



# FA THYMES

MARCH 2013  
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First Alternative Co-op

Community Monthly  
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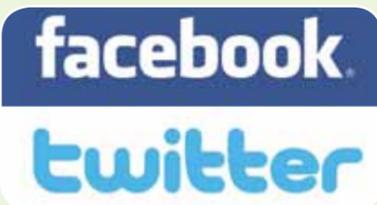
Broiled Steak

Beef Gulyás

Beef Wellington

Looking for a way to be more involved with the Co-op? Consider running for a position on the Board! See page 7.

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



## awaken to the possibilities of spring

### awakening to my possibilities

The increasingly longer days and bursts of color from daffodils and other early spring flowers are setting my heart a-flutter and awakening me to new possibilities!

As I think about a future that excites me, I define my goals. Am I seeking more vitality and health? More peace and joy in my home? More opportunities to express my creativity? More meaning in my life? More connection with family? More connection with my community? What about my life feels right? What's not quite right?

I consider what I need to do today

so I can reap my desired harvest later. What kinds of foods are best for my body? What kinds of exercise am I most likely to consistently enjoy? How can I cultivate peace within myself? What are my priorities? What things am I doing now that are not in harmony with the direction I'd like to go? Where can I find support?

I find it helpful to set specific attainable goals for myself: I'll meditate 10 minutes every day. I'll walk for half an hour 4 times per week. I'll make a weekly meal plan with my family's input. I'll volunteer

3 hours per month. I'll let go of commitments that are stressful or not serving my current goals and values.

Each of these steps are like seeds that I plant for myself for a future harvest of peace and joy. Sometimes the process seems painful or unpleasant like a cold rainy day. In the end the rain is just as important as the sun, and we need to weed our gardens to make more space for the plants we've sown.

I'm looking forward to this spring and summer and enjoying the harvest of a lifetime!

### awakening to gardening possibilities

Now is the perfect time to gather seeds for your garden! At the South Store only, we have dozens of local organic bulk and packet seeds from several

sources, including Corvallis' **Peace Seedlings** and Philomath's **Wild Garden Seed**, the seed supplier for Gathering Together Farm.



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Details on page 3 and at Customer Service  
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# FA THYMES

## First Alternative Co-op Community Monthly

# the board's month in review



## highlights from our February meeting



Melissa Hartley,  
Board Member

Here are some highlights from our February meeting:

**Finances.** The 2012 fourth quarter financial report shows that we did not

discover a pot of gold. However, January 2013 sales are higher than a year ago. Though final numbers were not available for January, the new "choose your own Owner Sale Day" policy is popular-- about 500 more owners used their Owner Sale Day discounts this January than in January 2012.

**Possible By-laws change.** FA's signature requirements for referendum petitions are significantly lower than 10 of 11 other co-ops consulted. Most minimum levels range from 3% to 5% of owners. FA's By-laws currently require the signatures of "the greater of 50 owners or one percent of all owners." Text for a ballot referendum increasing the number of petition signatures from 1% to 2% was discussed, refined, and approved. Approximately 160 signatures would be required for the current number of owners. Owners will vote on whether to make this change during the election.

**Board recruitment.** The Board Recruitment and Election Committee (BREC) asked for recommendations for potential candidates for First Alternative Board positions. Interested? Candidate packets are available at Customer Service, and applications are due by March 24. Please contact Toni at hexagon@exchangenet.net if you would like more information. Application materials are also available on the FA website.

**Boycotts and referenda.** The question of whether the Board should be more involved in boycotts came up in a recent governance survey. We have also been thinking about what role the Board may have in working with referenda petitioners. How do we ensure a "proper referendum" as referred to in the By-laws? Regarding boycotts, First Alternative's management uses educational boycotts by posting information about controversial products in stores and letting customers decide whether to buy a product or not. Other kinds of boycotts are not to be undertaken lightly, as they require a large number of people and resources to be effective, and may have legal ramifications. What can the Board do to promote dialogue about boycotts and referenda issues? In addition to educational boycotts by management, the Board can propose positive alternatives, educate ourselves and others

about issues, provide reliable information sources, and disseminate information through educational community forums.

**Strategic Subcommittee on Local Co-ops.** As part of the Board's strategic plan to promote cooperation and cooperatives, directors researched other local cooperative organizations (and learned there are many more than we knew), and we'll be meeting with them in early March.

**Product selection guidelines and Fair Trade.** Our General Manager, Cindee Lolik, reported that we have had to let some good chocolate companies go because they honestly reported that they could not be certain that their cocoa sources are 100% free of forced labor. The chocolate prohibition added to the product selection guidelines in 2012 prohibits non-organic or non-Fair Trade cocoa products, unless there is specific documentation of the source of the cocoa stating it is free of slave labor. This information is very difficult to ascertain without the help of verification organizations, and even they can't always be sure. Melissa [citing *Chocolate Nations*] mentioned that Fair Trade certification cannot absolutely ensure that no forced labor was used to produce cacao beans. That is because Fair Trade inspections of West African cocoa farms are infrequent. A report by Tulane states that less than a half of one percent of workers on West African cacao farms work for people other than their own families. Almost all of the 600,000 cacao farms in Ghana and Ivory Coast are only a few acres in size, which barely provide a subsistence income for farm families. As in the US, children work on the family farm.

**Recommended reading.** *Enough is Enough: Building a Sustainable Economy in a World of Finite Resources*, by Rob Dietz and Dan O'Neill. Cindee Lolik, FA General Manager, recommends this book very highly for content and readability. Rob Dietz, a Corvallis resident, recently gave a well-attended reading of the book at the South Store. *Chocolate Nations: Living and Dying for Cocoa in West Africa*, by Orla Ryan.

Please remember that if you enjoy good discussions, collaborating, and cooperating with people, applying for a position on the Board might be just the thing you have been looking for. Contact Toni (see above) or any Board member, or pick up a Board candidate packet at Customer Service or on the FA web site.

Have a nice Spring! 🌸

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 & Lisa Yagoda

Design/layout: Lisa Yagoda, Jessica Brothers, Emily Stimac

Photographers: Jessica Brothers, Emily Stimac, Lisa Yagoda

## 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

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## 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

## WELCOME, NEW CO-OP OWNERS!

In January, 112 new people became Co-op owners, totaling 8196 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.



# town hall meeting: building a sustainable economy

## general manager report



Cindee Lolik,  
General Manager

### Choose Your Own Owner Sale Day

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

Here's how it works:

1. **Get your coupon at any register** when you check out. Fill in your name and owner number.

2. **Hand your cashier your coupon and your owner card** at the beginning of your checkout process. (If you need a replacement card, swing by CS). The cashier will fill in the date used and their initials.

3. **You'll get the coupon back** because you can use it at both stores for the remainder of your chosen 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.



I am continually amazed at the wealth of knowledge and concern for community, both local and global, that I am privileged to experience living in Corvallis. From the Sustainability Coalition to the Corvallis Independent Business Alliance to the clearly involved and dedicated City Council to the Benton County Health Services Department along with all the citizens involved in improving the quality of life in our town, there aren't many bases left uncovered.

This month brings us the **Sustainability Coalition Annual Town Hall** (March 14th at the CH2MHill Alumni Center) that draws together members of community from all the previously mentioned organizations amongst others. There are presently over 250 businesses, non-profits, faith communities, educational institutions and local governments and individuals involved in the Coalition. It is an evening spent amongst your friends and neighbors to celebrate the successes of the past year toward creating an even more vibrant sustainable community and an opportunity to look forward to the next year of projects and cooperation.

This year, for the first time, we will all be hearing from a Keynote Speaker, Corvallis' own Rob Dietz, co-author (with Dan O'Neill) of an exciting new book on the potential to create a new economy from what we are all beginning to realize are the broken pieces of the old. The book is titled *Enough is Enough: Building a Sustainable Economy in a World of Finite Resources*.

I picked up a copy just the other day at Grassroots and it's a great read, offering not only a good analysis of "What Are We Doing?" but "What Could We Do Instead?" and "Where Do We Go From Here?" across a spectrum of all the factors that affect our economy and our lives, locally and globally.

I'm looking forward to the Town Hall and in particular to the Keynote speech, especially now that I've had the pleasure and edification of reading the book. You can see more information on the Town Hall on page 15 of this issue of the Thymes. Please come and share this community time together. It is part of what makes Corvallis a unique and exciting place to live. ☘



Evelyn Hall,  
North Store Manager

### lots of news from north

#### north store manager report

We have had an exciting start to 2013 here at the North Store. We have worked very hard to make the North Store your favorite place to shop and our efforts are paying off. Not only have we made improvements to the store, but we have also dealt with dramatic events that have affected our work flow and we have come through better than ever.

To end 2012 and welcome 2013, the North Store staff completed **improvements to our Deli layout**. We expanded our daily hot food offerings and you have responded by joining us more often for hot meals made by the Co-op Kitchen staff. Each day we offer hot breakfast items. We also offer two meat entrees, one vegetarian protein and a side dish for lunch and dinner on the hot food bar. We are really pleased with the outcome of the improvements. The Deli and Grocery teams were models of cooperation throughout the project and deserve all the credit for the beautiful results.

In the first two months of the year we have welcomed **new exciting products** to our shelves that staff and customers love. **Orca Bay frozen fish** is a staff favorite. In the dairy section you'll find delicious new items from **Nancy's** and new local goat dairy products. **Fairview Farm Goat Dairy** in Dallas Oregon is providing us with **milk, yogurt and ice cream**. The ice cream is a huge hit and is flying off the shelves. There are several other great products that we'd love to share with you. Next time you find yourself looking for a meal idea or

something to treat yourself, ask one of our staff people to share their favorite things and I am sure you'll find something new to love.

The change to choosing your own **Owner Sale Day** has been a smashing success and in the past two months we have welcomed a record number of new owners to our Co-op. Several long time owners have expressed that they really liked the feeling of community on the crazy Owner Sale Days of the past, so we have planned an owner gathering (see p. 4). The great news is that our stores are buzzing and we are welcoming more community members into our Co-op family. This makes each trip to the Co-op feel more like a celebration of community because you are more likely than ever to run into your friends and neighbors here at the store.

The new year also brought **a few problems** to our doorstep. The water bills for our back stock space spiked and we found a pretty major leak that needed to be addressed. The work done to fix the leak required staff to change their workflow and our water to be shut off intermittently. Just when the work was about to wrap up, a staff person spotted smoke coming from our meeting room eaves. I called 911 and the fire department responded swiftly with several fire engines, police cars, and fire support vehicles. The firefighters entered the meeting room and found smoldering debris in the wall where pipes had been soldered. They tore apart the wall and put the smoking mess out. It was a disaster of minor and manageable proportions. I am grateful that we caught it early, that we did not have to evacuate the store, and that no one was hurt. I am grateful for everyone's care and support of each other and the Co-op.

If the rest of 2013 is as exciting and successful as the first two months I will be one happy Store Manager. While I do not hope for another fire or other disasters I do hope for the continued staff engagement and teamwork that shines through in times that are challenging.

The coming months will bring exciting in-store events like **Vendor Demo Day on March 9th** and **Earth Day on April 22nd**. We will continue to respond to your shopping habits and requests by bringing in products that you love. Starting March 6th, on **Wednesdays**, we will regularly have **fresh rolled sushi** by our Co-op Kitchen in our **Grab & Go case** at North. We are committed to providing great sales and will continue to provide coupons on the shelf to help you save time and money. We will continue to improve our operations to benefit our community, staff, and co-op by doing things like installing in line water meters to monitor our progress toward our goals of reducing our environmental impact.

Thank you again for your support of the Co-op and our awesome team of dedicated staff people. I look forward to seeing you at the Co-op soon ☘



Freshly rolled sushi is at the North store Wednesdays in the Grab & Go case!



**tip of the month**  
easy, money-saving tips from Donna's kitchen

**sour milk: from yuk to yum!**

Have you ever bought more milk or half and half than you can use before it goes sour? Do you pour it down the drain when it sours? Here's a better plan. Measure the sour milk into 1 cup increments and pour into plastic containers. Label the top and put it in your freezer. When you need milk or buttermilk for quick breads, pancakes or waffles, pull out a container and use it in the recipe. Sour milk works great for these types of recipes. If the milk has turned lumpy, probably best to pour it out, rather than freezing it. Buttermilk often comes in a

container larger than you need for a recipe. Use what you need then while it's still fresh, measure it into usable increments and freeze as you do for milk and you'll be able to thaw it and use it in recipes later on.

If you're going out of town and have milk left in your refrigerator that's still good for drinking but more than you can consume before you leave, put it in the freezer while you're gone, pull it out when you get home and let it thaw completely in the refrigerator. Then mix well and enjoy!



**vendor demo day**

saturday, march 9, 11am-7pm at both stores

Come to the Co-op to try free samples from 10 vendors. What a perfect day to do your shopping,

try some products you have maybe never had, and enjoy the community that is the Co-op! See you on March 9!

**store events**

**co-op owner gathering**

tuesday, march 12, 6pm

The community of the Co-op is one of the really great things about shopping here and to provide another opportunity for that community to happen all Co-op owners and their families are invited to join us on Tuesday, March 12 at 6 pm, in the South Store Meeting Room (adjacent to Purple Moon) for a potluck. At the first gathering we will discuss how often we would like to share a meal together. There will be no food

assignments, just bring whatever you feel like sharing. If we have all salads or all desserts, that's what we'll enjoy together. Please bring your recipe or the list of ingredients to place beside your dish. Bringing your own plate and silverware will cut down on clean up, but we'll have table service available for those who need it. See you on March 12 at 6pm!!  
-Donna Tarasawa, Marketing Manager

**corvallis oregon tilth soil amendments sale**

saturdays march 2, 9, 16. 9am - 1pm. at the south co-op

The first three Saturdays in March will mark the 25th Organic Soil Amendments sale. This event has always been a cooperative effort between First Alternative and the Corvallis Oregon Tilth Organic Gardening Club, a chapter of Oregon Tilth.

George McAdams coordinated the 1988 and 1989 sales. Katy Stokes took over from 1990 -1993. Carol Cina grew and managed the event from 1994 - 2012. Linda Sebring takes the reins for 2013.

During the mornings of the sale many volunteers help sort and load amendments including pelletized composted chicken manure, fish meal, liquid fish, kelp, vegetable meals, lime, phosphate, etc. Concentrates Inc. of Portland has worked with the club all these years to make amendments available at just above cost. For a quarter century home and market gardens have been fertilized by all these efforts.

To this day many of these amendments are not easily available in our community and

the surrounding area. Both bulk bags and walk up 'by the pound' quantities are available. You can order (full bags only) at presale prices for pick up between 7-9AM the first Saturday in March. Pre-order must be made prior to February 8th. Or you can drop by the sale between 9 -1 all three Saturdays.

If you'd like to be involved or be on the Corvallis Oregon Tilth Organic Gardening Club email list, contact us at [corvallisoregontilth.org](mailto:corvallisoregontilth.org). We meet in the evenings on the 2nd Sunday every month year round. Meetings always include a vegetarian potluck, an educational presentation, summer garden tours, and lots of fun and laughs.-  
Harry MacCormack,  
co-founder and board member Oregon Tilth



**Are YOU the Ideal Board Candidate?**

- Do you have an interest in our Co-op's vision, mission and goals?
- Are you willing to represent our organization to the community?
- Are you willing to expand your knowledge through orientations and training?

Owners interested in candidacy should contact Toni Hoyman of the Board Recruitment and Elections Committee at 541-929-5452 or [hexagon@exchangenet.net](mailto:hexagon@exchangenet.net)

Board application packets are available at Customer Service upon request.

**Applications are due by March 24th.**  
Elections will be held May 24 - June 14, 2013.

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# BRAND

## SPANKIN' NEW

### RISING STARS ON THE CO-OP SHELVES

#### GROCERY

• **Fairview Farm Goat Dairy**, a Local 6 business from Dallas, OR, has some delicious **goat ice cream** (\$6.19/pint), drinkable **goat milk yogurt** (\$4.29/qt.) and pasteurized **goat milk** (\$6.39/qt.). These items are now available at both our locations!



• **Unrefined Virgin Red Palm Oil** has been touted by Dr. Oz as one of his "miracle foods" for 2013. Since then we have received dozens of requests to carry this and because it became so popular, so fast, we were unable to

find anyone who had any left in stock! Thanks to some fabulous employees doing a lot of research; we now have available Uncle Harry's Unrefined Virgin Red Palm Oil!

• **Easter Chocolates!** Shop early to get the best selection of Equal Exchange Fair Trade organic Dark and Milk Chocolate Eggs, and Sjaak's vegan organic and fair trade eggs and bunnies. The Easter Bunny has stepped it up this year!

-Brian Peat, Grocery Manager

#### MEAT

• **Orca Bay seafoods** have just arrived in our freezer case! Folks who have already sampled this tasty array of flash-frozen fish fillets are coming back for more. You'll find **wild-caught ahi tuna, sockeye salmon, and Alaskan cod & halibut** along with sustainably raised **tilapia** fillets. They're conveniently packaged to use the way you like: all at once for a family meal, or one-at-a-time for a quick, light dinner for one.

• Get lean, with **lean ground turkey from Walker Farms** in Siletz!

Unlike many ground turkey products on the market, the Walkers' version contains absolutely no added fat! Made mostly from breast meat, with a small amount of lean thigh meat, it's perfect for turkey tacos, turkey chili, or lean, nutritious turkey burgers. Walker ground turkey will be available for a limited time only—so get some now!

-Jeannie Holiday, Deli Manager



### spring is blooming in produce with seeds and local leafy greens

Hopefully March will be a beautiful month and the springtime weather will cooperate for all the farmers and gardeners in the area. We are starting to get more local produce as some of the area farms start offering us product, like **local kale** and other leafy greens, after a brief winter hiatus.

Speaking of gardeners...our full assortment of **2013 seeds** is here at the South Store! Get your seeds

now for the best selection. We have bulk and packet seeds available from at least three Local 6 seed producers and some other sources as well. With just a few exceptions, all our seeds are certified organic. From farther away, I look forward to **ataulfo mangoes, asparagus, and honeygold grapefruit** at this time of year.

-Bill Genné, Produce Manager



### delicious local corned beef

100% pastured, 100% delicious!

Happy St. Patty's Day to all you Co-op shoppers! First Alternative Meat department is so pleased to offer top-of-the-line, grass-fed, and local versions of every American's St. Patty's Day guilty pleasure:

**Corned Beef.** In researching this article I was surprised to learn that Corned Beef doesn't have anything to do with corn at all, rather it comes from the Old English word "corn", meaning grain or kernel, and refers to the coarse salt that is traditionally used to "cure" this meat. This year we will be

offering a wonderfully tender cut of **beef brisket** from our friends at **Lonely Lane** that is the perfect starting place to make your own Corned Beef and Cabbage recipe. And for those of you too busy to "corn" it yourself, take home a ready-to-cook **Corned Beef Brisket from McK Ranch**, perfectly pre-seasoned. Either way, it's sure to be a hit with the inner

Irish in us all! Cheers!

-Makenzie Kaiser, Deli Assistant



Kiss me, I'm not Irish, but I am Iowa-ish!

### pressure cooked corned beef and cabbage

The pressure cooker is a great way to cook corned beef. You'll be enjoying your meal in just an hour and a half!

- 3 pound corned beef brisket
- 2 bay leaves
- 3 lb head green cabbage, cut into six wedges
- 3 lbs small red new potatoes
- Put the corned beef and all the juices from its package in a large pressure cooker. Add bay leaves and enough

water to cover by half an inch. Pressure cook at high pressure for 70 minutes. After a natural pressure release, remove the corned beef to a platter, covered loosely with foil, and cool before slicing. Add cabbage and potatoes to pot, making sure they're covered by liquid. Cook at high pressure for five minutes. Remove veggies from cooker. Toss with butter. Serve with sliced corned beef.

### your disc golf headquarters

The sun is coming and let there be a disc in the air!

Disc golf is a delightful reason to get outside, spend time with friends, and challenge yourself. The game has been around for over a decade and has developed into an international sport with a professional tour and players from around the world.

First Alternative has long been supportive of disc golf for encouraging healthy recreation and enjoying public parks. Disc golf courses have been put in areas that were previously rarely used. The maintenance for the courses has led to cut and cleaning out overgrown areas and making the parks easier to access for everyone.

Here in Corvallis there are three professional-level 18-hole courses within 30-minute drive: Willamette park (South town), Adair (Adair

Village 10 miles north of Corvallis) and Bryant park (downtown Albany). Philomath has a 9-hole at Mary's River Park, and if you're going to the coast Newport has a new 18-hole course in South Beach.

At First Alternative Co-op we have been carrying **Innova discs**, the leader in disc golf production, with over 20 different molds and four different

kinds of plastic for many years. We have recently brought in a Portland, Oregon company, **Sky Quest**. They make two molds. One is an under stable disc called the Medusa. The other, the L(ucky) 13, is a little over stable. Both come out fast and straight with a long glide at the end. Sky Quest uses 100%-recycled plastic for its entire disc line that is a durable, soft plastic with a super grip.

-Kieran Hart, Disc Golf Enthusiast and Customer Service Extraordinaire!



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# community outreach

## events & classes

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

### march

#### 2 Diabetes & Celiac Disease How to Manage Blood Sugars

Sat., Mar. 2, 10-11am, South Co-op Meeting Room  
Are you a diabetic who is on a gluten free diet or considering one to help manage your blood sugars? Join Nadine Grzeskowiak, The Gluten Free RN for a class on diabetes and the correlation between diabetes and celiac, testing, managing blood sugars, meal plans, and more. Cost per class: \$25 for community; \$20 for Co-op owners. Pre-registration required. Email Nadine@glutenfreern.com to register.

#### 4 Controlling Chronic Conditions with Food Free Forum

Monday, Mar. 4, 3:30-5pm, S. Co-op Meeting Room  
Let's share ideas on how to alleviate our chronic conditions with the foods we eat. Facilitator Suzie Q Valentine says, "Through personal experience I have learned how to control my anxiety, depression and chronic pain by controlling the foods I put in my body." The quality of food we fill our bodies with determines our quality of life. FREE!

#### 9 Wellness Day Free Entry!

Sat, March 9, 3-8 pm (2nd Sat. every month) South Co-op Meeting Room  
Offering Reflexology, Cranial Facial, Reiki, Massage, Readings and more! Please come visit us for a day of relaxation and wellness. FMI Brook, 503-501-6218. FREE ENTRY! \$15 for 20-30 minute service.

#### 15 Compassionate Communication Free informational meeting

Friday, March 15, 7-9 pm. S. Co-op Meeting Room  
Compassionate Communication (Nonviolent Communication) is a world-renowned transformational model for personal growth, conflict resolution and community building. Open to all. FMI: www.tinataylor.co, or call Tina Taylor 541-753-2255. FREE!

#### 7, 21 Soul Collage 1st and 3rd Thursdays

Thurs. March 7 & 21, 6:30-8:30pm  
South Co-op Meeting Room  
Make collages from an array of found images or your own art or photos, in an intuitive manner that invites the riches of the unconscious mind to take visible form. Materials provided. Cost: \$10 for community, \$8 for Co-op owners To register, call 541-753-3115, x300. FMI, please contact Lucy (541)704-0135 or lucyjjohnson@comcast.net.

#### 24 Stinging Nettles Foodie Folks Tasting Bee

Sun, Mar 24, 2-4pm, S. Co-op Meeting Room  
Instructor: Susan Hyne  
Explore wild crafting and harvest this unique plant known as a "nutritional pot of gold." It's high in protein, vitamins and minerals. Think pesto, pasta, soup, stir fries, even sorbet--nettles are amazing! Nettles can also easily be substituted for cooked spinach. Harvesting instructions provided. Group members make assigned recipes at home and bring samples to share. Contact susanhyne@gmail.com to sign up and get your recipe.

## donations

### JANUARY 2013

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

#### GLEANERS

Linn-Benton Food Share ..... 3,581.96

#### SMALL DONATIONS

Benton Soil & Water Conservation District ..... \$30  
Salmon Bowl (OSU Event) ..... \$30  
Mt. View Elementary PTA..... \$30  
Monroe High School Dragon Pride Booster Club ..... \$30  
Gondar Sister Cities Assoc ..... \$30  
LunaFest ..... \$30  
The Arts Center..... \$30  
Philomath Montessori School..... \$30  
Soroptimist of Corvallis ..... \$30  
OSU College of Education ..... \$30

**January's total donations: \$3,881.96**



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

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

#### January-March Recipients

- Ten Rivers Food Web
- Corvallis Environmental Center
- Habitat for Humanity
- Senior Dog Rescue

#### Spotlight: Senior Dog Rescue of Oregon

Senior Dog Resuce is an all volunteer non-profit group that started in 1997 with the goal of rescuing older dogs and finding permanent loving families for them. While SDRO's focus is on dogs 6 years and up, no dog is turned away, regardless of age. Senior dogs come from many places: animal shelters, owners who are moving, older people no longer able to care for their pets, and often from homes where the owner has passed away.

#### Alternative Transporter of the Month Kate Ottersten



"I love riding my bike because it reduces my carbon footprint, keeps me fit, and makes me feel like a kid. It's just fun."

## march recipe demo calendar

KEY:  
North Store Demos  
South Store Demos

wed	thu	fri	sat
We're cooking up deliciousness just for you! You'll enjoy recipes from Co-op Deals, Budget Bites, and this issue of the Thymes. Plus we have weekly wine or beer tastings at both stores. Mark your calendar and join us!		N: Recipe Demo 4:30-6pm S: Wine Tasting 5-7	2 S: Recipe Demo 5-6:30pm
6 S: Recipe Demo 3:30-5pm	7 N: Recipe Demo 3:30-5pm N: Beer Tasting 5-7	8 N: Recipe Demo 4:30-6pm S: Wine Tasting 5-7	9 <b>VENDOR DEMO DAY!</b> Both stores, all day Details page 4
13 S: Recipe Demo 3:30-5pm	14 N: Recipe Demo 3:30-5pm N: Wine Tasting 5-7	15 N: Recipe Demo 4:30-6pm S: Wine Tasting 5-7	16 S: Recipe Demo 5-6:30pm
20 S: Recipe Demo 3:30-5pm	21 N: Recipe Demo 3:30-5pm N: Beer Tasting 5-7	22 N: Recipe Demo 4:30-6pm S: Wine Tasting 5-7	23 S: Recipe Demo 5-6:30pm
27 S: Recipe Demo 3:30-5pm	28 N: Recipe Demo 3:30-5pm N: Wine Tasting 5-7	29 N: Recipe Demo 4:30-6pm S: Wine Tasting 5-7	30 S: Recipe Demo 5-6:30pm

## Blood Drive



Thursday, March 7, 12:30-5:30

Also the first Thursdays of May, July, September and November.  
To schedule, call 541-753-3115 x0.

# BUDGET Bites

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.

March is just on the cusp of springtime, when we start thinking about eating lighter but the weather keeps us craving those comfort foods. This Budget Bites combines a little of both, from rich and hearty Baked Potato Corn Chowder to light and tasty Ginger Garlic Broccoli Tofu. We welcome spring, honor winter, and enjoy delicious, easy dinners all week long!

-Emily Stimac, Marketing Assistant

Here's a sneak peek:

## March Menu

- Saturday:** Mushroom Mac
- Sunday:** Ginger Garlic Broccoli Tofu
- Monday:** Vermont Cranberry Beans with Ham
- Tuesday:** Broccoli Cheese Bakers
- Wednesday:** Sushi Bites & Sesame Glazed Carrots
- Thursday:** Baked Potato Corn Chowder

## Sushi Bites



Sushi Bites accompanied by Sesame Glazed Carrots (recipe in this month's Budget Bites)

1 cup sushi rice  
 2 Tbsp rice vinegar  
 1 pkg. Annie Chun's Wasabi Seaweed Snacks  
 1 avocado, julienned  
 1 daikon, julienned  
 1/2 cup seaweed kraut  
 4 strips of ham, browned  
 Rinse rice 5 times in cold water. Combine with 1 cup water in a saucepan and cover. Bring to boil, reduce heat, and cook 20 minutes. Remove from heat and stir in vinegar.  
 When rice is cooled enough to touch, scoop a spoonful out with wet fingers and place on one side of the seaweed snack. Top with avocado, daikon, seaweed and ham, and roll, using more water to seal. Serve with tamari.

## welcome our new tree!

In 2012 a Coastal Redwood tree had to be removed from Co-op property. It was struggling to survive and its roots were causing issues in the building. It was the wrong tree in the wrong place and was becoming a safety issue that the Co-op could not ethically allow to continue.

As a gift to Corvallis, and with the help of David Eckert of the Sustainability Coalition, the Co-op planted the right tree in the right place. That tree is an incense cedar, planted at the corner of Hwy. 99E and Chapman Place, just across the street from the

Co-op. Seven Oaks Native Nursery grew this tree from native seeds. Under ideal conditions, the incense cedar can live up to 1000 years and it will provide a wonderful habitat for birds. Mulch from the Coastal Redwood that was removed earlier rings the newly planted tree. ❁



## Co-op board seeks new directors application deadline march 24

If you think you would be interested in a job that is challenging and demanding, but ultimately rewarding, you may want to consider a position on the First Alternative Board of Directors. Each year, at this time, the Board Recruitment and Elections Committee conducts a search for qualified candidates to stand for election to the First Alternative Board. Our directors operate under a system known as Policy Governance. Using Policy Governance frees our directors to do the really exciting work of creating a vision of the future of First Alternative. Ten or twenty years from now, what roles will the Co-op play in the community? Who will benefit from its existence? How will our Guiding Principles have been put into practice? The Policy Governance system also means that the board does not participate in the day-to-day operations of running our stores. The Board creates policies that guide

management in the operations of the stores. Our management team is free to implement these policies in any reasonable way and the Board monitors practices and updates the policies as necessary. Through developing a vision for First Alternative and appropriate policies to implement this vision, our Board members have the opportunity to make a truly meaningful contribution to the success of the Co-op now and in the future. Board members annually set goals at the strategic planning retreat. The directors are elected in June. A full board is composed of 10 directors elected to three-year terms, with 3 or 4 positions coming up for election each year. This year there are 3 three-year positions open. The Board Recruitment and Elections Committee endorses candidates with the skills needed to do the work of the Board. **The primary responsibilities** of the Board of Directors fall into five main categories:

- To insure the financial stability of the organization
  - To set long and short-term goals for the organization
  - To hire, supervise and evaluate the general manager
  - To insure the perpetuation of an effective board
  - To provide linkage to the owners
- Requirements for service** on the Board of Directors are as follows:
- Be a voting shareholder of First Alternative
  - An interest in the organization's mission and goals
  - A willingness to further your knowledge through orientation and training
  - A willingness to represent the organization to the community
  - 10-15 hours of service per month, distributed approximately as follows:
    - \* 6-8 hours Board meetings on the 3rd Tuesday of each month (preparation and attendance)
    - \* 2-4 hours Committee Meetings (preparation and attendance)
    - \* 1 weekend retreat and 2-3 hours annual meeting/year
    - \* Optional attendance at conferences and trainings

**Our Directors do the really exciting work of creating a vision of the future of First Alternative**

Each board member will receive a 15% in-store Co-op support discount at the register as well as a delicious Feast Alternative dinner before each board meeting. Training, conference opportunities and related travel expenses are covered.

If you would like more information, or would like to request an application packet, please contact Board Recruitment and Elections Committee member, Toni Hoyman, by phone at 541-929-5452 or by e-mail at hexagon@exchangenet.net. An application packet can also be downloaded from [www.firstalt.coop](http://www.firstalt.coop) or picked up at the customer service desk. Please note that all interested applicants must have their application turned in to Customer Service or by e-mail by March 24th. ❁

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Special Order Deadline  
**March 29th**

**coop deals**

Sale Periods &  
Special Order Deadlines

Flyer A: Feb. 27th-March 19th  
S.O. deadline: March 15th

Flyer B: March 20th- April 2nd  
S.O. deadline: March 29th

Prices on these pages good  
**Feb.27th - April 2nd**

**BULK** Certified Organic NON GMO

## Organic Adzuki Beans

Nutty flavor, rich in fiber and protein!

reg. \$2.39/lb. **SALE \$1.99/lb.**

**BULK** Certified Organic NON GMO

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A food you definitely want to keep on your  
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**BULK** Certified Organic NON GMO

## Organic Bartlett Pears

Treat yourself to some vitamin C!  
Great for the trail!

reg. \$14.99/lb. **SALE \$13.99/lb.**

**GRIZZLIES** Certified Organic NON GMO LOCAL PRODUCT

## Organic Curry Cashew Trail Mix

reg. \$12.69/lb. **SALE \$10.19/lb.**

**LOTUS FOODS** Certified Organic NON GMO

## Organic Brown Jasmine Rice

reg. \$2.59/lb. **SALE \$1.99/lb.**

**MARIN**

## Whole Wheat Fig Bars

reg. \$5.29/lb. **SALE \$4.69/lb.**

**SUNRIDGE FARMS** Certified Organic NON GMO

## Organic Sunny Bears

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## Zen Party Mix

A balanced combination of nuts and spices.

Be enlightened! reg. \$6.89/lb.

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## Organic, Fair Trade Coffee

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Firenze, Breakfast Blend,  
French Roast, Spring Blend

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All facial care on sale!

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# Local Cabbage

in celebration of **St. Paddy's Day!**

*Our local spotlight during the month of March!*



## Potato-Cabbage Soup

Ingredients:

- |                                |  |
|--------------------------------|--|
| 1 tablespoon olive oil         | 3 garlic cloves, peeled & halved               |
| 1 tablespoon unsalted butter   | 1/2 teaspoon sea salt                          |
| 1/2 head cabbage, shredded     | 4 cups chicken or veggie broth                 |
| 3 scallions, trimmed & chopped | 2 cups boiled potatoes, cut in 1/2-inch slices |

Preparation:

- Heat the oil and butter in a large saucepan over medium heat.
- Add the cabbage, scallions, garlic, and salt and cook until the cabbage is slightly softened, about 5 minutes.
- Remove 1/3 cup of the cabbage and set aside for garnishing.
- Add the chicken broth and potatoes and bring to a boil. Simmer, covered, until the cabbage is tender, about 15 minutes.
- Using a blender, puree until smooth and season to taste with additional salt, if desired.
- Before serving, garnish the soup with the reserved cabbage.

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## MEATS

**KERRYGOLD Dubliner**  
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**KERRYGOLD Aged Cheddar with Irish Whiskey**  
reg. \$15.89/lb. **SALE \$14.29** per lb.

Celebrate St. Paddy's Day the Irish way!

**CHAMPIGNON Cambozola**  
reg. \$15.69/lb. **SALE \$14.19** per lb.

Luscious triple crème with a hint of blue!

**TILLAMOOK Medium Cheddar**  
16 oz. reg. \$7.59 **SALE \$6.79** each

An Oregon favorite!

**TILLAMOOK Garlic Chili Pepper Cheddar**  
8 oz. reg. \$5.19 **SALE \$4.69** each

Add some flair to your favorite dishes!

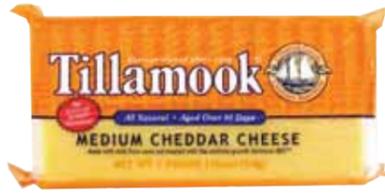
**TILLAMOOK Vintage White Cheddar**  
8 oz. reg. \$5.49 **SALE \$4.89** each

Did someone say homemade Mac & Cheese???

**DENMARK'S FINEST Cream Havarti**  
reg. \$9.19/lb. **SALE \$8.29** per lb.

A perfect addition to any cheese tray or pair with your favorite crackers and fruit!

## DELI & CHEESE



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**Gourmet Mac & Cheese**

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New, lower sale price! Enjoy bigger savings!

**DRAPER VALLEY FARMS** Free Range  
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reg. \$3.99/lb. **SALE \$3.59** per lb.

## Grocery

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**Vegan Vanilla Marshmallows**  
10 oz. reg. \$5.19 **SALE \$3.79**

Vegan, Gluten-Free, Gelatin-Free

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**Raw Coconut Macaroons**  
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Naturally packed with goodness!

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**Organic Peanut Butter**  
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**Ginger Chews**  
3 oz. reg. \$2.59 **SALE \$1.79**

**SUN CUPS**  
**Organic Sunflower Butter Cups**  
1.5 oz. reg. \$1.99 **SALE \$1.49**

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**SUNWEET NATURALS**  
**D'Noir Pitted Prunes**  
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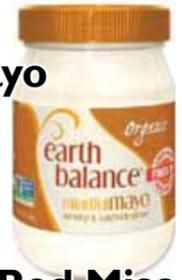
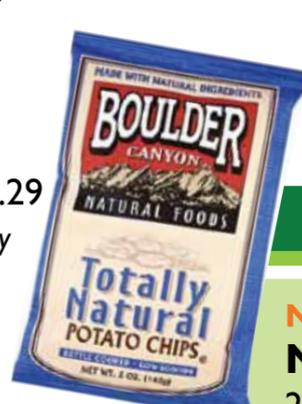
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Don't forget your BAG!

# what's the beef with big beef?

a comparison of the big beef industry to the Co-op's local suppliers



photo: Lisa Yagoda

By Lisa Yagoda, *Thymes* Editor, with the help of David McKibben of McK Ranch and Mike Kloft of Lonely Lane Farms. The Kansas City Star ran a series of articles in December 2012 called "Beef's Raw Edges." This special project of articles documented the processing and lifecycle of cattle used in the Big Beef industry. Much of it is rather disturbing and graphic. We are choosing to not print the stories, photos or graphics here, but you are welcome to look at them yourself at <http://www.kansascity.com/beef>. Our intention is to address some of the issues the articles raise and how things are done differently at Lonely Lane Farms and McK Ranch, whose beef you can get at the Co-op. Many people choose to not eat beef or other meat for a variety of reasons. For those of us who choose to eat beef, we are fortunate to have healthier, more humane options. We can choose locally produced beef that was raised entirely on pasture and was not given hormones or antibiotics. I had the privilege to speak with Mike Kloft, of Lonely Lane Farms in Mt. Angel OR, and David McKibben of McK Ranch in Dallas, OR, owners of small farms that sustainably raise beef cattle entirely on pasture, without the use of antibiotics or growth hormones. I asked them how their beef compares to what I read about Big Beef in the Kansas City Star's Special Project. The following is what I learned.

For clarification, "Big Beef" refers to not just the network of feedlots, but also the processing plants, packagers, animal drug companies and lobbyists. Warning: this information can be very disturbing.

## **The Issue with Big Beef: Large Herd Size**

Big Beef is Big!

According to the American Meat Institute ([meatami.com](http://meatami.com)), in 2010 the beef industry processed 34.3 million cattle to produce 26.4 billion pounds of beef.

The biggest four beef producers process 87% of all the beef in the US. The seven largest plants process up to 6,000 head of cattle per day.

Many issues arise from the way large herds are managed.

These animals spend much of their lives on feedlots: very large dirt-covered areas where cows are fed corn and grains from a trough. A cow's natural diet is grass, and cows suffer serious consequences from this diet (see the antibiotics section). Also, because of the large number of animals in a relatively small space, manure becomes a problem, too (see the Manure section).

On the processing end, USDA inspectors at the processing plants examine the beef during various steps in the process, looking for signs of pathogens, contamination, and other problems. In these huge plants, the inspectors get very little time for inspection, decreasing their efficacy. Additionally, when processing ground beef, the meat from many cows is combined to create a desired fat content. This further increases the chance of contamination because if one cow's meat is contaminated, it will affect many packages of ground beef.

## **Advantage 100% Pastured Beef: Very Small Herd Size**

At our small local small farms like McK Ranch and Lonely Lane Farms, cattle live their whole lives on pasture and can eat their ideal, natural diet. These animals are healthier and are treated more humanely.

On the processing side, Lonely Lane at most processes 5 head per day, and McK processes 2-3 per week. USDA inspectors at the plants examine the beef to their personal satisfaction, decreasing the possibility of error and contaminated beef.

## **The Issue with Big Beef: Antibiotics**

Antibiotics are routinely administered to cattle on feedlots for a few reasons. The first reason is that they help control diseases among the closely confined cattle. Another reason is their diet of corn and grains causes digestive problems. A cow's natural diet is grass, and they get very sick from corn, despite the fact they love it and will choose it over anything else. Antibiotics help cows digest the corn and relieve bloating and discomfort, thereby allowing them to eat even more and gain weight more quickly. The advantage for the Big Beef industry is that routine antibiotics save money. Cows gain weight faster and some illness is prevented. One of the problems with routine antibiotic administration is that bacteria growing inside animals can develop a resistance to the drugs. These bacteria are commonly known as "superbugs."

Many studies have found antibiotic resistant strains of foodborne pathogens, or superbugs, in meat. Margaret Chan, the director general of the World Health Organization, told the Kansas City Star that the consequences of antibiotic overuse in humans and animals — and the residues they leave behind — are dire. If something isn't done soon, it could mean "the end of modern medicine as we know it...and things as common

as strep throat or a child's scratched knee could once again kill." Another problem with this widespread antibiotic use is that these superbug bacteria get transferred to the soil through waste used as fertilizer and through accidental release into public water systems. People in the areas surrounding feed lots are increasingly developing antibiotic resistant infections. Learn more at: [www.kansascity.com/2012/12/09/v-project\\_two/3951718/overuse-of-antibiotics-in-livestock.html](http://www.kansascity.com/2012/12/09/v-project_two/3951718/overuse-of-antibiotics-in-livestock.html)

## **Advantage 100% Pastured Beef: No Antibiotics**

At McK Ranch and Lonely Lane Farms, cows are not fed corn, and are not living in crowded conditions. When a particular animal does get sick and needs antibiotics, that animal is sold to a more conventional ranch.

## **The Issue with Big Beef: Growth Hormones**

Big Beef administers growth hormones to their cows so that they grow faster. This allows them to be processed at 12-14 months of age, as opposed to 24 months. This saves Big Beef money and allows them to produce twice as much meat today as they did in 1958 with the same number of cattle.

But growth hormones cause problems down the line. Meat from cattle treated with growth hormones has been banned in the European Union due to concerns about human health. Some types of growth-accelerating drugs result in tougher meat, which increases the need for dangerous mechanical tenderizing (see Tenderizing section).

Also, many of us are concerned about the effects these hormones may be having on our bodies and the bodies of our children.

Learn more at: [www.kansascity.com/2012/12/07/3951723/drugs-bulk-up-cattle-faster.html](http://www.kansascity.com/2012/12/07/3951723/drugs-bulk-up-cattle-faster.html)

## **Advantage: Local Beef, Hormone Free**

Lonely Lane Farms and McK Ranch allow their cows to mature and grow naturally. Lonely Lane usually butchers at 20 months or more, and McK Ranch butchers between 2 and 3 years. This allows more time for the meat to develop better flavor. Superior flavor is also imparted from the variety of grasses the pastured cows eat.

Steaks from these farms have no need for tenderizing, and they raise no concerns about extra hormones in our bodies or our children's bodies.

## **The Issue with Big Beef: Big Manure**

Lots of cows mean lots of waste that needs to be managed.

Plus, antibiotics that pass through cattle can wind up in their manure (see the Antibiotics section). The EPA requires large feedlots (1,000+) to contain 100% of the waste they produce, trucking out manure that collects in cattle pens and controlling water runoff in a series of lagoons and retention structures. However, these control and containment systems sometimes fail, and there have been many documented incidents of drinking water, freshwater streams and ponds, public creeks, and potable water wells that have been contaminated by antibiotic-laden feedlot waste. Also, since the antibiotic-laden manure is often spread on fields, drug-resistant bacteria are showing up in America's soil, posing health risks for humans.

Learn more at: [www.kansascity.com/2012/12/07/3951722/a-mountain-of-manure-in-feedlots.html](http://www.kansascity.com/2012/12/07/3951722/a-mountain-of-manure-in-feedlots.html)

## **Advantage 100% Pastured Beef: Sustainable Farming Practices, Pasture Management**

In the summer, the cows at Lonely Lane Farm and McK Ranch graze in large pastures, where they also do their business. They graze on a particular portion of pasture for only the amount of time it takes them to eat the grass down to a few inches and to work their manure into the field, and then they are moved to a fresh pasture. The fields are self-fertilizing and don't become mud pits.

In the winter, these cows are protected from the elements in large structures with a roof and one or no sides. These structures get fresh straw regularly, covering the accumulating manure. The layers compost during the season and in the spring, the compost is spread in the fields or put in a manure storage shed to compost further for use in the fields.

This "Pasture Management" takes time, requires planning and space, and costs more. But the results are added value to the quality of the life of the cows, the quality of the resulting beef, and support of a healthy environment for ourselves and our children.

## **The Issue with Big Beef: Pink Slime**

Pink slime, or "finely textured beef" is a filler produced from a process that extrudes every last bit of meat out of the fat.

(continued on page 11)

## what's the beef with big beef?

continued from previous page

According to a Reuter's article ([www.reuters.com/article/2012/03/29/us-food-slime-idUSBRE82S11520120329](http://www.reuters.com/article/2012/03/29/us-food-slime-idUSBRE82S11520120329)), pink slime is the product of meat scraps that are heated, ground, and centrifuged (spun) to extract every last bit of useable beef. This, in and of itself, seems to go along with the commendable practice of using every part of the animal. But then, the extracted "slime" is treated with ammonia hydroxide gas to eliminate bacteria. The slime is frozen in 60 pound bricks and used as filler in ground hamburger meat. In addition to the issue of eating ammonia hydroxide, there is again the issue of combining meat from many animals increasing the risks of contamination. A small bit of contamination will affect many packages of ground beef.

### Advantage 100% Pastured Beef: No Fillers, No Ammonia Treatments

Ground beef from our local producers is the product of 2 different animals at most. There is no filler from multiple animals, and nothing is treated with ammonia.

They still strive to use every bit of the animal. Beef is hand-trimmed carefully. Fat is sold to restaurants to render for frying. Bones are sold for soup stock or smoked for pet treats. Organs are also used as pet treats. The heads are sold to restaurants.

### Issue with Big Beef: Tenderizing

Before reading the Star's articles, I thought steaks might be safer to eat because I can see that it's just one piece of meat, it hasn't been processed as much, and the inside hadn't been touched.

However, many steaks coming from Big Beef plants are mechanically pierced with dozens of needles or blades and are sometimes injected with flavorings or marinade. E-Coli bacteria, if present on the surface of

the meat (where it would be destroyed by cooking), are forced deep into the interior of the meat. Cooking these cuts to rare or medium-rare can allow the pathogens to survive. A USDA study shows that some of the bacteria can survive (and make us sick or kill us) even if steaks appear to be fully cooked.

Growth hormones cause beef to become tough, as does bruising from being bumped around in feedlots. Big Beef claims tenderizing improves the quality of their steaks. There is no regulation about labeling, so there's no way to know if a particular steak has been tenderized.

Learn more at: [media.kansascity.com/static/projects/beef/downloads/MeatTenderizer.pdf](http://media.kansascity.com/static/projects/beef/downloads/MeatTenderizer.pdf) and at: [www.kansascity.com/2012/12/08/v-project\\_one/3951690/beefs-raw-edges.html](http://www.kansascity.com/2012/12/08/v-project_one/3951690/beefs-raw-edges.html)

### Advantage 100% Pastured Beef: Naturally Tender

Because the cattle at Lonely Lane Farms and McK Ranch are treated well and not given hormones, they are naturally tender. Pasture-raised beef gets its wonderful flavor from a grass diet. Beef from our local suppliers has no need for tenderizing or injected marinades. We don't need to worry about the dangers associated with tenderizing.

### Summary

I'm grateful for farmers and ranchers like Mike Kloft and David McKibben. They have spent their lives working hard to take care of their animals and the land so that we can eat healthy nourishing food and the land will support future generations. My hope is that we can find ways for everyone to eat in ways that truly nourish their bodies, support our environment, and contribute to the natural system of life. ❀

## Staff Favorite

### Giovanni Leave-in Conditioner

"I love that it's eco-friendly! It makes my hair soft while holding the curls."

-Yadira Ruiz  
Cashier, Demo Goddess



## Art at the South Store

Poppy Olson has had a wide range of experience with her art. It started as a hobby and has evolved into an important part of her practice as a therapist.

Poppy mostly uses acrylic paints and sometimes incorporates an air brush technique in her creations.

Enjoy her artwork while you enjoy a meal or snack in the South Store Cafe area.

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



## Staff Anniversaries: March

- Blueberry, 1 year:  
• Brian Peat, Daniel Edwards, Arron Campbell, Lisa Yagoda
- Kumquat, 5 years:  
• Kieran Hart, Valerie Jordan
- Strawberry, 6 years:  
• Chris Johnson, Kristana Burt
- Plum, 7 years:  
• Aron Christianson
- Honeydew Melon, 23 years:  
• Kris Downing, Donna Sirmans



### 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 MAKE THE CO-OP A NATURAL FOODS WONDER!**



## NEW LINOLEUM & CORK LINES!

More than 90 new Linoleum colors from Armstrong and 16 new cork patterns from Kraus.

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Linoleum, Cork, Bamboo and more!



## In the Next Room or The Vibrator Play

By Sarah Ruhl Directed by Pat Knight

APRIL 5-17

- 7:30PM •
- SUNDAY MATINEES
- 2:30PM •

TICKETS: \$12-\$16

RETURNING WITH AN ALL NEW SHOW

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**Peace Begins Within.**  
Welcome a New Year, a New You...  
I've got the aloe and seaweed you need.  
[www.radiatelifeforce.com](http://www.radiatelifeforce.com)

**MOM** MAGAZINE

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

[www.mommag.com](http://www.mommag.com)

# 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.

## 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 LLCC, 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)



## BIODYNAMIC CRANIOSACRAL THERAPY

Revive the inherent blueprint for health that is naturally yours with this gentle, relaxing hands-on healing modality. Relieve pain, anxiety and stress while increasing vitality and wellness. Introductory special: \$45 or 3 for \$120. Russ Phillips, MA, LMT #11735, RCST® and Beera Edmonds, LMT #11734, RCST®, 541-752-1997. FMI: [www.craniosacraltherapy.org/Whatis.htm](http://www.craniosacraltherapy.org/Whatis.htm)

## BOWENWORK®

an extremely gentle, yet very powerful, hands-on modality. It promotes healing and well-being on all levels. Bowenwork can be helpful for pain and many ailments including musculoskeletal, respiratory, and digestive issues. Appropriate for all ages and conditions. Gift certificates available! Renée Goodson LMT LLC, #15518 (541) 908-4952. FMI: [www.BowenworkAcademyUSA.com](http://www.BowenworkAcademyUSA.com)

## CAN HYPNOSIS HELP?

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

Unclassifieds are only 20¢ per word. Simply fill out a form at the Customer Service desk by the 15<sup>th</sup> of the month prior to the month in which you would like your ad to run. Payment is due when ad is submitted. Ads must be no longer than 100 words.

## TEMPER TANTRUMS AND RAISING YOUR SPIRITED CHILD

Interactive, supportive and practical parenting workshops. In Corvallis. Facilitated by Esther Schiedel, MS, Certified Family Life Educator. For information, phone 541-602-2254, email [contactme@sharingstrengths.com](mailto:contactme@sharingstrengths.com) or visit [sharingstrengths.com](http://sharingstrengths.com)

## COMPASSIONATE COMMUNICATION WEEKEND WORKSHOP

with Tina Taylor, RN, MS: Corvallis, April 13 & 14 (Saturday 9 - 1, Sunday 4 - 7). Intensive course in the Nonviolent Communication (NVC) model, used worldwide for transformational personal growth, conflict resolution, and community building. Details at [www.tinataylor.co](http://www.tinataylor.co), or call Tina at 541-753-2255.

## 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 over 25 years. Her sessions are powerful and nurturing and designed to access the body, mind and spirit's deep healing wisdom. Reiki-Seichim classes are held regularly. Call 541-754-3595 to schedule. [www.seichimcenter.com](http://www.seichimcenter.com).

## RELAX AT OUR LINCOLN CITY BEACH HOUSE.

Spacious 2 bedroom/1927 era character and a great view of the ocean. Sleeps 6 and has easy beach access. Nicely stocked/luxuries. \$100/night. 10% discount for Co-op owners. 541-757-1104.

## LOOKING FOR LIVING SITUATION

Room/apt/cabin. Trade services: gardening, cooking, yardwork, foodstuffs. Rural, urban. Some rent/utilities options. House-sitting also. Ken 541-929-4296.

## 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.

## MULTI-PURE WATER FILTERS FOR SALE.

Ken, 541-929-4296.

## BECOME A BEEKEEPER AND LET US DO THE WORK!

"All for Bees!" Hive Co-op Program. Host a real beehive in your backyard and enjoy the benefits of increased pollination and honey produced at your own home. Organize a co-op with families, neighborhood blocks, homeschool groups, or businesses to share the costs. An exceptional educational experience! Contact Nectar Bee Supply at 541-224-6842 or [nectarbeesupply.com](http://nectarbeesupply.com) for info.

## TAL CARMÍ CREATIVE CONSTRUCTION CRAFTED WITH CARE.

Decks, fencing, saunas, remodels, greenhouses...unhinge your Imagination! 541-729-4810. ccb#174846.

## CLEANING!

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## PARENT COOPERATIVE PRESCHOOLS

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

## KOMBUCHA, DRIED FRUIT, SCRAP-WOOD.

Ken, 541-929-4296.

## ERRANDS,

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

## NEED A TRANQUIL PLACE FOR YOUR WORK?

The OASIS is for you. Enjoy our unique and fully furnished multi-purpose space available for rent by the hour. Perfect for Massage, Meditation, Small Yoga Class, etc. Great for providers who do not have their own space or don't want to work out of their home. For more information please visit [www.fitness-over50.info](http://www.fitness-over50.info) and click on OASIS information.

## CALL KORI THE SPOILER

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

## YARDWORK, WEEDING, PRUNING, SCYTHING,

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

## 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)

## 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.

## FOR A BEAUTIFUL BIRTH, HIRE A DOULA.

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

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

## CORVALLIS BEEKEEPERS

If you have ever wanted to keep bees, now this the time to start! Pre-order your packages and equipment locally. Nectar Bee Supply and Honey Tree Apiaries are partnering to supply package bees to Corvallis. Italian or Carniolan bees available; approx. price is \$90 inc. cage deposit. Delivery expected mid April. Quality equipment for sale including locally made hive bodies and frames. Call Nectar Bee Supply at 541-224-6842 or visit [www.nectarbeesupply.com](http://www.nectarbeesupply.com) for more info.

## 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).

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Counselor and NLP (Neuro-Linguistic Programming) practitioner. Penelope Brook Jenson. Relationships • Health and Nutrition • Spirituality. In Corvallis 503-501-6218 [deservegoodhealth@live.com](mailto:deservegoodhealth@live.com). [www.behealthy.vpweb.com](http://www.behealthy.vpweb.com)

## PRIVATE SCHOOL FAIR

at Corvallis Library. Saturday, March 23, 10:00 am - 2:00 pm. 541-758-4674

## "MORE THAN A FACIAL"

now at beautiful NEW Corvallis location in the "Oasis Room" at Willamette Wellness Center. Call to book your appt. today and get started to glowing healthy skin! 10% discount with this ad (first time clients). Caite Sagehorn owner operator 40 yrs. and loving it! By appt. only 541-487-4060 or email [caite@morethanafacial.com](mailto:caite@morethanafacial.com) [www.morethanafacial.com](http://www.morethanafacial.com)

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

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Shared living in our 4000 sf, 5 bedroom home. No smoking, drinking, or drugs. Waterfall, pond, deer, hot tub. Quiet hours from 9 pm to 9am. [www.futonman.com/1415.htm](http://www.futonman.com/1415.htm). For more information, call Bill 541-753-6395.

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## HOME REPAIR MAINTENANCE AND REMODELING.

Affordable, reliable, free estimates. For all of your household needs call Thom at Acme Construction Co. 503-812-6060. CCB # 198890

## COUNSELING FOR COUPLES AND INDIVIDUALS:

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

## EXPERIENCE PRESCHOOL AND KINDERGARTEN

at Corvallis Waldorf School. Teachers will lead activities with children and speak about our nurturing, play based program. Saturday, March 16, 9-10:30 am. RSVP 541-758-4674. [corvalliswaldorfschool.org](http://corvalliswaldorfschool.org)

# California's proposition 37:GMO labeling

We'd like you to know who supported and who opposed California's failed Proposition 37 in November 2012. The proposition would have required companies to label foods made with GMOs as such, allowing consumers to be more informed. We are providing this information so our customers may make more educated choices about how to spend their food dollars. The Co-op continues to carry brands owned by conventional conglomerates

because they bring more organics to more people and we believe removing organic brands due to their ownership structure does not serve that goal. Refer to last month's Thymes (which can be found at [firstalt.coop/thymes-and-specials](http://firstalt.coop/thymes-and-specials)) for more GMO educational information. This poster and more information from the Cornucopia Institute can be found at [www.cornucopia.org](http://www.cornucopia.org).

# 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.

## more regarding GMOs

Editor's Note: this letter was meant to run last month in our GMO issue. We apologize for the oversight.

Probably more than anything else, we all need solid, real information about GMOs. Jeffrey Smith's book *Genetic Roulette* and DVD of the same title are worthwhile in this regard.

First some reflective history.

1. Radium used to paint wristwatches so they glowed in the dark was considered a "good idea." The folks who did the painting died of radiation poisoning. So did the Curies who discovered the radioactivity.
2. Rachel Carson's *Silent Spring* informed an ignorant public of the dangers to people and the biosphere in general from herbicides and insecticides. Some of these poisons are still found in Willamette Valley soils from the killing of mosquitoes (DDT) and weeds (chlordane, alachlor and their relatives) in the 1950's.
3. WiFi and other electromagnetic radiations are pervasive in our current society and we have insufficient data about the consequences of this on our longterm health.
4. Widespread recalls of food products contaminated with health impeding fungi and bacteria (and probably viruses as well) are now common.
5. Transgenic Crops were okayed by the Clinton administration in 1994. Now that, in the USA, 93% of the soybeans and 88% of the corn are GMOs means that only organic food is relatively free of this undetermined impact on our health and longevity.

There is a systematic conceptual lie about GMOs having to do with the way they are produced. RoundUpReady soybeans have a gene from a soil bacterium inserted haphazardly into the soybean genome. This gene makes the soybean resistant to the herbicide RoundUp as the poison interferes with the ability of the plant to make aromatic amino acids, particularly tyrosine and phenylalanine. This gene is replaced with one from the soil bacterium and is resistant to the poison. When the gene from the bacterium was inserted into the soybean genome, so were fragments of the gene. The insertion also made new uncharted antigens that can cause unknown allergic reactions. Thus RoundUp tolerant crops are fundamentally different from those developed by classical plant breeding. These are new kinds of plants. They are transgenics and their food value and health promoting properties undetermined and not identical or comparable with foods we have been eating for thousands of years. Labelling GMOs is the least we can do to determine their consequences. Better yet is to eliminate them from our diets, our stores, our fields and our lives.

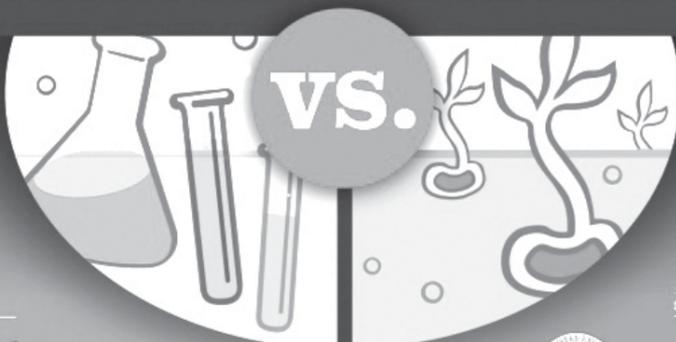
-Al and Lin Kapuler

# Prop 37: Your right to know.

## GMOs: Corporate Charlatans Versus Organic Heroes

Big agribusiness fighting Prop 37:  
**\$46,000,000**

- MONSANTO: \$9,112,866.55
- PEPSICO: \$2,485,400
- KRAFT: \$2,000,500
- GENERAL MILLS: \$1,230,300
- H.J. HEINZ: \$489,555
- SMUCKER: \$555,000
- DEAN FOODS: \$253,000
- WELCH'S: \$44,248
- S&W (FARIBAUT FOODS): \$21,162



Organic leaders supporting Prop 37:  
**\$9,000,000**

- DR. JOSEPH MERCOLA: \$1,115,000
- DR. BERNARD MAGIC: \$601,445
- CLIF: \$100,000
- UNILEVER: \$467,100
- RICH PRODUCTS: \$225,000
- ABBOTT NUTRITION: \$187,599
- TREE TOP: \$29,338
- GOYA: \$18,179
- NATURE'S BOUNTY: \$656,825
- DUITIVA: \$58,000
- ANNIE'S: \$60,000
- GAUTINO: \$50,000
- STONYFIELD: \$25,000
- PACIFIC: \$10,000
- EARTHBOUND FARM ORGANIC: \$10,000
- FOOD 52: \$10,000
- TRADITIONAL MEDICALS: \$5,000
- WHOLE SOME: \$5,000
- FRONTIER: \$70,000
- APPLEGATE: \$50,000
- LATE JULY: \$25,000
- HEALTHFORCE: \$11,000
- NATURAL NEWS: \$10,000
- WHOLE SOME CO.: \$7,500
- TRADITIONAL MEDICALS: \$5,000
- WHOLE SOME: \$5,000
- ORGANIC VALLEY: \$100,000
- UDIS: \$50,000
- FRONTIER: \$70,000
- APPLEGATE: \$50,000
- LATE JULY: \$25,000
- HEALTHFORCE: \$11,000
- NATURAL NEWS: \$10,000
- WHOLE SOME CO.: \$7,500
- TRADITIONAL MEDICALS: \$5,000
- WHOLE SOME: \$5,000
- EDEN: \$20,000
- SAMBAZON: \$10,000
- TOFURKY: \$5,000
- SUNFOOD: \$3,000

E.I. DUPONT DE NEMOURS & CO (\$4,900,000), GROCERY MANUFACTURERS ASSOCIATION (\$2,002,000), DOW AGROSCIENCES (\$2,000,000), BAYER CROPSCIENCE (\$2,000,000), BASF PLANTSCIENCE (\$2,000,000), SYNGENTA CORPORATION (\$2,000,000), COUNCIL FOR BIOTECHNOLOGY INFORMATION (\$375,000), BIOTECHNOLOGY INDUSTRY ORGANIZATION: (\$875,000), ALI PARTONI (\$250,770.23), STILLINGER TRUST (\$440,000), ALEX BOGUSKY (FEARLESS REVOLUTION) (\$100,000), CALIFORNIA NURSES ASSOCIATION INITIATIVE POLITICAL ACTION COMMITTEE (\$100,000), BHO HEN GROUP (\$100,000), FOOD DEMOCRACY ACTION (\$75,000), MICHAEL FLINK (\$75,000), WALTER ROBB (CO-CEO WHOLE FOODS) (\$25,000), STEVE HUGHES (CEO, SMART BALANCE) (\$25,000), AMERICAN FEDERATION OF STATE COUNTY AND MUNICIPAL EMPLOYEES (\$25,000), PHILIP ROSENTHAL (PRODUCER, WHERE'S LUNCH?) (\$25,000), KATHRYN TAYLOR (\$25,000), ELINOR (NELL) NEWMAN (NEWMAN'S OWN ORGANICS) (\$25,000), PRESENCE MARKETING (\$20,000), HAIKUI ASSOCIATION OF NORTH AMERICA (\$20,000), CHRISTOPHER FINDLATER (\$20,000), NATURAL NEWS (\$20,000), MARJORIE BOWSWELL (ROSWELL GRAPHICS) (\$18,000), PATAGONIA (\$15,000), GYNNETH PALTRON MARTIN (\$15,000), MINTWOOD MEDIA COLLECTIVE (\$11,250), CHRISTINA MIEDMACK (\$10,800), BAKER CREEK HERBLOOM SEEDS (\$10,200), JEREMIAH GETTLE (\$10,200), MULTIPLE ORGANICS (\$10,000), GARY HIRSHBERG (CHAIRMAN, STONYFIELD) (\$10,000), INSTITUTE FOR RESPONSIBLE TECHNOLOGY (\$10,000), CONSUMER ADVOCATES FOR SAFE FOOD AND WATER (\$10,000), MARIE MCGLAISHAN (\$10,000), ACE HOLDINGS LLC (\$10,000), NANCY SCHAUB (\$10,000), SQUIRE MANAGEMENT LLC (\$10,000), MARK SQUIRE (GOOD EARTH NATURAL FOODS) (\$8,000), COMMITTEE FOR HUMBOLDT GREEN GENES (\$7,708), BURROUGHS FAMILY FARM (\$5,000), CIRANDA (\$5,000), TRANSGLOBAL ALLIANCE ID (\$5,000), MONTES BENINA (VISTA LIVESTOCK CO.) (\$5,000), CALIFORNIA CERTIFIED ORGANIC FARMERS (\$5,000), ORGANICALLY GROWN COMPANY (\$4,000), RUSSELL PARKER (VP, NATURE'S BEST) (\$3,000), CERTIFIED FOODS INC. (\$3,000), DAVID LANNON (VP, WHOLE FOODS) (\$2,500), BABY'S ONLY (\$2,500), FOLLOW YOUR HEART (\$2,500), UNCLE MATT'S (\$2,500), ALTER ECO (\$2,500), STRAUSS (\$2,500), ORGANIC PARTNERS INTERNATIONAL (\$2,500), THE COMPANION GROUP (\$2,500), ANIMARIE GIANNI SKIN CARE (\$2,000), INSTITUTE FOR RESPONSIBLE TECHNOLOGY (\$1,860), EARL'S ORGANIC PRODUCE (\$1,000), ORGANIC AVENUE (\$1,100), ORGANIC AVENUE (\$1,100), BOULDER ICE CREAM (\$1,000), NURTURE, INC. (\$1,000), SEA SNAX (\$1,000), ENJOY LIFE NATURAL BRANDS (\$1,000), NAVITAS NATURALS (\$1,000), AWE SUM ORGANICS, INC. (\$1,000), SCOTT ROSEMAN (PRES. NEW LEAF COMMUNITY MARKETS) (\$1,000) ... AND THOUSANDS OF INDIVIDUALS WHO MADE PERSONAL CONTRIBUTIONS.

FOR RETAILERS THAT HAVE CONTRIBUTED, SEE CORNUCOPIA'S SEPARATE RETAILER INFOGRAPHIC.

The GMO Divide — Let's All Reward the True Organic Heroes  
Please make your voice heard by signing the petition at [cornucopia.org](http://cornucopia.org)



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-Lisa Morrison, Sierra Club office manager

"You have brightened my day through your expertise."

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

-Louise Tippens, Director, Environmental Federation of Oregon

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# March Happenings

## Annual Sustainability Fair & Town Hall 2013

Thursday, March 14th  
Fair: 5-7 p.m.  
Town Hall: 7-9 p.m.

CH2MHill Alumni Center  
725 SW 26th Street, OSU

Keynote speaker -- Rob Dietz,  
author of *Enough Is Enough:  
Building a Sustainable Economy in a  
World of Finite Resources*

RSVP by March 11th:  
[www.sustainablecorvallis.org](http://www.sustainablecorvallis.org)

FMI: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org)  
541-230-1237

## OWNER SALE DAY

### PICK 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? Have you been itching to teach a class? FMI: [donnax@firstalt.coop](mailto:donnax@firstalt.coop)

## WINE & BEER TASTING

with light appetizers



SOUTH STORE: Wine  
Every Friday, 5-7 p.m.

NORTH STORE: Wine  
1st and 3rd Thursdays, 5-7 p.m.  
with live music!

NORTH STORE: Craft Brew  
2nd & 4th Thursdays,  
5-7 p.m. with live music!

## BLOOD DRIVE

THURSDAY, MARCH 7TH  
12:30-5:30 P.M.  
SOUTH CO-OP MEETING ROOM

## BOARD & COMMITTEE MEETINGS

### BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday 5th - 6-8 p.m.  
held in the North Store meeting room

### FINANCE COMMITTEE

Wednesday 6th 5:30 - 7 p.m.  
held in the North Store meeting room

### OWNER RELATIONS COMMITTEE

Tuesday 12th - Noon

### BOARD OF DIRECTORS MEETING

Tuesday 19th - 6:30 p.m.

Owner comments welcomed in first 10 minutes.

Co-op owners are welcome to attend. All meetings are held in the South Store Meeting Room, unless otherwise noted.

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

**CORVALLIS COMMUNITY RHYTHM CIRCLE** Sat, March 2, 7:30-9 p.m. 101 NW 23rd St. All ages and levels of playing ability are welcome. All percussion and acoustic instruments are welcome. Some instruments provided. FMI: [drumcircleconnection@gmail.com](mailto:drumcircleconnection@gmail.com)

**NATIONAL NUTRITION MONTH CELEBRATION** Tues., March 5, 10am-2:30pm. MU Quad, OSU. 3rd annual event celebrating "Eat Right, Your Way, Every Day" FMI: [mcnaughd@onid.orst.edu](mailto:mcnaughd@onid.orst.edu)

**OSU FILM PLASTIC AND E-WASTE COLLECTION WEEK** March 6-13, weekdays only, 9 a.m. - 4 p.m. OSU Sed Store, 644 SW 13th St. Help OSU compete nationally in the RecycleMania competition - bring broken or unused electronics and clean film plastic (see list of accepted items at <http://tiny.cc/ewaste2013>) for free recycling on any of the dates. FMI: [Andrea.norris@oregonstate.edu](mailto:Andrea.norris@oregonstate.edu), 541-737-5398

**SUSTAINABLE LIVING CLINIC** Thurs., March 7, 11:30 a.m. - 5 p.m. Benton County Sunset Building, 4077 SW Research Way. OSU Extension's Neighborhood Sustainability Stewards are hosting a Sustainable Living Clinic. Find ways to save money, gain resources, improve health, and help reduce greenhouse gas emissions! FMI: [jody.einerson@oregonstate.edu](mailto:jody.einerson@oregonstate.edu)

**ANIMAL WISE: THE THOUGHTS AND EMOTIONS OF OUR FELLOW CREATURES** Thurs. March 7, 7-9 p.m. LaSells Stewart Center, OSU. Animal Wise author, Virginia Morell, will take us on a dazzling odyssey into the inner world of animals, from ants to elephants to wolves, and from sharp-shooting archerfish to pods of dolphins that rumble like rival street gangs. FMI: [robert.peckyno@oregonstate.edu](mailto:robert.peckyno@oregonstate.edu)

**LESSONS FROM LINCOLN: IS POLITICAL BIPARTISANSHIP POSSIBLE?** Sat., March 9, 2-3:30 p.m. Corvallis Public Library. Does Abraham Lincoln's adept use of bipartisanship during the Civil War offer guidance in dealing with the polarizing controversies of the 21st century? Free conversation with independent scholar and Lincoln expert Richard Etulain. FMI: [Bonnie.brzozowski@corvallisoregon.gov](mailto:Bonnie.brzozowski@corvallisoregon.gov)

**SCIENCE PUB - WHY IT'S WRONG TO WRECK THE WORLD: ETHICS AND CLIMATE CHANGE** Mon., March 11, 6-8 p.m. Old World Deli, 341 SW 2nd St. Speaker Kathleen Dean Moore, Distinguished Professor of Philosophy, OSU, discusses four reasons why climate change and the environmental crises are fundamentally moral crises. FMI: [shelly.signs@oregonstate.edu](mailto:shelly.signs@oregonstate.edu)

**POST FIRE VEGETATION DYNAMICS IN THE KLAMATH-SISKIYOU REGION** Mon., March 11, 7:30 p.m. Avery House in Avery Park. Look at vegetation recovery 20 years after fire in the uplands with and without management, and at the effects of fire suppression in the riparian areas. Sponsored by Native Plant Society of Oregon, Corvallis Chapter. FMI: [Alexis.860-878-2049](mailto:Alexis.860-878-2049) or [Kevin.208-921-0827](mailto:Kevin.208-921-0827)

**CHILDREN AT RISK** Tues. March 12, 7 p.m. Corvallis Public Library. A panel of four local Child Development experts: Roberta Weber, Debbie McPheeters, Joanne Sorte, and Cindy Bond will discuss our local children who may be under-served and at risk. Q&A included. FMI: [Nancy.Schary@exchangenet.net](mailto:Nancy.Schary@exchangenet.net)

**COMPASSIONATE COMMUNICATION**: Fri, March 15, 7-9pm. S. Co-op Meeting Room. Free informational meeting on world-renowned transformational model for personal growth, conflict resolution, community building. Open to all. FMI: [www.tinataylor.co](http://www.tinataylor.co), or Tina Taylor 541-753-2255

**FORT HOSKINS PRESENTATION** Wed., March 20, 7 p.m., Corvallis Public Library. Dr. David Brauner of the OSU Anthropology Dept., will talk about his archaeological and historical research at Fort Hoskins, including the recent return of the Commander's House to its original location. Free; open to all. FMI: 541-758-5255.

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

**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: Reed, 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 Dafa 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)

**FREE INTRODUCTION TO THE SEDONA METHOD** Every 3rd Sunday, 2:45 p.m. Mandala Studio, 6227 NE Pettibone Dr. The Sedona Method is a simple and powerful tool which helps you let go of unwanted feelings and behaviors and renews inner peace. RSVP required. FMI: [www.mandalawithlynn.com](http://www.mandalawithlynn.com), [Fiona@FionaMoore.com](mailto:Fiona@FionaMoore.com)

**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. 435 NW 4th St. Five Stones Sangha welcomes visitors. FMI: Ken at 541-760-9760 or Bob at 541-738-2528. [www.fivestonesangha.org](http://www.fivestonesangha.org)

**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@vfpccorvallis.org](mailto:info@vfpccorvallis.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 am

**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. Roslyn Burmood, [roslynburmood@gmail.com](mailto:roslynburmood@gmail.com), [www.diningforwomen.org](http://www.diningforwomen.org)

## WEDNESDAY EVENTS

**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>

**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

**CORVALLIS BELLY DANCE GUILD** Wednesdays, 8pm. Old World Deli, 341 SW 2nd St. Live, FREE performances. FMI: Lyanna, [lyannadance@yahoo.com](mailto:lyannadance@yahoo.com)

**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), [www.drolmasamtenchuling.wordpress.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 Ukles 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, Downtown Dance, 223 NW 2nd St. Planet Boogie is 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 profile Mountain Rose Herbs



**Business Name:** Mountain Rose Herbs

**Owners:** Julie Bailey, Shawn Donnille

**Crew size:** 140

**Location:** Eugene, Oregon (West Eugene Wetlands!)

**Region and area of operation:** We ship our products all over the U.S. and Canada. At this point, we are not shipping internationally.

**How long have you been in the business?** Since 1987

**What do you produce?** We deliver certified organic herbs and spices, including accessories, containers, books, bulk ingredients, bath and body care, and natural health products.

**What does the Co-op buy from you?** Bulk herbs, teas and spice blends

**How long have you sold to the Co-op?** Since 2005



Julie Bailey and Shawn Donnille, co-owners of Mountain Rose Herbs, meeting in an oat field.

## What sustainable practices does your business employ?

Mountain Rose Herbs incorporates its passion for organics into every fiber and thread of its operational foundation. Our primary source of herbal material is from certified organic American farms and many of these farms are on contract with us as an exclusive grower for our needs. We have a strict policy that guarantees workers a fair market value for the goods they produce.

We have gone above and beyond Fair Trade with the creation of our own program called "Good Trade" which we feel more fully protects the growers and harvesters financial interests.

Our many sustainable practices include:

- Executive pay and the Mountain Rose Herbs minimum wage
- Using recycled and non-toxic materials

- Sustainable packaging
- Our shipping materials
- Chemical free facility and integrated pest management (ipm)
- Bio-swale and wastewater diversion
- Zero waste company
- Earthshare business member
- All computers and monitors purchased are epeat certified
- Paid time for community involvement
- Company cargo vehicles and trucks powered by used vegetable oil
- Company wide conversion to greenpower
- Company wide carbon offsetting
- Energy usage

## Our Story:

Mountain Rose Herbs has roots reaching back to 1987 when a mail order herb company founded by Rosemary Gladstar was purchased by two of Rosemary's students. In 1990, Julie Bailey began assisting her friend Rose Madrone, the then-owner of Mountain Rose Herbs. Julie was active in the local Southern Humboldt, CA community; teaching classes and leading plant walks. By early 1991, she had purchased the small business and began to develop the foundation for what Mountain Rose Herbs was to become. Julie was committed to creating an ethical business with friendly service and quality herbs so people could make herbal medicines and body care. Over the next eight years, MRH introduced a larger variety of organic herbs, and increased the selection of teas, essential oils, and bulk ingredients.

In the late 90's, MRH moved out of the Southern Humboldt community to a small rural mountain community near North San Juan, CA. While still home-based, the business quickly took over all of the rooms

in the house, several outbuildings and a large garage. Faced with changing legislation in the herbal industry, increased media coverage of herbal medicine, and the need to "step up" from the home business model, Julie needed help. She promoted Shawn Donnille to management, which created revolutionary change. He immediately proposed many advancements; strengthening our sustainability pledge, the introduction of a "strictly organic" emphasis on all our products, and most significantly, creating a full scale website. We quickly outgrew our location! Julie and Shawn became partners in MRH and decided to move to Oregon, where most of our farm operations, wild harvesters and processors were located, in the Autumn of 2001. The new "facility" was actually a backyard work shop, and a house which we felt would sustain for a lifetime. Of course it only lasted about 14 months, forcing us to re-locate up the road to a facility in Pleasant Hill.

Many of the talented and hard-working staff who started as order fillers and customer service representatives stepped up to management positions. MRH realized the need to control every aspect of quality and processing and constructed an additional warehouse for equipment for milling, processing, blending and cleaning.

We continue the long-standing promise our customers have expected since 1987. Our services are strengthened, our quality is enhanced and we boldly declare our new maxim **"People and Planet Before Profit."** Our recipe for success?

Openness, friendliness, usefulness, and good conversation. ✨



## Win a Mountain Rose Herbs gift basket!

**Between March 1 and 16** each time you spend \$50 or more in one transaction, fill out the bottom of your cash register receipt and drop it in the box at customer service. If you need a receipt to keep, ask your cashier to print a second one for you. On **March 20**, we will draw names and see who wins! The more often you enter, the better your chances of winning!!

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

Owners interested in candidacy should contact Toni Hoyman of the Board Recruitment and Elections Committee at 541-929-5452 or hexagon@exchangenet.net

Board application packets are available at Customer Service upon request. **Applications are due by March 24th.**

Elections will be held May 24 - June 14, 2013.

## connect!

### at the Sustainability Fair & Town Hall

"CONNECT!" is the theme of this year's Sustainability Fair and Town Hall, held Thursday evening, March 14, at the CH2MHill Alumni Center, 725 SW 26th St. The Sustainability Fair is from 5 to 7pm, and the town hall meeting follows from 7 to 9. Both events will encourage connections between people, the community, and the planet. The fair will include more than 50 hands-on exhibits, highlighting the sustainability efforts of local businesses, organizations, and Sustainability Coalition action teams. There will be music and refreshments featuring local food.

The keynote speaker for the highly interactive town hall meeting is Rob Dietz, author of *Enough Is Enough: Building a Sustainability Economy in a World of Finite Resources*. Additional features of the Town Hall will include an on-screen "2012 Community Scrapbook" and a "speed dating" activity to introduce participants to a wide variety of actions in 12 topic areas: Community Inclusion, Economic Vitality, Education, Energy, Food, Health and Human Services, Housing, Land Use, Natural Areas, Transportation, Waste Prevention, and Water.

Both events are organized by the Corvallis Sustainability Coalition. Primary sponsors are the OSU Sustainability Office, First Alternative Co-op, and Samaritan Health Services. Additional financial support is being provided by dozens of Coalition partner organizations and individual "Town Hall Heroes."

This event is free and open to the public. All are welcome, but space at the town hall meeting is limited. Register no later than March 11th at [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org).

For more info, call 541-230-1237.

**BONUS:** Bike or walk to the event and get your Alternative Transportation Card punched at First Alternative's table.

**odwalla**

**PROTEIN TO GO! COME RAIN OR SHINE!**

SELECTED VARIETIES

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FEB 27- APR 2

# LOCAL BEEF | Three Ways

- Emily Stimac, Marketing Assistant

While the availability of local produce may still be unpredictable in March, we can still rely on our local ranchers to bring us the best quality beef, chicken, lamb and pork 365 days a year. The long winter yields lean, flavorful cuts. These recipes explore three of the many possibilities that await you in our meat case.



## 1 | the PURIST

### Broiled Steak

2 beef steaks, ¾ to 1 ½ inch thick  
olive oil  
salt & pepper  
1 bunch green onions or garlic, rinsed

Pat the steaks and onions dry. Rub with olive oil and salt and pepper and arrange on a preheated broiler pan 4-5 inches from the element. Broil 4 minutes, turn, and broil another 2 minutes. Serve with steamed raab and new potatoes.

## 2 | the SLOW-COOKER

### Beef Gulyás

3 Tbsp olive oil  
1 lb. lamb, beef or tofu, cut into bite sized pieces  
1 onion, diced  
2 cloves garlic  
¼ cup Hungarian sweet paprika  
¼ tsp cinnamon  
2 Tbsp sugar  
2 tsp caraway seeds  
2 Tbsp tomato paste  
1 cup dry red wine  
1 14oz. can diced tomatoes  
1 cup thinly sliced roasted red peppers  
2 cups broth  
Salt and pepper to taste  
1 cup Greek yogurt



Cook protein and onion in skillet until browned. Add remaining ingredients and stir well.

Bring to a simmer and cook over low heat or transfer to your crock pot. Cook until sauce is thick and beef is fall-apart tender, about 6 hours.

Serve over Bavarian pearl noodles.

### Bavarian Pearl Noodles

2 eggs  
1 ½ cups flour (Gluten free? Try Local 6 Sans Gluten Si Vous Plait!)  
½ cup water  
½ tsp garlic salt  
¼ tsp baking powder

Whisk together flour, salt, and baking powder. Beat eggs and water and pour over dry ingredients. Stir to form a paste.

Press through a large grater or colander into boiling water and cook until tender. Remove with a slotted spoon and rinse with cold water.

## 3 | the CENTERPIECE

### Beef Wellington

½ cup dried porcini mushrooms  
½ cup boiling water  
2-3lb. London broil, trimmed\*  
coarse salt & fresh cracked pepper  
3 Tbsp butter  
1 pkg. Alexian pâté  
1 cup frozen spinach, thawed and pressed  
1 pkg. prosciutto  
1 pkg. pie crust, thawed but cold  
All-purpose flour for dusting  
1 egg, lightly beaten  
Pour boiling water over mushrooms and set aside until softened, about 30 minutes.

Heat the butter in a heavy pot. Pat the roast dry and rub with salt and pepper. Sear the roast quickly, remove from pan and set aside.

Drain mushrooms well and combine with pâté, and spinach in the food processor. Process until well blended.

Spread 1 pie crust on a floured surface and layer with prosciutto. Smooth 1/3 of the spinach mixture over the prosciutto and top with roast. Smooth the top of the roast with remaining spinach mixture, top with a layer of prosciutto and the remaining crust, sealing the edges well.

Brush with egg and bake at 425° for 20 minutes. Reduce heat to 400° and cook to desired finish, according to a meat thermometer (approx. 20 minutes for medium-rare, 30 for medium).

Remove and allow to rest for 10 minutes before serving.

\*For a vegetarian option, try using field roast.



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