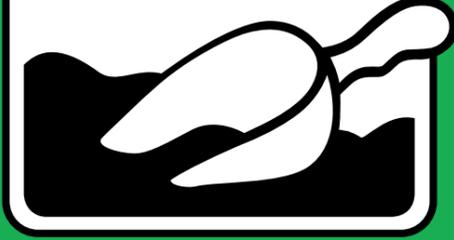


First Alternative
NATURAL FOODS CO-OP



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VOLUME 35 • ISSUE 5
Community Monthly

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THYMES ORGANIC PRODUCE



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"The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings."

-Masanobu Fukuoka, *The One-Straw Revolution*



FA THYMES

First Alternative Co-op
Community Monthly

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

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

Editors: Donna Tarasawa, Adam Payson, & Emily Stimac
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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
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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



Dan Shapiro,
Board President

that sentiment as he gripped the steering wheel of the Little Rascals' homemade toy fire engine as it careened down a steep hill. (True confession: I was never certain who had said it first until I did the research for this article.)

One of the lessons that has recently come to me from several teachers is the power of setting strategic goals even though we currently don't know how we're going to achieve them. Fifty-three years ago (May 25, 1961), when President Kennedy set the goal of "landing a man on the moon and returning him safely to the earth" within the next 10 years, he didn't know how we would do it. Eight years later, we huddled in front of our television screens and watched two men bounce across the lunar surface. When we unleash our imaginative, creative powers, we're on our way.

Last month, the Board got a peek at First Alternative's future in General Manager Cindee Lolik's annual Ends Report, which includes an impressive list of FA's 2013 achievements in the community, as well as a look forward at the sociological and cultural trends that will shape the Co-op in the coming years. For example:

"By 2020 Millennials will make up 19% of the population. Millennials are tech-savvy and both socially and politically progressive and more culturally diverse. We will be utilizing the unique vision and skillsets of our own Millennials to capture the attention and loyalty of their peers."

Also last month, the Board agreed to adopt a strategic planning exercise developed by our colleagues in the National Co-op Grocers Association (NCGA) Western Corridor that focuses on the changing demographics of co-op shoppers nationwide. The three authors acknowledge that the Baby Boomers (born 1946-1964) who founded co-ops in the 1970s have different experiences and perspectives from Generation X'ers (born 1965-1976) and Millennials (born 1977-1998). The Boomers were born in an age of segregation and grew up watching television and writing

the board's month in review

"I'm an idealist," wrote poet Carl Sandburg in 1904. "I don't know where I'm going, but I'm on my way." Thirty years later, Matthew "Stymie" Beard echoed

letters. Gen X'ers were raised to accept diversity, and got up from the television, if only to sit in front of a computer to send an email. Meanwhile, the Millennials celebrate diversity, see the internet as a way of life, and communicate via texting and messaging.

I remember when our family's previous co-op, in Duluth, Minnesota, installed barcode scanners at the checkouts. "Wow," commented a local wag, "The New Age meets the Space Age!" Yes, there was a time when cash registers didn't calculate the change back on your purchase, and you needed that change to use a pay phone when you were away from home.

When we unleash our imaginative, creative powers, we're on our way.



What will First Alternative look and feel like in 30 years, when many Millennials will be as old as today's Baby Boomers? In the words of the NCGA authors, "Strategic thinking is a living and breathing Board process to be built upon year after year. Keep the conversation going." Of course you're all cordially invited to join the conversation as we make our way forward, even if we're not exactly sure what lies ahead.

In other business last month, the Board approved the language for a proposed bylaw change that will appear on this year's election ballot. The Board Recruitment and Elections Committee drafted the proposal to streamline the process for Owners to bring referendum issues to a vote. You can read the details

on page 15. Look for a full election guide in next month's issue of the Thymes.

Director Melissa Hartley proposed extending the Owner comment time at the beginning of our meetings from 10 to 20 minutes, so the Board could engage more fully with Owners about their opinions and requests. We'll discuss this idea at our May 20th meeting.

As many of you know, I'll be leaving the Board after five years as a Director, including two years as President. My co-Director Camille Freitag, who has served for six years (including two as President) is also stepping down. I'm looking forward to new ways in which I can foster the powerful benefits that First Alternative brings to our community.

Thanks for supporting First Alternative, and be sure to vote next month!

June 28 • 4:30-7:30pm • Avery Park

Owner Rendezvous 2014

SAVE THE DATE



Love writing, taking pictures, meeting interesting entrepreneurs?

Most of all, love local?

Then we've got the opportunity for you!

The Sustainability Coalition needs folks to write Business of the Week articles.

For more information contact Cindee Lolik, CIBA Board President: cindee@firstalt.coop

welcome

First Alternative Co-op welcomed 77 new owners in March for a total of 9785 Co-op owners!

Co-op owners enjoy:

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

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

we are the co-op

Health for all people begins with healthy policy

Health in All Policies is an approach to public policies across sectors that systematically takes into account the health implications of decisions, seeks synergies, and avoids harmful health impacts in order to improve population health and health equity.

At the end of February I attended the 13th annual New Partners for Smart Growth: Building Safe, Healthy, Equitable and Prosperous Communities Conference held in Denver, CO. For a number of years now the Benton County Health Department has sponsored a small group of people attending the conference.

The concept of Health in All Policies was a unifying theme in this year's conference. Think of it! Decisions made by communities that advocate for health and well-being of community members in every aspect of life. Transportation, housing, economic development, education, access to fresh healthy food, etc., all have health implications. This is not a new concept. In fact since my return from the conference it seems like I see an article or hear a broadcast about the issue almost every day.

Of course, having spent the vast majority of my life in the food business in one way or another my primary interest is food related health. I attended an energizing and fascinating workshop at the conference called "Growing Food Connections for Sustainable Communities".

The workshop consisted of a presentation by the Food Systems Planning and Healthy Community Lab of the State University of New York at Buffalo (which now has the first-ever doctoral program/fellowship for Food Systems Planning). They are researching and cataloging innovators in food systems around the country. Under Dr. Samina Raja, the "Food Lab" team conducts research, builds capacity of planners through education and training, and engages in community-based efforts to build sustainable food systems and healthy communities.

The philosophy behind the program is that food is integral to human sustenance and to quality of life. Yet the food system, which delivers food from farm to table, is often overlooked in urban and regional planning decisions.

Research is being done in 20 communities in both urban and rural census regions around the country. The goals of the project are to assess, apply, and amplify innovations in Planning and Public Policy to: Support family farmers and food production, promote community food security, connect farmers and community residents to improve health outcomes and expand economic opportunities, and identify "Communities of Innovation" that can be used as examples for other communities that are interested and invested in food issues.

Another part of the presentation that resonated with me were these findings: when farmers retire, arable land lies fallow or is developed and food insecurity increases. In light of these findings the planners made the following recommendations:

Keeping farmland affordable through a range of new business models such as farm lease agreements.

Implementing market-based solutions to protect natural resources.

Establishing long-term eating habits and healthy behaviors through food choices, education, and activities in local schools, which also creates future customers for local food purveyors.

Implementing business development strategies ranging from training programs to financing innovations to reduce the barriers of entry for entrepreneurs and farmers.

Increasing public awareness of healthy foods through interactive programs and educational experiences.

We are fortunate in Corvallis and Benton County to have some of this work already in progress, particularly in the educational arena. Our friends at the Corvallis Environmental Center's Farm to School program; the Linus Pauling Institute with their Sprouts program; the Benton County Health Department with the formation of the Food Security Workgroup; OSU Extension who sponsors many educational opportunities that are open to all; Vitality Farms who manage 975 acres of farmland just outside of the city—and your Co-op with educational classes and articles in the Thymes, and a deep involvement in the food community—all working on making this a healthy, happier and well-fed community.

These innovative and successful examples encourage us to move towards a decision making process that includes Health in All Policies in our community. I encourage you all to become more familiar with the concept of Health in All Policies, and to encourage those who represent you in City and County governments to become familiar with the concepts as well.



Cindee Lolik, General Manager



Mac Stewart, Livestock Manager of Vitality Farms, with some of his lambs.

Buying local, organic for ourselves and our world

May is here and that means a great abundance and variety of fruits, vegetables, and other foods will be produced in and near Corvallis in the coming months. I'm excited that the Corvallis Sustainability Coalition (CSC) is embracing the goal of eating 40% local. We enjoy a special quality of life here in the Willamette Valley with a unique opportunity to support local and organic food production and consumption in a committed and meaningful way.

The CSC challenge has served as a powerful reminder of why it is imperative to support local and organic food production. Despite my springtime aspirations to preserve lots of yummy food throughout the summer I usually get no further than freezing some blueberries and blackberries. This summer I'm really going to try and ramp up my personal production with lots of pickled goodies, dried herbs, and preserve a bunch of tomatoes for winter enjoyment.

Many of us, myself included, pay lip service to buying local and organic but sometimes purchase what we perceive to be cheaper or more convenient. We get caught up in daily stresses or financial concerns and lose sight of the bigger picture, failing to consider what's in the long-term best interest of our community, the planet, and ultimately ourselves and our families. One can increasingly find more organic food at a number of area supermarkets like Fred Meyer, Wal-mart, Safeway, MOC, and Natural Grocers but not as much of it sourced locally as we do here at First Alt. Some of this organic food might be cheaper than what we offer at the Co-op but I'd argue that those lower prices are not a better value for your dollar. There are hidden costs in terms of social injustices and environmental degradation associated with these lower prices, and quality and freshness is certainly not present in the produce I've seen in other area stores. I realize that my financial security is not shared by many of our community and hope my opinions don't sound insensitive to people who are struggling to get by and support families. I'm certainly not advocating higher prices with

no good reason. We strive to keep our prices fair and reasonable for our customers and at the same time we want to compensate local growers and producers adequately for their efforts.

Like Tom Denison recently pointed out, Oregon's minimum wage pays more per hour than workers would make in a 12 hour day in any developing country.

Does local and organic always have to cost more? No, and often the prices of our locally and organically grown produce is in fact lower than those of both the conventionally and organically grown produce of our competitors, but sometimes it will be higher and we need to embrace this as a positive. I just read that Wal-mart is joining forces with Wild Oats to lower prices on organic imported foods.

We need to break the Wal-mart mentality of always looking for the rock-bottom cheapest price. In addition to quality and taste there are many other significant advantages to buying local and organic.

I like knowing from whom we purchase our product and being able to visit their farms, bakeries, breweries, and other processing facilities. I respect and trust these growers and processors who work hard to make a living and support their families in our area because they care about our community and helping folks maintain a strong connection to the food they eat. These peoples' ideals and vision of the future is in line with my personal views and the First Alternative guiding principles. As Tom Denison says, "In this fragmented world, it is good to build relationships, particularly around something as wholesome and healthy as real food." I believe that buying local and organic as often as possible is vital for a better future for everyone.

PRODUCE

May in Co-op Thymes History

1980: Thanks to Sally Overholser for establishing the Grower's Market, and then the produce section at FA.

1985: Sales of produce have risen to over 10% of total store sales.

1989: The Thymes runs some brief profiles of some growers supplying FA: Tom Denison, John & Sally at Gathering Together Farms, Peter Caday, and Sunbow Farms (recognize any names?).

1990: New misting system keeps produce fresh and eliminates the need to handle it each night and morning, putting it away and getting it out again. Jaime Kitzrow with Springhill Farm is a new grower for FA (and former volunteer in produce section).

1992: Warm weather is bringing in more produce than usual: cukes, hydroponic tomatoes, radishes, some lettuce.

1993: Rains in California, Mexico and Arizona boosting prices of lettuce, spinach and onions. Denison & GTF hoop houses mean greens soon.

1994: Produce Manager, Colin King: the growing demand for organically-grown produce sometimes outpaces supply. Carrots are a good example right now.

1995: Colin King says floods in California are driving price of organic lettuce lower than conventional for a while. Now selling local greens, broccoli.

1997: Over the year we buy from over 20 different local growers. This makes for great quality, supports the local economy, lends security to local food supply. It's more complex than dealing with just one or two large suppliers, but worth it.

1998: Consumer Reports article tests produce for pesticides. Colin King says they missed the point about organic doing long-term benefit for people, soil, and the economy. Prices of greens and produce affected by El Nino in desert Southwest where most out-of-season food for nation is grown.

2006: Produce manager, Bill Genne: we define local produce as any item that is brought directly to us from the growers and is not handled by a distributor. Flooding in CA will affect prices. Banana shortages due to hurricanes. Case orders of produce get discount.

2007: Bill Genne: local strawberries, beets, lettuces and new potatoes.

2013: Produce sales from both stores accounted for 16.76% of our total FA sales.

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MOTHER MAY I?



cluckin' organic

Stop by our Meat Department this month and check out our new selection of organic free-range chicken from Draper Valley Farms, the pioneer in raising fresh chickens in the Pacific Northwest since 1935. Draper chickens are grown on small family farms throughout Oregon and Washington, with access to the outdoors and fresh clean water and feed. Draper Valley Farms tracks each flock from egg to finish, ensuring that each bird is treated humanely and that proper poultry husbandry is being practiced. Free of preservatives and never treated with antibiotics or added hormones, Draper Valley chickens are fed a 100% organic, vegetarian, non-GMO diet, so you can rest assured that your family is eating clean, wholesome meat free of fillers! With more people looking to buy non-GMO products, Draper Valley organic chicken is an excellent choice. As we continue to expand our line of Organic chicken look for anything from whole chickens to drumsticks!

-Ashley Caspell

tacos Diablo

I make this basic meal for family or for company just about every week. You can make it simple by buying quality ready-made tortillas and re-fried beans, or make it extra special by constructing your own from scratch. Kids can make their own dinner with what's offered at the table, so everyone's happy. The quantities listed serve 4 with enough leftover so that I can layer the remains in a small Pyrex dish for my handsome cheesemaking husband to take for lunch the next day.

- 1 package Carmen's Tortillas
- 1 can refried beans
- 2T olive oil
- 1 white onion, thinly sliced
- 3 cloves garlic, finely diced
- 1 pound Draper Valley chicken breasts
- 1 package Full Circle Creamery Raw Diablo, grated
- 2 cubed Avocados
- Emerald Valley Organic Salsa
- Nancy's Organic Sour Cream
- 1 bag bulk Gathering Together Farms Salad Greens, washed and spun dry

1. Slow cook chicken breasts in crock pot until they can be easily shredded.

2. Place tortillas and refried beans in separate covered pyrex containers and warm in an oven at 250° for 20 minutes.

2. In the meantime, heat olive oil in a cast iron pan over medium heat until sizzling hot. Add onions and sauté until soft. Add garlic and shredded chicken. Stir and cook until browned. Salt to taste.

3. Serve family style, nice and warm!

-Kate Humiston FullCircleCreamery.com



tres quesos para cinco de mayo

We have three exceptional local cheeses on special this month! Two are from the Ochoa Cheese Factory in Albany, makers of traditional Mexican specialty cheeses. Their Queso Oaxaca is made with pasteurized cow's milk from Lochmead dairy in Junction City, and is a lightly aged Mozzarella style cheese. Like Mozzarella, Queso Oaxaca is pulled and stretched during processing and then sold as a one-pound ball.

Ochoa's Queso Fresco is fresh, authentic, and delicious crumbled on top of tacos or tamales. Or serve it on a salad of organic greens tossed in a spicy chili vinaigrette and topped with avocado, toasted pumpkin seeds and pico de gallo.

Lastly, we are excited to feature Full Circle Creamery's Raw Diablo Cheddar. Made with organic, grass-fed milk and Bomb's Away Café's Diablo Sauce, this cheese is sure to spice up any dish! An excellent addition to twice-baked potatoes or grated over mac & cheese. For a simple, yet delicious snack or dinner try Diablo Quesadillas with Diablo Raw Cheddar, tortillas, and local spinach.

How fortunate we are to have so many options to purchase local cheese. Please support these great local cheese makers and enjoy their fine products!

-Valori George



With these three fantastic Mexican-style cheeses and one smiling mom, you've got all the ingredients for a spectacular Cinco de Mama Fiesta!

Vitanica supporting women's health



With Mother's Day in the month of May, it's a great time to show the mother in your life some extra love. And, if you are a mother, you deserve to treat yourself right.

We're here to help with some new products we've brought in from Vitanica, one of our favorite brands specializing in women's health supplements.

Vitanica has launched a new line of liquid tonics, and I can attest to their tastiness! Four formulas, each with fantastic flavor: peach flavored mood tonic, mint flavored digestion tonic, elderberry immune tonic, and my personal favorite: the chai spiced adrenal tonic.

These beneficial tonics are formulated by Vitanica founder Dr. Tori Hudson. She combines scientific research, 30 years of clinical experience, and respect for traditional medicine to create unique formulas that really work.

Using a liquid supplement is quick and simple for me, especially on a busy morning. I enjoy the great taste and amazing energy I feel all day from the maca, ashwaganda and rhodiola in the adrenal tonic.

This month, we invite you to explore all of the wonderful women's supplements developed by Dr. Hudson.

Our wellness team recently attended a training by Vitanica featuring Dr. Hudson, in Portland. Speaking as a clinician, researcher, published author, and consultant, the evening provided a great view into a supplement line we've long loved and now have even further respect for.

-Sara Spencer



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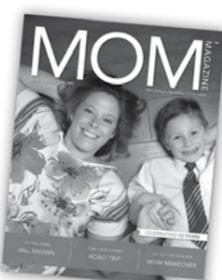
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GROCERY

Jackson's Honest Potato Chips – Jackson's Honest Potato Chips bring the potato chip back to its humble and simple roots by using the finest potatoes available and kettle frying them by hand using coconut oil.

Why coconut oil? It's nature's most unique cooking oil: highly stable, full of healthy medium-chain triglycerides, and with the highest concentration of lauric acid of any oil. Coconut oil has been used for thousands of years by cultures around the world for its many health benefits.

Another advantage is flavor! Frying these delicious chips in organic, unrefined, virgin coconut oil gives them the most unique taste of any chip in the market. If you're tired of bland potato chips fried in polyunsaturated vegetable oils, try Jackson's Honest Potato Chips. They're unlike any chip you've ever tasted.

You will find Jackson's Honest Chips on sale this month at First Alternative Co-op.

Tazo Iced Tea Bags – Ahhhh summer is coming. The sunshine, the warm temperatures, the thirst. For a cool refreshing beverage, Tazo Iced Tea Bags have got you covered.

Certain feats, like executing a reverse swan dive into a shimmering pool while wearing a pair of Euro-cut trunks and a captain's hat, ought to only be attempted by a select few. This blend of black teas has the kind of cool, smooth sophistication to pull off a move like that, should it choose to do so.

Tazo Iced Passion tea is a delicious blend of flowers, herbs and other tropical flavors that come together to deliver a cool and refreshing beverage. This iced tea is naturally caffeine free and delicious when served

over ice. With each sip of this Passion Tea, you can taste hints of real hibiscus flowers, lemongrass and tropical fruit.

Tazo Iced Green Tea comes from a refreshing blend of flavorful green teas, citrusy lemongrass and spearmint and is lightly sweetened and shaken with ice. This green tea is a revitalizing drink that will keep you hydrated in the heat.

Other flavors to enjoy are Blushberry Black with notes of black raspberry, huckleberry & strawberry and Citrus Bliss, an herbal infusion with notes of citrus, passion fruit & hibiscus.

-Stan Horsey

BULK

Just Coffee Co-op Bike Fuel – This lovely blend combines the chocolate smoothness of a light Bolivian coffee, with the smoky richness of a Super Dark Mexican coffee. An electrifying blend sure to get your motor running. Organic, shade grown, and 100% fair trade.

Just Coffee Co-op Dias Del Sol – Dias del Sol is a medium-bodied coffee with a mild and tangy acidity that recalls the warmth and comfort of the first day of spring. Notes of cocoa and tobacco with subtle hints of dark chocolate and walnuts.

Canihua – An Andean pseudograin related to quinoa, cañihua is also called kaniwa or baby quinoa. Unlike quinoa, it does not need to be rinsed before use.

-George Brown

World Fair Trade Day is May 10 coffee brewers and roasters unite!

The bulk coffee section at First Alternative is filled with a whole array of amazing coffees. Every coffee offered is 100% organic, and the vast majority are also certified fair trade. You'll find our Local 6 roasters Pacifica Coffee, Zaidalia and Cafe Mam, long-time favorites Equal Exchange and Pachamama, as well as new arrival Just Coffee.

May 10th is World Fair Trade Day, a global celebration of fair trade bringing together thousands of those committed to building healthy and sustainable communities world-wide. With this in mind, I wanted to share a little about our providers that have long-term, established relationships working directly with coffee cooperatives around the world. Their stories are as varied as those of the small scale farmers with whom they work.

Café Mam, is a family owned and run coffee roaster out of Eugene, OR. Café Mam (say 'mom') coffee is grown by fair trade cooperatives of native Mayan farmers living in the highlands of Chiapas, Mexico and Guatemala. The growers are primarily of the Mam, Tzeltal and Mochó peoples.

California based, Pachamama Coffee is unique in that they are a cooperative of small-scale coffee producers that is wholly-owned and controlled by small-scale coffee farmers around the world. Pacha's member-cooperatives represent thousands of families in Peru, Nicaragua, Guatemala, Mexico and Ethiopia.

We're excited to announce that a new fair trade certification system has recently launched that solely focuses on supporting small, family farmers and their communities. Small Producer Symbol (SPP, for Spanish acronym) is the first fair trade farmer-owned certification system. Equal Exchange and Just Coffee Cooperative are two of the first coffee roasters to start offering coffees bearing the Small Producer Symbol.

Equal Exchange is an employee-owned cooperative whose coffees have been at First Alternative for decades. Currently, their French Roast, Mind, Body and Soul, and Peru Medium Roast are SPP certified with more coming by the end of the year.

-George Brown



Sara's Wellness Tip:

Making your own herbal extractions

Start with some bulk medicinal herbs like burdock, dandelion root, or any others that interest you. Fill a sterilized pint or quart jar about 1/5 full with your herb blend. Next, top off with your favorite vinegar: balsamic, red wine, apple cider, etc. Leave about 1/2 inch of space. Shake daily for 1 week and let sit in a dark place up to 3 weeks. Strain and enjoy a super healthful addition to your own salad dressings, pasta, or whatever!

I do this all the time, currently using a red wine vinegar that I've extracted Hawthorne berries in, a balsamic I've extracted burdock root in and an apple cider vinegar with dandelion root. Mmmmm...



SPRING FLING TASTING!

Snowy weather may have put a damper on our Winter Wine Soiree, but now that spring has sprung, nothing can stop us!

Thursday May 8th 5-8pm at the North Store

Celebrate the fullness of Spring with a fantastic tasting event featuring local wines, beers, and ciders. Vintners and brewers from Territorial Vineyards, Ninkasi Brewing, and 2 Towns Ciderhouse along with our in-house experts will be on hand to answer your questions and provide pairing advice.

There will be live acoustic music, delicious samples from local vendors and all of our departments, and our hot bar will be open late with a special tasting menu.

Taking the 40% Local Challenge? Come in and see just how easy it is to drink the best, and do it 100% local. Special in-store offers will make it all the easier too.

And that's not all, look for details about a Summer Celebration Tasting at the South Store in an upcoming issue of the Co-op Thymes.



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May Co-op classes

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

Thursday May 1 and 15 • 6:30-8:30pm

Soul Collage

Cost: \$10 General Public; \$8 Co-op owners

Experience this fun and empowering process using magazine and photo images. We make a deck of cards that reflect our many-faceted selves in surprising and delightful ways. It's a story of You. A visual map of the psyche. Meets every first and third Thursday. Materials provided. For more information: Lucy, 541-704-0135

Saturday May 3 • 11:30am-1:30pm

Upgrade the Mind, Body, and Spirit with a 3 Day Group Cleanse

Cost: free (does not include supplements)

Have you ever given thought to doing a detox or cleanse but didn't get far because you just weren't sure what you might encounter? This might be the perfect time for you to learn more and experience a totally do-able 3-day cleanse as part of a group! Our expert, Comet, from Health Force has an approachable attitude about it. She says "I find it fun and way easier to do a 3 day cleanse if others are doing it too. Left to my own devices, I am more likely to feel isolated and uninspired. I would probably cheat too. As a group, we can share our detox stories and help each other make cleansing really easy. Think of our bodies like a sink that can easily be clogged. When we do a fruit and vegetable detox, we give our bodies a chance to clean itself from the inside out. This helps with weight loss, good body image, better digestion, relief of joint stiffness and inflammation, clearer skin, elevated mood, and overall well being."

For more specifics and information, please visit our online registration page.

Tuesday May 6 • 10:00am-12:30pm

"Simply Delicious" meal creations with the Healthy Youth Program

Cost: free

The Linus Pauling Institute's Healthy Youth Program is providing a meal creation workshop series for parents who are on a budget, need healthy, fresh ideas and want a prepared meal to take home to their kids! The workshop includes shopping for ingredients in the store, cleaning, preparing and cooking together as a group. Come check it out! **Pre-registration is REQUIRED.** To register please call (541) 737-8014. This class will not be listed on our online registration site.

Friday May 9 • 9am-1pm at the North Store NW Wellness Screenings

Cost: varies per screening

Low cost health screenings provided by certified medical personnel. Go to nwwellness.com to see available tests and prices. Most appointments are walk-in. Payment due at time of screening. This event will not be listed on our online registration site. For more information: 888-837-8567

Tuesday May 27th • 6-7:30pm

Guerilla Sustainability with Jonathan Carroll

Cost: free • class size limited to 35 participants

This one hour presentation will cover a small case observation of individual action towards a sustainable existence. Jonathan Carroll, a First Alternative Co-op employee for the past 19 years, will use a multi-media approach to describe his mindset and actions on striving to lead a sustainable lifestyle in environmental, financial and health terms. Leave with new ideas for adding sustainable actions to your own life. Q and A at the end of the presentation.

Thursday May 29th • 6:30-8:30pm

Rainwater Harvesting with Dave Eckert

Cost: free • class size limited to 35 participants

Turn your residential rooftop rainwater runoff into a valuable resource for you and your yard. Learn why it is becoming more important than ever to collect and reuse rainwater; how to analyze how much rainwater you can collect, how to design a safe and efficient system, where to purchase parts, who can help you and how to distribute the water efficiently to your yard. Sponsored by the Corvallis Sustainability Coalition Water Action Team and First Alternative.

Dave Eckert is the Sustainability Coalition's Water Action Team Leader and Project Manager for First Alternative's Three Waters Project. Dave has 24 years experience in rainwater harvesting. He has been teaching workshops on this subject since 1998. He has also been commissioned by government agencies to make videos about rainwater harvesting.

Check out our BULK LOOKUP Go to www.firstalt.coop

Select "Bulk Search" from the menu bar and enter your mystery PLU



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

Restore the joy of living.

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



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(541)738-2711 • www.virginiashapiro.com

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Alternative Transporters of the Month



Kirk Rensmeyer



I'm four blocks from the North Co-op, so I mainly walk. I own two bikes for more distant destinations, and use my car as little as possible. I do not wish to be dependent on petroleum products nor do I wish to add to a global CO2 level that is now pushing past 400 parts per million. I greatly enjoy shopping at the Co-op and enjoying all of the locally grown, high-quality produce. Thanks.

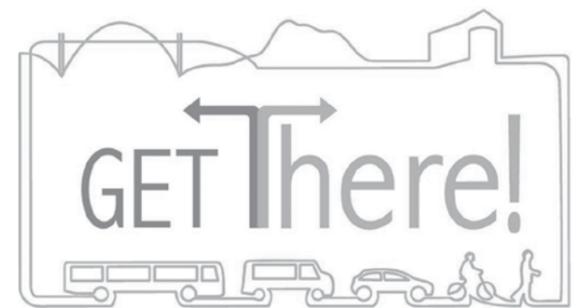


Kirk will receive a \$50 gift certificate to Cycle Solutions!

don't miss the bus alternative transport pays

Don't miss the Get There campaign, from May 5th to the 16th. Track your trips by bike, bus, walking, carpool/vanpool and teleworking at DriveLessConnect.com to win prizes like a Coast trip, iPad, and dozens of local gift cards to local favorites like McMenamens and New Morning Bakery.

Get active, save money, win prizes, and help the City of Corvallis gather important data about transportation options in our beautiful city.



Alternative transportation options have benefits for your health, your wallet and the planet. Last year's "Get There" participants tracked enough alternative-transportation miles to go around the Earth five times! Let's do even better this year!

How to track your trips to win prizes:

- Create your profile at DriveLessConnect.com by clicking "Register Now." (Or sign in if you're already a member).
- Click on "Ridematch" in the top blue bar to create a trip, and "Calendar" to track your trips. Track any trips May 5-16 to be eligible for prizes!
- Contact Tarah Campi at tcampi@ocwcog.org with any questions.

co-op donations

MARCH 2014

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

GLEANERS

Linn-Benton Food Share North: 830 lbs = \$1,782.70
..... South: 1,040 lbs = \$1,910.60
Chintinimi 33.5 lbs = \$49.16

SMALL DONATIONS

Mt. View Elementary School.....\$30
Biology Graduate Student Symposium\$30
Long Tom Grange.....\$30
Strengthening Rural Families\$30
LBCC (Career Fair).....\$30
Jefferson Elementary\$30
Monroe High School Booster Club.....\$30
Alesa Rural Health Care Inc.....\$30
Mary's River Watershed\$30
DAAD-German Academic Exchange.....\$30
Ocean Blue Project.....in-kind donation worth \$15
March Donation Totals:\$4057.46

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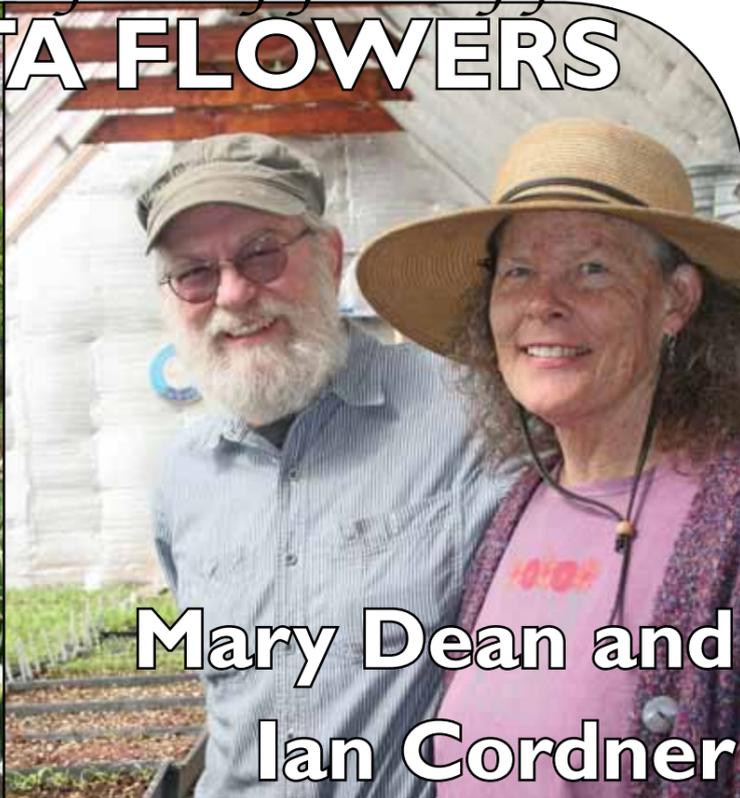
Ted Wade - Owner

international year of family farms

BUENA VISTA FLOWERS



For that Mom's Day Bouquet



Mary Dean and Ian Cordner

How big is your crew?

There are four of us.

Where is your farm located?

Buena Vista, Polk County, Oregon

How many acres do you farm?

We have 2 acres.

How long have you been in operation?

Since 1980.

What do you grow?

Flowers. We have hundreds of varieties of annuals and perennials. We do cut flowers and dried flowers.

What do we sell at the Co-op?

You sell our bouquets.

How long have you been selling to us?

For a decade now. We deliver twice a week, Tuesdays and Fridays all through the growing season.

How long is the growing season?

March through October.

Where else are your flowers available?

You can buy directly from us at our Flower Barn on the homestead. We're at the Salem Saturday Market every week from

April to October. We have a bouquet delivery service where we bring a new bouquet of fresh flowers to you every week. We also do weddings and other special events.

Please describe your farming philosophy

We grow the most beautiful flowers we can. We use lots of compost and TLC. The sustenance of our soil is our top priority.

How do you control weeds, pests and pathogens?

We use neem oil, insecticidal soap, copper and spinosad for pests and disease. We use Round Up for weeds.

Please tell us your story!

When I moved to Oregon in 1978, I lived in a house that had a greenhouse in the backyard. I started seeds in the spring and got hooked on growing things. Later that year, my husband at the time and I bought an old house with an acre in Buena Vista. We started a plant nursery and built the greenhouse that I have started seeds in ever since. As time went on, I got into dried flowers and then cut flowers. I sold them at farmers' markets in Albany, Corvallis, Eugene, Independence and now

in Salem. When Ian became part of my life, we started selling at the Co-op. He started the building we call the Flower Barn on a piece of property I bought in 2007 which expanded our land to 2 acres. It is a really lovely structure made from mostly recycled materials right up from the Buena Vista Ferry. We sell flowers from the Flower Barn year round with dried flowers for the winter and fresh flowers from March thru mid-November. We do many weddings and special occasion flowers. The growing season is non-stop work and can be overwhelming at times. It is good exercise and rewarding as well to live and work in such a beautiful place.



Go Bananas

This month in the produce department we're excited to be featuring our organic, GROW brand bananas. Did you know that when you buy GROW bananas at the Co-op you're not just purchasing a premium piece of fruit, you're also helping children in Mexico get a better education?

Bananas will be on sale during parts of May to say thank you, not just for supporting the local community and your Co-op, but also communities and charities abroad.

Buying local is very important to us at the Co-op. It's a powerful way to ensure a strong and prosperous community. But because of our climate bananas will never be available locally. We could purchase them from many different sources, but instead of basing the decision on who has the lowest price, we base it on who best exemplifies the Co-op ideals. We chose Organics Unlimited's GROW program bananas because the money earned goes toward helping kids get a good education, and because we know that Organics Unlimited is a sustainable business that cares about the world around them, much like the Co-op.

What are GROW bananas? GROW stands for Giving Resources and Opportunities to Workers. Organics Unlimited gives distributing companies a choice to buy their regular bananas or their GROW program bananas for a little bit more per case. That "little bit more" from every case helps the children of Organics Unlimited employees in Mexico get the supplies they need for a quality education. GROW helps kids with everything related to school, from clothes to tutoring.



The Co-op has been buying GROW bananas since 2005. In that time, First Alternative shoppers have purchased enough bananas to send the kids in Mexico \$19,304 to help with their education. All we have to do as customers is pay an extra cent or two every time we buy bananas. That's all it takes to help make someone's life better.

I believe we are very fortunate to have the opportunity to help kids get a better education simply by paying a little bit more for bananas. I'm happy for the chance to buy something from a different part of the world and to give back to them at the same time. This sort of opportunity is all too rare. I wish we had more opportunities similar to the GROW program. Too often we take without adequately giving back.

Keep an eye out during the month of May for banana sales and information about the GROW program. I encourage all Co-op shoppers to learn more about the company that produces the bananas we eat, and the charity program that helps the families of its workers get a quality education by visiting projectamigo.org and organicsunlimited.org. Thanks for shopping and supporting our local and world community.

-Clayton
North Store Produce Assistant

Try the Wednesday Farmers' Market!

 **1st & Jackson**
9 AM-1 PM

Wednesdays & Saturdays **2014 season: April 19 - Nov 26**


Also Saturdays in Downtown Albany!
www.LocallyGrown.org



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

What's cookin' in the Co-op Kitchen

We all know how hard it can be to eat right. People are busy and cooking takes time.



There's the planning, the prep, and worst of all, the cleanup. That's where the Co-op Kitchen comes in. Our kitchen staff loves good food and it shows.

Quality and Integrity: We source our ingredients based on the same guidelines as the rest of the Co-op. We use organic Surata brand tempeh and tofu, just like we sell in the store. It's certified GMO-free. So is our mayonnaise and canola, both of which come from Spectrum, a company well established in the natural foods industry. We source our meat from ethical producers like Draper Valley Farms. We use wild-caught, sustainable seafood from fishers like Pisces

Tuna. 100% of our fresh produce is organic, ordered frequently and in small quantities. The Bakery's chocolate-y treats meet our strict buying guidelines too, so you can enjoy a guilt-free dessert. Well, a less guilty one.

We buy local: We use local products whenever we can. All of our beef and pork comes directly from Lonely Lane Farm, often hand delivered by Farmer Mike himself. Lonely Lane beef is the highest quality available. Not only is it family-run, it's also 100% grass fed from start to finish. We use Tillamook cheese in dishes like Fancy Mac, in our breakfast wraps, and on our sandwiches. We partner with other local businesses like Big River and Nearly Normal's to offer their products as ingredients in our prepared foods. And our berry-licious Bakery treats are made with Stahlbush Island Farms berries from right here in Corvallis.

Whole food: In large-scale grocery stores' prepared-foods departments it's common

practice for the components to be made off site, processed, packed up, then shipped to retail outlets for assembly. The Co-op Kitchen is a production kitchen, not an assembly kitchen, an important distinction to make. We use as many raw, whole ingredients as we can, and we make our food from scratch at the South Store.

Our bakery is a from-scratch bakery, start to finish. We take pride in our hands-on approach, and we staff our kitchen and deli with people who feel the same way.

Whether it's a hot-and-ready breakfast sandwich made with Lonely Lane pork and Tillamook cheese, a hunk of pesto pizza on Big River Focaccia, or a slice of Vegan Marionberry Pie, we're here with the food you want, when you want it. Hungry?

-Makenzie Kaiser
Co-op Kitchen Asst. Manager

MAY 2014

Co-op deals

sale period:

April 30th-June 3rd

special order deadline:

May 30th

stock up and save!

Flyer A: April 30th- May 20th
S.O. deadline: May 16th

Flyer B: May 21st-June 3rd

S.O. deadline: May 30th

Find more sales in our
Co-op Deals flyers!

Outdoor Adventure Check list:

GRIZZLIES GRANOLA Nectarine Nut Mix ON SALE!

BULK Organic Black Chia Seeds ON SALE!

PRODUCE Bunny Luv baby carrots

PACHAMAMA Coffee ON SALE!

RUMIANO WILLOW MADE Dry Jack Cheese

SIERRA NEVADA Specialty Ale Mustard ON SALE!

PRODUCE Cucumbers for dipping in hummus

DECK FAMILY FARM Summer Sausage ON SALE!

MARY'S GONE Crackers ON SALE!

TO-GO-WARE Bamboo Utensil Set

PERRIER Mineral Water ON SALE!

PRODUCE Snap peas

local color

We've selected some adventure snacks for you to enjoy during the month of May! Whether you are camping, hiking, or just heading to the coast, stay energized and inspired during all of your outdoor adventures!

wellness

HEALTHY HOO HOO

Cleansers for Women

20% off



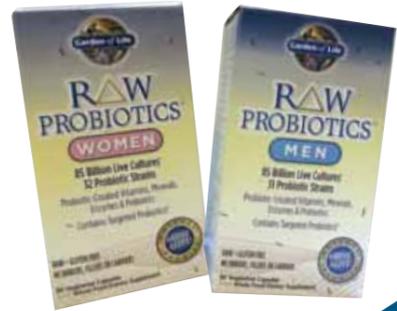
AUBREY Shampoo and Conditioner

25% off



GARDEN OF LIFE Select Probiotics

35% off



bulk

BULK

Organic Garbanzo Beans

reg. \$2.59/lb. sale \$2.29/lb.

Great in hummus or cold bean salads!



BULK

Organic Black Chia Seeds

reg. \$10.59/lb. sale \$9.99/lb.

Packed with fiber and protein. Add them to your smoothies, baked goods or salads!



SAYER & SON

Local Garbanzo Beans

reg. \$2.39/lb. sale \$1.99/lb.

Grown using organic practices in beautiful Brownsville, OR on land that is transitioning to Organic!



PASTARISO

Organic Brown Rice Pasta Penne or Spaghetti

reg. \$3.89/lb. sale \$3.39/lb.

made with 100% wholegrain organic brown rice flour!



coffee

PACHAMAMA Select Varieties

reg. \$13.89 sale \$11.89/lb.

Amazing coffees from the only coffee roaster 100% owned by coffee growing Co-operatives!



GRIZZLIES GRANOLA Nectarine Nut Mix

reg. \$12.19/lb. sale \$10.99/lb.

With only 5 ingredients, this is a true taste of 100% organic fruits & nuts. Handmade with nectarines, Oregon grown hazelnuts, raisins, almonds and walnuts.



EQUAL EXCHANGE Select Varieties

reg. \$11.99 sale \$8.99/lb.



produce

Supporting local farms, families, and communities since 1970!



Read about the GROW Banana program on page 7 and how it is helping educate children in Mexico!

LOCAL LETTUCE!

Enjoy local red- & green-leaf lettuce & salad greens from **Denison Farm & Gathering Together Farm!**



yum!
yum!
yum!

FIRST ALTERNATIVE Omega-3 Once Daily

90 gel reg. \$29.89

sale \$24.99



FIRST ALTERNATIVE Concentrated Omega-3

60 gel reg. \$16.59

sale \$13.99

FIRST ALTERNATIVE Concentrated Omega-3

120 gel reg. \$30.29

sale \$25.49



FIRST ALTERNATIVE Women's Once Daily

90 tab reg. \$32.79

sale \$27.49



FIRST ALTERNATIVE Food Rich Women's Multi

90 tab reg. \$24.29

sale \$19.99



cheese

ORANGE WINDMILL

Da Vinci Gouda

with Mediterranean herbs

lb. reg. \$12.89 sale \$11.69/lb.



TILLAMOOK CREAMERY

Sliced Medium Cheddar

8 oz. reg. \$4.69 sale \$4.19 ea.

ORANGE WINDMILL

Cablanca Goat Gouda

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



TILLAMOOK CREAMERY

Kosher Medium Cheddar

8 oz. reg. \$3.99 sale \$3.59 ea.



THE LAUGHING COW

Babybel Original or Sharp Minis

4.5 oz. reg. \$4.29 sale \$3.89



ORGANIC CREAMERY

Organic Feta Crumbles

6 oz. reg. \$6.19 sale \$5.59 ea.

OCHOA CHEESE FACTORY

Queso Fresco or Queso Oaxaca

12 oz. reg. \$5.79-6.49 sale \$5.19-5.79

FULL CIRCLE CREAMERY

Diablo Raw Cheddar

reg. \$16.99/lb. sale \$15.29/lb.



local
co-op

co-op kitchen

Chocolate Buttermilk Cake

whole cake

reg. \$18.99 sale \$16.49 ea.

Black Bean and Corn Salsa

reg. \$6.99/lb. sale \$5.99/lb.

DECK FAMILY FARM

Summer Sausage

12 oz. reg. \$9.29

sale \$8.59 ea.

DRAPER VALLEY FARMS

Ranger Griller Packs

2 Bone-in Split Breasts and 4 Drumsticks

reg. \$4.69/lb sale \$2.99/lb.



grocery

SIERRA NEVADA

Specialty Mustards

8 oz. reg. \$3.79

sale \$2.89 ea.

Sierra Nevada brings you savory mustards made with their award winning ales. Enjoy as a mustard, dipping sauce or glaze.



MARY'S GONE

CRACKERS

Assorted Crackers

6.5 oz. reg. \$4.69

sale \$3.99 ea.

Non-GMO with no pesticides or synthetic fertilizers, ever!



CARMEN'S

Corn Tortilla Chips

Triangle or Round

14 oz. reg. \$3.19

sale \$2.39 ea.

Great for nachos, casseroles or with salsa and a tasty, cold beverage!



JACKSON'S

Honest Organic

Potato Chips

made with Coconut Oil

Sweet Potato, Sea Salt and Vinegar, or Sea Salt, 5 oz. reg. \$3.99

sale \$2.69 ea.

Our goal is to make a great tasting potato chip in a healthy oil that respects the intelligence of our consumer.



cooler

DE CASA

Salsas

Mild, Medium, Hot

14 oz. reg. \$3.19

sale \$2.39 ea.

These are made in small batches and delivered to First Alternative weekly so our shelves are stocked with the freshest possible product!



NEARLY NORMALS

Sunburger

12 oz. reg. \$5.99

sale \$4.59 ea.

Dairy-, gluten- and soy-free! And made right here in Corvallis!



STAHLBUSH

Assorted Vegetables

10 oz. reg. \$2.19

sale \$1.59 ea.



ENTER TO WIN A CITIZEN FOLD-AWAY BIKE!

This 6-speed fold-away offers a sleek design in a compact, on-the-go package! It is ideal for commuting, storage or travel. Bike comes with steel frame, v-brakes, & 16" tires with alloy rims! Stop by the store and enter to win!



HONEST TEA Assorted Teas

16 oz. reg. \$1.69

sale 99¢ ea.

Lightly sweetened with organic cane sugar -- the result is a subtle, refreshing flavor and one-third the calories of the super-sweet, tea-flavored drinks!

Family owned and operated, using green cleaning that is caustics-, dioxane-, and phosphate-free!



household

EARTH FRIENDLY Assorted Products

Window Kleener, All Purpose, Orange + Ready To Use, Stain & Odor Remover, Parsley All Purpose Kleener, Fruit & Vegetable Wash

22 oz. reg. \$3.49

sale \$2.69 ea.



KORE KUMBUCHA

Assorted Kombuchas

Brewed in small batches to ensure that each bottle and keg they produce has the very best flavor!

New lower price!

PERRIER

Mineral Water

Grapefruit, Lime, or Original

10 pk of 8.45 oz. slim cans reg. \$8.69-9.19

sale \$6.49 ea.

A new take on the cocktail! Try with fresh cucumber or fresh ginger -- or get creative and design your own mocktail!



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

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

BUDGET Bites

May Menu

- Grilled Chicken & Potato Medallions
- Baked Bonzos & Canihua Salad
- Spring Veggie Stir Fry
- BBQ Chicken Quesadillas
- Raab & Rice Casserole
- Garbanzo Tikka Masala

As the weather gets warmer, it's time to start grilling. Memorial Day is the big kickoff of the summer, and we've got a great barbecue recipe to share this month in Budget Bites!

Forget store-bought BBQ sauce. This recipe comes in at half the price per ounce and makes a generous amount: enough to feed a party or for you to freeze and use whenever you want rich, smoky flavor. This month's Budget Bites uses it on chicken, in quesadillas, and as a base for baked beans. Try all the recipes, available at customer service!

-Emily Stimac, Marketing

Rich & Smoky Barbecue Sauce

Yield: 3 1/2 cups

- 1 can root beer
- 1 can tomato paste
- 1/2 can pineapple chunks and juice
- 1 Tbsp apple cider vinegar
- 1 Tbsp molasses
- 1 Tbsp fresh ginger, grated
- 1 garlic clove, grated
- 2 Tbsp honey
- 1 tsp paprika
- 2 tsp smoked salt

Combine all ingredients in a saucepan. Bring to a simmer and cook 30 minutes. Blend until smooth. Keeps 7 days in refrigerator or 6 months in freezer. Use for grilled chicken, barbecue pizza, quesadillas, sandwiches, you name it!

Potato Medallions

- 2 russet potatoes, parboiled
- 1/4 cup olive oil
- 1 clove garlic, crushed
- 1/2 tsp salt

Wash potatoes and cut lengthwise, about 1/4 inch thick or less. Mix oil, garlic and salt in a bowl and brush each potato with oil mixture. Grill over medium heat until finished, about 15 minutes.



PRODUCER PROFILE

Local Condiment Roundup

Instead of digging the dirt on just one Local 6 provider this month we're providing a quick and saucy dip into the tasty world of locally made condiments—a world that's six counties wide.

Shannon Oliver at Red Duck Foods, makers of Red Duck Ketchups:

What's one thing you want everyone to know about your product? That we're made just down the road in Eugene.

What sets your ketchup apart from the competitors? Certified organic, comes in three delicious flavors. We have about half the salt and sugar content of conventional ketchups, but more than twice the flavor

What's the Red Duck Team's favorite uses for your ketchup? Kurt loves it on meatloaf, Karen loves it on veggie burgers, Jess likes to use the Classic as a pizza sauce and Shannon is particularly fond of Red Duck Spicy in her Bloody Marys.



Mandi Bussel of Oh So Simple Cashew Spreads*:

What's one thing you want everyone to know about your product? We're a family run business that produces each batch with fresh squeezed lemons and hand chopped vegetables. They're soy free, gluten free, corn free, dairy free, and vegan.

What sets your spreads apart from the competitors? We are different from other cashew spreads, because all of the ingredients are fresh, simple and easy to understand. We don't use any additives or preservatives.

What's your favorite uses for your spreads? We enjoy our cashew spreads on pizza, lasagna, and burritos. They're also excellent with your favorite veggies and crackers or cooked in your next casserole.

*Currently available only at the South store, but coming soon to North

Polly at Pure Peppers, makers of Dan's Smoky Salsa:

What's one thing you want everyone to know about your products?

That we grow all the peppers and tomatoes used in our products in Junction City following organic farming practices. Dan's Smoky Salsa doesn't have any added sugar and is very low in sodium.

What sets your salsa apart from the competitors? What sets us apart from our competition is our rich, natural wood-smoked flavor and all natural ingredients. It's easy to pronounce every ingredient in our salsa.

What's your favorite way to enjoy the salsa? Our favorite way to eat Dan's Smoky Salsa is with a good bag of tortilla chips, some good friends and a cold beer.



Stan Stubblefield at De Casa Fine Foods:

What's one thing you want everyone to know about your products? Our Salsas and Hummus are certified Organic, which means they are non-GMO. They're also gluten free.

What sets your salsas and hummus apart from the competitors? We're the only local USDA certified Organic Salsa. The fresh organic produce we use is purchased from a local distributor that specializes only in organic produce, often from farms located in the Northwest.

What's your favorite way to enjoy one of your salsas? Spread De Casa salsa on organic or free range chicken, put it in the oven and bake it, and you have wholesome chicken with a Southwest flair. For extra kick use Hot Salsa.

Cody Bell, creator of Kuzushi Dank Sauce:

What's one thing you want everyone to know about your products? That a portion of our proceeds go to Wounded Warrior Project. Many of my friends and family sacrificed themselves for us, and it's the least we can do.

What sets Dank Sauce apart from the competitors? I think that the quality and value of the product sets it apart from the competition. It's a hot sauce but the focus is on flavor. It's easy to make something hot, but achieving a nice balance between flavor and spice is what we try to do with every batch.

What's your favorite way to enjoy some Dank Sauce? Cottage cheese, pineapple and a nice dose of the "original" dank sauce. it gives you a creamy, tangy, sweet & spicy profile.



Computer Problems?

I offer fast accommodating solutions for PC and Mac systems

"We really appreciate your prompt and thorough service."
-Lisa Morrison, Sierra Club office manager

"You have brightened my day through your expertise."
-Andy Dufer, Director, Nestucca Sanctuary

"Thanks so much for helping us...I really appreciate it!"
-Louise Tippens, Director, Environmental Federation of Oregon

Superior PC Service

- Repairs
- Upgrades
- Networking
- Virus removal



John Madsen

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Established 1988

Oregon Organic products

We offer: Quality

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

Thanks for Supporting

Sweet Creek Foods

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

Our business is family owned & operated.

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

look for us at your Co-op

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Since 1973

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316 SW Washington
Corvallis



staff spotlight: meet your Co-op crew!

Kate Ottersten

What do you do at the Co-op and how long have you been working here? I've been a produce stocker for one year this month.

What do you like best about the job? I love watching the seasons pass by through a produce lens. Citrus in the winter, local greens, fresh garlic, and raabs in the spring, local berries, tomatoes, peppers, melons and so much more in the summer; and in the fall, local apples, pears and squash. We're so fortunate having all these wonderful local growers providing us with beautiful, super-fresh fruit and veg.

How has working at the Co-op affected your life? I've always been kind of a geek about proper nutrition and my position here has really added to that knowledge. Between speaking with the local farmers who deliver their goods directly to us, my co-workers as well as our customers, I've gleaned a lot about growing and preparing produce, as well as the varied nutritional properties of countless items. Also, I take great pride in being a part of the only locally owned grocery store in Corvallis.

What are some of your favorite products at the Co-op? My favorites vary by the season. Currently the Denison Farms fennel and all the raabs!

What do you like to do outside of work? I love to garden (all edibles) and then cook with all the things we've grown. I have fun riding my bike everywhere and going running. I do volunteer work with the Sustainability Coalition's Food Action Team, as well as the Corvallis Independent Business Alliance.

Where did you grow up/where have you lived in your life? I'm a real city mouse! I spent most of my youth in the Boston area, then 12 years in New York City. My husband

and I moved here from Brooklyn two years ago this month. It's been a big adjustment, but a very welcome one at that.

What do you like about living here? In Corvallis we're lucky to have such great independent businesses (like our breweries!), mild weather and a friendly, progressive community with a real focus on sustainability. Oregon is great for its varied territory, the Mighty Pacific, the Cascades, our gorgeous valley, and stark deserts. It's impressive and rare and I want to explore every bit of it.

What are some things folks might not know about you? Well, for a few years I managed a popular art gallery in Brooklyn which gave me opportunities to travel far and wide and meet interesting folk. Also, when I have LOTS of free time I like to make stop-motion animation films, everything from building the sets, creating the characters, writing the script and filming it, too!



Kate showing off some of last season's beet harvest



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

April through June 2014

Homeless Education Program

Community Outreach, Inc.

Coastal Food Bank

Ten Rivers Food Web

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

The January through March 2014 donation totals are in:

CASA (Court Appointed Special Advocates).....	\$497.36
Benton Habitat for Humanity.....	\$406.48
Heartland Humane Society.....	\$787.25
Mary's River Gleaners.....	\$308.91
Total donations.....	\$2,000

Thanks, Co-op shoppers, for helping make the world a better place, one bean at a time!

Anniversaries in May

Staff Anniversaries

Blueberry, 1 year: Kate Ottersten, Jean Marr

Raspberry, 2 years: Naomi Jeffries

Cherry, 3 years: Shane McFarland

Apricot, 8 years: Joe Smiley

Lime, 11 years: Natalie Lagerquist

Tangerine, 12 years: Donna Tarasawa

Nectarine, 13 years: Lisa Millbank

Pomegranate, 19 years: Jonathan Carroll

Bunch Grapes, 27 years: Michele Adams

Paid Sub Anniversaries

Blueberry, 1 year: Sierra Molesworth

Strawberry, 6 years: Serena S. Kapuler

Fig, 9 years: Jana Seeliger

ANNIVERSARY FRUITS

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

- | | |
|---------------|--------------------|
| 1. Blueberry | 15. Pear |
| 2. Raspberry | 16. Apple |
| 3. Cherry | 17. Orange |
| 4. Blackberry | 18. Grapefruit |
| 5. Kumquat | 19. Pomegranate |
| 6. Strawberry | 20. Mango |
| 7. Plum | 21. Papaya |
| 8. Apricot | 22. Cantaloupe |
| 9. Fig | 23. Honeydew melon |
| 10. Kiwi | 24. Pineapple |
| 11. Lime | 25. Watermelon |
| 12. Tangerine | 26. Hidden Fruit |
| 13. Nectarine | 27. Bunch Grapes |
| 14. Peach | |

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

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

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

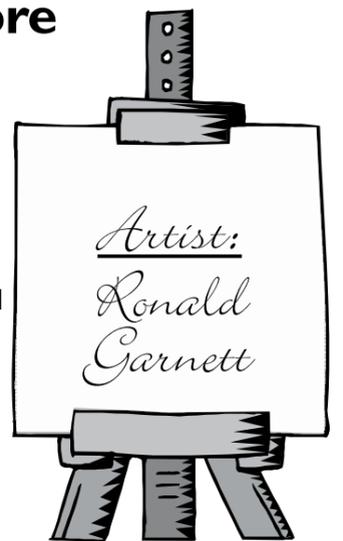
Owner-Worker Positions: Co-op owners who work a 2-hour shift per week doing various duties such as stocking or helping in the deli.

Art at the South Store

Ron Garnett has been a photographer since the mid 1970's. He earned a scholarship to OSU for photography and stayed in Corvallis after he was done.

Come see Ron's cool free-form abstract photos; they don't even look like photos! He'll also be displaying flowers, micro flowers, and humanistic expressionism. Come check it out while you have lunch or coffee in the South Store café.

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



Come in and let us show you how to grow something delicious.

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health services guide

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

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REJUVENATE WITH A NOONTIME BREAK! Improve flexibility, posture, balance and coordination to decrease pain and stiffness and promote ease and enjoyment of daily activities through guided movement lessons based on the Feldenkrais Method. Tuesdays May 13 - June 10, noon-12:45pm. Yoga Center of Corvallis, 111 NW Second St. \$40 or \$10/class drop-in. Info: Marg Bartosek (541) 286-4678

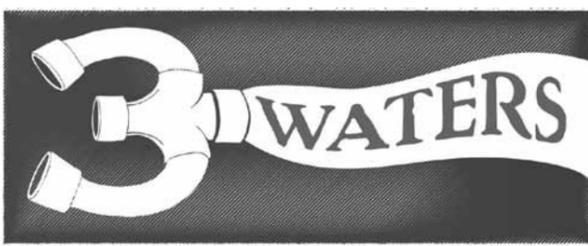
3 Waters Project update Water Action Team reaches a major milestone

First Alternative's South Store teamed up with the Sustainability Coalition's Water Action Team in 2009 to develop a demonstration project showing the benefits of more efficient use and discharge of water on-site. As a former industrial site that had been fully developed by previous owners without consideration for water conservation and efficiency, the South Store represented quite a challenge. In March 2014 the Co-op reached its goal of reducing its municipal water usage by 50%. Challenge met.

Dave Eckert, the Sustainability Coalition Water Action Team Leader, called the Co-op's system the "Mother of Grey Water Systems" in Corvallis. At the site you will find informative signage and info graphics about the 3 Waters Project. The site is accessible by the public for use as a demonstration site.

The Co-op received the first Greywater System permit in the City of Corvallis, Eckert said with excitement, "and with the help of senior engineering students at Oregon State, we were able to design a workable commercial sized greywater harvesting system.

"It's a bit of a Rube Goldberg puzzle, the way the water flows, but we've added arrows to help us remember the flow of the water path," Dave laughed. This on-site treatment lowers the dependency and costs of centralized systems, and diversifies the risks during environmental or social crises. The Co-op lowered their municipal waste water by 50% with the on-site



re-filtration system. Not only does this lower their overall river water use, it lowers their dependence on fossil fuels and coal-burning energy systems.

The Project's goal was to demonstrate that a fully developed and operational business could reduce its use

of three municipal water systems by 50% without affecting productivity. In March 2014, the Co-op met this goal, saving 50% of their wastewater from having to be retreated on a large scale and using less river water and less fossil fuel energy, all while maintaining productivity.

What happens next? "We've successfully reached the 50% Municipal Water Use goal and are at 38% of the 50% storm water discharge goal. The Co-op generously provided much of the funding for the project, along with funding from the City of Corvallis, League of Women Voters, and the OSU Thrift Store. This community project is a 'forever project', but for future progress and funding, the Water Action Team will need to raise additional funding, possibly through grant programs and awards."

In the meantime, Dave is taking his show on the road, working with four different teams of senior students at Oregon State. They are doing a full analysis of the OSU storm water system and are in the process of designing three vegetative systems, including rain gardens, bio-swales, and rainwater collections, along with a potential water feature at Reser Stadium.

letters

LETTER TO THE EDITOR POLICY

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

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



keeping it local: sign up for the 40% Local Challenge

If you were to measure how much local food you eat, how would you measure it? By volume? By weight? By calories? By cost? And how would you define "local"?

First Alternative Co-op and the Corvallis Sustainability Coalition define "local" as food that is grown, produced, or processed by a business owned and operated in a six-county area (Benton, Lane, Lincoln, Linn, Marion, and Polk). We call this "Local 6". First Alternative makes it very easy to identify Local 6 products, thanks to their Local 6 shelf tags.

Fifty years ago, it was common for people in our community to eat at least 40% of their food from the Local 6 area. But with the growth of our industrial food system most people eat food that comes from all over the country and all over the world.



One of the food goals of the Corvallis Sustainability Coalition is 40% local by 2020—an ambitious goal, given the current estimate is just 7%. This move toward eating more locally needs to start with individuals, with each one of us. For those who are just starting on this path, the challenge may seem daunting. That's why the Coalition's Food Action Team is hard at work planning ways to support those who have taken the challenge—with resources, tips, activities, and events to turn this challenge into an adventure.

The first step is to take the Eat Local 40% challenge. Just go to www.sustainablecorvallis.org and take a few minutes to pledge your participation. The pledge form provides a lot of options to individualize your commitment: how you'll measure the amount of local food you eat, how often you'll aim for 40%, and where you'll get your local food. We also want to find out from you what the obstacles are to eating more local food.

Making more sustainable food choices presents each of us with a great opportunity to contribute to the creation of a vibrant local food system, a key component in achieving a sustainable community.

We hope you'll join us in this challenge!
Annette Mills, Corvallis Sustainability Coalition

The Sound of Silence?

I recently received a letter from the Co-op asking owners to contribute more money to their share in an effort to cover unforeseen repair projects that have arisen. I have an idea that might help generate funds towards these repair projects. I notice that the Co-op plays music throughout the stores. As someone who appreciates quiet and detests music being forced upon me while I shop, it occurs to me that the Co-op might consider terminating the music contract and extend the saved funds, \$600/yr, towards the repair projects in question. This represents over six new members per annum whose money deserves to be put to better use than frivolous entertainment for a minority 15% (as estimated by Market of Choice) who like the music to the majority who'd just a well not have another noise impacting them. The quieter atmosphere would be a welcome change, a real alternative for an Alternative to the usual shopping annoyance.

Addendum. Why does Co-op marketing think piped in music is a good ploy, that it brings in more shoppers. Have they done their own research? I doubt it; that instead marketing merely took Pandora's word of it. For their research claims which can't be trusted to be unbiased. Here's some personal research. Market of Choice's music is so bad, that I no longer shop there and I walked out of Fred Meyer to buy clothing elsewhere when their music was so out of bounds that concentrating upon a good selection was impossible.
-William Elliot

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Cinco de Mayo
Saturday, May 3rd
The celebration begins at 12pm

Art Exhibits Authentic Food Music Dancers
Bilingual Plays by Teatro Milagro

Enjoy a day of celebration with live music, authentic food, bilingual plays, film shorts, dancing, artwork and crafts! The Majestic Theatre is proud to collaborate with our Community Partners: Casa Latinos Unidos de Benton County, OLU (Organización de Latinas Unidas), Portland's Teatro Milagro, Calapooia Brewery, OSU's Ethnic Studies Student Association, Linn-Benton Community College Department of Equity, Diversity & Inclusion.

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FREE
EVENTS

May Community Calendar

WEEKLY DEMOS IN THE STORE

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

Wednesdays	Thursdays	Fridays	Saturdays
South 3:30-5pm	North 5:30-7pm	South 5:30-7pm	North 11-12:30pm

** Farm to School Harvest of the Month Tastings **
featuring Spinach Pesto Pasta!
Tuesday May 13th
South: 4:30-6pm • • • North: 6:30-8pm

UPCOMING EVENTS

5TH ANNUAL NATURAL AREAS CELEBRATION WEEK! May 3rd-11th, Various locations around Corvallis. This week is a celebration of the incredible natural resources in our community! From a historian walk at a local natural area, to a photography outing atop Fitton Green, there is bound to be something for everyone. Events are family-friendly and free! For a complete list of events, go to: <http://bit.ly/1hT5Lve>

COHOUSING COMMUNITY TOURS Sunday, May 4th. Explore cohousing options at both CoHo Ecovillage in Corvallis and Oakleigh Meadow Cohousing in Eugene. Tours offered at 10:30AM in Corvallis and 2:30PM in Eugene. To register: 541-753-4453, cohocontact@cohoecovillage.org

GRAPHIC NOVEL BOOK CLUB Tues. May 6th, 6:30-7:30PM. Old World Deli, 341 SW 2nd St. This month we will be discussing Daytripper by Fabio Moon & Gabriel Ba. New members always welcome. Meetings are held the first Tuesday of every month. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Library. FMI: Bonnie, bonnie.brzozowski@corvallisoregon.gov, 541-766-6965

VEGETARIAN NUTRITION: WHAT DOES SCIENCE SAY? Wed., May 7th, 7:30-9:30PM. Community Center, First United Methodist Church, 12th & Jackson. Presentation by Jack Norris, registered dietitian, vegan since 1988, and co-author of the book Vegan For Life: Everything You Need to Know to Be Healthy and Fit on a Plant-based Diet. Talk is free, additional paid consultation services available. FMI: <http://www.corvallisveg.org>

FILM: SICK AROUND THE WORLD Thursday, May 8th, 7PM, South Co-op Community Meeting Room. Can the U.S. learn anything from the rest of the world about how to run a healthcare system? Join us for a showing of the PBS Frontline film *Sick around the World*, sponsored by the Mid-Valley Healthcare Advocates (MVHCA) Free. FMI: 541-766-8229

RESTORATION OF GOLDEN PAINTBRUSH IN THE WILLAMETTE VALLEY Mon, May 12th, 7:30PM, Avery House in Avery Park. This presentation will explore the progress and successes in reintroduction efforts for golden paintbrush (*Castilleja levisecta*), discuss experiments being conducted to restore the species, and next steps in its recovery. Sponsored by NPSO-Corvallis Chapter. FMI: kweitiemier@gmail.com

YOGA TEACHER TRAINING Q&A Tues., May 13th, 7PM, Live Well Studio, NW Spruce Ave, Ste 101. "What happens at training? Can I get a job as a yoga teacher? Can I take just part of it? I just want to learn more." Sound familiar? Attend this free Q & A session & come, be your curious self. Facilitated by Lisa Wells and Angela Greenwood of Live Well 200-hour Yoga Teacher Training. FMI: info@livewellstudio.com

WILDFLOWER HIKE TO HORSESHOE LAKE Sat., May 17th, 9AM-1PM. This is a rare opportunity to visit private property on the banks of the Willamette River between Corvallis and Albany. Participants will see western pond turtles, a diversity of native riparian wildflowers, and a floodplain forest gallery. Wet, muddy areas are guaranteed, so wear boots. Bring a lunch and water. FMI: Matt@Greenbeltlandtrust.org

MAY REPAIR FAIR Thursday, May 22nd, 6-8PM OSUsed Store, 644 SW 13th St. Bring your broken items and questions; volunteers will help you learn how to repair your belongings for free! Specific repair skills and DIY demonstrations offered this time at <http://tiny.cc/repair-fair>. FMI: Andrea, 541-737-5398

WINE & BEER TASTING
WITH LIGHT APPETIZERS

NORTH STORE
1st & 3rd Thursdays, 5-7 p.m.
wine + cheese + crackers

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

SOUTH STORE
Every Friday, 5-7 p.m.
wine + cheese + crackers

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

BOARD & COMMITTEE
MEETINGS

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

FINANCE COMMITTEE
Wednesday, May 28th 6-7:30 p.m.
South Store meeting room

OWNER RELATIONS COMMITTEE
Tuesday, May 13th - Noon
South Store meeting room

BOARD OF DIRECTORS MEETING
Tuesday, May 20th - 6:30 p.m.
South Store meeting room
Owner comments welcomed in first 10 minutes.

ONGOING EVENTS

SAGE GARDEN WORKPARTIES Tuesdays thru October, 4-6:30PM. SAGE Garden, SW Country Club and 45th. Join us on Tuesday nights for gardening at SAGE! Gardening newbies and experts alike are welcome to join in! FMI: SAGE@corvallisenvironmentalcenter.org

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP Thursdays, 7-8 PM.; Saturdays, 10-10:45AM & 11AM-12PM, 435 NW 4th St. Inspirational Reading, Meditation, SRF Worldwide Prayer Circle, Study Kriya Yoga through Paramahansa Yogananda's teachings. All are welcome! FMI: www.corvallismeditation.org

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

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

BUDDHIST PRACTICE SGI-USA Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: 541-753-6170

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

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

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

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

MONDAYS

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

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

ZAP KILLER FAT Mondays, 12:30-1:30PM, Energy 9 Studio, 720 NW 2nd St. A new support program to reduce visceral fat around internal organs. Free weekly weigh-in, tips & support. FMI: radiatelifeorce@gmail.com

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

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

TUESDAYS

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

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

"A COURSE IN MIRACLES" STUDY GROUP 7:30PM, Join us as we read and discuss this spiritual classic. after a brief meditation. FMI: 541-754-9051 after 11 a.m.

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

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

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

WEDNESDAYS

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

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

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

THURSDAYS

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

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

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

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

FRIDAYS

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

SATURDAYS

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

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

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

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

SUNDAYS

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

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

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

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

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

2014 BOARD CANDIDATE STATEMENTS

First Alternative's Board election time is coming soon. I would like to introduce two new candidates for this year. Both have extensive financial experience and will be a real asset to the Board -Toni Hoyman

Erik Rose



Although this would be my first experience serving on a board, I believe my skills in data analysis and financial management will help me contribute value. My passion for sustainable agriculture and food system reform led me to earn a Masters in Public Administration from the University of Washington, where I specialized in benefit-cost analysis, non-profit financial management, and board management. I then came to Corvallis to pursue a doctorate in environmental science at OSU, where I signed up as a First Alternative owner the first week I arrived. I have come to believe the best way to support local, sustainable agriculture is through cooperatives like First Alternative, and I want to be part of this change. My vision for First Alternative is to see expanding ownership and growing connections with the farmers and producers in our community, making our cooperative an enduring and vital component of the local economy.

Jim Smith



My wife Sandy, daughters Alex, Andrea, and I have called Corvallis home for eight years now. Corvallis has so much to offer and has been an excellent place to raise our family. We enjoy living in the Corvallis community with its diversity of ideas and attitude about healthy life styles and the environment. First Alternative Co-op is an important member of our community. Not only do we have an incredible variety of local and organic food, the Co-op gives back to the community by its support for so many worthwhile causes. If elected to the Board by the Co-op members I will use my energy and experience to support the Vision, Mission, and Goals of the Co-op

A third candidate is running for re-election. She has served a full 3 year term and has graciously decided to serve for another term if elected.

Melissa Hartley



I sometimes think about our name, First Alternative Co-op. Rather than an "alternative", the Co-op is my first choice. My household is a "frequent shopper", and the Co-op is an integral part of our lives. We feel at home there, and staff are friendly and aware of issues surrounding sustainability and healthy food. It's a local business that has evolved over 44 years! It means a lot to me that we have this wonderful source for wholesome food and community involvement. Everyone can benefit. We are very lucky to have this great Co-op, and I am grateful for the work that has gone into making it a mainstay in the health in our area. I would like to continue working toward the Co-op's mission for another term on the Board of Directors. In my current term, I have chaired the Board Recruitment and Elections Committee (BREC) for two years, as well as researched and contributed to the Board's decisions. Long live First Alternative Co-op!

Proposed Bylaws Change

The Board is proposing a change to section 3.7 – Issues submitted by owners. The proposal is to change:

"Petitions must be received at the Co-op not less than ninety days before the first date on which ballots may be mailed."

to:

"Petitions must be received at the Co-op not less than sixty days before the first date on which ballots may be mailed"

Explanation: The ninety day requirement is a relic from the past. Today with computers we are able to process petition materials faster so not so much time is needed pre-ballot mailing. Also, with the increase in owners there is an increase in signatures needed to get an issue on the ballot and this will give more time for signature gathering activities. The Board recommends approval of this bylaw change.



by Yadira Ruiz

It's no secret, people LOVE variety and being able to make choices. This means that in order for First Alternative to keep our customers happy, we must provide you with a wide variety of products. However, having too many choices can be difficult when deciding on a new product, and we have a lot of new products arriving all of the time! This month's side by side comparison is all about fresh produce that will be in abundance here at the Co-op by the end of May. Each month will feature something relevant to what's happening in the local community, national celebrations or an educational opportunity.

May is all about fresh spring legumes! More specifically, we're talking about those legumes that love the coolness of early spring, Snow Peas and Snap Peas.



First the similarities: Both peas are entirely edible and keep their sweetness either raw or cooked, they both come into season in the Spring. They both come from vines that have tender tops called "pea shoots" and are delicious additions to fresh dishes.



Now the differences: Snow Peas are flat and somewhat translucent. They don't tolerate much heat before they start to wilt in the pan so they are often added into recipes near the end. Since they are light and flat, they are easily eaten in one bite, which is great for after work meals since all you need to do is rinse them off before throwing them into your favorite stir fry or salad. Snap Peas have a more firm, and rounded shell that makes a "snap" noise when cracked in half. The shell gives them a starchier texture which gives them a big crispy crunch. Snap Peas maintain their crunchy texture longer than Snow Peas do when added to hot dishes. They might require a bit more work than Snow Peas because they tend to develop a "string" that some people might find unappealing.



If you are looking to try something different, go for the Fava Bean. It's also a legume but unlike peas, the pod is often removed. The beans inside have an outer layer that can be removed or, if you wish, you can eat the entire bean. If you are cooking the fava bean, you will notice that the outer layer may start to peel away after being exposed to a hot pan. Fava beans also have delicious tender shoots that can be noshed on.

Birth With Liz
Liz Baer, Midwife
541-223-4454
Complete Midwifery Care
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Placenta Encapsulation
Childbirth Classes
Breastfeeding Support
Serving Oregon's Mid-Valley
birthwithliz@hotmail.com
www.birthwithLiz.com



iOro Verde!

The price of our certified organic limes

has been creeping up the last couple months as many of you have surely noticed. This shortage of Mexican limes is due to a number of factors. Firstly, they suffered devastating rains which destroyed much of the crop, and in turn, drove up the cost significantly. On top of that, there are the drug cartels taking over farms and hijacking lime trucks throughout the lime growing regions. Scary! Tom Lively at OGC hopes that things will improve, at least harvest-wise come July, so cross your fingers! Until then, it's time to get creative in the kitchen. Maybe try subbing a freshly squeezed Rio Star grapefruit for lime juice in your next citrus recipe!

-Kate Ottersten

Yellow Pepper Egg Rings

Slice yellow pepper into 1/2" slices, remove enough inside membrane and to leave an open circle. Place pepper rings on oiled griddle. Break 1 egg into the center of each pepper ring. Salt & pepper eggs to taste. Cook just until set, then flip egg and pepper over. Continue cooking to desired finish.

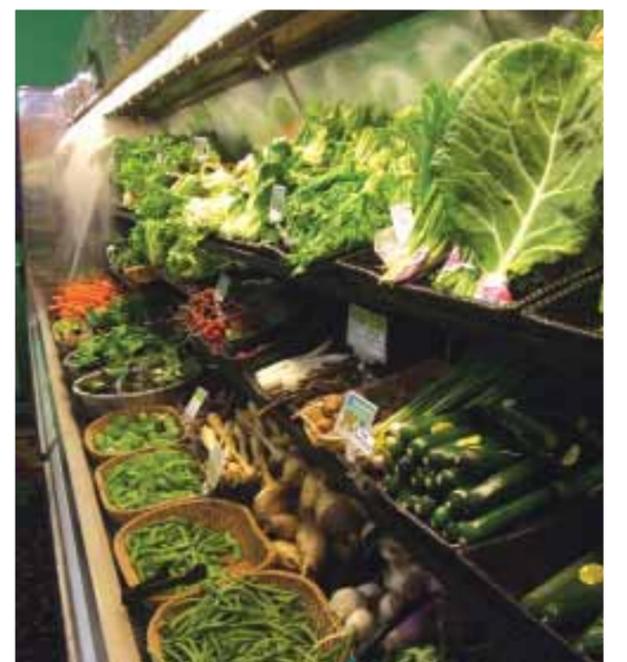
Serve with a dollop of garlic spear pesto (recipe below)



Garlic Spear Pesto

- 3/4 - 1 cup green stalks of garlic spears
- 2 Tbsp butter
- 1/2 tsp salt
- 1/3 cup pine nuts
- 1/4 cup parmesan
- 4 tsp lemon juice
- 6 Tbsp olive oil

Melt 2 Tbsp butter in a large skillet. Cut garlic spears in half and sauté in butter for 3-5 minutes. The longer you sauté them the less spicy they will be. Remove from skillet and cut off flowery tops. Place spears and all remaining ingredients in food processor and blend until pesto consistency is reached. Use fresh or freeze in dollops on a cookie sheet. As soon as they are frozen, place in a zipper bag and store in freezer. You'll want to make a lot so you can use this delicious pesto in multiple ways all year long!



Brunch with Mom

May is the month when we set aside a special day to honor mothers around the world...and cook them some food!

Start your Mother's Day off right with this some of these delicious brunch ideas, made just for the special mom in your life. Add some refreshing juice or piping hot locally roasted coffee and enjoy a leisurely meal together with the ones you love.

Hearty Breakfast Casserole

- 3 medium baking potatoes
- 6-8 slices bacon, diced
- ¼ cup minced onion
- 1 cup grated Monterey Jack cheese
- ½ cup cottage cheese
- 5 eggs, beaten
- ½ tsp salt
- ¼ cup milk



Cook potatoes in boiling water until fork tender; cool slightly. Peel and dice. Fry bacon; remove from skillet and drain, reserving bacon drippings. Lightly brown potatoes and onion in 3 Tbsp bacon drippings. Combine potatoes with bacon, cheese, eggs, salt and milk. Pour into a greased 9 x 13 glass baking dish. Bake at 350° F for 35-40 minutes or until set in center.

Savory Crepes

Asparagus Filling

(for 5-6 crepes)

- 1 # asparagus, trimmed
- 2 Tbsp butter
- ¼ tsp salt

Heat a large skillet over high heat. Add butter and asparagus. Cook for a few minutes, until asparagus is bright green, tender-crisp and browning in spots. Add salt; set aside.

Almond Mustard Sauce

- ½ cup sliced raw almonds
- 3 Tbsp hot water
- 2 Tbsp butter
- 1 Tbsp lemon juice
- 1/4 tsp salt
- 2 Tbsp nutritional yeast
- ½ tsp Dijon Mustard

Place all ingredients in a food processor and blend until extremely smooth.

To assemble, place 2-3 asparagus spears on each crepe. Roll up and spoon Almond Mustard Sauce over the top.

Batter

- 2 eggs, beaten
- ¾ cup milk
- 2 Tbsp butter, melted*
- 1/8 tsp salt
- ½ cup flour

*have some extra butter on hand for frying the crepes.

Whisk eggs, milk, melted butter and salt. Add flour; mix well. Set aside for 20 minutes. Melt 1 tsp butter in skillet. Pour ¼ cup batter into pan and swirl to coat. Cook until golden and flip. Repeat with remaining batter. Makes 12-15 crepes



Wild Mushroom and Savoy Cabbage Filling

(for 5-6 crepes)

- 3 Tbsp butter
- 1 ½ cups crimini mushrooms, sliced
- 1 ½ cups shiitake mushrooms, sliced
- 1 tsp balsamic vinegar
- ¼ tsp salt
- 1 tsp rosemary, crumbled
- 1 ½ cups savoy cabbage, chopped
- 2 cloves garlic, minced

Melt butter in a skillet. Add mushrooms, garlic, rosemary and salt; sauté until mushrooms are limp, about 5 minutes. Add balsamic vinegar and toss; remove from pan.

Add cabbage to skillet and cook until just wilted, 3-4 minutes. Add mushrooms to cabbage and stir. Place 1-2 Tbsp of veggie mixture on each crepe and roll up.



Angel Food Coffee Cake

- 1 cup unbleached pastry flour
- ¾ cup sugar
- ¾ cup packed brown sugar
- 12 egg whites (separate when cold; bring to room temperature before beating)
- 1 tsp cream of tartar
- ½ tsp sea salt
- 4 ½ tsp brewed coffee
- 2 tsp vanilla extract

Mocha Glaze

- 2 oz. bittersweet chocolate
- 6 Tbsp freshly brewed strong coffee
- 2 Tbsp cocoa
- ¼ cup confectioner's sugar

Preheat oven to 350°F. Sift the flour, measure out 1 cup, then sift together with the granulated sugar and set aside. Sift brown sugar by itself. In a large bowl, beat the egg whites, cream of tartar and salt with an electric mixer on medium speed, making certain all bowls, utensils and cake pans are free of oil. Increase mixer to high speed and beat until soft peaks form. Sprinkle the brown sugar over the beaten egg whites. Continue to beat until stiff peaks form.

In a small bowl mix the coffee and vanilla. Gently fold into the egg whites with a rubber spatula. Gradually fold in the flour mixture. Pour the batter into a non-oiled 10" tube pan. Bake for 45-50 minutes, until the top of the cake springs quickly back when touched and begins to crack.

Invert the pan over a tall bottle and cool for 2 hours. Loosen the cake from the pan by carefully running a knife around the edges; turn the cake onto a serving dish.

To make the glaze, combine the chocolate and coffee in a saucepan and gently heat for 5 min., stirring occasionally, until the chocolate melts. Ladle a small amount of the chocolate mixture into a bowl and combine with cocoa to make a paste. Stir the cocoa paste into the remaining chocolate in the saucepan, until well blended. Beat in the confectioner's sugar until smooth. Add more coffee or more sugar to adjust thickness of glaze. Drizzle over cake.

12oz.

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APR 28 TO MAY 25