

vote! board elections through june 14

First Alternative  
NATURAL FOODS CO-OP



# FA THYMES

**JUNE 2013**  
VOLUME 34 • ISSUE 6  
Community Monthly

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## GETTIN' SAUCY

### annual co-op owner rendezvous

June 22, 5-8:30 p.m.  
Thompson Shelter, Avery Park  
Co-op Owners & Guests  
For menu, list of events, and much more  
visit our website! [firstalt.coop](http://firstalt.coop)



vendor  
demo day!  
Saturday, June 8th  
11-6:30 | both stores



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

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Details on page 2 and at Customer Service

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Cashier: fill out owner #, your initials, today's date, use 'Owner Spec 10%' soft key & return coupon to owner



# FA THYMES

First Alternative Co-op  
Community Monthly

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

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

Editors: Donna Tarasawa & Emily Stimac

Design/layout: Emily Stimac & Jessica Brothers

Photographers: Emily Stimac & Jessica Brothers

## STORE LOCATIONS & HOURS

### SOUTH STORE:

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

### NORTH STORE:

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

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

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FA Board's email: [faboard@peak.org](mailto:faboard@peak.org)

## VISION STATEMENT

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

## MISSION STATEMENT

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

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

## THE INTERNATIONAL COOPERATIVE PRINCIPLES

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



Toni Hoyman,  
Board Member

# the board's month in review

Hello from the Board!

This month our meeting began with activities developed by our Strategic Subcommittee on Under-represented Under-served Groups. The Board was

specifically interested in learning more about lower income and minorities that may have perceived and real barriers to shopping at our cooperative.

Board members contacted Loreen Uray and Kathy Thompson from the Community Alliance for Diversity, Megan Patton-Lopez, the epidemiologist for the Benton County Health Department, Erlinda Gonzales-Barry from Casa Latinas Unidas, and John and Maria Chavez-Haroldson from CASA, to invite them for a discussion about community needs and obstacles to participation, and how First Alternative could be more involved and welcoming.

Board member Joel Hirsch led our guests and several families who participate in their organizations on a tour of the South Store; viewing the variety of products First Alternative carries, learning about cooperative principles, what it means to be an owner of our Co-op, and how to shop at our stores. Afterwards, we shared a meal and listened to their concerns, ideas, and suggestions about steps First Alternative could take to attract and encourage members of their various groups to shop at the stores.

Some ideas were making bilingual signage, having staff that was bilingual, holding ethnic cooking classes, and other outreach activities. We discussed the need for cooking classes for those that may lack cooking experience, time, or sufficient resources. We all acknowledged that differing communities have a common desire for healthy, fresh, good-tasting ingredients and foods. It was a great exchange of information and ideas.

The Board will continue with this strategic agenda by further discussing this experience at our June meeting. It was a very successful experience and I think the Board learned much and enjoyed this special activity, meeting new people and making new friends.

As I write this article the weather has turned gray and cool again. I think some of my garden veggies are a little confused. May and June are a special time for me, as a member of the Board Recruitment and Elections Committee. It's the time of year that we hold the election for our Board of Directors. First Alternative owners get to flex their owner muscles by VOTING! By now, your ballot will have arrived in your mailbox if we have a current address for you on file.

If you do not get a ballot, if it somehow gets misplaced, or if you need another ballot for any reason, you can pick up a replacement at the Customer Service Desk at either store. You will find

information on the wonderful candidates in the election insert of this newsletter and on our website. There is also a bylaws change, proposed by the Board, which brings our referendum petition signature requirement more in line with the owner percentages other food co-ops are using. Information about the proposed change is available in the Thymes or online.

I encourage every owner to complete their ballots and send them to the address on the return envelope: Election Committee, Box 123, Kings Blvd, Corvallis, OR, 97330 or drop your ballot at either store in the conveniently located ballot box near the Customer Service desk. The deadline for ballot return is 9:00 PM, June 14. Election results will be posted in both stores as soon as the validation and counting is completed.

Lastly, I want to invite everyone to our 2013 Annual Owner Rendezvous! - June 22, 5 - 8:30 PM at Thompson Shelter at Avery Park. This year's contest is a BBQ Sauce Showdown. There will be a Drum Circle at 4 PM, the BBQ Sauce Contest...(yummmm!), and our Manager reports. Your BBQ dinner is provided and free Co-op t-shirts will be given to attendees, first come, first served. This is your chance to meet some of the staff and Board members, and, of course, your fellow owners! Hope to see you there.

**Buy Local First BRUNCH**  
Saturday • June 29th

**Celebrate what puts Corvallis on the map!**

**TIME:** 8 a.m. - 11 a.m.

**PLACE:** Community Center at United Methodist Church  
11th & Monroe

**Cost:** \$10 per adult ~ \$6 per child under 12  
\$2 coupons available at participating merchants

## WELCOME, NEW CO-OP OWNERS!

In April, 92 new people became Co-op owners, totaling 8438 active owners.\*

Thank you for supporting the Co-op by purchasing a share!



## The Benefits of Ownership

- Monthly Owner Sale Day Discounts
- Electing Co-op Board of Directors
- Voting for Donation Recipients
- Receiving Co-op Thymes via mail
- Patronage Dividends as profitability allows
- Community-owned business
- Support Owner Worker opportunities
- It's refundable!

To buy an owner share, please stop by Customer Service or call 541-753-3115 or 541-452-3115.

\*Most inactive owners are those not current on their payments.

## halt to plastics positive change general manager report

As many of you are aware, especially if you've visited the South Store Recycling Center in the past few weeks, we are currently unable to take plastics for recycling.

This has occurred because of what can be considered some positive changes in the market. The largest purchaser of plastics, China, is actually enforcing a law and is rejecting plastics that are numbered #3 (cling wraps, many children's toys, fashion accessories, shower curtains, and detergent and spray bottles) #6 (Disposable plates and cups, meat trays, egg cartons, carry-out containers, and some plastic cutlery) and #7 (Baby bottles, three- and five-gallon water bottles, certain food container). Inspectors are checking each load of plastics that are currently in Chinese ports and have been rejecting almost every single load as these items are commingled with those plastics that they are still accepting. This has caused a jam at the ports and has caused the cessation of recycling plastics all across the U.S. and other countries.

A positive outcome of all of this is that now plastics for recycling will be better sorted prior to their being shipped to wherever there is a need and use for them.

It is my hope that this will spur recycling companies to find other ways to recycle these "unwanted" plastics so we are not just sending our trash to another country to occupy their landfills instead of our own.

Our recyclers used to spend a majority of their time sorting through the different plastics left for recycling and now these changes in what we can accept are requiring us to change those folks work duties to areas the Co-op needs to address in terms of cleaning, our bottle machines and other tasks.

This will mean a change to the hours that our Recycling Center is staffed, at least for the short term. Beginning on June 1st, there will be someone to assist you with your recycling needs from 12 noon to 2 pm and from 4pm to 6 pm - seven days a week. The Recycling Center will open for your use, without a staff member, from 9 am to dusk, every day.



Cindee Lolik,  
General Manager

## Independents' Week Launched with Buy Local First Brunch

- Emily Stimac, Marketing

If you're looking for a new way to celebrate independence this summer, look no further than the Buy Local First Brunch on Saturday, June 29th, from 8-11am at the Community Center of the Methodist Church, 11th & Monroe, in Corvallis.

Food will be provided by First Alternative Co-op. Steamy hotcakes drizzled with Oregon berry syrup are waiting to open your eyes to local ingredient possibilities, as roasted roots with fresh herbs will tickle your taste buds for seasonal eating at this annual event to celebrate all things local.

The event will highlight local independent businesses and the benefits of choosing local as well as kicking off a week of sales, promotions and events organized by Corvallis Independent Business Alliance, CIBA. Local vendors will demonstrate their wares and services, and music will fill the air.

Entry is \$10 for adults and \$6 for 12 and is sponsored by First Alternative Co-op, Corvallis Independent Business Alliance and the Corvallis Sustainability Coalition.



Jason Blake-Beach  
South Store Manager

## no margin, no mission south store manager report

You may not have heard yet that back in March I gave the Co-op notice that as of the end of May I intended to resign. This decision was a difficult one and was not reached easily. My wife, Natasha, is pregnant with

our first child and that made returning to our former home Ithaca, New York a compelling scenario to consider. We have more resources at our disposal there and will be much closer to family—a fact that cannot be understated. While I do wish that I had more time to find new ways to improve the South Store, I take solace knowing that some things are greater than my prerogatives.

As I sit and write this article, the process of training my replacement has begun. Brian Peat, currently our Grocery Manager, will be assuming my role as the South Store Manager. I had the good fortune of hiring Brian as one of my first acts as First Alternative Store Manager and I am excited to usher Brian into his new role. I have complete confidence that Brian will be a great South Store Manager.

I like to think that finding perspective in difficult situations is something that I'm good at. In this being my last submission to the Thymes I hope to be able to provide some perspective on the not-so-distant past, present, and future of the Co-op.

New competition over the last few years has had a tangible effect on the finances at your Co-op. When any retail organization, even one owned by the community, loses sales it comes with some painful repercussions. I say even one owned by the community

because sometimes we talk of the Co-op as if we are beyond reproach. As if our mission and guiding principles make the decision to shop at the Co-op so compelling that no one could conceivably resist.

The reality is that we are not beyond reproach. Plenty of co-ops with full hearts and clear consciences have failed. There is a shared saying amongst co-operators that gets at the heart of what I'm saying here: "No margin, no mission." Said another way, if the Co-op cannot maintain it's financial viability it won't matter what we stood for because we will cease to exist. It is far too easy to overlook this reality and sometimes it takes some tough times to put everything into perspective.

Sometimes seeing the collective future through the fog of the present and the haze of ego can be difficult. We all want what we want and have different opinions of where we think we need to go. As I make my way back East I am confident that every day I see more signs of positive change amongst the staff: less complacency, more confidence, and a greater desire to change and grow.

I want to thank the entire First Alternative community for this opportunity but most of all I need to thank Evelyn and Cindee. I am truly thankful to have shared bread, laughs, tears, and sweat here. First Alternative is a great co-op with a proud past, a bright future and a great home in Corvallis. Cheers to that!

## Choose Your Own Owner Sale Day

All day, any day each month, both stores  
**Owners save 10% on all purchases!**

1. Scan your owner card at the register.
2. Let the cashier know you are doing your owner shop.
3. Save 10% on all purchases, the remainder of the day!

Receive a 10% case discount in addition to your owner discount when you special order a product by the case in advance, then pick it up and purchase it when you use your OSD coupon. **Case discounts are not applicable on sale prices.**



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-Louise Tippens, Director, Environmental Federation of Oregon

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# hemp: our past—and our future?



**Did you know...**

- Industrial hemp has been grown in the U.S. since the first European settlers arrived in the early 1600's.
- The Declaration of Independence was drafted on hemp paper.
- George Washington, Thomas Jefferson and John Adams all grew hemp and actively advocated for commercial hemp production.
- Today hemp is used for thousands of sustainable products from nutritious food, body care, textiles, plastics, auto parts and even ethanol.

....But all hemp used in the U.S. must be imported due to outdated federal policy outlawing hemp farming in the U.S.

It's time to bring hemp back to America's farms. This June, join with leading natural products companies, celebrity endorsers and grassroots activists across the nation to celebrate Hemp History Week. Visit [www.hemphistoryweek.com](http://www.hemphistoryweek.com) to learn more and help celebrate Hemp: Our Heritage, Our Future..

Celebrate Hemp History Week this June 3-9 with Dr. Bronner's Magic Soaps, Manitoba Harvest, Nature's Path, Nutiva and Tempt.



Why let the Canadians have all the fun? Let's legalize hemp!

# summer yum in produce

Here it comes...sun, warmth, decadence, glorious scents, fruity thoughts and tempting veggies—this is "The Summer Of Abundance" and we're gonna rock out like it's 1960-something.

This June the produce department will continue to dazzle you with our selection of Local 6 greens including gorgeous chards and kales coming from Spring Hill Farm, located in Albany and delicious, salad-rific Mesclun Mix from Gathering Together Farm, located in Philomath.

We'll be getting plenty of gorgeous vegetables throughout the summer.

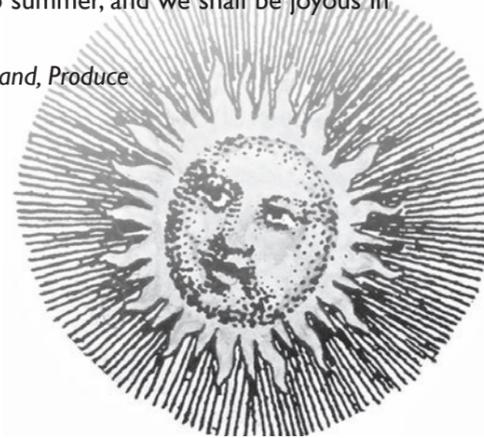
Soon to come are the coveted local sugar snap peas - amazingly tasty and scrumptious no matter how you enjoy them. Ooohh. GET EXCITED, PEOPLE!

For something sweeter, we are expecting a multitude of melons to be whisked in and devoured!

Throughout summer we will also be stocked up with Oregon grown strawberries! The best in all 50 states...hands down.

Things are happening, greens are growing, spring is succumbing to summer, and we shall be joyous in the sun!

- Shane McFarland, Produce



# celebrate good times!



It's the end of school and beginning of summer--the perfect time for a picnic, big celebration party or intimate gathering of family and friends. Check out some of our June Specials in the Cheese Department for your party platter and picnic options.

- Have you tried our **Rotolini from Calabro?** They're beautiful little rolls of prosciutto and mozzarella--the perfect finger food. Cut the rolls in halves or thirds, drizzle with olive oil and sprinkle with dried basil. Serve with a baguette and a bowl of Greek olives.
- Our **Salemville Amish Blue** is an award-winning, blue-veined cheese, sustainably produced by an Amish community in Cambria, Wisconsin. The Amish Blue Crumbles are a yummy complement to fresh, seasonal fruit and walnuts or almonds, or try them melted on a burger, atop a salad or made into a dip for appetizers. They are power-packed with flavor.
- Having a picnic? Going camping or on a hike? Take along a 7oz block of **Kerrygold Dubliner, Reserve Cheddar or Reduced Fat Cheddar** for protein, good nutrition and dynamite taste. Or if local cheese is more your flavor, check out the Diablo Cheddar from Full Circle Creamery. Not only is it delicious as a snack, it spices up burgers on the grill! Tuck one in your backpack or picnic basket--you'll be glad you did--and enjoy the longer days and beautiful weather!

- Valori George, Deli

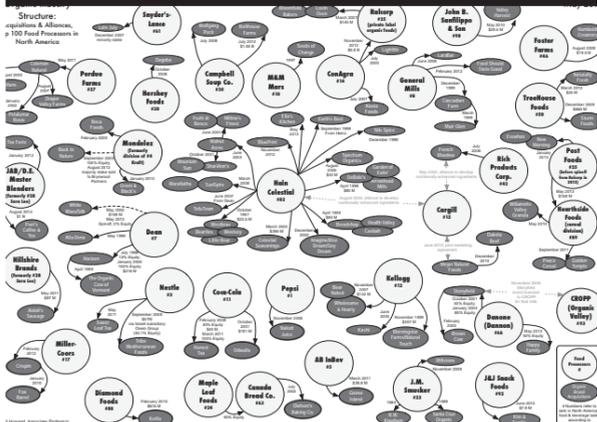
## DONNA'S KITCHEN easy, money-saving tips

### Drippy oil solution: the Sock Cuff!

When I was growing up, my mom always kept the top elasticized portion of a sock around her oil bottle. I never understood why until I started keeping my own house and discovered the reason! It catches all of the oil residue and makes your oil bottle much more pleasant to handle. Just cut the foot off of a sock, slide the top part of the sock over the bottle and you've got your very own oil bottle cozy. When it gets soiled, remove it and wash it, or discard it and start with another. Inexpensive, easy and a great way to put mateless socks to good use!



## Who owns that brand?



See the 2013 Grocery Industry Structure released by Cornucopia Institute on our website:  
[firstalt.coop/who-owns-organics/](http://firstalt.coop/who-owns-organics/)



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



## GODO FOOD ON THE GO

Check out what's new in the Grab & Go case at South!

- New flavors of wraps and burgers from our friends at Holy Cow Café in Eugene! Perfect for organic-loving



## YUMMY FOR YOUR BODY!

- Garden of Life has a new flavor; they are very excited about it and so are we! Introducing Vanilla Chai Meal and Raw Protein. We have also added to our growing Garden of Life, Men's and Women's One-A-Day Multivitamins, Raw Probiotics for Men and Women and Raw Probiotic Colon Care. All on sale for 35% off!



- New **Goddess Garden Sunscreens** are in! Made with organic ingredients and safer for your skin! Try out their new non-aerosol spray for kids and adults. On sale this month at 20% off!

- It's that time of year again when it is even more important to stay hydrated. Treat yourself to a new **First Alternative Camelbak waterbottle**. Available in a rainbow of colors.

**REMINDER!!!** June 22 from 11-3, First Alternative South Store will be hosting a bike drive in partnership with Alaffia. Any bikes or bike parts donated are destined to Togo Africa where they will be gifted to a student to make it easier for them to get to and stay in school! Come and be a part of something wonderful!

- Jen Luck - Wellness Assistant Manager

foodies on-the-go, these wraps are stuffed with organic ingredients and wrapped in an organic, house-made, sprouted wheat tortillas.

Choose from three flavors: Gaddo Gaddo, an Indonesian inspired creation; Vishnu's Dream, a savory Indian curry with tofu and peas; or Breakfast in Baha, perfect for an early morning appetite, filled with potatoes, tempeh and pinto beans.

All three come in two sizes, a 7 oz. "Mighty Meal," or a 10 oz. "Maxi Meal," so whatever your hunger size or your flavor preference, there is something new for you! And be sure to check out our new Holy Cow marinated, grilled tempeh burgers on whole-wheat buns in the Grab & Go case: the Groovin' Rueben's wasabi mayo and coleslaw puts an organic and vegan twist on an old classic. The Eug Burger is sure to please with its smoky umami sauce and house-made coleslaw. A premium product in every sense of the word, 100% vegetarian, local, organic, delicious and convenient!

- Valori George & Makenzie Kaiser, Deli

# grilling season starts now!

## great sales and clean charcoal

We are about to enter one of my favorite times of the year. **Grilling season!**

Let's start at the beginning. **Charcoal. Gotta have it.** All our charcoal is free from chemicals and fillers—things you simply don't want to cook your food over.

**Woodstock Hardwood Lump Charcoal** is on sale the first half of the month for \$6.99 (reg. \$10.99) and **Nature's Grilling Products Hardwood Lump Charcoal and Briquettes** are on sale all month long for \$4.99 (reg. \$6.99). Hardwood charcoal will give your food a superb flavor and I would, personally, choose any of these over conventional charcoal briquettes or gas.

What else is exciting? You've got to try the new **Organic Prairie hot dogs!** Certified organic, grassfed beef from family farms. Raised on non-GMO feed in a lovely environment free from toxic pesticides, antibiotics or synthetic hormones. Plus, they're delicious and on sale! \$5.99 (reg. \$8.99).

Here's a rundown of my other picks for this month's grilling:

- **Chez Marie Bean Patties** – made here in Oregon – hearty, healthy and scrumptious. On sale for \$3.49 (reg. \$4.99)
- **Annie's condiments**, on sale for the first half of the month
- **Woodstock Pickles** on sale the first half of the month for \$3.79 (reg. \$5.79)
- **Canyon Bakehouse** gluten free hamburger buns. Not on sale but a great gluten free product for \$5.79
- **Bragg's salad dressings**. Not just for your salad, they make an excellent marinade for your meats and veggies! On sale for \$4.29 (reg. \$5.69)

Now that you have found yourself full of grilling bliss, why don't you top it all off with ice cream? Local **6 Luna & Larry's Coconut Bliss Ice Cream** is on sale all month for \$4.79 per pint (reg. \$6.69). My current favorite is the Mint Galactica. And keep your eye out for the Salted Caramel flavor that will be out very soon. I hear it's too good!

Happy grilling, everyone!

~ Brian Peat, Grocery Manager



what sauce are you?

co-op owner rendezvous

## BARBECUE SAUCE CONTEST

So you think your sauce is the best?

Join fellow Co-op owners at the Annual Rendezvous on June 22 and get your sauce on!

Winners will receive a Co-op Gift Card and your photo will be featured with your recipe in the July Thymes!

Only 8 slots available to participate in contest!

To participate:

- Be a Co-op owner
- Make 1 quart of sauce with ingredients available at Co-op
- Share original recipe Co-op Thymes

To enter, contact Donna Tarasawa at 541-753-3115x328 or donnax@firstalt.coop



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# june events & classes

register by calling 541-753-3115 x0 at least 48 hours in advance unless otherwise noted.

## Incense Making Workshop

Saturday, June 1, 1-3pm

Join Carl Neal for an afternoon of natural incense making. Learn the secrets of turning gifts from nature into amazing incense sticks, cones, and more that are free of synthetic fragrances and ingredients. Everyone will get to make 2 batches of incense to take home - all tools and supplies are included.

Cost \$18 Co-op owners, \$20 community

## Soul Collage

Tuesdays, June 6 & 20th • 6:30-8:30pm

Experience this fun and empowering process using magazine and photo images. We make cards that reflect our many-faceted selves in surprising and delightful ways. A visual map of the psyche. Materials provided.

Cost: \$8 Co-op owners, \$10 community

FMI: Lucy, (541)704-0135 or [lucyjjohnson@comcast.net](mailto:lucyjjohnson@comcast.net).

## NW Wellness Screenings

Friday, June 7, 9am-1pm

Low cost health screenings provided by certified medical personnel. Check [nwwellness.com](http://nwwellness.com) to see available tests and prices. Most appointments are walk-in. Payment due at time of screening.

Cost: prices vary

## Foodie Folks Tasting Bee

This month's theme: Green Smoothies

Saturday, June 15th, 2 to 4pm

Explore mixing and matching veggies, fruits, and many other goodies to boost the nutrition of your smoothies. Group members bring a variety of ingredients and we make smoothies on the spot to share at the Tasting Bee.

Cost: FREE

Contact [susanhyne@gmail.com](mailto:susanhyne@gmail.com) to sign up and get your list of dairy-free, grain-free ingredients.

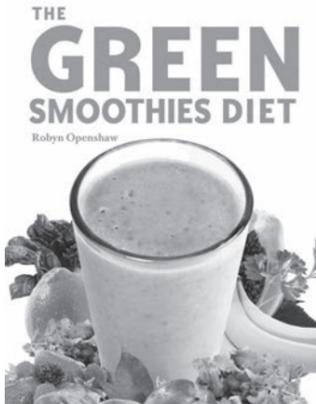
## Beekeeping Fundamentals:

Varroa Mite & Nosema Control Options with Karessa Torgerson of Nectar Bee Supply

Wednesday, June 19 • 5:30-7:30pm

If you don't have a strategy for controlling varroa mites, it's only a matter of time before you lose your colony. Learn varroa monitoring techniques and methods for reducing your mite count. Discuss control options ranging from non-chemical hygienic stock and drone trapping to chemical treatments including (but not limited to) the newly approved Apivar and Mite Away Quick Strips. This class will cover the signs and treatment/prevention options for this potentially deadly fungal infection.

Cost \$22 Co-op owners, \$27 community



## Change Your Nutrition in 10 Minutes a Day!

Green Smoothie Girl class with Coach Debbie Tuttle

Tue, June 25, 6:30-8:30 PM

Our most popular class ever is back for another round of delicious green smoothie goodness. Learn to radically change your nutrition in just 10 minutes a day, and leave inspired and empowered to transition to a whole-foods diet!

Cost: FREE

Register on Green Smoothie Girl website: [greensmoothiegirl.com](http://greensmoothiegirl.com)

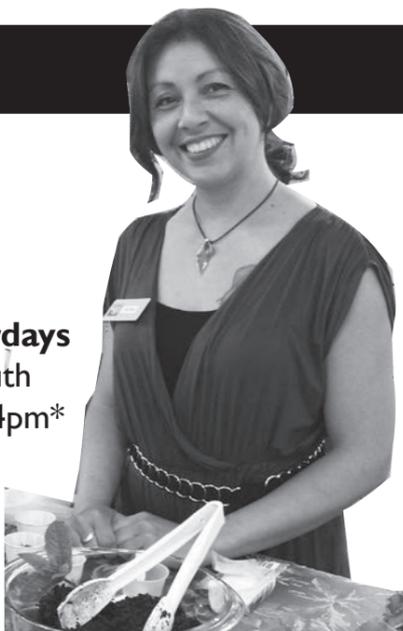
## Compassionate Communication

Friday June 28, 6:30-9pm

Compassionate Communication (nonviolent communication) is a world-renowned transformational model for personal growth, conflict resolution and community building.

Cost: FREE

FMI: [www.tinataylor.co](http://www.tinataylor.co), or call Tina Taylor 541-753-2255.



## stop by for a sample!

We have demos lined up for you all month, so stop by and have a taste! Our demo diva Yadira Ruiz will be sampling out a variety of delicious recipes & comparatives every week, so stop by and enjoy a taste while you shop.

Wednesdays	Thursdays	Fridays	Saturdays
South 3:30-5pm	North 2:30-4pm	North 2:30-4pm*	South 2:30-4pm*

### Exceptions to the rule...

NO DEMOS ON: June 1, 22, June 29

\*Friday, June 27th: demo 1-2:30; Saturday, June 8th: Vendor Demo Day

## vendor demo day june 8

Come join us on Saturday, June 8, 11am-7pm to try products from a selection of our favorite vendors. The day is packed with excited people sharing their products. Bring a friend and make it a party!

## co-op donations

### APRIL 2013

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

#### GLEANERS

Linn-Benton Food Share .....\$4,470.00

#### SMALL DONATIONS

Franklin School Reading Program ..... \$10.00  
 NAACP ..... \$30.00  
 Corvallis School Dist. (all night party)..... \$30.00  
 Organic Growers Club (OSU Hoo-Ha)..... \$56.44  
 CHS (Golf Team)..... \$30.00  
 Corvallis Environmental Center..... \$30.00  
 daVinci Days..... \$50.00  
 OSU SCAVMA (Student Chapter American Veterinary Med. Assoc.) ..... \$30.00  
 Garfield Elem. PTA ..... \$30.00

**April's total donations:  
\$4,766.44**



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

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

#### April-June Recipients

Heartland Humane Society  
 Homeless Education Program  
 Community Outreach  
 Coastal Food Bank

## Blood Drive

Thursday, July 11, 12:30-5:30

South Store (date adjusted for holiday)

Held on the first Thursdays of January, March, May, July, September and November. To schedule, call Customer Service, 541-753-3115.

#### Alternative Transporters of the Month

John Ritchie & Carrie Ottow

"We live close to the North Store and love having a neighborhood store with such great food. Walking to the Co-op is a wonderful way to get out in any weather and feel good not just about the stuff we eat but also how we buy it. Thanks much, we look forward to using our certificate!"





## organic valley: fueling organic movement

- Emily Stimac, Marketing

On May 14th, 2013 fire broke out at the Organic Valley Headquarters in Lafarge, Wisconsin. 11 different fire departments from 3 counties were called to fight the blaze, and it was extinguished by the next morning, but not before it destroyed over half of the Cooperative's headquarters, which was built just 9 years ago.

Organic Valley Cooperative has been a crucial player in the organic movement. The fair prices for organic milk they pay their farmers has allowed and encouraged family farms from all over the country to convert their farms to organic.

On a tour of our local Organic Valley farm, the Double J Jerseys just outside of Monmouth, Co-op staff and many others from the area got a closer look at dairy farming and learned about the economics of milk production.

Prior to joining the Organic Valley Cooperative, dairy farmer Jon Bansen would negotiate his conventional milk prices each month. The prices would vary wildly, making it impossible to budget the year with any accuracy and leaving his family business in a constant state of flux.

After converting his farm to organic and joining the cooperative, he now receives a constant rate for his milk that is negotiated annually by the farmers themselves.

There are a variety of different ways Jon keeps his farm happy and healthy.

By not overworking the cows, each one is able to produce for years longer than a conventional dairy



cow would. While this results in less product, he feels it's worth the sacrifice.

The Bansen's grow, harvest, and store their own hay for feed during the winter months and create a welcoming environment for birds, which help keep the fly population at bay.

With 1834 family farms in the Organic Valley Cooperative, the choice to farm organically is a truly viable option for budding farmers and those that are picking up their family's tradition.

This June, celebrate Dairy Month with Organic Valley products and help them continue to be the change we want to see.



## "hot" topic Pasteurization

In 1938, before pasteurization was a common practice, over 25% of the incidences of foodborne illness were linked to milk. Its nutrient rich composition made it a perfect medium for unwanted pathogens. Today, that number has dropped to less than 1%.

The process of pasteurization brings milk up to specific temperatures for a period of time in order to destroy pathogenic bacteria, yeast and molds that may be associated with raw milk. This process also increases shelf life.

The most common temperature and time is 161° for 15 seconds, followed by rapid cooling. Most of the milk we have in our cooler is pasteurized to this level.

For ultra-pasteurization, the milk is heated to 280° for at least 2 seconds. This allows milk to be stored at room temperature for up to 6 months in aseptic packaging. Shelf stable milk is fantastic for school lunches, camping, travel, or keeping in the pantry for use in a pinch.



# Alaffia Empowerment Tour Bike Drive

Saturday, June 22nd

South Co-op | 11-3pm



## HELP ALAFFIA KEEP KIDS IN SCHOOL!

- Bring in your old bikes & parts to donate
- Meet Alaffia Founder Olowo-n'djo Tchala
- Prizes and samples of Alaffia products



**CELEBRATING 25 YEARS OF DA VINCI DAYS**

OREGON'S PREMIERE ARTS & SCIENCE FESTIVAL  
JULY 19-21, 2013

**MAIN STAGE**  
Friday Poco  
Saturday Big Bad Voodoo Daddy  
Sunday The Crazy 8's

**SPECIAL PERFORMANCES**  
Flying Karamazov Brothers

**KEYNOTE SPEAKER**  
Dr. Jane Lubchenco

**TICKETS AT** [davincidays.org](http://davincidays.org)

**Corvallis FLOOR COVERING**

CCB #93128

MEET THE FARMERS

**JUST SHORN**

**NEW ZEALAND WOOL**

NATURAL, SUSTAINABLE, BEAUTIFUL

*Celebrating 23 years of great service.*

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- Green Building & Remodeling
- Solar, Wind, & Green Power
- Organic & Vegetarian-Friendly Restaurants, Cafés & Delis
- Socially Responsible Investing
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# LOCAL COLOR

## JUNE SPECIALS



### SALE DATES:

Special Order Deadline

June 28th



Sale Periods & Special Order Deadlines

Flyer A: June 5th - June 18th  
S.O. deadline: June 14th

Flyer B: June 19th - July 2nd  
S.O. deadline: June 28th

## WELLNESS

### GODDESS GARDEN

Sunscreen

Introducing Continuous Spray, SPF 30!

**20% off**

### ACURE

Chemical Free Sunscreen

SPF 30, 1oz reg. \$15.49

**SALE \$12.39**

**15% off**



### FIRST ALT BRAND

Assorted Vitamin C

Get your daily dose!

### FIRST ALT BRAND

Prenatal Once Daily

60 ct reg. \$8.89 **SALE \$7.49**



**35% off**



### GARDEN OF LIFE

Assorted Supplements

Protein Powders, probiotics and more!

### CARLSON

Salmon Oil

180 ct. reg. \$27.19

**SALE \$21.69**



### NUTRACEUTICALS

Assorted Supplements

Happy Camper's Delight



**30% off**

**25% off**

### TOPRICIN

All Products

New travel sizes!



### BOIRON

Arnicare

Get moving! Get relief!

### BOIRON

Allergy Relief

Go out and play!

**30% off**



## BULK FOODS

**BULK** **NON GMO**

Organic Banana Chips

reg. \$4.39 **SALE \$3.99/lb**



**BULK** **NON GMO**

Organic Pearled Barley

reg. \$1.39 **SALE \$1.19/lb.**



**BULK** **NON GMO**

Organic Date Pieces

reg. \$4.49 **SALE \$3.69/lb.**



**GRIZZLIES**



Wildberry Muesli

with organic ingredients

reg. \$7.19 **SALE \$6.59/lb.**



**LUNDBERG** **NON GMO**

Organic Sweet Brown Rice

reg. \$1.99 **SALE \$1.59/lb.**



**BULK** **NON GMO**

Organic Brazil Nuts

reg. \$11.19 **SALE \$10.49/lb.**



**NON GMO**

### SUNRIDGE FARMS

Organic Chocolate Raisins

reg. \$14.69 **SALE \$12.59/lb.**

**NON GMO**

### SUNRIDGE FARMS

Organic Sunny Bears

reg. \$12.39 **SALE \$10.69/lb.**



## COFFEE

### PACIFICA COFFEE

**NON GMO**



Organic French Roast Coffee

reg. \$10.79 **SALE \$8.89/lb.**



### ZAIDALIA

**NON GMO**



Organic Coffee

Firenze, Breakfast Blend,

Spring Blend, French Roast

reg. \$9.59 **SALE \$8.79/lb.**



**DID YOU KNOW?** When comparing packaged spices vs. bulk spices, you can save up to 60% by choosing bulk!

General produce specials run weekly from Wednesday to Tuesday

## PRODUCE

Supporting local farms, families and communities since 1970!

Grower Direct | Certified Organic

## Basil &

## Strawberries



Strawberry Basil Green Tea Popsicles

Gluten-Free, vegan, & delicious!

#### Ingredients

- 1 pound strawberries, hulled
- 2 tsp. freshly squeezed orange juice
- 2 cups green tea, brewed and chilled
- 2 Tbsp. agave nectar
- 1/4 cup fresh basil, finely chopped



#### Instructions

In a blender, combine all ingredients. Blend for 30 seconds or until mixture is smooth.

Divide mixture between popsicle molds, or in a recycled yogurt container and freeze for 6 hours.



FRESH



LOCAL



ORGANIC



GOOD-FOR-YOU FOOD



**FULL CIRCLE CREAMERY**  
reg. \$14.89/lb  
**Diablo Raw Cheddar**  
Bombs Away Café's Diablo Sauce meets flavorful local, raw cheddar!

Delicious, locally made cheese!

**SALE**  
\$13.39/lb.

**FRESH FROM THE CO-OP KITCHEN**

**Strawberry Chocolate Cream Cheese Torte**  
A decadent summer treat! reg. \$3.99/ea.



**Sale \$3.49/ea.**

**CHEESE**

**CALABRO Rotolini**  
8 oz. reg. \$9.59 **SALE \$8.29/ea.**  
Party tray favorite of rolled prosciutto and mozzarella

**CLAWSON Blue Stilton**  
per lb. reg. \$16.59 **SALE \$13.99/lb.**  
Crumbles beautifully for salads, soups and dishes

**SALEMVILLE Amish Blue Crumbles**  
per lb reg. \$7.99 **SALE \$6.29/lb.**  
Pairs well with walnuts and ripe pears

**KERRYGOLD**  
Dubliner, Reserve Cheddar, & Reduced Fat Cheddar  
7 oz. reg. \$4.79 **SALE \$4.29/ea.**  
Dubliner: Serve as table cheese or toss in salad  
Reserve: Extra aged for sharp flavor but smooth finish  
RF Cheddar: Rich, full-bodied taste with less fat!



**MEATS**

Mt. Angel, OR!

**LONELY LANE Beef Kabob Meat**  
reg. \$9.79/lb. **SALE \$8.79/lb.**  
Just in time for grilling season!

Try our Tandoori Marinade recipe on pg. 15!



**DRAPER VALLEY FARMS Ranger Boneless Chicken Breasts**  
reg. \$8.99/lb. **SALE \$7.69/lb.**  
You loved our lower sale price in April, so we're bringing it back again!



**NANCY'S YOGURT JUNE GIVEAWAY**



Like us on Facebook for a chance to win Nancy's totes, shirts & lunch bags!

**GROCERY & CHILL**

**BRAGG**

**Salad Dressing & Marinades**  
12 oz. reg. \$5.69 **SALE \$4.29**

**FRESHLY WILD Kale Joy**  
1.2 oz. reg. \$4.99 **SALE \$3.99**



One of our favorite discoveries from a small kitchen in Portland. It's completely natural, and carefully dehydrated using 100% renewable wind energy!

**ONE DEGREE ORGANIC FOODS Sesame Sunflower Veganic Bread**  
600g reg. \$5.19 **SALE \$3.99**  
Meet your One Degree farmers!  
Using the scannable QR code on each package, you can meet the farmer and learn how they cultivate your grain!



**CRYSTAL GEYSER Mineral Water**  
1.25 liter reg. \$1.69 **SALE \$1.29**  
Natural & unsweetened!



**AUNT PATTY'S Organic Coconut Oil**  
12 oz. reg. \$6.39 **SALE \$4.99**



**ZEVIA Zero Calorie Soda**  
6 pk reg. \$6.29 **SALE \$3.99**

**ORGANIC PRAIRIE Organic Grassfed Hotdogs**  
12 oz. reg. \$8.99 **SALE \$5.99**  
Certified Organic Grassfed Beef from Family Farms. Never Raised on GMO Feed.

No Toxic Pesticides, Antibiotics or Synthetic Hormones!



**NATURE'S GRILLING PRODUCTS Hardwood Charcoal**  
6.6 lb. reg. \$6.99 **SALE \$4.99**



**NANCY'S Low Fat Yogurt**  
8 oz. reg. \$1.19 **SALE 89¢**  
Rich, thick, delicious AND lowfat!



**SORINGHART Organic Hummus**  
12 oz. reg. \$2.99 **SALE \$2.49**



**CHEZ MARIE Wholesome Harvest Bean Patties**  
10 oz. reg. \$4.99 **SALE \$3.49**

**FROZEN TREATS**

**STRAUS FAMILY CREAMERY Organic Ice Cream**  
quart reg. \$6.79 **SALE \$4.99**  
The melt-in-your-mouth flavors will remind you of the days of homemade, hand-churned ice cream!



**LUNA & LARRY'S Coconut Bliss Organic Frozen Dessert**  
pint reg. \$6.69 **SALE \$4.79**  
As rich and creamy as premium ice cream, Coconut Bliss is a satisfying, delicious, and healthy alternative to dairy and soy-based frozen desserts. Soy, dairy, & gluten free!

Made in Eugene, OR!



**Save 10% by purchasing a case!**

Sale items are not eligible for case discounts. Call or visit our Customer Service desk for more info or to place an order.

**(541) 753-3115**



All products marked with the Local 6 coin logo are grown, made or processed by a business owned and located within the six counties closest to Corvallis: Benton, Lane, Lincoln, Linn, Marion & Polk.

**NON-GMO** = Certified Organic NON-GMO



= NON-GMO project



= Gluten Free Product

Find more specials in our Co-op Deals flyer insert and throughout the store. We have many more specials than we can list here!

# BUDGET Bites

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

With summer arriving, fresh local produce is going to be easier than ever to add to your budget.

This month's menu highlights some seasonal favorite: bunch beets and fennel bulbs. Both are easy to add to your meal and bring Vitamin C, fiber, and folate to your plate.

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

-Emily Stimac, Marketing

## Lemon Feta Beet Salad

1 bunch beets with greens  
1 tsp vinegar  
½ cup walnuts, chopped  
½ cup feta, crumbled  
2 Tbsp olive oil  
juice of ½ lemon  
1 Tbsp honey  
1 clove garlic, pressed  
¼ cup chopped basil  
Salt & pepper to taste

Cut greens off beets and set aside for salad. Boil beets until tender (about 20-30 minutes depending on size). Drain and remove skins. Slice into wedges and sprinkle with vinegar and salt & pepper. Refrigerate until cool. For salad, whisk together oil, lemon juice, honey, garlic, basil and salt & pepper and toss with beet greens. Transfer to plates and top with beets, walnuts and feta.



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

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



## summertime shuffle at south store!

Look for exciting improvements to the organization of the South Store coming in late August of this year.

We will be reorganizing our products to help make things easier to find and even more enjoyable to shop.

Here are a few highlights:

- Reorganize wellness, household, and grocery aisles to improve continuity and usability
- Combine all of Wellness into aisle 2 and add a cooler similar to the one at North
- Move the Household items out of the little nook off of produce
- Balance the amount of space we dedicate to each product category, based on popular demand
- Drop the things that sell slowly (they will still be available by special order)
- Hang new signage to help you find what you're looking for

We look forward to sharing more details next month so please stay tuned!



## Say Cheese, Corvallis

Grab your camera or sort through your albums for your favorite photos of the Benton County area (Corvallis, Philomath, Adair Village, Monroe and Alsea) and enter them into the Say "Cheese" Corvallis & Benton County! Photo Contest. Photographers of every skill level are encouraged to participate.

"We are hoping to receive images that promote the diverse businesses, people, culture, and natural scenic beauty of Corvallis & Benton County," said Tom Nelson, City of Corvallis Economic Development Director, "From start-ups to corporations; healthcare to high-tech; and forest products to software. Who better to capture what it means to live and work in Corvallis & Benton County than our citizens?"

FMI: <http://www.corvallisoregon.gov>, search for "Say Cheese Contest"

**odwalla**

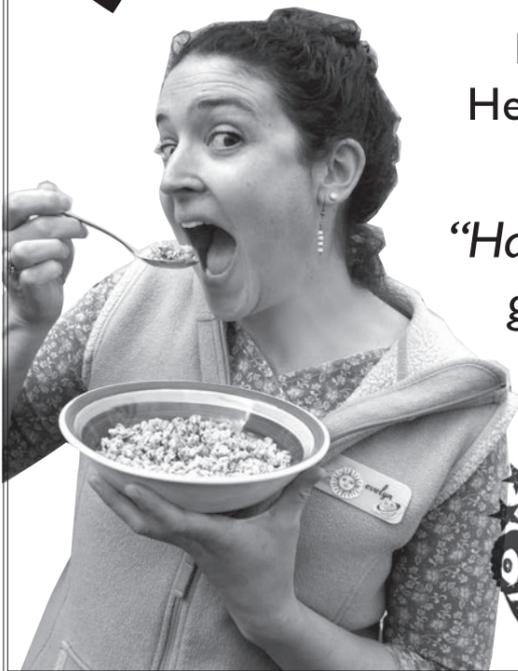
PURE SQUEEZED GRAPEFRUIT JUICE BRIGHTENS EVERY BREAKFAST!

**MOM DESERVES THE BEST**  
PURE SQUEEZED JUICES WILL MAKE HER DAY

**SELECTED HALF GALLONS SALE** PRICES VARY

MAY 1- JUNE 4

# ♥ staff favorites ♥



**Nature's Path  
Hemp Plus Granola**  
Available in bulk

*"Hands down the best granola we sell!"*

- Evelyn Hall



## Art at the South Store

Take in surreal space scapes on paper by colored pencil artist Sean McArthur while you enjoy a meal or snack in the South Store Café area. Sean grew up on the Coast and has lived in the Willamette Valley most of his life.



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

## Staff Anniversaries in June .....

- Blueberry, 1 year: **Casey Strickland, Ashley Caspell & John Herrian**
- Blackberry, 4 years: **Ryan Lister**
- Kumquat, 5 years: **Lori Johnson**
- Strawberry, 6 years: **Charlie Curtis**
- Mango, 20 years: **Michael Viliardos**
- Honeydew, 23 years: **Lani Maren**

### ANNIVERSARY FRUITS

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

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

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



**YOU'RE THE STRAWBERRIES ON OUR SHORTCAKE!**

**AMERICAN DREAM PIZZA**

Gluten Free Crust available Monday & Tuesday!

**FREE DELIVERY!**

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

**THE THYME GARDEN**

herb plants & seeds • beautiful display gardens  
tours & luncheons by reservation

Don't miss this amazing experience!

**MIDNIGHT IN THE GARDEN**

JULY 13th, 2013 • 7:00 pm

A magical night of food & mystery.  
Tickets: \$35/person, wine available for purchase.

541.487.8671 • www.thymegarden.com

## Staff Spotlight

### MAKENZIE KAISER



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

I am the North Deli Assistant and I have been working here for almost three years, counting the time I spent as a sub for the Deli, Kitchen, and Front End.

What brought you to the Co-op?

The food! I was super impressed by the Co-op the first time I ever came here just to shop! I had previously been working for a food co-op in Iowa City, and I thought this would be a good fit for me once I moved to Corvallis.

What do you like best about your job?

I like working directly with all the yummy meats, cheeses, and deli foods we sell. I like it when new companies send me samples of the latest stuff they are working on and I get to bring them into the store. I love the relationships with all the hardworking growers and producers we work with. And I love the great community of co-workers of which I am lucky enough to be a part.

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

Well working here definitely allows me to eat the way I love to. It has opened up a lot of doors for me within the community and offered abundant opportunities to learn about food systems and issues.

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

Oh man, there are so many...here are things that I buy almost every week: Toby's Bleu Cheese Dressing, Bubbies Sauerkraut, Pacifica Peruvian Coffee, Theo Chocolate, anything from Lonely Lane Farm, Acure Conditioner, and Secret Aardvark Hot Sauce.

What do you like to do outside of work?

I spend lots of time outside with my dog, Friede, we run the hills at Bald Hill almost everyday. Yoga is a big part of my life. I love to go to the Oregon Coast and camp out. I go to music festivals as much as I can. I totally love to travel and wish I could do it more. I write a bit and read a lot, especially now that the weather is nice, in my hammock.

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

I grew up in small town Iowa, I spent a year of college living in Germany, and when I first moved to Oregon I lived for two years in a yurt in King's Valley.

Tell us something about yourself others might not know

I'm a recovering vegetarian.

If you had three wishes...

Hmmm, I guess I would wish that airfare was less expensive so I could take more trips, that humans around the world would start demanding a

more sustainable food system, and that Friede would stop waking me up every morning by stepping on my face. I'm a simple girl, really.

You recently went to New Zealand. Were there any foods you tried there that you really loved?

All the food I ate in New Zealand was super good. On one of the days, my friend took me to an organic farm where her friend lives in an old school bus and we got to have a bunch of produce out of her garden for lunch. But my favorite meal was at a really small, independent restaurant called Motu Kitchen in the Coromandel region of the North Island. It was Blue Cod, caught off the South Island, lightly fried with the skin on, served on a bed of Macadamia and Crab Risotto. Yes I licked my plate clean. At that same meal I had a dessert called "Many Textures of Chocolate" which was exactly like it sounds. Also, my friend Nathan made me Lamb Chops on the grill for breakfast one morning. I could go on and on about the food in NZ!

Where do you see yourself in 10 years?

OMG, I don't even know where I will be in 6 months... Costa Rica? Back in NZ? Oregon Coast Range? Hopefully by that time I will have published a novel, so I will have some options! Yeah, I don't know...

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

Lately I have been listening to Shovels and Rope, they are awesome! But I like Fruition and the Shook Twins from Portland, Neko Case, I LOVE Mason Jennings, Will Whitmore, Florence and the Machine. People always tell me I like depressing music but I like fun stuff you can dance to also.

What are your top 5 favorite things about Corvallis?

Its proximity to the ocean, the amazing local farms that feed us year round, bike-friendliness, the downtown farmers' market, the fact that we have so many microbreweries and local wineries to choose from!

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

I wish we had a full service Butcher/Meat dept. It could provide such a service for our customers and our meat growers alike!

# health services guide

Advertise your health service for only \$35 per ad. Maximum 50 words. Please email your ad to [thymes@firstalt.coop](mailto:thymes@firstalt.coop) by the 15<sup>th</sup> of the month.

## REBEKAH SHARPE AT BLESSED HALOS-CORVALLIS.

Cranial Facial Massage with Crystal Therapy. Aura and Chakra cleansing and balancing. Heighten intuition and dream state; release pain, negativity and spiritual and emotional pressures through the 3rd eye and crown chakras. Relaxation - Spirituality - Direction. [www.behealthy.upweb.com](http://www.behealthy.upweb.com), [rsharpe30@gmail.com](mailto:rsharpe30@gmail.com), 541-543-0915

## DR. VIRGINIA SHAPIRO, HOLISTIC CHIROPRACTOR

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

## LYMPHATIC DRAINAGE \* VISCERAL MASSAGE \* CRANIOSACRAL THERAPY

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

## NATURAL VISION IMPROVEMENT

Bodywork for the Eyes. Learn methods to release chronic tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybetts Sinclair, LMT, certified vision improvement coach at 541-753-8374 or [www.marybettsinclair.com](http://www.marybettsinclair.com)

## HELPING DOGS FEEL BETTER

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

## 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 wholeheartedly. Local, certified, professional. I'll never give up on you. Call Robert Plamondon: (541) 286-5440. [hypnosis-corrallis.com](http://hypnosis-corrallis.com)

## MARCIA A. LIBERATORE, MD PC, OF CORVALLIS INTEGRAL MEDICINE

offers general medical care with an interest in Functional Medicine and Medical Acupuncture, with over 30 years of medical experience. We now have licensed massage therapists offering therapeutic massage. For appointments, please call (541) 753-1172, [www.drintegral.com](http://www.drintegral.com).

## ACUPUNCTURE CLINIC OF CORVALLIS

(AKA Whole Health Clinic) Dean Johnson L.Ac. - I can help you get rid of your pain without drugs or surgery. I can improve your quality of life by finding and correcting imbalances. 541-753-5152 [www.wholehealthclinic.com](http://www.wholehealthclinic.com) Serving Corvallis for over 20 years.

# unclassifieds

## SPRIT OF LOVE CEREMONIES

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

**ART & WRITING** Gene Stratton-Porter's naturalist style. Capturing nature through several art mediums along with descriptive prose. Sketchbooks and art mediums provided. Tuesdays 3:30-5 4-week class, \$80. Palmer Penmanship Thursdays 4-5:00 4-week class, \$40. Teens through adults. For more information 541-752-1815.

## HOW TO TALK SO KIDS WILL LISTEN™

Positive, practical skills for understanding children's' feelings and engaging their cooperation. In Corvallis. Facilitated by Esther Schiedel, MS, Certified Family Life Educator. For information, phone 541-602-2254 or email [contactme@sharingstrengths.com](mailto:contactme@sharingstrengths.com) or visit [sharingstrengths.com](http://sharingstrengths.com)

## JARED'S GREEN BUILD

541-908-6607. I build quality, affordable, custom greenhouses using solexx, double paned windows that open with screens, stained Doug Fir framing & pressure treated foundations. (Insulated for Oregon winter gardening). I also build custom chicken coops and am skilled in tile, concrete, siding, roofing and much more. Outstanding local references & pictures available.

## BUY LOCAL! HOPE SPRINGS GARDENS CORVALLIS' BACKYARD NURSERY

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**NEED YOUR HOME CLEANED?** Call Dawn, 541-921-4306. Safe, reliable, and a wise choice! Over 10 years experience.

**LINN COUNTY MASTER GARDENER'S TOUR** Saturday June 15th, 2013, 10:00 to 4:00. Cost \$10.00

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

## REBEKAH SHARPE AT BLESSED HALOS-CORVALLIS

Past life intuitive readings with integrative mediumship. All religions and spirituality addressed and respected. Aura readings, crystal readings & therapy, and many other forms of holistic healing offered. Call, email or text for a quote and consultation. [rsharpe30@gmail.com](mailto:rsharpe30@gmail.com), 541-543-0915, [www.behealthy.upweb.com](http://www.behealthy.upweb.com)

## COUNSELING FOR COUPLES AND INDIVIDUALS:

Tina Taylor, RN, MS. Tired of tension, confusion and pain? Longing for peace, clarity, growth, connection? Specializing in guidance towards Compassionate Communication with yourself and others. Let's talk. LGBTQ comfy. Free phone consultation, 541-753-2255. More information at [www.tinataylor.co](http://www.tinataylor.co).

## NONVIOLENT / COMPASSIONATE COMMUNICATION (NVC)

Facilitated practice group classes: every first and third Monday, 7 - 9 pm. Deepening theory, and guidance for your real-life applications. Drop-in \$10, or 4 for \$35. Call to confirm, 541-753-2255; details at [www.tinataylor.co](http://www.tinataylor.co).

## WEST AFRICAN DANCE CLASS

with Ibrahima Sory Sylla Monday 7:15pm-8:30pm at Oddfellows Hall, Corvallis. 541-513-1630

## CERTIFIED HAKOMI THERAPIST

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

## RELAX AT OUR LINCOLN CITY BEACH HOUSE

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## HELP

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

## ERRANDS,

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

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

## NORTHWEST REALTY CONSULTANTS

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

## RABBIT MANURE THE BEST STUFF

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## TAL'S CARMİ REPAIRS AND REMODELS, LLC

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## NON-TOXIC CLEANING

Offices and homes. [www.OregonOrganicsCleaning.com](http://www.OregonOrganicsCleaning.com) 13 years locally owned and operated. Seniors, pets and children welcome. Dependable and efficient. Corvallis, Albany. 503-743-2318.

## PARENT COOPERATIVE PRESCHOOLS

in Albany, Corvallis, Halsey, Lebanon, Philomath and Scio offered by Linn-Benton Community College. For information call 541-917-4899 or visit [www.linnbenton.edu/go/parentingeducation](http://www.linnbenton.edu/go/parentingeducation)

## KOMBUCHA, DRIED FRUIT, SCRAPWOOD

Ken, 541-929-4296.

## FOR A BEAUTIFUL BIRTH, HIRE A DOULA.

Corvallis Doula Network. [www.corvallisdoula.net](http://www.corvallisdoula.net).

## I'VE GOT THE ALOE AND SEAWEED

you need... Experience what you've been missing. Creating Peace Within, for Peace on Earth. Traci Mc. Merritt, 541.760.8557 Upcoming events at [www.radiatelifeorce.com](http://www.radiatelifeorce.com)

## READINGS BY ANNIE

~ Questions or concerns regarding relationships, career, money... LIFE? A tarot reading can help guide you through troubled emotions and clouded thoughts by offering a reflection of your past, present and possible future and showing you a fresh perspective on your life. I have 30 years' experience assisting others with readings. Let me help you get in touch with your inner guidance, your best guide when making those difficult choices and decisions. Hour Reading \$40 ~ (816)506-4308.

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

## OVERNITE PET SITTER

rarely at home would like to rent your guest room when not pet sitting. I would pay for the days I stay at your house. Plus, you get all the FREE pet sitting you need whenever you need it. Call my voice mail at 541-750-0006. Let me know when is a good time to reach you. Kori the Spoiler.

## YARDWORK, WEEDING, PRUNING, SCYTHING,

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

## PARENTING SUPPORT

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

## CORRECT PRUNING

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

## DRIED SEAWEED, DRIED MUSHROOMS

for sale or trade. Ken, 541-929-4296.

## FREE DETOX FOOT BATH, WITH THE PURCHASE OF 3.

Restore your Health and Vitality Naturally with the Detox Foot Bath. Image Makers 308 SW Monroe Ave, Corvallis 541-754-0355 [www.imagemakers2.com](http://www.imagemakers2.com).

## TRUST THE CLEANING

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

## CALL KORI THE SPOILER

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

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

# Supporting Healthy Gardens and Communities with Organic Seeds

My appreciation for organic seed crops and the people who produce them has grown exponentially in the last couple years since the produce team took on the garden section at our South Co-op.

Working in produce, I am surrounded by organic fruits and vegetables and they are the base of my diet—but rarely had I thought back to the seed that these vegetables were grown from. After learning about organic seed and seed production I feel that it is more important than ever that we support our local organic seed producers. There are many reasons that these farmers deserve recognition for the work they do.

For instance, seed crops must remain in the ground for their entire life cycle, much longer than they would if the fruit or vegetable were being harvested for consumption. In contrast to conventional seed crops, which are heavy users of synthetic pesticides, chemical fertilizers, and herbicides, (which may be used over the seed crop's entire life cycle), organic growers skip the synthetic additives for methods that can be much more expensive and time consuming, such as hand-weeding, predatory insects and crop rotation. Conventional farming introduces large amounts of harmful chemicals into the soil. Choosing organic seed minimizes this pollution because these chemicals aren't used.

Creating plant diversity is another compelling reason to support organic seed production. Organic seed growers are selecting and growing seeds that will thrive under organic conditions. They don't rely on

fossil-fuel based substances to battle the stresses of climate, weeds and pests. Instead, they have cultivated varieties that will thrive in our valley's temperatures, or have the ability to outgrow weeds without the help of chemicals. Plant selection in this way leads to more plant diversity, which is important in the reassurance of the future of food.



Ebony White,  
Produce

Here at First Alternative we support our local organic seed growers and make their seeds more available to our community. Currently we have a nice selection of bulk seeds from Wild Garden Seeds and Territorial Seed Company, as well as a variety of packet seeds from Adaptive Seed Company and Peace Seedlings. Over the next few seasons we hope to increase the variety of local seeds that we have available and try to support more organic seed growers in our area.

Increasing the availability of organic seed and supporting our local seed growers who are developing seed crops that are adapted to low input, diverse, organic systems are important first steps in reducing environmental pollution and improving organic agriculture.

## .....things to plant in june

### Direct seed:

Arugula	Cauliflower	Melons
Asian greens	Cilantro	Parsnips
Basil	Corn	Pumpkins
Beans	Cucumbers	Rutabaga
Beets	Dill	Summer squash
Broccoli	Endive	Swiss chard
Brussels sprouts	Green onions	Turnips
Cabbage (late)	Kale	Winter squash
Carrots	Lettuce	

### Starts:

Artichoke	Corn	Parsley
Basil	Cucumbers	Peppers
Broccoli	Dill	Pumpkins
Brussels sprouts	Eggplant	Squash (all)
Cauliflower	Leeks	Swiss chard
Chives	Melons	Tomatoes

If you watched your neighbor with dismay as they planted their garden during the dry spell last month, don't lose heart. June is a great month to direct seed a wide variety of veggies, and the ground will be warm and cozy for them.

Stoy by our South Store to grab your seeds, starts, gloves & fertilizer, and get hoeing!



# Letters

## LETTER TO THE EDITOR POLICY

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

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

## Food drive raises 513,096 lbs of food!

Thank you for your generous support of the 2013 Governor's State Employees Food Drive, through your contribution of a \$30 gift card to the OSU College of Education Food Drive Raffle. While the statewide totals are still being calculated, we are pleased to let you know that we had an exceptionally successful year. Through monetary and food donations, the OSU College of Education raised an equivalent of 4,238 pounds of food, and OSU as a community raised a grand total of 513,096 pounds!

Such a remarkable accomplishment in giving can be directly attributed to partnerships with businesses such as yours.

- Karla Rockhold, Lynda Thomas & Amy Beaderstadt  
OSU College of Education Food Drive Coordinators

## 15,000 native plants to good homes

Thank you for donating \$30 worth of food to the Benton Soil and Water Conservation District's Native Plant Sale. This event would not be a success without support from community members like you. Your donation helped feed 75 plant sale workers. With your assistance we sold about 15,000 native plants and the proceeds will go towards student scholarships and other forms of community conservation assistance.

Thanks again for supporting this sale, which provides low cost native plants for erosion control, riparian restoration, reforestation, wildlife habitat enhancement and naturesscaping!

- Lisa Lindner, Plant Sale Volunteer

## Alea Clinic Raffle raises \$3,300

We are so very grateful for your recent donation to the Alea Clinic for the annual fundraising raffle. Due to the generosity of folks like you, the raffle was a huge success. We made over \$3,300 to support the Clinic's work to provide health care to our rural community.

- Alea Rural Health Care, Inc.



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968 NW Circle Blvd / Corvallis, Or 97330

# JUNE CALENDAR

**FREE COMMUNITY  
HAPPENINGS  
FREE EVENTS**

## ANNUAL CO-OP OWNER RENDEZVOUS

*BBQ Sauce Showdown!*  
Saturday, June 22nd  
5-8:30 p.m.  
Drum Circle, 4-5 p.m.

Thompson Shelter  
@ Avery Park  
for more details, call  
541-753-3115 ext. 328

**We provide the food,  
you provide the sauce!**

## CHOOSE YOUR OWN OSD! MORE SAVINGS FOR CO-OP OWNERS!

Save 10% on your purchases on one day of your choice each month! Receive the 10% case discount in addition to your owner discount when you special order a product by the case and purchase it on Owner Sale Day.

\*Case discount not applicable on sale prices\*

## CLASSES AT THE CO-OP! WANT TO HOST A CLASS OR EVENT?

Check out our Outreach page (pg. 6) for our monthly events and classes! Interested in hosting a community event or teaching a class?

FMI: [yadira@firstalt.coop](mailto:yadira@firstalt.coop)

## WINE & BEER TASTING WITH LIGHT APPETIZERS

**1ST & 3RD THURSDAYS**  
NORTH STORE 5-7 P.M.  
wine + live music + cheese + crackers

**2ND & 4TH THURSDAYS**  
NORTH STORE 5-7 P.M.  
craft brew + live music + cheese + crackers

**EVERY FRIDAY**  
SOUTH STORE 5-7 P.M.  
wine + cheese + crackers

## BOARD & COMMITTEE MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE  
Tuesday 4th - 6-8 p.m.  
North Store meeting room

FINANCE COMMITTEE  
Wednesday 5th 5:30 - 7 p.m.  
North Store meeting room

OWNER RELATIONS COMMITTEE  
Tuesday 11th - Noon  
South Store meeting room

BOARD OF DIRECTORS MEETING  
Tuesday 18th - 6:30 p.m.  
Owner comments welcomed in first 10 minutes.  
South Store meeting room

## \*\*EVENTS THIS MONTH\*\*

GRAPHIC NOVEL BOOK CLUB Tues. June 4, 6-7 p.m. Matt's Comics, 2075 NW Buchanan Ave. Discussion: Batman: The Dark Knight Returns by Frank Miller. No commitment is required, 18 and older welcome. FMI: Bonnie, [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov), 541-766-6793

ADVANCING SUSTAINABLE BUSINESS PRACTICES IN CORVALLIS Thurs., June 6, 6:30 p.m. Corvallis Public Library. Presentation by OSU graduate-level Sociology class about their term project, done on behalf of the Sustainability Coalition and the Corvallis community. FMI: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org), 541-230-1237

MERRY INKSTERS OPEN HOUSE Fri. June 7, 5-7 p.m. Tour our studio and learn about our summer youth program, parent/child classes and more! Refreshments provided. 845 1/2 NE Circle Blvd (at Jack London). FMI: [www.themerryinksters.org](http://www.themerryinksters.org)

CORE YOGA STUDIO GRAND OPENING Sat. June 8th, 10 a.m.-4p.m. Core Studio Corvallis, 111 NW 2nd St. The New Edge in Mind/Body Fitness with Lyssa McPherson. CoreFlow Demos, Free mini sessions, discount packages, and more! FMI: [www.corestudiocorvallis.com](http://www.corestudiocorvallis.com)

FROM PRINT TO PIXELS: THE ACT OF READING IN THE DIGITAL AGE Sat., June 8, 2-3:30 p.m. Corvallis Public Library, 645 NW Monroe Ave. As reading becomes a predominantly digital experience, what effects might this have on writing and on our interactions with information overall? Join us for a free conversation with author Mark Cunningham and the final segment in the Big Conversations series. FMI: [brzozowski@corvallisoregon.gov](mailto:brzozowski@corvallisoregon.gov)

NATIONAL GET OUTDOORS DAY Sat., June 8, 10 a.m.-3 p.m. Peavy Arboretum, OSU McDonald Forest. Celebrate National Get Outdoors Day with a variety of hands-on activities for youth and guided bilingual (Spanish & English) hikes for people of all ages. Join us and discover the forest in your backyard. FMI: 541-766-6750

HIKE TO DRIFT CREEK FALLS Sunday, June 9, 9 a.m.- 4 p.m. (approx.) Meet at the OSU parking lot, 26th & Monroe. Bruce Vaughn leads us on an easy hike, three miles round trip with a 340 foot elevation drop. There is a great spot for lunch at the bottom across the suspension bridge by the falls. Bring a lunch, hiking attire, and water. FMI: Esther McEvoy, 541-754-0893

KIRTAN Friday, June 14, 7:30-9 p.m. Live Well Studio, 971 Spruce Ave Ste 101. Based on ancient chants and played with Western style music, modern Kirtan is music that will quiet your mind when sung or listened to with intention. [www.livewellstudio.com](http://www.livewellstudio.com), 541-224-6566

MARY'S PEAK HIKE Sat., June 22, 9 a.m.-mid afternoon. Meet at the OSU parking lot, SW corner of 26th & Monroe. Join us for this two mile hike with elevation gain through the woods and into the meadow. The rock garden should be in full bloom at this time of year. Bring a lunch, water and hiking gear. Sponsored by Native Plant Society of Oregon. FMI: Esther McEvoy, 541-754-0893

OSUSED STORE SPECIAL SATURDAY SALE Sat., June 22, 8:30 a.m. - 3:30 p.m. OSUsed Store, 644 SW 13th St. Low-cost items include computers, furniture, household items, bikes and much more. FMI: [surplus.oregonstate.edu](http://surplus.oregonstate.edu), 541-737-7347

## \*\*ONGOING EVENTS\*\*

INTRODUCTION TO THE ART OF BEING Healthy, Abundant, Playful & Peaceful You Workshops, with Traci Merritt FMI: 541.760.8557, [www.radiatelife.com](http://www.radiatelife.com)

CORVALLIS PARENTS & FRIENDS A place for parents and their kids to make new friends, and get support for parenting and pregnancy. FMI: [www.corvallisparentsnetwork.ning.com](http://www.corvallisparentsnetwork.ning.com)

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

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

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

LIVE MUSIC @ 'FIREWORKS' Fri-Sun nights, Mon open mic. 1115 SE 3rd St. FMI: 541-754-6958, [www.fireworksvenue.com](http://www.fireworksvenue.com)

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

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

CORVALLIS VEG EDUCATION GROUP holds dine-outs and potlucks. FMI: [www.corvallisveg.org](http://www.corvallisveg.org), [corvallisveg@gmail.com](mailto:corvallisveg@gmail.com)

## SUNDAY EVENTS

ALL BODIES DANCE Sundays, 6:30-8 p.m. Live Well Studio, 971 NW Spruce Ave. Ste 101. An exploration of dance for play, pleasure, sport, health, and transformation. Explore movement using different forms of dance. Donations gladly accepted. FMI: [www.livewellstudio.com](http://www.livewellstudio.com)

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

SELF REALIZATION FELLOWSHIP MEDITATION CIRCLE 435 NW 4th St. 10 a.m.-12 p.m. All are welcome! FMI: Lynn, 541-602-8704, [www.corvallismeditation.org](http://www.corvallismeditation.org)

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

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

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

## MONDAY EVENTS

MINDFULNESS MEDITATION Taught in the tradition of Zen Buddhist Master Thich Nhat

Hanh. Every Monday, 5:30-7p.m. Corvallis Friends Meeting House, 33rd & Polk. We draw from this 2600 year old tradition, though you do not need to be buddhist. All are welcome. FMI: Ken, [ken.oefelein@gmail.com](mailto:ken.oefelein@gmail.com)

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

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

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

## TUESDAY EVENTS

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

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

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

MARY'S RIVER WATERSHED COUNCIL MEETING Second Tuesdays, 6:30-8 p.m. Philomath City Council Chamber, 980 Applegate St., Philomath. Monthly board meeting. All welcome! FMI: Xan Augerot, 541-758-7597, [coordinator@mrwc.net](mailto:coordinator@mrwc.net)

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

## WEDNESDAY EVENTS

OSUSED STORE PUBLIC SALES Every Wednesday 5:30-7:30 p.m. on 1st Wed.; 12-3 p.m. on all other Weds. OSUsed Store, 644 SW 13th St. We carry used, low-cost items including computers, furniture, household items, bikes and much more. Special Dot sale on May 22! FMI: [surplus.oregonstate.edu](http://surplus.oregonstate.edu), 541-737-7347

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

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

LA LECHE LEAGUE SUPPORT meetings for women who are breastfeeding or pregnant and interested in breastfeeding. Call for meeting times. First Congregational Church, 4515 West Hills, Rm 7. FMI: 541-766-0055

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

## THURSDAY EVENTS

GREEN TARA MEDITATION GROUP 7-8:20 p.m., Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. Everyone is welcome. FMI: [susan.salveson@hotmail.com](mailto:susan.salveson@hotmail.com), <http://www.drolmasamtenchuling.wordpress.com>

SELF REALIZATION FELLOWSHIP world wide prayer circle 435 NW 4th St. Thursdays, 7-8 p.m. All Are Welcome! FMI: 541-602-8704, [www.corvallismeditation.org](http://www.corvallismeditation.org)

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

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

## FRIDAY EVENTS

MERRY INKSTER'S MERRY HOUR Fridays, 4:30-6:30 p.m. Big Gray Barn, 845 1/2 NE Circle Blvd. Tour our letterpress studio, learn how to set type the old way, operate a cast-iron platen press and check out our workshop calendar! FMI: [themerryinksters@gmail.com](mailto:themerryinksters@gmail.com)

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

## SATURDAY EVENTS

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

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

PLANET BOOGIE, 3rd Saturdays (no Boogie in July), 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](http://www.facebook.com/groups/planetboogie)

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

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



**LOCAL 6 SPOTLIGHT**  
**Springfield Creamery**  
**Nancy's Yogurt**  
 Chuck & Sue Kesey  
 Eugene, Oregon

Crew size: 60

Region and area of operation: Eugene, Or

How long have you been in the business? 53 years- since 1960

What do you produce? Nancy's Natural and Organic Cultured Dairy and Soy Products

What does the Co-op buy from you? Nancy's full line of Organic and Natural Cultured Dairy and Soy products



**the nancy's story »**

»In 1960 the Kesey family opened the doors to Springfield Creamery in Springfield, Oregon. A small, humble creamery, it soon became clear that a niche product was needed to survive - and in 1970 Nancy's Yogurt was born. At this time Nancy Hamren came to work for the creamery with yogurt making experience from her grandmother. Her experience, paired with Chuck Kesey's expertise with cultures and probiotics was the perfect match. That first Nancy's Yogurt, with the probiotic acidophilus culture, came to customers in the early 1970s in glass canning jars.

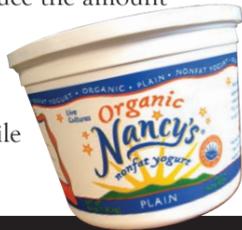
From there the story has evolved over half a century thanks to loyal customers, longtime employees and sustainable business practices. Today Springfield Creamery offers over 85 Nancy's Cultured Natural and Organic Dairy and Soy Products, using local rBGH-free milk, real fruits, no cane sugars and of course, live, beneficial probiotics in each and every Nancy's product. The Kesey family still owns and operates Springfield Creamery today, just as they have for 50 years. Amazing what can be achieved when one stays true to the principles of natural living, healthful foods and their community.

**"Amazing what can be achieved when one stays true to the principles of natural living, healthful foods and their community."**

How long have you sold to the Co-op? Since the beginning.... Circa 1970

What sustainable practices does your business employ? We continue to use recyclable, reusable HDPE 2 containers, we have a 63.5kw solar electric system which generates a good portion of the power we use in our plant, and we also have installed a heat-recovery system which allow us to reduce the amount of natural gas required for operation.

We do not have dairy cows, but purchase our milk from family farms and small cooperatives within a 60 mile radius of our plant in Eugene.



**f nancy's june giveaway!**  
**follow us on facebook to win cool nancy's prizes all month long!**

**Tandoori Marinade**



Yogurt works as a natural meat tenderizer in this cool and spicy marinade. Serve with fresh grilled corn, Indian rice, toasty pitas and roasted red pepper hummus for an EPIC summer meal!

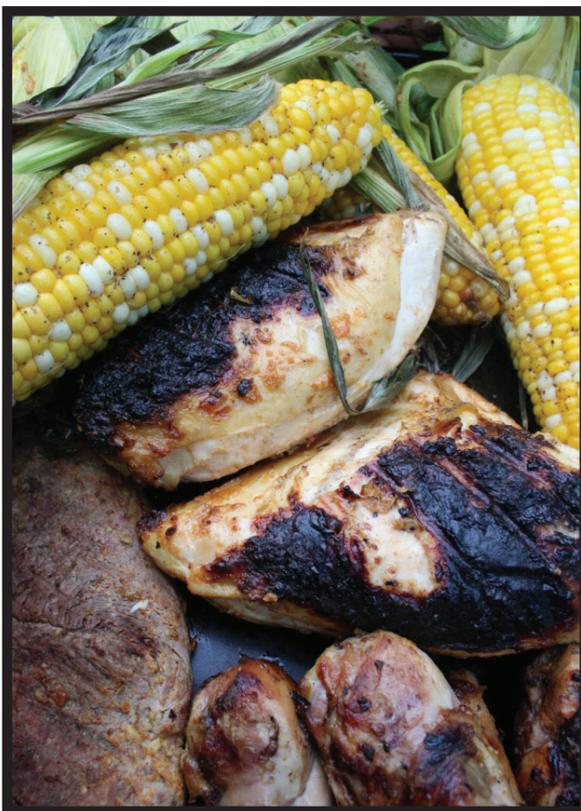
- 2 Tbsp fresh lemon juice
- 2 Tbsp garlic
- 1/2 cup ginger
- 1 Tbsp fresh turmeric
- 1 1/2 tsp salt

- 1 tsp ground coriander
- 1/2 tsp cumin
- 1 tsp black pepper
- 3/4 tsp hungarian paprika
- 2 1/2 cups Nancy's whole milk plain yogurt
- 4 lbs chicken, beef or lamb (or a mix!)

Mince garlic, ginger and turmeric. Combine lemon juice and spices in a food processor. Add yogurt and blend to a smooth sauce. Set 1/2 cup aside for serving fresh with meal.

Transfer to a large ziploc bag or container. Add protein and toss to coat. Seal and refrigerate overnight.

Cook the chicken or beef over medium-high heat, discarding the excess marinade, to your desired finish (temps vary by meat type). Serves 6-8



**TANTALIZING TURMERIC....OSU** researchers have found that curcumin, found in turmeric, may help prevent infections, especially in the stomach and gastrointestinal tract. **GO Beavs! Go CURRY!**

**talking probiotics with nancy**

We hear a lot about the importance of probiotics to our health and immunity. What are they exactly and why are they so important?



Nancy Hamren, Nancy's Yogurt

Probiotics are a group of bacteria that have the unique ability to locate on special receptor sites in the lining of our lower digestive tract. They survive digestion, improve nutrient absorption, defend against harmful invading organisms and act as messengers to our immune system to regulate inflammation.

What's the difference between probiotics, live cultures and live culture strains?

Probiotics refers to a group of specific strains like L. acidophilus. 'Live cultures and live culture strains' can consist of any number of food grade organisms: eg Blue cheese and Cheddar are made with live culture strains, but they are not considered probiotic. It's best to look for the names of cultures that are shown through research to confer positive health benefits.

What are the most common probiotic strains and which ones should we be looking for as consumers?

Examples of well-known species include certain strains of B. bifidum L. acidophilus L. casei, L. rhamnosus and some strains of B. coagulans that have been shown in clinical trials to provide strong health benefits.

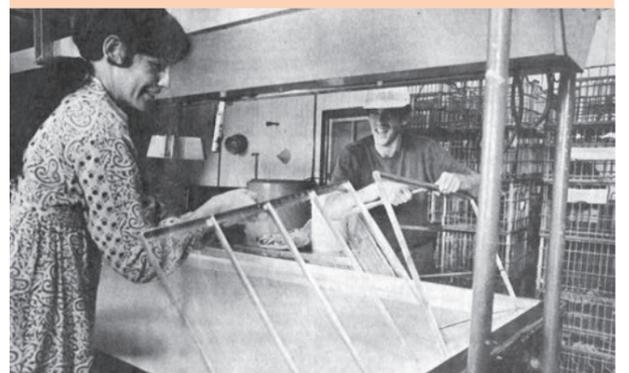
When cooking with a food product that contains probiotics, does the application of heat alter its nutritional value?

Probiotics live up to about 108 degrees and then they die off. It's best to consume them fresh and live for optimal benefits.

How often should we be ingesting probiotics?

The lining of our digestive tracts sluff-off about every three days, so it's important to eat probiotics a couple times a week.

\* Long known as probiotic pioneers, the makers of Nancy's Yogurt - Springfield Creamery in Eugene, Oregon - is believed to be the first U.S. creamery to add beneficial probiotics such as L. acidophilus to yogurt more than 43 years ago... a move that forever changed the cultured dairy industry.



Nancy making cottage cheese at the creamery in '76

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# PARTY TIME!



**E**ntertaining and feeding people is one of my favorite things to do. Give me the opportunity to cook for a party and watch me go! Some of my all-time favorites are shared here to help you get started with your graduation party. Add some beverages, chips and salsa and a platter of cheese and crackers and let the festivities begin!

- Donna Tarasawa, Marketing Manager



## SAUERKRAUT BALLS WITH MUSTARD SAUCE

1 pound ground pork  
1 medium onion, finely chopped  
½ pound Niman Ranch ham, finely chopped  
1 cup flour  
½ tsp. dry mustard  
4 drops red pepper sauce  
½ cup milk  
¼ cup snipped parsley  
16 oz. sauerkraut, rinsed, well drained and chopped  
1/3 cup butter  
2 eggs  
¼ cup cold water  
¾ cup dry breadcrumbs  
Mustard Sauce (below)

Cook and stir ground pork and onion in 10-inch skillet over medium heat until pork is done; drain. Stir in ham, flour, mustard and pepper sauce thoroughly. Stir in milk. Cook over medium heat, stirring constantly, until hot, about 5 minutes; remove from heat. Stir in parsley and sauerkraut; cool.

Heat butter in jelly roll pan in 400 oven until melted. Mix eggs and water. Shape pork mixture into 1-inch balls; dip in egg mixture. Coat evenly with breadcrumbs. Place in butter in pan. Bake uncovered 15 minutes; turn. Bake until hot and golden brown, about 15 minutes longer. Serve with Mustard Sauce.

Makes 48

## MUSTARD SAUCE

¼ cup sour cream  
¼ cup mayonnaise  
1 Tbsp. dry mustard  
¼ tsp. sugar  
Mix all ingredients until smooth.



## ARTICHOKE BITES

2 cans artichoke hearts  
½ cup Parmesan cheese  
½ cup mayonnaise

Drain hearts well and cut into bite-size pieces. Mix cheese and mayonnaise. Put artichoke pieces on a cookie sheet, separated from each other. Brush cheese mixture over top of each one. Broil 'til brown. Insert toothpick in each one and serve hot.

Serves 12-15



## BACON WRAPPED DATES

48 Pitted dates  
48 Sprouted almonds  
12 oz. Niman Ranch bacon

Stuff one whole almond into each date. Cut bacon in half lengthwise and then in thirds, crosswise. Wrap one piece of bacon around the stuffed date and secure with a toothpick. Place on a baking sheet and bake at 350° for 30 minutes, or until bacon has reached desired level of crispness.

Makes 48



## SWEET & SOUR WATER CHESTNUTS

12 oz. Niman Ranch bacon  
16-oz. whole water chestnuts  
1 ½ cups ketchup  
2/3 cups granulated sugar  
1 Tbsp. lemon juice

Cut bacon into half, lengthwise and then into thirds, crosswise and wrap 1 piece around each water chestnut. If water chestnuts are large, cut in half before wrapping with bacon. Secure chestnuts with toothpicks. Bake at 350 for 30 minutes. Do not over cook. Drain fat. Make sauce by combining ketchup, sugar and lemon juice and pour over baked bacon and chestnuts; bake for additional 30-45 minutes. Serve hot.

Serves 12-15



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