experience that wouldn't have been possible otherwise. Being immersed in the cultural differences made her so much more appreciative of the life that we live. Getting to meet people from so many different kinds of co-ops, and from so many countries was very eye-opening. We were the only grocery co-op in attendance, and she found it was fun to share something so familiar to us with others who were surprised to learn that grocery co-ops even exist. In exchange, she said it was interesting to see how many different kinds of co-ops exist throughout the world, and to learn more about how they operate.

Ebony from Produce went to California to visit some of our citrus and other non-local fruit and vegetable providers. Here are her thoughts on the trip. "Visiting California citrus orchards this last January was an absolutely invaluable experience and a learning opportunity for me. This trip was hosted, and mostly sponsored, by Organically Grown Company. I spent 3 days touring several citrus orchards including Deer Creek Heights (Buck Brand), Sespe Creek and Benzler, among others. I also got to visit several packing houses and see the packing processes in action. Due to the harsh winter (harsh, freezing weather and then a severe drought) I saw a lot of damaged fruit, destroyed orchards, and citrus farmers facing significant crop loss. Other than being able to visit some of the best organic citrus orchards in California, and eat citrus all day for three days, this was also a great opportunity to meet and network with

other Co-op Produce Managers and some of the great OGC Staff.

And the 15th to the 18th of this month, Susie and Sara from Wellness, Stan, our Grocery and Bulk Manager, and yours truly are all off to Minnesota for a conference put on by the National Cooperative Grocers Association.

Thankfully, vendors, organizations, and associations foot the bill for most of these travels, so don't worry about us raising our prices in order to send our Staff gallivanting around the globe. In addition to the educational opportunities, we look at these experiences as another way to recognize, appreciate, and reward our Staff for all their dedication and hard work. Ultimately, the more engaged, informed and satisfied our Staff are, the better prepared they will be to serve our shoppers and Owners right here in our stores!

Thanks for your continued support and as always, if you have a question, suggestion, or would like to share your Co-op experience please email me, bill@firstalt.coop.



THE RESULTS ARE IN

The ballots are in and every vote has been counted. The official number of votes cast this year was 479. Thanks to everyone who submitted a ballot. Your participation keeps our cooperative mission thriving and helps set the course for the future of First Alternative.

The referendum passed overwhelmingly, and all three candidates were elected. Meet your new board members:



Melissa Hartley



Erik Rose



Jim Smith

JOIN US
July 26 & July 27
10 am - 4 pm

OVER 25 ARTISTS
plus LOCAL WINES

Our beautiful gardens provide an amazing backdrop to wander through as you enjoy all the wonderful art and crafts from local artisans and partake in great wine. Wares include watercolors, fused glass, unique jewelry, sculptures, mosaics and much more. Free to the public. Wine, food, art and crafts for purchase.

5470 NE Hwy 20, Corvallis, OR 97330
(541) 753-6601 · GarlandNursery.com

July in Co-op Thymes History

1980: Agenda for the General Meeting on July 13th includes Board recommendations to close Saturdays at 6pm, and contract for new bulk bins. Discuss whether to join Chamber of Commerce. Consider paid clean-up on worknights since volunteers don't always show up. General Meetings still draw only 20 of over 3,000 members.

1982: Financial Manager, John Tappon, responds to concerns about upcoming electronic cash register system. FA is largest food co-op in the Northwest that relies on volunteers for most of its work – and over \$1 million in annual sales. Will help track sales boosts or slumps in each dept., amount of volunteer discounts taken, non-member surcharges, etc. This one-phase register (with scales tied in) will replace our three-phase present system (adding machine, scale, register) which will speed check-out and eliminate in-head-figuring errors. Surcharges, discounts, change-making, etc. will be automatic. Not trying to "turn into Safeway", this is appropriate technology for our needs.

Fred Meyer's new nutrition center seems to have had an effect on our sales.

1986: "Meating" your needs? (Describes chemical-free meat available from Oregon Homestead Meats of Eugene, frozen.) If membership votes to sell meat at FA next in August we will bring this in.

1993: Volunteer statistics as of June 30: Total volunteer hours worked – 6,842; Total volunteer discount taken – \$33,447.

1994: Bulk Manager, Seth Sokoloff, said price for organic Extra Virgin Olive Oil dropped from \$6.58 to \$5.15/lb – probably due in part to high demand and sales.

Produce Manager, Colin King, announces long-awaited new produce display cases!

1996: Volunteer Coordinator, Margo Roth, reports volunteers spend, on average, \$5 more per transaction. They know the products and have an opportunity to save a little more each time they shop.

1997: To accommodate present growth strategies, upcoming referendum asks membership to grant Board decision-making power to make real estate commitments during 1997-98.

2000: *Deja vu* all over again as the Co-op celebrates 30 years! Referendum results: Meat (beef & pork) "yes," tobacco and irradiated foods "no."

2001: Co-op's in-house demolition (South Store remodel) saves money, resources. Co-op implements "green" building techniques in expansion project.

2002: First-ever initiative requiring labeling of all GMO foods sold in Oregon to be filed this month.

2004: Cooking Classes at the Co-op – in newly remodeled kitchen in Evanite Meeting Room.

2005: 35 Years of good food, good people. Celebrated our 35th birthday Sat. July 23rd.

2007: How much energy do our solar panels capture? Between 8 to 8 1/2 kilowatt-hours a day, average over the year. Equivalent to running our register stations for a total of 96 hours per day on average. South Store water catchment nears completion.

The Road Best Traveled



THE BIG CHEESE

Fromi's Brebrousse pure sheep's milk brie with annatto-tinged rind. Everything we want in a cheese. Delicious served with fruit, a baguette and a glass of wine...or just by itself.



Blacksticks Blue from Lancashire, UK. Butlers Farmhouse Cheeses makes this incredible soft, blue-veined cheese solely with the pasteurized milk of their family's cows.

Kerrygold Irish Swiss aged over 90 days for its distinctive sweet and nutty taste. Made with rich, creamy grass-fed cow's milk from County Tipperary, Ireland.



Cacio de Roma Italian sheep's milk cheese. Similar to pecorino romano but younger, melts smoothly and deliciously into sauces, pizzas, focaccia or crostini.

PROTECT YOUR NECK (AND THE REST)

Summer has arrived in all its glory. It's a joy to spend more time outdoors being active this time of year. A few personal care items rise to the top of shopping lists this season including sunscreens, bug repellents and deodorants. I'd like to tell you about some of what we look for in these products before we'll sell them at the Co-op.

Sunscreen: In a nutshell, we stick to mineral sunscreens. We do not carry sunscreens with oxybenzone or any similar chemicals as their active ingredient. Mineral sunscreens have evolved over the last couple of years; if we want to avoid harmful chemicals while protecting ourselves from the sun, we no longer have to slather on a coat of thick white paste. Mineral sunscreens now come in skin nourishing formulas that are sheer and glide on easily. My favorite is *MyChelle*, as it is great for faces. *Badger* and *Goddess Garden* are also very popular. Both companies have great information on their websites, check them out. I'm also excited about a couple of new sunscreens from *Devita* and *Derma E*.

Bug repellent: We have a great selection of DEET-free bug repellents. The active ingredients in DEET-free bug repellents are essential oils from plants. Several oils repel biting insects like mosquitoes, flies, ticks and fleas. These include citronella, lemon eucalyptus, lemongrass, cedar, mint and more. Our

bug repellents are made in various combinations of these oils in a natural base. My favorite is called *Beat It!* It works great and smells wonderful. We also have *Buzz Away* from a local company called *Quantum* and a USDA certified organic spray from *Greenerways*.



MyChelle sunscreen, *Nourish* deodorant, and *Beat It!* bug repellent

Deodorant: We have a growing selection of propylene glycol free deodorants. It's used in a variety of cosmetics, pharmaceuticals, and even food products. For deodorants, it forms the base of stick deodorants to give it the appropriate texture and deliver active ingredients. Propylene glycol (PG) is derived from natural gas and is on the US Food and Drug Administration's list of ingredients which are Generally Recognized As Safe (GRAS) and is recognized by the World Health Organization as safe for use. Even so, we are constantly looking for better alternatives. *Nourish* deodorant is propylene glycol free and USDA organic. We also carry an organic spray deodorant from *EO. Tom's of Maine* has come up with three PG-free deodorant sticks, and I love *Weleda's* PG-free spray deodorants as well.

Come on in and let us help you find your favorite clean and effective summer personal care products.

—Natalie, Wellness Manager



Goodfoot Blueberries

LOCAL PRODUCE COMING TO THE CO-OP IN JULY

Summer's in full swing here in the beautiful Willamette Valley. That means more and more great, fresh, local, and organic produce being delivered to our stores every day. Here's some of the bounty you can expect to see this July in the Produce section:

Cherry and Grape Tomatoes— Local tomato season is kicking off with a great assortment of cherry and grape tomatoes from *Denison Farm* in Corvallis. The sungold cherry tomatoes are a favorite here at the Co-op. This flavor rich treat is definitely something everyone should try. They're great in salads or by the handful. How many can you eat at once?

Blueberries—Speaking of handfuls of deliciousness, this month we are excited to be bringing you a couple varieties of awesome blueberries from the Biodiversity Certified *Goodfoot Farm* in beautiful Hoskins, Oregon. You can read

more about *Goodfoot Farm*, the family, their fruits, and their sustainable methods on page 7.

Collards—Looking for soul food? Then look for fresh local bunches of this great southern staple from some of our local farmers, arriving soon. These cruciferous greens are nutritional powerhouses, loaded with vitamins A, C, and K as well as being a great source of manganese and fiber. Try them lightly steamed as a side and prepare to feel great.

—Clayton Marion, North Store Produce Assistant



At long last, local tomatoes are beginning to arrive. Hurrah!

Have you talked to **MOM** MAGAZINE lately?

Like us on Facebook.com/lovemommag. Tell us about the most creative thing you've done with your kids to cool off. We may include your comments in an upcoming issue!



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

Burcham's Metals



A true recycling pioneer
Going green and giving back since 1960
Please visit our website & discover how you can join us!

burchamsmetals.com

541.926.4616

Clarity Writing & Editing

- Developmental editing for nonfiction authors
- Corporate communications for globally responsible organizations

"I couldn't have done it without you!"
— Most common feedback from clients



Marie Oliver
Writer/Editor

claritywriting.com

541-760-7787

brand

Spankin' New

RISING STARS ON THE CO-OP SHELVES

GROCERY

Hak's BBQ Sauce – These sauces are amazing! Nothing else to say, except...try all three:

• **Chipotle Bourbon** Like a perfectly aged scotch, Chipotle Bourbon embodies a complexity of layers. Sweet and tangy flavors hit full blast. The robust taste and texture of caramelized onion and garlic surface, punctuated by a deep smack of bourbon. Smoked and roasted chilies release heat that comforts the palate.

• **Habañero Pineapple** This combination of sweet and spicy is perfection. The small touch of Habañero that lingers on your lips is soothing and comforting. When counter-balanced by the freshness of pineapple a very unique and exciting BBQ sauce is born.

• **Thai Chile Tamarind:** Tamarind, a tropical fruit, is paired with an array of chilies in this exciting version of Hak's bbq sauce. This is once again an "out of the box" look at something so simple like BBQ sauce. Go ahead and try something new, and who knows, you may love it like I did!

St. Dalfour Dessert Sauces – I attended a food show last month and noticed these St. Dalfour sauces out of the corner of my eye. I drifted over to the booth and my eyes lit up. I had been looking for a dessert sauce for some time, and these fit into all the right categories. These Dessert Sauces are organic, low fat, low cholesterol, low glycemic index, and delicious. The French chefs who created these Sauces are masters of the culinary arts. They know just how much chocolate to add to the milk solids. They know exactly what percentage of each ingredient should be used to make a delicious sauce, how to blend all the ingredients together, and then cook to an ideal temperature.

They're easy to use too: St. Dalfour Dessert Sauces come in a pack made with food safe, eco-friendly plastic that will not break if dropped. (A blessing for children.) Simply remove the inner seal and turn upside down. Gently squeeze. The sauce pours easily due to a special patented valve. The minute one stops squeezing, the sauce stops pouring. No drip. No waste. No mess. Try all four flavors. Genius at work!

—Stan Horsey, Grocery and Bulk Manager

WELLNESS

MegaFood Boosters – Convenient whole food powders for blending. Fresh from the farm. No sweeteners or preservatives. With four great flavors to choose from:

• **Daily Energy:** Increase your capacity with stimulant-free select Foodstate® Nutrients, including new beetroot powder plus botanicals to promote energy levels and maintain healthy blood sugar levels.

• **Daily C-Protect:** Protect and strengthen your immune system with FoodState® Vitamin C and Farm Fresh Fruit Phenolic blend - with immune supporting botanicals, featuring a blend of fresh organic whole oranges, organic blueberries and organic cranberries

• **Daily Purify:** Optimize and energize with burdock root and dandelion root with FoodState® Farm Fresh Fruit Phenolic to support liver health and the ability to process and remove toxins from the body.

• **Daily Turmeric:** Recover and renew with turmeric, black cherry, black pepper and FoodState® Vitamin C. Helps maintain a healthy whole body inflammatory response and provide exercise/stress recovery support.

BULK

Barnier Fresh Harvest Mantequilla Olives – This beautiful green olive comes from the Basque region between Southern France and Northern Spain. Grown in Spain but cured in France, this olive offers a favorable balance of grassy notes and fruity aroma while still having that buttery, smooth texture.

La Medina Alfonso Olives – Big beautiful purple Peruvian olive. Alfonso is a sizeable olive that easily releases its pit from its soft, slightly tart grape-like meat. Although this olive comes whole with pits, it is easy to de-pit and use in a number of pasta dishes, salads, or even bake in home made bread!

Willamette Valley Granola Organic Coconut Almond Granola – All natural, non-GMO ingredients carefully crafted into a delicious, good for you snack.

SMOOTHIE OPERATORS

introducing north store bulk's smoothie section



We're gonna need a bigger blender

The variety of smoothies is limited only by the imagination of the maker...and the availability of ingredients. We are happy to announce the addition of a Smoothie Section to the bulk cooler at the North Store, to aid everyone in maximizing their true smoothie-creating potential!

We've always carried aronia berries, bee pollen, raw cocoa powder, raw cocoa nibs, hemp seeds, soy lecithin, raw almond, flibert, and peanut butters, along with frozen blueberries, marionberries, raspberries and strawberries. Now we've furthered our number of different additives that will take your smoothies to the next level of nutrition and flavor. Here's a taste:

• **Raw Acai Berry Powder** from Mountain Rose Herbs \$69.99/lb: Açai (AH-SIGH-EE) is an incredible superfood native to Central and South America, containing a complex blend of antioxidants, essential fatty acids, vitamins, and amino acids.

• **Raw Camu Camu Powder** from Mountain Rose Herbs \$74.99/lb: Camu Camu berries are amazing superfruits estimated to have 30 times more vitamin C than oranges along with calcium, amino acids & antioxidants.

• **Raw Mesquite Powder** from Mountain Rose Herbs \$21.99/lb: Used as a staple food for centuries by desert dwellers, this high protein meal contains good quantities of calcium, magnesium, potassium, and zinc, and is rich in the amino acid lysine.

• **Raw Wheatgrass Powder** from Mountain Rose Herbs \$21.99/lb: Wheatgrass Powder has a high content of antioxidants, organic phosphates, quercetin and rutin.

• **Raw Green Superfood Smoothie Mix**, from Bright Earth \$41.99/lb: A naturally synergistic blend of the top superfoods on the planet, taking all the guess work out of superfood nutrition. This mix is designed to provide your body with high-density nutrition, supporting a modern lifestyle with abundant micronutrients and antioxidants.

Keep in mind that while the prices might look high on some of these items, you'll only be using miniscule amounts of them in any one smoothie. You'll be adding significant nutrition to each and every smoothie for an insignificant cost.

The Smoothie Section is making its debut this month in the North bulk cooler!

—George, North Store Bulk Assistant

WELCOME KIND ORGANICS

a great new product line from Garden of Life, made from real, honest, nutritious foods

A few years ago Garden of Life began their relationship with an innovator who holds multiple international patents in the processing and harvesting of vitamins from organic fruits and herbs. His research made it possible for Garden of Life to offer rich, concentrated nutrients from real, honest, nutritious food!

Each Kind Organics multivitamin formula is made from real food—over 30 fruits, vegetables and herbs—making them rich in powerful plant-derived phytochemicals and cofactors such as antioxidants, carotenoids, flavanols, isoflavones, catechins, anthocyanins, polyphenols, vitamins and trace minerals. All of this goodness is wrapped up using Garden of Life's patent-

pending Clean Tablet Technology—an entirely new way to make vitamins using only Certified USDA Organic, Non-GMO Project Verified foods.

None of their Clean Tablet Technology ingredients come from soy or corn. Included in the Kind Organic line is a liquid vegan vitamin B. We've been fielding requests for just this type of product for some time, so it's great to have found one we feel good about. Find them now in the Wellness aisle.

And for a limited time you can redeem, with purchase, a coupon for Alicia Silverstone's new book "The Kind Diet". Look for coupons near the products or ask a Wellness Stocker for assistance.

—Susie, North Store Wellness Assistant



Get a bean for every shopping bag you bring from home. Drop them in the donation boxes at each store.

Each bean is equal to a 5¢ donation to the chosen organization.



April through June 2014

Corvallis Environmental Center

Senior Dog Rescue of Oregon

Furniture Share

Local 6 Connection

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

Raised Garden Planters by Grandpa Vern

See our Waist High garden planters—raised bed gardening.
www.grandpasplanters.webs.com
541-760-8660

PRINTING & DESIGN WITH THE EARTH IN MIND

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

Deep Release of Tension In a Supportive Setting

Sweet Yoga
Small classes
Private yoga therapy
Lovely space
Contact Christine
541-231-5992
www.sweetyoga.net

Gonzo Products at the COOP and Normal's

Sunburgers
Tofu Spice Mix Pancake Mix
Tamari Ginger Vinagrette

find us on facebook

NEARLY NORMAL'S gonzo cuisine

(541) 753-0791
109 NW 15TH ST. CORVALLIS, OR

July Co-op classes

Classes held in the South Store Co-op Meeting Room unless otherwise noted. Register online at www.firstalt.coop

Tuesday July 22 • 7-7:45pm
The Healthcare Movie, hosted by Mid-Valley Health Care Associates

Cost: free (pre-registration requested)

Every day people are dying or going bankrupt due to the ills of the United States healthcare system. Who are we in the face of this human tragedy? If you agree that people are more important than profits, then you must watch this film. Discussion follows. Free popcorn provided! Sponsored by Mid Valley Health Care Advocates: www.mvhca.org

Tuesday July 29th • 6:30-8pm
Summer Outdoor Fitness Series, Part 2: Food and Water for the Trail

Cost: free (pre-registration requested)

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

Wednesday July 30th • 7-8pm
Hairbraiding for Beginners and Pros with Rachel Emmons

Cost: free (pre-registration requested) • Class size limited to 20 participants

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

Thursday July 31st • 7-9pm
Compassionate Communication for Couples

Cost: free (pre-registration requested)

FREE Informational Meeting. Used worldwide for transformational personal and professional growth, conflict resolution and relationship healing. Everyone welcome! More info at www.tinataylor.co, or call Tina at 541-753-2255.

Compassionate Communication can help you learn to:

- Stay centered and connected in tense conversations
- Avoid judgment, blame and guilt
- Preserve connection despite disagreement
- Transform criticism of self and others
- Enjoy the magic of empathy for self and others

Due to the holiday, we will not hold our weekly wine tastings at the North or South Stores on July 3rd and 4th.

Alternative Transporter of the Month
Austin Bruce Hallock

Walking is my preferred mode of transportation. When I'm on foot, I can relax and contemplate my surroundings, or just space out (except when crossing streets). Spacing out contributes to my well-being. Someday I'd like to really space out—i.e., travel in space—that would be super-alternative, wouldn't it? Until then, I'll continue to enjoy my walks to and from the Co-op, carrying my reusable bag in my fanny-pack, which also serves as my magical space-suit console, equipped with controls to facilitate my spacing out. See you on the sidewalk!



Austin will receive a \$50 gift certificate to Cycle Solutions!

AROUND (SOUTH)TOWN

Great news and fun events for Southtown's alternative transporters

Ready to have fun and connect with your community? Starting in July, South Corvallis residents will be receiving information in the mail to order free customized transportation materials to help you walk, bike, take the bus, and share rides around Southtown and beyond.

You'll be able to choose the information you want, and we'll deliver it to your door, along with a free umbrella, bike lights, or stainless-steel water bottle!

Also, don't miss these free Southtown events:

- Bicycling Basics and Repair Class (Spanish/English): Tuesdays, July 8 and 15, 7-8:30 p.m., Tunison Community Center, 365 SW Tunison Ave., child care and snacks provided
- Kinetic Sculpture Mud Bog Race: Sunday, July 20, 10am-12:30pm, Crystal Lake Sports Park. For more information, go to www.davincidays.org/races-revelry/graand-kinetic-challenge/gkc-mud-bog.
- Sage Concert Family Bike Ride: Thursday, July 24, 5:30 p.m. Meet at Lilly Park. Ride to Starker Arts Park for a free Sage Music Concert. Check out www.facebook.com/SageConcertSeries for more information about the concert.
- Ice Cream Walk (Spanish/English): Thursday, July 31, 7-8:30pm. Meet at the covered bike racks at Lincoln Elementary School, 110 SE Alexander Ave., to walk to the Willamette River Boat Ramp for free ice cream! We will depart Lincoln School at 7:00 p.m. for a leisurely one-mile walk from the school to the boat ramp and back.

If you have questions, call 541-754-1730 or go to www.CorvallisOregon.gov/SouthTown

—Tarah Campi, OR Cascades West Council of Governments

NEW SUMMER DEMO SCHEDULE

These new summer demo hours will begin July 16th. Come in during the week for a taste of our featured recipes from Budget Bites, Co-op Deals and more!

Wednesdays	Thursdays	Fridays
North 1:30-3:30pm recipe demo	North 5:30-7:30pm recipe demo	South 5:30-7pm recipe demo
South 3:30-5pm recipe demo	North 5-7pm wine tasting	South 5-7pm wine tasting

co-op donations

MAY 2014

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 May donations were given to these worthy groups or causes:

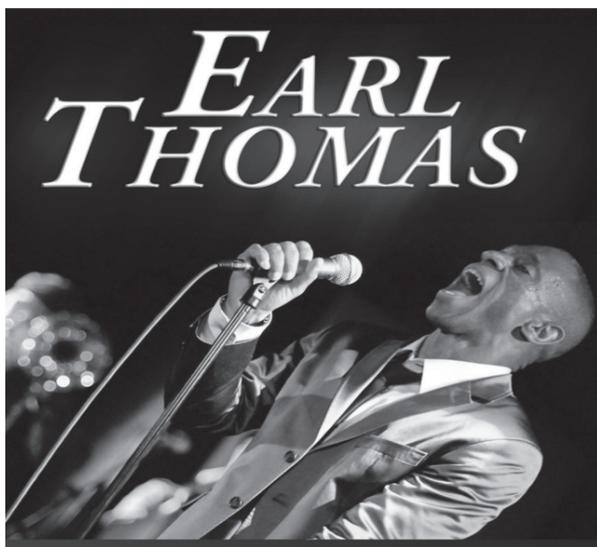
GLEANERS

Linn-Benton Food Share North: 718 lbs = \$1,671.82
 South: 704 lbs = \$1,289.96

SMALL DONATIONS

Soroptimist Int'l of Corvallis.....\$30
 CSC Youth Garden\$30
 Linn Benton Food Share.....\$50
 OSU Hydrophiles.....\$30
 Franklin School PTA.....\$30
 OSU College Forests.....\$30
 Run for Hope: Benefiting B+ Foundation.....\$30
 Lincoln Elementary PTO\$30
 Boys and Girls Club\$30
 Waldorf School Music Department.....In kind donation

May Donation Totals:\$3,541.78



Friday Tickets: \$20-25
August 22nd
7:30pm

Corvallis
ARTS
 for all
 Up to 2 tickets @ \$5 each to holders of Oregon Trail Card. Available only at the door.

THE MAJESTIC THEATRE • 115 SW 2ND ST. CORVALLIS
 BUY ONLINE: WWW.MAJESTIC.ORG OR BOXOFFICE: 541.758.7827

Summer Yoga Special

3-month **unlimited class pass** for \$249

Starts date of purchase. Offer expires July 31



Live Well
 Yoga • Pilates

livewellstudio.com
 541.224.6566

971 NW Spruce Ave Corvallis.

international year of family farms

Goodfoot Farm

Blueberries and biodynamics

This month our family farm series takes us to Goodfoot Farm in Kings Valley.

Located in a lush niche of the Coastal Range, this farm is one of the only Demeter Certified Biodynamic® blueberry and vegetable farms in the state and one of a few in the country.

Farm owners Beth Hoinacki and Adam Ryan moved to their property on the Luckiamute in 1999 (and were subsequently joined by their children Ella and Cole). There were two acres of young blueberry plants that they maintained over the years and in 2005 they began bringing their harvest to the Co-op to sell. In 2009 they added fall vegetables to their production and you can expect to see some fabulous potatoes and squash arriving from Goodfoot later in autumn. They also run a booth at the Corvallis & Albany Farmers' Markets.

Since purchasing the property they have integrated the biodynamic principles of land management into their daily lives, including several sheep, geese and chickens for keeping the weeds down around the blueberries. The animals are rotated through the fields—cultivating and eating leftover fruit at the end of the season, which helps keep the plants healthy.

Two Haflinger horses are in training to reduce the farm's dependence on fossil-fueled equipment. Lily is currently able to do some hauling and cultivating around the farm and is working to learn more detailed work. Two year old Lacy will join her as

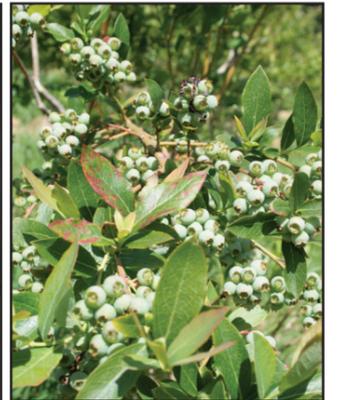
teammate in the coming seasons. In addition, the horses provide the foundation for the fertility program for the farm, including the production of biodynamic compost.

During harvest season, the farm employs around 10 local youth to help with the berry picking. Otherwise it's pretty much all done by the family and their one year-round part-time employee and additional seasonal part-time worker. The expanse of crops and addition of 2 new hoop houses in the serene valley just hints at the tremendous undertaking that this farm entails, but it's hard to imagine the amount of work it takes as we wander the peaceful property on a sunny afternoon.

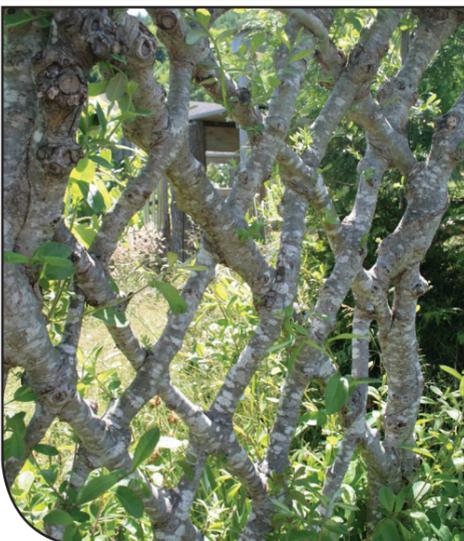
While the farm has grown, Beth has continued her work as a biodynamic certifier for Demeter USA. She says it gives her an exciting view into sustainable practices of other farms and keeps her energized.

According to their website, "The Demeter Biodynamic® Farm Standard is a comprehensive organic farming method that requires the creation and management of a closed system minimally dependent on imported materials, and instead meets its needs from the living dynamics of the farm itself."

Says Beth, "We take a systems approach in our efforts to balance our food production with our responsibility for our local forest, field and river life and with the health of our planet. For us, the Biodynamic method helps us achieve this mission."



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.



Try the Wednesday Farmers' Market!

1st & Jackson 9 AM-1 PM

2014 season: April 19 - Nov 26

Wednesdays & Saturdays

ciba

Also Saturdays in Downtown Albany!
www.LocallyGrown.org

AMERICAN DREAM PIZZA

FREE DELIVERY!

Gluten Free Crust available Sunday through Wednesday!

CAMPUS 757-1713 • 2525 NW Monroe
DOWNTOWN 753-7373 • 214 SW 2nd
www.adpizza.com

July 2014

sale period:
July 2nd-29th

special order deadline:
July 25th

local color

Co-op deals

stock up and save!

Flyer A: July 2nd-15th
S.O. deadline: July 11th
Flyer B: July 16th-29th
S.O. deadline: July 25th
Find more sales in our
Co-op Deals flyers!

Wellness

**BLUE PLANET
Sunglasses**
25% off

When you buy Blue Planet Eyewear they donate a pair of eyeglasses to someone in need -- and have donated thousands of pairs of eyewear throughout the US and 14 other countries!



Each pair comes with a free case!

**BOIRON
Select Arnica & Calendula**
30% off



Bulk

GRIZZLIES



Organic Raw Fruit and Nut Mix

This hand-made trail mix is truly organic raw goodness! Hand crafted with organic California almonds, crunchy walnuts, delicious coconut chunks, Thompson raisins, pineapple, sunflower & pumpkin seeds.

reg. \$11.29/lb. **sale \$9.99/lb.**

NEW!



**GARDEN OF LIFE
KIND Whole Food Vitamins**

40% off

USDA Certified Organic, Non-GMO Verified

**GARDEN OF LIFE
Raw Organic Protein &
Raw Organic Perfect Food**

35% off

**BULK
Amaranth**

reg. \$2.29
sale \$1.99



**BULK
Sunflower Seeds
Roasted & Salted**

reg. \$2.39 **sale \$1.99**

**MARIN FOODS
Wild Berry Bars**

reg. \$5.39 **sale \$4.89**



**MARIN FOODS
Honey Fig Bars**

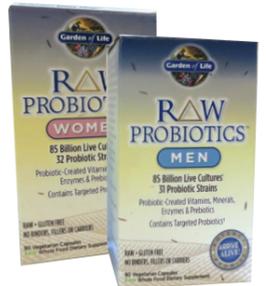
reg. \$5.29 **sale \$4.89**

Great for hiking,
biking, camping
or picnics!



**GARDEN OF LIFE
Select Raw
Probiotics**

35% off



**ACURE
Body Lotions**

20% off

**SUNRIDGE FARMS
Zen Party Mix**

reg. \$6.89 **sale \$5.99**

A balanced combination of nuts and spices, captured in a pleasing bar-style mix. Enjoy fresh roasted tamari almonds and asian chili crackers mixed with roasted and salted sesame sticks and peanuts!



Coffee

EQUAL EXCHANGE



Organic Midnight Sun
reg. \$11.99 **sale \$8.99/lb.**

This intensely dark blend is balanced and delicious with rich chocolate fudge and a syrupy mouthfeel.

EQUAL EXCHANGE



Organic French Roast Decaf
reg. \$14.59 **sale \$11.99/lb.**

This dark decaf blend is bold yet balanced, with creamy malted chocolate and a bittersweet finish.



**HOST DEFENSE
Chaga**
20% off
Antioxidant and
DNA support



**HOST DEFENSE
CordyChi**
20% off
Stress & Fatigue Support

Produce

Supporting local farms, families, and communities since 1970!

Enjoy some fresh, LOCAL BERRIES

from these delicious berry
harvests during July:

Blueberries: Goodfoot Farm

Red & Gold Raspberries: Denison Farm

Strawberries: Denison, Groundworks

Organics, & Winter Green Farm (depending on availability)



First Alt Brand

Multi-Flora Probiotic
60 vcap reg. \$20.69
sale \$17.49



Cal-Mag with D3
90vcap reg. \$9.99
sale \$8.49

Cal-Mag-Zinc
100tab reg. \$11.89
sale \$9.99



Cal-Mag-Zinc
250tab reg. \$23.49
sale \$19.89

Basic Multi
30, 60 or 180 vtabs
reg. \$7.99-29.69
sale \$6.79-25.19



Zinc Lozenges
60 ct reg. \$6.39
sale \$5.39



Cheese & Deli

PROVVISTA

Organic Medium Cheddar

reg. \$8.69 **sale \$7.89**



SIERRA NEVADA

Gina Marie Cream Cheese

8 oz 4.19 **sale \$3.79**



Co-op Kitchen

HOMEMADE

Coleslaw

reg. \$5.99/lb. **sale \$5.39**

Perfect for pairing with BBQ!

Cashew & Cranberry Quinoa

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

A picnic pick-me-up!

WILLAMETTE VALLEY CHEESE

Dill Havarti

reg. \$16.99 **sale \$15.79**

Pairs well with your favorite bold red wine!

GRAZIERS

Raw Milk Jalapeno Jack

8 oz 5.59 **sale \$4.99**



PAPOUIS DAIRIES

Halloumi

8.75 oz 7.89 **sale \$7.29**



Halloumi Greek cheese is perfect for grilling!

INDEPENDENCE CREAMERY

Herb Cheddar

reg. \$16.19 **sale \$15.29**

Locally made and perfect for your next picnic or party!



TINE Jarlsberg Sliced Swiss

8 oz reg. \$5.79 **sale \$5.19**

Top your mushroom burger with this!

TINE Jarlsberg Swiss

reg. \$10.49 **sale \$9.49**



ORANGE WINDMILL

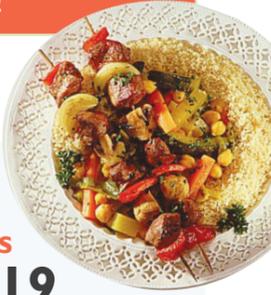
Cablanca Goat Gouda

reg. \$15.49 **sale \$14.29**

Really gouda Gouda!



Meat



CATTAIL CREEK

Lamb Loin Chops

reg. \$15.69 **sale \$14.19**

CATTAIL CREEK

Lamb Shish Kebab

reg. \$13.99 **sale \$12.59**

DRAPER VALLEY FARMS

Ranger Family Griller Packs

reg. \$4.69 **sale \$2.99**

Grocery & Cooler

HAKS

BBQ Sauce

Chipotle Bourbon, Thai Chili

Tamarind, & Habanero Pineapple

Amp up any dish from burgers to Brussels sprouts! Not only is it delicious for BBQs but it's comforting heat can keep you warm at evening dinners by the fire! 15.5 oz. reg. \$7.29

sale \$5.99



ALDEN'S ICE CREAM

Assorted Ice Creams

We're lucky to be located in the northwest where the sweetest cream comes from and delicious organic ingredients are abundant.

48 oz reg. \$6.99

sale \$4.99



NOURISHING KITCHEN

Organic Hazelnut Granola

8 oz reg. \$9.99

sale \$8.99

This granola is made in small batches by hand with the highest quality ingredients and with loving attention at every turn. No added sweeteners, paleo friendly, gluten free and vegan!



ST DALFOUR

Organic Dessert Sauces

Caramel, Strawberry, & Chocolate

Organic, low cholesterol, & DELICIOUS!

10.6 oz reg. \$4.19

sale \$3.19



BLUE MONKEY

Coconut Water

Pulp or No Pulp

17.5 oz reg. \$2.39

sale \$1.39

High quality, not from concentrate, coconut water!

Pulp 6-pk

6/17.5 oz. reg. \$14.29

sale \$8.29



Q TONIC

Slim Cans 4 pk

12 oz ea. reg. \$5.89

sale \$4.39



O'BROTHERS

Hot Sauce

Jalapeno, Habanero, or Chipotle Habanero

Our amazing Pepper Sauces add just the perfect zip to any meal, whether it's breakfast, lunch, dinner, and every snack in between.

5 oz reg. \$4.19

sale \$2.99

Household

BIO KLEEN

Energy Saver & Free & Clear Laundry Liquid

64 oz. reg. \$11.39 **sale 9.39**

Remove tough dirt, grease, stains and odors with plant based cleaners! These liquids are gentle enough for cloth diapers, delicate fabrics and hand washables!



APPLEGATE

Hot Dogs Beef or Turkey

Humanely raised, antibiotic-free, vegetarian-fed, seasoned with paprika, sea salt, celery powder!

12 oz reg. \$5.59

sale \$3.99



TOFURKY

Kielbasa, Beer Brats, or Italian Sausage

16 oz reg. \$4.39

sale \$3.69

Enjoy the SIZZLE on an outdoor grill or cook it in the comfort of the kitchen!



FRUITSTIX

Frozen Fruit Bars

Enjoy these fresh and juicy fruit bars!

4 pk reg. \$3.89 **sale \$2.79**



IT'S THE FAMOUS

Salsa, Mild, Medium, or Hot

16 oz reg. \$5.99

sale \$4.99

We strive to produce a most excellent product that people will crave -- once they are addicted to the "famous" taste!



Note: products may not always be available at both store locations.

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

BUDGET Bites

We are taking it outside for most of this week's meals. After baking the flatbread for the week most of the meals will come together with a little grilling and fresh, uncooked local veggies that highlight the abundance of summer:

July Menu

- Falafel with Fresh Flatbread
- Grilled Margarita Pizzas
- Grilled Eggplant Wraps
- Thai Pasta Salad
- Greek-a-dillas
- Ginger Tofu Crunch Salad

Ginger Tofu Crunch Salad

- 1 block tofu, cubed
- 2 Tbsp coconut oil
- 1/4 cup nutritional yeast
- 1/2 tsp ea: dill, cumin, garlic granules, paprika
- 1/2 small cabbage, shredded
- 1/2 bunch cilantro, chopped
- 2 Tbsp ginger, grated
- 3 Tbsp tamari, divided
- 2 Tbsp rice vinegar
- 1 Tbsp toasted sesame oil
- 1 clove garlic, minced
- 1/2 Tbsp brown sugar
- 1/4 cup toasted sesame seeds
- 1 pkg. Muruku noodles

Fry tofu in oil over medium heat until brown. Sprinkle with nutritional yeast, dill, cumin, garlic granules, paprika and 1 Tbsp tamari and set aside. Combine cabbage & cilantro together in a large bowl. For dressing, mix 2 Tbsp ginger, tamari, rice vinegar, sesame oil, garlic, brown sugar and sesame seeds. Pour over cabbage and toss to coat. Top with tofu and Muruku noodles and serve.



Coconut Bliss

Get Blissed out with Luna and Larry

I scream, you scream, we all scream for Luna and Larry's coconut milk ice cream—Next time we won't eat it so fast. Or at least try not to. I mean, it tastes so good!

Business: Luna & Larry's Coconut Bliss
Owners: Lochmead Dairy, Luna Marcus and Larry Kaplowitz
Crew size: 12 Blissful Team members
Location: Eugene, OR.
Since: 2005



What do you produce? Non-dairy frozen dessert. (Coconut milk ice cream sounds yummierrr!)

What sustainable practices does your business employ? Every Luna & Larry's Coconut Bliss product is created with thought and care relative to environmental concerns. We only use certified organic ingredients and Coconut Bliss is Non-GMO verified and Kosher Pareve. We use Fair Trade cocoa, coffee and chocolate. In addition to supporting our local community through fundraising events, we give donations throughout the year to non-profit organizations and other groups across the country, that exist to improve the quality of life for all beings.

Please describe your business philosophy: To offer the highest quality organic non-dairy frozen dessert on the planet, while building and maintaining harmonious relationships. We embrace the opportunity to create a sustainable business that honors our interdependence within the Global Ecosystem.

Please tell us your story! Creators Luna Marcus and Larry Kaplowitz met at a permaculture educational center in Oregon's Willamette Valley. They found an inspiring social environment dedicated to sustainable lifestyle practices. After giving up dairy, they found themselves unsatisfied with the ice cream alternatives that were available at the time. The soy and

rice-based ice creams left them wanting more, both in texture and integrity of ingredients. Inspired by the many uses of coconut milk in other cuisines, Luna and Larry decided to try it as a base for ice cream. Working with a simple, hand-crank ice cream maker purchased from Goodwill for \$1.50, they came up with the perfect recipe: organic coconut milk sweetened only with agave. With their new dairy-free, soy-free, gluten-free ice cream base, they began to experiment with many unique flavor combinations.



After months of tasting parties for friends and neighbors, they saw great potential in the product. It was time to expand on the idea and share it with the world. In 2005 Luna & Larry's Coconut Bliss began selling hand-packed pints to local natural food stores.

Bliss Unlimited, LLC was founded to create a satisfying ice cream without the health and ecological impacts associated with dairy, soy, or gluten. Coconut Bliss® is the evolution of ice cream. USDA-certified organic and Non-GMO verified, Coconut Bliss® is based on cholesterol-free coconut milk that is packed with lauric acid and medium-chain triglycerides (MCTs), and sweetened with naturally low-glycemic agave syrup.

The company values ecological and social sustainability, and strives to use the highest quality and most ethically produced organic ingredients it can find.

If you like Kale Coladas...

- 1/2 cup Coconut Bliss Vanilla Island
- 1 1/2 cups coconut water
- 1 cup pineapple chunks
- 1 cup lacinato kale
- Ice cubes (optional)

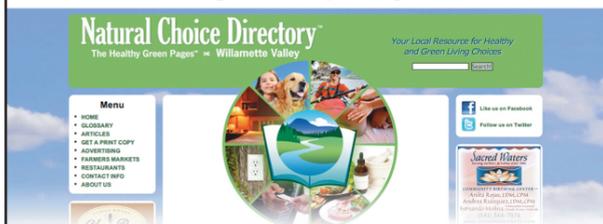
Blend on high for 60 seconds, serve and enjoy!



Natural Choice Directory™

The Healthy Green Pages • Willamette Valley

Serving Corvallis/Albany, Salem & Eugene/Springfield



Visit HealthyGreenPages.com today!

Interested in Advertising? 541-484-3773

recipes • digital Thymes • news events bulk lookup • and much more

www.firstalt.coop

ProPrint

Since 1976

37+ years as your local friendly Print Shop

541-754-3000 • www.proprint1.com • 6th & Monroe, Corvallis



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

Superior PC Service

- Repairs
- Upgrades
- Networking
- Virus removal



John Madsen

541-929-4054

541-760-6717

Established 1988

staff spotlight: meet your Co-op crew!

Adam Payson

How long have you worked at the Co-op, and what is it you do? I've worked here for nearly two years now. I started in August of 2012, not long after I came to Corvallis. I started out as a Grocery Stocker, but recently I got a new gig. Now I'm the Marketing Assistant. I'm in charge of putting together this paper you're reading right now, among other things. It's pretty exciting.

That's pretty different than stocking groceries It's more than a subtle change, that's for sure. I'm sitting at a desk a whole lot more. It's less about exercising the body, more about exercising the mind. A nice change of pace. Was that a question?

It was. Do you miss the Grocery Department? Only a little bit. I mean, I miss how very active it was. It's great for staying fit, because a Grocery Stocker is forever on the go. It's a great team too, Grocery, but I can always pop downstairs for a visit. And for the time being, I'm still taking one Grocery shift a week, so I'm still getting a little piece of that action.

What do you like best about your new position? My new teammates first off, they're awesome. I also get more of a chance to interact with all the other departments, which is great because this place is full of wonderful, unique people. The very best part, though, is getting to take it to the streets, as it were, and spread the word about the Co-op to the community at large. When the fiancée and I first visited Corvallis to see if we'd like to live here, the Co-op was a big part of convincing us that yes, we did. Now we do, we're married, and we both work here. Fantastic.

Where did you move here from? Well I was born and raised in a desolate, somewhat infamous town in Eastern Washington. I didn't like it there. I went to the opposite corner of the state for college, Pacific Northwest proper. I felt

at home there in a way I never did in the desert. I loved the air, the trees, the ocean, the endless green. So after college I left, lived in a couple of cities. They're great, don't get me wrong. I love big cities—ones with good mass transit at least—but the trees are lacking, and the air is poor, and you can hardly grow food if you want to.

What big cities did you live in? New York primarily. I lived in Prague first, for about year, but I could only do the expatriate thing for so long. Try as I might I could never get my Czech past the conversational level of a caveman. So I ended up in New York, sort of accidentally. I meant to go for a month and do some work. It was about six years later that I moved back out west, to Corvallis.

What sort of work did you do in the city? I went initially to work for an art fair. It's something like a county fair, but with fewer pigs and more sculptures. I did that for a year. That's where I met the beautiful lady who was to become my wife, so I'd gotten out of it what I needed. Then I got a job with an art handling firm, which was really cool. I would go into galleries and museums and take down or put up shows and exhibitions. I got to do and see lots of incredible stuff, but it was also a pretty nerve-wracking, working with fragile things worth more than my life on a daily basis. So enough of that. We started vacationing in this isolated cabin in upstate New York. Not long after that we started researching a move out to fresh-air land, a place to grow our own food and listen to the quiet. After about a year of concentrated research we decided on Corvallis, and here we are. I applied for a job at the Co-op after just a couple days in Corvallis. I didn't get that one, but that's okay.

Going by your experiences, you're an artist? Always. I was that kid who would never not be drawing. I was really

good at it. So, I grew up and went to art school. My primary focus there was painting, but eventually it didn't interest me anymore. I was too busy playing guitar, for one, but I'd fallen into computers too. It's just so much cleaner to paint in Photoshop, and I can get a good straight, clean line every time in Illustrator. I'm kind of a neat freak, so eventually design became more interesting to me than your more nitty-gritty sorts of art.

Do you like having an artistic outlet at work? Yes, enormously. I can sit at a desk all day and do this sort of work without getting bored, like I would after, say, 10 minutes in front of a spreadsheet. It feels like I'm really doing something, and it's great practice too, for my personal pursuits. My latest artistic-kick, for example, is writing, which I happen to get to do a lot of at work. I can spend a day at work writing and editing articles for the Thymes. Then when I get home it's like all the loosening-up at the keyboard, getting the ideas to start flowing, that's already done. I can just start working.



Anniversaries in July

Staff Anniversaries

Blueberry, 1 year: Alexandria Gray, Stan Horsey, Allison Burr

Blackberry, 4 years: Phil Hochheiser

Fig, 9 years: Matt Finley, Judy Thatcher

Pineapple, 24 years: Marlene Culbertson

Paid Sub Anniversaries

Blueberry, 1 year: Ann Santich, Stephanie Parrish

Raspberry, 2 years: Bryan Calidonna, Janey Gaventa

Strawberry, 6 years: Breanna Fraser-Hevlin, Elena Henderer

Owner-Worker Anniversaries

Apricot, 8 years: Bob Smith

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 | 15. Pear |
| 2. Raspberry | 16. Apple |
| 3. Cherry | 17. Orange |
| 4. Blackberry | 18. Grapefruit |
| 5. Kumquat | 19. Pomegranate |
| 6. Strawberry | 20. Mango |
| 7. Plum | 21. Papaya |
| 8. Apricot | 22. Cantaloupe |
| 9. Fig | 23. Honeydew melon |
| 10. Kiwi | 24. Pineapple |
| 11. Lime | 25. Watermelon |
| 12. Tangerine | 26. Hidden Fruit |
| 13. Nectarine | 27. Bunch Grapes |
| 14. Peach | |

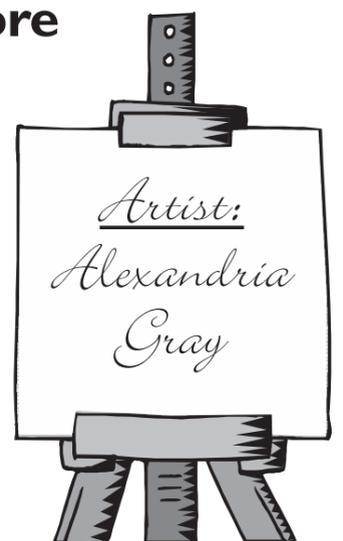
After 25 years watermelons are designated with a hat containing the above fruits, starting with the blueberry for the 26th year. etc.

Art at the South Store

Asked about her artistic method, Alexandria explains, "when I sit down to create a work of art I almost always have a fixed, clear goal in mind. That goal is never achieved unless I let go of all but the most basic concept of what I started with. I want to create to inspire emotion, regardless of whether that emotion is peace, anxiety, or anything in between."

Alexandria's works on the human body, music, fantasy, history, myth, and her heart will be on display all month long in the South Store Café. Come have a look.

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



Restore the joy of living.

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

Virginia Shapiro, DC

Integrative Chiropractic Care

Finally...the long-term relief you've been looking for.

(541)738-2711 • www.virginias Shapiro.com

Most insurances accepted

Oregon Organic products

We offer: Quality

- ★ Assorted Pickles
- ★ Albacore Tuna
- ★ Fruit Spreads
- ★ Salsa
- ★ Pickled Beets
- ★ Pickled Jalapeños

Thanks for Supporting

Sweet Creek Foods

www.sweetcreekfoods.com
541-935-1615

Sweet Creek Foods is proud to be supporting our local farmers.

Our business is family owned & operated.

We enjoy what we do, then we bring it to you.

look for us at your Co-op

Tax Return Preparation

Personal • Corporate • Estate • More!

Since 1973

757-1945
316 SW Washington
Corvallis



health services guide

Advertise your health service for only \$40 per ad. Maximum 50 words. Please email your ad to thymes@firstalt.coop by the 15th of the month.

NUTRITIONAL HEALING CENTER Women & Children focused Custom Nutrition Programs. Identifying Underlying Causes for dealing with Allergies, Digestion Problems, Sleep, Energy & Emotions. Hormonal & Thyroid Issues. Evaluation determines if you are a good candidate for care. Dr. Nancy Lach - Chiropractic Physician 2721 NW 9th. Corvallis nrthealing.com 541-207-3330

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

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.virginia Shapiro.com.

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.

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, michaela-counseling.com (541) 224-6732.

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

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-corvallis.com

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

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

ERRANDS, SHOPPING, HELP AROUND THE HOUSE, Ken, (541) 929-4296

OUR LINCOLN CITY BEACH HOUSE IS NOW FOR SALE. It has 2 bedrooms with a full basement, 1927 character and a great view of the ocean. Furnished and in good condition. \$249,500. Owner/Broker: (541) 760-0604

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

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.

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

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

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.corvallisdoula.net.

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

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

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

"MORE THAN A FACIAL" NEW TREATMENTS!!! This treatment burns calories (lots) reduces stress and fatigue, removes wastes and toxins, improves the immune system, relieves pain and joint stiffness, increases blood circulation, all by spending 45 min. in the Far Infrared Energy Blanket. Far Infrared heat is thought to be 7 times more effective at detoxifying heavy metals, cholesterol, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins as opposed to conventional heat or steam saunas. \$45 for 45 min. Series of 4 includes a FREE Detox foot Bath. Call TODAY to set up your appt.. (541)487-4060

FOR SALE: USED FRIDGE, \$85 OBO. Call for details. Ken (541) 929-4296

FOR SALE: YAKIMA ROOF RACK, for gutter style car, carrier basket, bike dish. Make an offer. Ken (541) 929-4296

DRIED SEAWEED, DRIED MUSHROOMS, kombucha, dried fruit, scrapwood. Ken, (541) 929-4296

YARDWORK, WEEDING, PRUNING, scything, general clean-up, recycling, misc labor, trailer-haul, much Ken (541) 929-4296

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

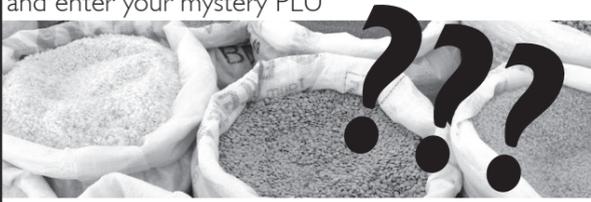
JARED'S GREENHOUSES AND CONSTRUCTION (541) 908-6607 I build quality, affordable custom greenhouses using Solexx double paned windows that open with screens and stained Doug Fir framing. I'm also skilled in tile, concrete, siding, roofing, building fences and much more. Outstanding local references & pictures available.

CORVALLIS TO SALEM VANPOOL. \$111 per month Commute to your 8-5 job in the Capitol Mall area in comfort and safety. Relax while helping your budget, your car, and the environment. Your commute doesn't get any better than this! Interested? Contact David Mohrman at (541) 740-3739 for details.

THE WEDDING GAL Officiating weddings from the Coast to the Cascades. Corvallis based. (971) 218-6798 or sites. google.com/site/CarolynSchechtman

FEMALE RENTER WANTED in quiet convenient NW Corvallis neighborhood home. Includes own kitchen/living room, small bedroom and bathroom. Must walk through shared laundry room to get to own bathroom. No pets or smokers. \$575/month, includes utilities, internet, first & last month plus \$300 security deposit. (541) 753-6884

Check out our **BULK LOOKUP**
Go to www.firstalt.coop
Select "Bulk Search" from the menu bar and enter your mystery PLU



Find out what's in all those little bags in your cupboard.
Look up any bulk food, body care product or supplement.

Take the stress out of entertaining with the



Call us about special orders for your next party!
(541) 753-3115



INDEPENDENCE CHEESE

Full Circle Creamery goes organic, takes on a new name

Brian and Kate of Full Circle Creamery have had a lot on their plate this season. The harsh winter damaged facilities and set back production, but that's not enough to stop these two. They have a new name, Independence Cheese, and some even bigger news, USDA Organic Certification.

Here's the new look:



Pretty similar to the original, and still being stocked in the same places, so don't worry about missing out on the raw, sometimes smoky goodness. Something else familiar is starting to appear on the labels as well:

Yes, both the Raw and Smoked Raw Cheddar now proudly display the new name, and the new certification. Once their new facilities are up and running, we'll be seeing even more great, Organic Certified cheeses.



It's worth noting, too, that while the Sharp Raw Cheddar doesn't bear the certification, it was made with the same Certified Organic milk as the Raw Cheddar. It was just made over a year ago, before the certification was complete. Now it's aged to perfection, and there's more than enough of it to keep you cheese-lovers sated until the new facilities are back up and running and those wonderful curds and other fresh cheeses are back on our shelves.

Independence Cheese will remain committed as ever to keeping it small and family oriented. Kate ensures us that "our quality and sustainability will only improve in our next reincarnation."



Brian hard at work in the creamery

WANNA WIN A WAGON?

With Woodstock, there's a way

This month at both Co-op locations, Woodstock is inviting everyone to learn, share, and grow—Grow non-GMO corn—as part of their Plant the Seed promotion.

When you buy any one Woodstock item, not only will you get a dollar off, you'll get a free packet of non-GMO Project Verified corn seed. This is your chance to grow awareness, and some sweet, delicious corn.

Not only that, you can enter to win a beautiful, American-made wagon all month long at both of our stores. This sturdy wagon is built to last, whether you use it in the garden or to pull the kids around. Fill out an entry form next time you come in to shop. And don't forget the Woodstock.



VITALITY EGGS NOW IN BULK

New Ruby Hill eggs available by the dozen

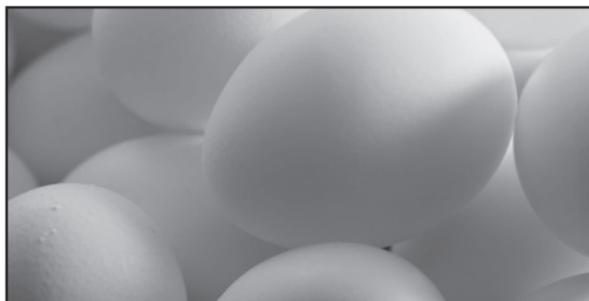
We recently learned that Lorraine's Golden Egg, after a number of years, will no longer be able to provide the Co-op with bulk eggs. A major disappointment. We'll miss those delicious eggs. Thank you Cathy for all these years of helping your community eat better and live well. It was an honor.

Fortunately, Vitality Eggs of Corvallis has stepped in to fill the ovular void, making their delicious eggs available to us for the first time in bulk. Here's the lowdown on their eggs:

USDA Organic Certified and free range, they are never given hormones or antibiotics, and are fed through either natural foraging or with a 100% certified organic feed. And the eggs only travel 7 miles from coop to Co-op!

We'd also like to welcome new eggs from the folks at Ruby Hills Farms in Sheridan Oregon.

Their pasture raised chickens are hormone-free, and while they aren't certified organic, they are fed on organic grains from Corvallis that get milled right on the farm. Kelly from Ruby Hill says, "we mill our own feed made from organic grains from the valley. We give them peas, oats, wheat, barley, flax, and we supplement them with organic kelp meal as well as a natural poultry mineral mix. We choose not to use corn, soy or anything containing GMOs." And word is, they're delicious.



Get crackin'

FARMER DEMO DAY AT SOUTH

Local farmers to show off their wares on July 7th

The produce team has organized something special—a day to meet the people that put so much love and hard work into the soil to create the healthy treats we all enjoy.



Springhill Farms

Our local farmers work hard to keep their produce top-notch. They take an ethical approach to agriculture, and we're all lucky enough to reap the benefits. It's safe to say we wouldn't have our amazing community without these men and women who work so hard, day in and day out to grow the fresh, organic produce that keeps us well-fed, healthy, and happy.



The Gathering Together Team

Come meet farmers from Gathering Together Farm, Diane Arney's Herbs and Spring Hill Farm, tell them how much they mean to us as a community, and enjoy samples of some of their fresh-from-the-soil goodness. And speaking of good earth, Shepard from Soilsmith will be on hand too. Speak to him and learn all about the amazing quality of compost that he creates.

Come join us Monday, July 7th., from 4:30 - 6:30pm. Only at the South Store.



Diane's Herbs

CYCLESOLUTIONS
GETTING BIKES TO WORK

family cycling / accessories / fun / cargo bikes / tuneups & repair / low-stress / commuting / confidence / transportation / electric assist /

Xtracycle Fuji Breezer Xootr Yuba

YOUR NW CORVALLIS BIKE SHOP!!

541-740-0497 / www.csbikestowork.com
968 NW Circle Blvd / Corvallis, Or 97330

Ted My Handyman

(541) 207-6349

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

CCB # 183405 Ted Wade - Owner

www.valleyparentmagazine.com

We Love It When You Read!

Local Fun! Local Resources!

Valley Parent
Linn & Benton Counties

Meet Your Local Farmers!

Monday, July 7th • 4:30-6:30 p.m.

Meet the people that put so much love and hard work into the soil to create healthy treats for us all to enjoy! Come enjoy samples and soil education from some of our local producers, including:

- Diane Arney's Herbs •
- Gathering Together Farm •
- Spring Hill Farm •
- Soilsmith Services •

UPCOMING EVENTS

SUMMER READING FOR ADULTS June 8 - Aug. 9. The CBC Public Library, with the Philomath, Monroe, & Alsea library locations, will be raffling prizes for books read throughout the summer. To play, keep up with stats, find out what others are reading, and browse staff picks, check out cbcpubliclibrary.net/summer-reading-for-adults/. FMI: bonnie.brzozowski@corvallisoregon.gov, (541) 766-6965

CAST CONCRETE LEAF WORKSHOP July 9, 5-7PM, SAGE Garden, Starker Arts Park SW Country Club Dr & 45th St. Create beautiful artwork for your yard through this hands on Cast Concrete Leaf Workshop! With landscape design expert Kapa Korobeinikov at the helm. These pieces of art can be used to provide a water source for bees, birds & amphibians while adding natural beauty to your landscape. Register online: www.corvallisenvironmentalcenter.org

COHOUSING COMMUNITY TOURS Sat, July 12. Explore cohousing! 10:30am tour @ CoHo Ecovillage Corvallis & 2:30pm tour Oakleigh Meadow Cohousing Eugene. To register, cohocontact@cohoecovillage.org

SAGE HOEDOWN CONCERT SERIES July 10, 24 & August 7, 21, 6-10PM, Starker Arts Park Amphitheater, SW Country Club Dr & 45th St. The SAGE Hoedowns are fun family friendly outdoor concerts at Starker Arts Parks Amphitheater. Enjoy local bands, food and beverage vendors and entertainment. The concerts are free with donations accepted for the SAGE Garden, growing food for local hunger relief organizations. FMI: mida@corvallisenvironmentalcenter.org

ALL BODIES IMPROV Sunday July 13, 6:30PM, 971 NW Spruce Ave, Ste 101. By donation. Join us as we explore the forms of Movement Improvisation. These forms give us a unique opportunity to profoundly connect with each other. FMI: info@livewellstudio.com

MUSHROOM CULTIVATION WORKSHOP July 19, 3-4:30PM SAGE Garden, Starker Arts Park SW Country Club & 45th St. Learn how to grow your own mushrooms with the fungi experts! Participants will learn how to install an oyster mushroom bed within a garden and will establish their own oyster mushroom starts on coffee grounds to take home! Suggested donation \$5-10 + \$5 materials. FMI: orvallisenvironmentalcenter.org

NATURE HUNTERS SUMMER SERIES: BE A TREE DETECTIVE! Saturday, July 26, 2-4 p.m. Hesthaven Nature Center, 8590 NW Oak Creek Dr. Join us for a fun afternoon scavenger hunt as we collect and identify different types of leaves, creatively match them to their tree parent, and learn how to identify different patterns! Includes crafts and games. This learning opportunity is geared to the 5-12 age group. \$5 suggested donation. FMI: educationaudubon@gmail.com

PLANET BOOGIE Sat. July 26th & Aug. 23rd, 8-9:30PM. 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

BARK TO BASKETS SHOWCASE Alsea Community Library, Highway 34. Bunnies, birds, beavers, cord and more on display. See the stages in creating an animal figure using bark and other local plant materials for crafts. Times vary, call for details. FMI: 541-487-5061

SAGE GARDEN WORK PARTIES Tuesdays thru October, 4-6:30PM. SAGE Garden, SW Country Club and 45th. Join us on Tuesday nights for gardening at SAGE! Gardening newbies and experts alike are welcome to join in! All produce harvested - over 3 tons in 2013 - is donated to local hunger relief agencies. FMI: SAGE@corvallisenvironmentalcenter.org

WINE & BEER TASTING
WITH LIGHT APPETIZERS

NORTH STORE

1st & 3rd Thursdays, 5-7 p.m.
wine + cheese + crackers
NO TASTING ON JULY 3RD

NORTH STORE

2nd & 4th Thursdays, 5-7 p.m.
craft brew + cheese + crackers

SOUTH STORE

Every Friday, 5-7 p.m.
wine + cheese + crackers
NO TASTING ON JULY 4TH

Please check www.firstalt.coop/events/ for updates, schedule changes, and cancellations.

BOARD & COMMITTEE
MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday, July 1st, 6-8 p.m.
North Store meeting room

FINANCE COMMITTEE

Wednesday, July 23rd 5:30-7 p.m.
South Store meeting room

OWNER RELATIONS COMMITTEE

Tuesday, July 1st - 12:15 p.m.
South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday, July 15th - 6:30 p.m.
South Store meeting room
Owner comments welcomed in first 10 minutes.

ONGOING EVENTS

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

Thursdays, 7-8 PM.; Saturdays, 10-10:45AM & 11AM-12PM, 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

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. @ 8PM.; Thurs. @ 9PM; Sat. @ 1:30PM & Sun. @ 5:30PM 30-minute program series, Ch. 29. Guests discuss diverse health issues. FMI: rthall@peak.org, 541-758-9340

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, 7-9PM. Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, 541-754-3254

VIGIL FOR PEACE

Every day, 5-6PM. 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

MONDAYS

DINING FOR WOMEN

Corvallis Chapter Third Mondays, 6PM, Unitarian-Universalist Church, 2945 NW Circle Blvd. Bring a dish to share. We discuss female empowerment in the world. FMI: www.diningforwomen.org

CORVALLIS INSIGHT MEDITATION

Come join us for sitting and instruction, Mondays, 5-6:30PM, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. FMI: maryleighburke@gmail.com, 650-996-1354

VETERANS FOR PEACE CHAPTER MEETING

Every 4th Monday, 6:30-8PM, UUFC, 2945 NW Circle Blvd. All are welcome. Come help us "Wage Peace." FMI: info@vfpccorvallis.org

AMNESTY INT'L WRITERS GROUP

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

MINDFULNESS MEDITATION

Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. 5:30-7PM. Friends Meeting House, 33rd & Polk. We draw from this 2600 yr old tradition, though you do not need to be Buddhist. FREE, All are welcome. FMI: ken.oefelein@gmail.com

SEXY SLIMMING CLASS

with Laughter Yoga and Life Force. For day/time, contact Traci, 541-760-8557, Energy9studio.com

TUESDAYS

TEEN TRIBAL DANCE

4PM, Live Well Studio NW Spruce Ave, Ste 101. A blend of ethnic dances, this exciting style promotes team dynamics and powerful moves. Open to ladies only, ages 12-19, no experience necessary! FMI: info@livewellstudio.com

CORVALLIS MEDITATION COMMUNITY

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

A COURSE IN MIRACLES

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

CELTIC JAM

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

MARY'S RIVER WATERSHED COUNCIL MEETING

Second Tuesdays, 6:30-8PM Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: coordinator@mrwc.net

WEDNESDAYS

OSUSED STORE PUBLIC SALES

5:30-7:30 p.m. on 1st Wed.; 12-3 p.m. on all other Weds. OSUsed Store, 644 SW 13th St. Come find used, low-cost items including computers, furniture, household items, and bikes. FMI: surplus.oregonstate.edu

CORVALLIS BELLY DANCE GUILD

Weds., 8PM, Old World Deli, 341 Southwest 2nd St. Live, FREE performances. FMI: Lyanna, lyannadance@yahoo.com

HEART OF THE VALLEY BIRTH NETWORK

Every 3rd Wed. 6-7:30PM, Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: www.valleybirthnetwork.org

TAI CHI CLASSES

5:30-6:30PM, 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

FREE TEEN YOGA

Thurs, 4PM, Live Well Studio NW Spruce Ave, Ste 101. Stretch, move, wiggle, strengthen and then free and relax your body. All teens welcome. FMI: info@livewellstudio.com

GREEN TARA MEDITATION GROUP

7-8:20PM, 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

DANCES OF UNIVERSAL PEACE

2nd Thurs, 7-8:30PM. 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., 7-9:30PM. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, 541-754-3595

FRIDAYS

CORVALLIS UKULELE CABARET

NO JULY SESSION First Fridays, 7-9PM. First Alt 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, 9AM- 6PM. Wineopolis, 151 NW Monroe, Suite 103. FMI: Jerry Larson, 541-738-1600, wineinfo@cmug.com

GLUTEN FREE SUPPORT GROUP

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

AUDUBON FIELD TRIPS

Field trip every 2nd Saturday. Meet at 7:30AM. The trips are great for beginners and birders new to the mid-valley area. We visit local refuges and birding areas. FMI: www.audubon.corvallis.or.us/field_trips.shtml

CORVALLIS SECULAR SOCIETY

3rd Saturdays. Meet 2-4PM, Corl House in Woodland Meadows Park. FMI: 541-754-2557, CorvallisSecular.org

SUNDAYS

FALUN DAFA GROUP

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

AVERY HOUSE NATURE CENTER OPEN HOUSE

2nd Sundays, 12-4PM, Avery House Nature Center, 1200 Avery Park Lane. FMI: info@corvallisenvironmentalcenter.org

CORVALLIS ZEN CIRCLE

sits 10AM-noon. FMI: Abby, 541-754-4124

NATURALIST ADVENTURES

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



If you've visited our dairy case recently you probably noticed the plethora of yogurt choices just waiting to catch your eye and rouse your interest. We have cow's milk, grass-fed cow's milk, sheep's milk, soy milk, almond milk and coconut milk yogurts.

There's a feeling almost like the yogurt industry is a division of the United Nations...which country will you choose to represent with your yogurt process preference? Greece,

Iceland, Bulgaria or the good ol' USA? With price ranges differing between \$.20 and \$1.00, you might be wondering what makes some of these yogurts so special. If you're like me, you might find yourself eye-balling those yogurts that are more evenly priced, wondering, what's the difference? Are they somehow less special than their more expensive counterparts? As I've said before, choices can be overwhelming. We all want them, but sometimes having too many choices makes it hard.

This month's side-by-side comparison is in a fancy table style format. I've filled in the facts and included customer comments from when I sampled these in the store or other info provided by the company. That's about as much as I can do to de-mystify the yogurt gauntlet for you. I think it's a good start....

—Yadira Ruiz, Outreach Coordinator

Dairy yogurts: all yogurts listed here were from a 6 oz serving size and were Vanilla flavored

Brand/Style	Fat (grams)	Sugar (grams)	Protein (grams)	Texture	Number of ingredients	Probiotics	Organic	Notes
Bellwether Farms Sheep's Milk Yogurt	6	15	9	Thin	3	Yes	No	Creamy. Customers loved it!
Liberté Mediterranean Style Yogurt	12	29	8	Smooth & Luxurious	5	Yes	No	Only variety that offers coconut flavor.
Maple Hill Creamery Grass-fed Cow's Milk Yogurt	7	16	7	Crazy thin	4	Includes unnamed "live cultures"	Yes	No colors, thickeners, or preservatives. Slow culture process.
Smári Icelandic Yogurt	0	16	18	Crazy thick	4	Yes	Yes	My favorite!

Non-dairy yogurts: All yogurts listed here were from a 6 oz serving size and were Blueberry flavored except the Almond Dream which was Mixed Berry flavor (blueberry not available).

Brand/Style	Fat (grams)	Sugar (grams)	Protein (grams)	Texture	Number of ingredients	Probiotics	Organic	Notes
WholeSoy & Co	3.5	18	18	Smooth and creamy	8	Yes	No	Vegan
So Delicious	6	20	1	Smooth and thin	20+	Yes	No	Vegan
Almond Dream	2.5	18	1	Thick	15	Yes	No	Non-GMO, Labeled dairy free (doesn't say vegan)
Nancy's Soy	3.5	13	5	Smooth and creamy	8	Yes	Yes	Vegan, non-GMO



Featured Dairy Flavors

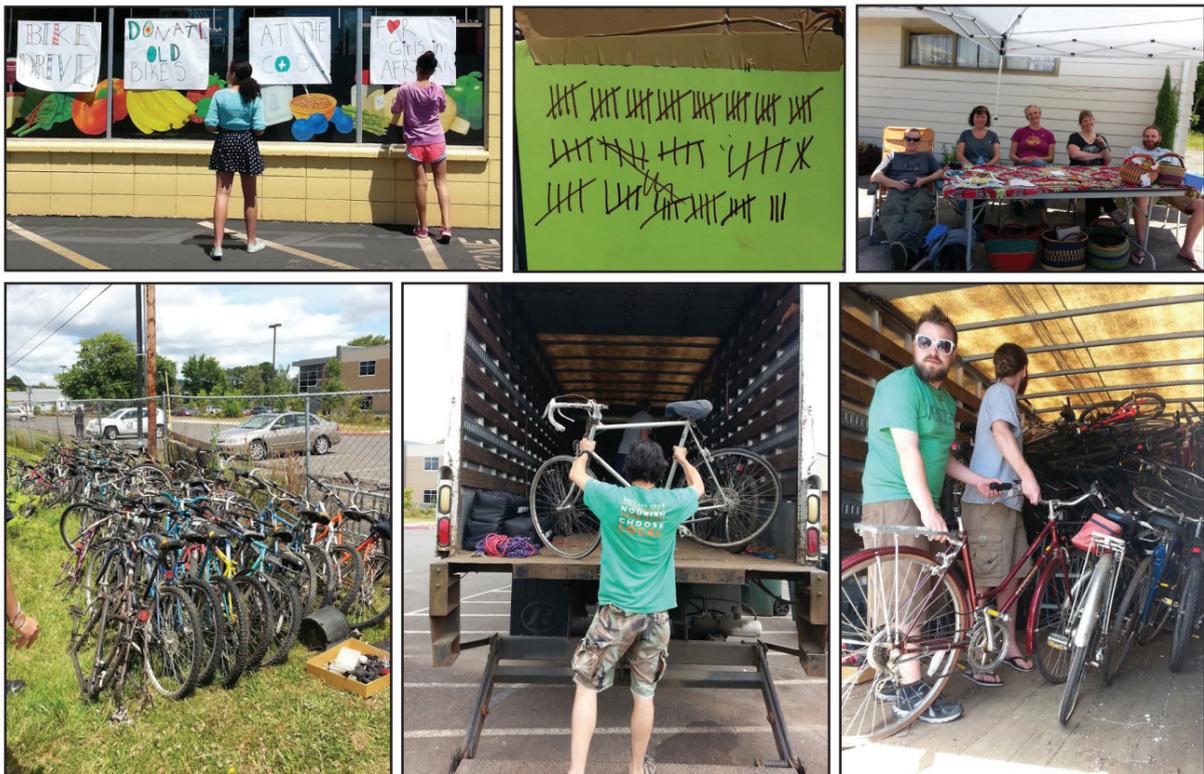
Featured Non-Dairy Flavors

ALAFFIA BIKE DRIVE A SUCCESS

An enormous thank you to everyone who donated!

We did it again! On June 21st, the Co-op and Alaffia teamed up for our second annual bike drive. The collected bikes—more than 100 of them in all!—will be donated to students in Togo, West Africa.

Students in rural Togo have to walk, on average, 5-15 miles to school. As a result 91% of girls and 48% of boys drop out of school before the 6th grade. In contrast, 95% of the students who receive an Alaffia bike stay in school and graduate.



FROZEN BULK STRAWBERRIES ARE BACK



Great news! Stahlbush frozen strawberries have returned to the Co-op's bulk section! Since the previous season's supply ran out, we've been standing around, patiently tapping our feet, waiting for the weather to warm and those berries to ripen. Finally it's happened. Perfectly red all the way through, the berries have been harvested, flash frozen, and delivered to the Co-op. Come and get them!

At the South Store, the triumphant return is complemented by a colorful freezer makeover, courtesy of the good people at Stahlbush Island Farms. They've outfitted our boring white chest freezer with this tasty looking decal:



Very cool. Thanks Stahlbush, for the fantastic decal and the even better food, locally and lovingly grown. Never change.

PRELUDE TO A PICNIC

Would it blow anyone's mind if we had dessert first?

We've prepared a basket-full of delicious, easily portable foods for you this month—all just a turn away, on page 16—but there's no reason to dive in just yet. First, find that special hilltop picnic spot, roll out your blanket, kick back and inspect the clouds for resemblances to objects terrestrial. While you're doing that—enjoying life—have yourself a sweet little treat and enjoy it just a bit more. After all, isn't that what summertime's for?

Lemon Bars

Crust:

- 1/2 pound unsalted butter, room temp.
- 1/2 cup granulated sugar
- 2 cups flour
- 1/8 teaspoon kosher salt

Lemon layer:

- 4 extra-large eggs, room temp.
- 1 2/3 cups granulated sugar
- Zest from 3 to 4 lemons
- 2/3 cup freshly squeezed lemon juice
- 2/3 cup flour
- Confectioners' sugar, for dusting

For the crust, preheat the oven to 350°F and grease a 9 by 13 by 2-inch baking sheet. Cream the butter and sugar until light in the bowl of an electric mixer fitted with the paddle attachment. Combine the flour and salt and, with the mixer on low, add to the butter until just mixed. Dump the dough onto a well-floured board and gather into a ball. Flatten the dough with floured hands and press it into the greased baking sheet, building up a 1/2-inch edge on all sides. Chill. Bake the crust for 15 to 20 minutes, until very lightly browned. Let cool on a wire rack. Leave the oven on.

For the lemon layer, whisk together the eggs, sugar, lemon zest, lemon juice, and flour. Pour over the crust and bake for 30 to 35 minutes (less if you are using the thinner topping), or about five minutes beyond the point where the filling is set. Let cool to room temperature. Dust with confectioners' sugar and serve.



Picnic Time



Mediterranean 7-Layer Dip

Serves 6-8

- 1 pkg. Co-op Kitchen classic hummus
- 12 sundried tomato halves, chopped
- 1/2 cup marinated artichoke hearts, chopped
- 1/2 cup bulk feta, crumbled
- 1/2 cup green olives, sliced
- 2 Tbsp pine nuts, toasted
- 2 Tbsp fresh oregano, minced
- 1 bag Stacy's Pita Chips or cucumber slices

Bring tomato halves to a boil and turn off heat. Drain and cool. In an 8x8 dish or serving bowl, spread hummus and sprinkle with the remaining ingredients in layers. Serve with pita chips or cucumber slices. This recipe is open to variations depending on what you have in your fridge. Fresh fennel makes a good addition, or diced cucumbers and greek yogurt.



Hot German Potato Salad

Serves 6-8

- 6 medium-size russet potatoes
- 3 slices bacon
- 3/4 cup chopped onion
- 2 Tbsp flour
- 1 Tbsp granulated sugar
- 1 1/2 tsp salt
- 1/8 tsp freshly ground pepper
- 3/4 cup water
- 1/3 cup white vinegar

Place potatoes in pot, cover with water and boil until fork tender. Cool. Peel and cube potatoes and set aside. Fry bacon until crisp; reserve drippings. Drain bacon on paper towel and cut into 1/2" pieces. Saute' onion in bacon drippings until golden brown. Blend in flour, sugar, salt and pepper. Cook over low heat, stirring until smooth and bubbly. Stir in water and vinegar. Heat to boiling, stirring constantly. Boil 1 minute. Carefully stir in the potatoes and bacon. Remove from heat. Cover and let stand until ready to serve.



Pasta Salad

Serves 6

Dressing:

- 1 garlic clove crushed
- 1/2 tsp each of salt and pepper
- 1/4 c lemon juice
- pinch of red chili flakes
- 1/3 cup olive oil
- 2 Tbsp balsamic vinegar
- 1 tsp Italian spices

Salad:

- 2 cups dried rainbow tortellini from bulk, boiled then rinsed in cold water
- 1 celery stalk minced
- 1/2 onion minced
- 1/2 c marinated artichoke hearts, chopped
- 3 colored bell peppers, diced small
- 1/2 c olives, chopped

Fresh herbs for garnish

Whisk together dressing ingredients, toss in the veggies & pasta, coating evenly. Place in fridge overnight. Chop your favorite fresh herbs (oregano, rosemary, chives, etc) and sprinkle on the top for garnish just before serving.



Oven Fried Chicken

Serves 3-4

- 6 skinless thighs, bone-in or boneless
- 1/4 cup melted butter
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/2 tsp seasoned salt (recipe below)
- 1/8 tsp onion powder
- 1/2 tsp paprika
- Flour

Seasoned Salt:

- 5 tablespoons salt
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon marjoram
- 1/2 teaspoon garlic powder
- 2 1/4 teaspoons paprika
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder

Rinse chicken and drain well. Mix spices with melted butter. Dip chicken quickly into melted butter mixture, dredge in flour and place in shallow baking pan. If you have any remaining seasoned butter, spoon it over chicken. Bake at 425°F for 30 minutes. Turn chicken and continue cooking 15 minutes.



Raw Red Cabbage and Parsley Slaw

Serves 6

- 1 small head red cabbage cut into small wedges and cored
- 2 medium carrots, ends trimmed
- 3 medium radishes
- 1/3 cup coarsely chopped fresh cilantro
- 1/3 cup coarsely chopped fresh Italian parsley
- 3 medium garlic cloves, finely chopped
- 1/3 cup freshly squeezed orange juice (from about 1 orange)
- 1/4 cup freshly squeezed lime juice or lime concentrate
- 2 tablespoons finely grated orange zest
- 1/2 tablespoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup sunflower oil
- 1 Tbsp sesame seed oil

Finely shred the cabbage, carrots, and radishes. Place in a large mixing bowl and toss until evenly mixed. Place the chopped herbs, citrus, and spices in the bowl. Toss until mixed. Slowly drizzle in the oil and stir until incorporated. Refrigerate at least 30 minutes for the flavors to meld. The flavor develops as it sits so you can always prepare it the night before. Give it a quick stir before serving.



SWEET NOURISHMENT FOR SUMMER!

12oz.

ASSORTED
SMOOTHIES &
JUICES





64 oz.

SUPERFOOD &
BLUEBERRY B
SUPERFOOD



\$5.99 EACH REG. \$8.99

JUNE 30 TO JULY 27