



First Alternative  
NATURAL FOODS CO-OP



NOVEMBER  
2 0 1 3  
VOLUME 34 • ISSUE 11

Community Monthly

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**gift of wellness:**  
just in time for the season!  
more, page 10

# THYMES

*thank you for making us...*

the **BEST CO-OP**  
in the **WORLD!**

First  
Alternative  
wins Global  
Award!

Corvallis. Home of the Beavers. #1 Green Power Community. But did you know that we also boast the best co-op?

That's the news we received this past September—that your co-op, First Alternative, was the proud recipient of the International Cooperative Association's dotCoop Global Award of Cooperative Excellence!

This incredible honor is bestowed every other year on one co-op from each size category at an international ceremony and seminar on all things cooperative. The event is held somewhere distant and exotic. This year, it's Cape Town, South Africa.

Since the award recipients are kept confidential until the actual award ceremony, we delayed the printing of this edition of the Co-op Thymes so we could tell you this exciting news as soon as we were free to do so.

"As you are reading this, I am in Cape Town, South Africa, accepting the award for our Co-op," said Donna Tarasawa, Marketing Manager. "I feel so honored to have been chosen to make this trip and to accept this award on behalf of First Alternative. To be selected as the winning co-op out of hundreds of co-ops of all types all over the globe is so rewarding!"

"We work hard at First Alternative to be the best that we can be, to educate our community and our owners about the cooperative business model and to walk our talk. To receive acknowledgement for all of that work through an award like this practically leaves me speechless. We have the founders of our Co-op, our Co-op owners and shoppers, General Manager Cindee Lolik, and all Co-op staff to thank for getting us to where we are today. It takes all of YOU to make our Co-op successful." said Donna Tarasawa.

Details, story and photos to come in the December Thymes!



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**holiday fixings!**

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by special order!



# FA THYMES

First Alternative Co-op  
Community Monthly



Camille Freitag,  
Board Member

## the board's month in review

October was a busy month for all things financial in the board room. We got our first look at the assumptions for the 2014 budget along with

several other proposals from the finance committee. Agreeing on and approving a budget is a back and forth process between the board and management that stretches over several months, but unlike congress we are able to get the job done on time without any drama.

As with all matters financial our finance committee reviews the budget materials provided by management and makes a recommendation to the board. We are very lucky to have interested and knowledgeable owners willing to spend the time to serve on this committee. They get detailed monthly statements to review and the rest of the board receives an interesting summary and accounting of questions and answers about the statements. The whole board sees quarterly statements, which are clear and concise. In my time on the board I have noticed that the committee has improved the way this information is presented to the board and I really appreciate the time and attention that goes into these reports.

I would like to thank our fellow owners, Anne White, John Nichols, Larry Goeltz, Bettina Schempf and the newly appointed Jim Smith for their efforts in making sure First Alternative remains on solid ground financially. Thanks as well to board members Blanche Sommers and Jim Mitchell as well as General Manager Cindee Lolik and Finance Administrator Mark Tarasawa who round out the committee.

We agreed with the finance committee and management that next year's budget will have to be very lean. Our management team has already implemented plans to save on expenses. One example we heard about was sending the maintenance manager for training in refrigeration repair to save on the costs of keeping our aging coolers running. We are also able to bring the amount spent for the Owner Sale Day discounts in line with reality since the switch to choosing your own day, which turned out to be even more popular than expected.

Since the Annual Owner Rendezvous last June we have been talking with owners about the need to generate funds for replacing old equipment and infrastructure. The roof on the South Store is one pending need. At the Harvest Hoedown in October we asked again what people would be willing to change to help us realize this goal. The top three choices in order, were to increase the minimum value of all shares to \$100, voluntarily increase the value of their share (we can all do this anytime up to \$300) and make an interest bearing loan to the Co-op. An adhoc committee is looking into these and other options and you will be hearing more about this in the months to come.

We also discussed ways to save money in the governance budget. This covers a number of things including the cost of elections and the discounts board members receive as compensation for our service. Our recruitment and elections committee is looking into the possibility of holding elections electronically. Some other co-ops in the northwest have gone this route,

**Unlike congress we are able to get the job done on time without any drama.**

so we will be able to find out how others guaranteed privacy and ensured each owner got only one vote. If you have any experience with electronic voting systems we would love to hear from you. We always enjoy getting advice from our owners, if we can.

We ended the meeting on a lighter note as we were discussing the timing of our upcoming retreat and found out it was at the same time as a major rehearsal of the Sound of Music and that three retreat participants are also involved with the production. Joel Hirsch, star of stage and board member thought this was just perfect because both are taking place at the Majestic Theater and he can go back and forth. Working with such multi-talented and community-minded folk is a pleasure. Scheduling activities can be complicated sometimes, but it sure keeps the meetings interesting. You're welcome to join us anytime.

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

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

Editors: Donna Tarasawa, & Emily Stimac

Design/layout: Emily Stimac, Jessica Brothers & Alieta Train

Photography: Emily Stimac, Jessica Brothers & Alieta Train

### STORE LOCATIONS & HOURS

#### SOUTH STORE:

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

#### NORTH STORE:

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

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

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

### VISION STATEMENT

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

### MISSION STATEMENT

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

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

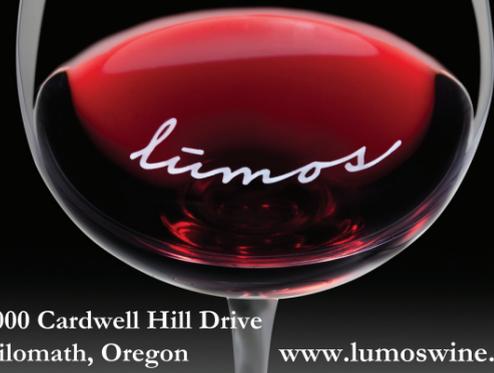
### THE INTERNATIONAL COOPERATIVE PRINCIPLES

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

## Thanksgiving Open House

Nov 23 and 24

Nov 29, 30 and Dec 1  
noon to 5 pm



24000 Cardwell Hill Drive  
Philomath, Oregon [www.lumoswine.com](http://www.lumoswine.com)

welcome

First Alternative Co-op  
welcomed 77 new owners  
in September, for a total of  
9378 Co-op owners!

### Co-op owners enjoy:

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

we are the co-op

## a highway runs through it: improving neighborhood livability in south corvallis



Cindee Lolik,  
General Manager

In mid-October I attended the 6<sup>th</sup> Annual NeighborWorks Community Leadership Institute in Sacramento, CA with a contingent from the Willamette Neighborhood Housing Services and South Corvallis residents. This conference is sponsored by NeighborWorks America, an organization that grew up from the grassroots organizing work of a single community activist of Pittsburgh, PA back in 1968.

When faced with an urban renewal plan that would have demolished her own and adjoining neighborhoods, Dorothy Mae Richardson, a homemaker and community activist, enlisted city bankers and government officials to join with her block club to improve her neighborhood. Together, they persuaded 16 financial institutions to make conventional loans in the community; a local foundation capitalized a revolving loan fund. They rented a trailer, hired staff, and named the effort Neighborhood Housing Services. NeighborWorks America grew from this seed.

In 1973, President Nixon prepared to announce a moratorium on federal housing programs. To help soften the announcement, the Department of Housing and Urban Development (HUD) entered into a handshake agreement with the Federal Home Loan Bank (FHLB) on a five-year initiative to expand NeighborWorks organizations across the country.

In 1978, Congress institutionalized the NHS network by establishing the Neighborhood Reinvestment Corporation to carry on the work of the Urban Reinvestment Task Force. In April 2005, the Corporation began doing business as NeighborWorks America. NeighborWorks America creates opportunities for people to live in affordable homes, improve their lives and strengthen their communities.

Our contingent's focus was on improving the livability of the South Corvallis neighborhood. In particular, their concern is the fact that we have a state highway that cuts through the center of the neighborhood dividing it and making it unsafe for pedestrians and bicyclists alike. The eight of us

who attended the Leadership Institute attended workshops and classes that would help us to create an action plan for change in our own neighborhood.

Anyone who shops and/or works at the South Co-op understands just how unsafe the sidewalks and bike lanes on 99W can be. Our group wishes

## Our group wishes to remove the barriers for the use of alternative methods of transportation

to remove the barriers for the use of alternative methods of transportation through a collaborative process with all stakeholders. This effort will not only reduce automobile traffic but also help to maintain personal health through exercise. An added benefit will be to unite a neighborhood that is presently divided by a highway that parents do not feel is safe for their children to cross. Children in the neighborhood all attend Lincoln Elementary school but once they leave school for the day, they have reduced access not only to their classmates on the "other side" but also to the activities and parks opportunities the "other side" presents.

Our group will be continuing to meet and work on an action plan that will involve residents, commuters, business owners, our local and state government officials, ODOT, city staff and all those who wish to see a safer and healthier South Corvallis.

Stay tuned for updates as we work toward literally putting our plan in motion.

## early bird gets the turkey: don't wait til the last minute to get your thanksgiving day supplies



Bill Genné,  
North Store Manager

Thanksgiving here we come! As I sit here writing this on a beautiful and sunny October afternoon my work thoughts are already looking forward to the coming holidays. My non-work thoughts are looking forward to chanterelle mushroom hunting but that's what days off are for.

Thanksgiving is an exciting and rewarding time of the year for us here at First Alternative. Exciting because we are very busy ordering, receiving, stocking, and selling products, helping customers, and we get to play with turkeys and Tofurkys! Rewarding because we pride ourselves in offering the highest quality food and service to assist you in having the best Thanksgiving feast imaginable with your friends and family!

I know that detailed turkey information will be available elsewhere in this edition of the Thymes and at the registers so I won't go into length about the incredible value our turkeys will be this year but I will mention we expect to get them in around November 19th.

I'm naively optimistic about how easy it will be to fit all those birds into our newly repaired back-stock cooler but our Grocery and Deli teams tell me it will be quite a logistical undertaking. At least we won't have to store them long as they will quickly be off to good homes!

With all owners being able to do their November Owner Sale Day shop whenever they want, we are expecting it to be extremely busy the 5-6 days leading up to Thanksgiving. We'll be staffed up in anticipation to provide you a pleasurable and satisfying shopping experience. We make a concerted effort to keep all those key holiday items in stock with no interruption but there is a tremendous seasonal demand on those items and no guarantees our suppliers will be able to fill all our orders late in the month.

So, with those crucial items (turkey, fresh cranberries, celery, cream, etc.) in mind, the sooner you can do your big pre-Thanksgiving shop the less likely you are to run into frustrating out-of-stock items.

That said, here's a short list of some things I'm very thankful for this time of year.

In no particular order:

- The health, happiness, and prosperity of my friends and family and coming together to share a special meal.
- Seasonal winter ales like Celebration and Jubelale or a nice glass of red wine on a cold and wet evening!
- Any of the Three Twins ice cream but particularly the cardamom or vanilla on homemade apple pie! (Thanks to Brian Peat, South Store Manager for this idea.)
- Seasonal holiday cheese and any blue cheese.
- The continued availability of grower direct produce.
- Any bulk coffee to get me going on these dark mornings. Seriously all excellent.
- Beaver football victories!
- Working at the Co-op and all the people I get to work with, staff, owners, and customers alike!
- Living in Corvallis

Lastly, I'd like to thank Sarah Taylor, our long-time Human Resources Manager, for her many years of dedicated service. She is moving on to new things in her life and we wish her well and will miss her!

Thank you for your continued support and may your holidays all be festive and filling with delicious food and drink!!!

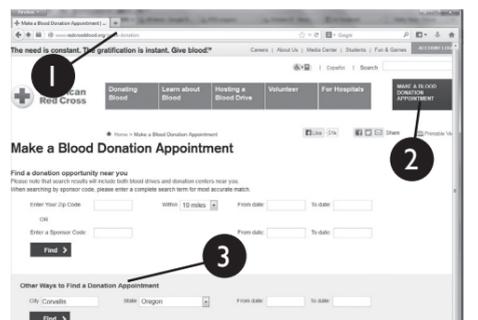
## blood drive: a new way to sign up

The Co-op is pleased to introduce a new signup system for Red Cross blood donations.

To streamline the effort, we are now using the Red Cross online system instead of our own internal signup. All appointments will be made through the Red Cross call center and you will no longer be receiving calls from us.

Please continue to give blood! Follow this procedure:

1. Go to [redcrossblood.org](http://redcrossblood.org)
2. Click on the dark blue box marked "Make a blood donation appointment"
3. Select the city and date range you wish to donate in under "Other Ways to Find a Donation Appointment"
4. Select the time & place that works for you to schedule your appointment.



5. Follow the instructions on the site and you will be all signed up!

You will receive a call from us the day before the appointment.

### Next Co-op Blood Drive:

Thursday, January 2nd  
12:30-5:30, South Co-op Meeting Room

Sign up at [redcrossblood.org](http://redcrossblood.org)

# IMMUNE SYSTEM SUPPORT

**20% off**  
For the month of November

**Black Elderberry**  
GLYCERITE

**Soothing Throat**  
SPRAY

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LIQUID EXTRACT



# TASTE of thanks



## Praise for the powerful parsnip!

November is peak season for root vegetables. As days and nights get colder, root vegetables like rutabagas, celeriac, beets and parsnips get sweeter.

One of our favorite roots is the parsnip, which we get fresh and local from Gathering Together Farm.

- Parsnips contain more sugar than carrots, radishes, or turnips. The sweet, juicy roots are a great addition to any recipe: soups, casseroles, roasts and mashes all benefit from the flavor and zip of the parsnip.
- Similar to carrots and other members of the apiaceae family, parsnips contain many poly-acetylene anti-oxidants. Research studies at the University of Newcastle at Tyne found that these compounds have anti-inflammatory, anti-fungal, and anti-cancer function and offer protection from colon cancer and acute lymphoblastic leukemia.
- Fresh roots are a good source of vitamin C; providing about 17 mg or 28% of RDA. Parsnips are also rich in many B-complex groups of vitamins such as folic acid, vitamin B-6 (pyridoxine), thiamin, and pantothenic acid as well as vitamin K and vitamin E.
- In addition, they also contain healthy levels of minerals like iron, calcium, copper, potassium, manganese and phosphorus. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure by countering effects of sodium.

Visit [firstalt.coop](http://firstalt.coop) for a great parsnip latke recipe to get you started on your way to eating your parsnip a day!

- John Roullier, South Store Produce Assistant



Find this fabulous recipe for Rosemary Feta Parsnip Latkes on our website at [www.firstalt.coop](http://www.firstalt.coop)

## Mary's Happy DUCKS & TURKEYS

Once again we are proud to offer Mary's Free Range Turkeys and Mary's Organic Turkeys this holiday season. Raised on the Pitman Family's farm in Central California, these turkeys roam areas four times the size of the average commercial turkey ranch. These turkeys will be in addition to our locally raised Walker Farm turkeys, which you can read about on page 15.

Mary and her family seek to provide you and your family with the best possible nutrition. The turkeys are fed a gluten-free diet of corn, soybean meal, vitamins and minerals—no preservatives, never any antibiotics and no added hormones.

This year we are bringing in—for the first time—Mary's Free Range Ducks as a delicious alternative for your holiday dinner. Mary's ducks grow naturally with plenty of open space and sunshine. Because of their cleaner living quarters, a healthier and happier duck is produced, yielding a superior taste.

Mary's name is on these turkeys and ducks because they are raised the old fashioned way: good for the turkeys and ducks and good for the people who eat them!

Watch for our birds flying in the third week of November, delivered farm direct from Mary's Farm to our Co-op!

## Taste Better

Free Range Turkeys...\$1.99/lb

Organic Turkeys.....\$2.99/lb

Free Range Ducks.....\$3.69/lb

You can taste the difference! Happy Holidays!

- Valori George, South Deli Assistant



## A MEDLEY of HOLIDAY cheeses arrive!



For this holiday season, our Cheese Department is happy to introduce several unique and specialty cheeses from our Portland-based distributor Provvista Specialty Foods. The Cheese Department is proud to offer new sheep, goat and cow milk cheeses for a limited time.

### Barneveld Blue

For blue cheese lovers, The Barneveld Blue from Hook's Cheese Company is a fantastic option. Taking 3rd place in its category at the American Cheese Association competition, this award winning blue is made from goats' milk, so it is a great alternative to cows' milk blue cheese. Hook's Cheese Company is a family run business and is based out of Mineral Point, Wisconsin. Pair with a red wine such as a Cabernet Sauvignon for an excellent party combo.

### Glacier Blue Cheese

Cascadia Creamery is located in the beautiful town of Troutlake, Wa, in the Mount Adams foothills and has been crafting raw and organic cow cheeses for over 125 years. It is a family

owned operation that takes pride in producing raw and organic cheeses such as the Glacier Blue cheese. With its approachable taste and creamy texture, Glacier Blue is sure to be a hit on any cheese plate.

### Pecorino Sole di Sardegna

For adventurous patrons, the versatile Pecorino Sole di Sardegna is a wonderful new option to consider for holiday dishes. It is made from wild sheeps' milk and has a semi-soft texture and sweet flavor. Use it to spruce up salads, pastas, or serve with an Italian white wine. It can even be served with fruit spreads, particularly orange, to enhance the unique flavor.

- Nichole Caspell, Deli

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-Louise Tippens, Director, Environmental Federation of Oregon

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# BRAND

## SPANKIN' NEW

### RISING STARS ON THE CO-OP SHELVES

#### CHEESE

- **San Tumas Aged Italian Goat Cheese:** a cheese with a light and smooth flavor; serve this on your next fruit and cheese plate for a tasty treat everyone will love.
  - **Cacciotta di Bufala:** serve this semi-aged Italian water buffalo cheese with olives and salami at your next holiday gathering for an authentic Italian experience.
- Nichole Caspell, Deli

#### PRODUCE

Welcome back to the Denison Farm's **Fuyu Persimmon!**

- Fuyu persimmons are non-astringent. They are sweet and delicious when orange to orange-red in color and still firm. Eat them like an apple.
- After harvest, Fuyus will stay firm 2-3 weeks if kept at room temperature and will gradually soften like the Hachiya variety. As they grow softer, their flesh sweetens and they can be added to recipes like cookies or pudding.
- The Fuyu is high in Vitamin A, rich in beta carotene, a good source of Vitamin C, fiber and essential amino acids. One persimmon is worth 2 of your 5 daily recommended servings of fruit.

So, have a persimmon and be well on your way to a healthy day!

- John Roullier, South Store Produce Assistant

## DONNA'S KITCHEN



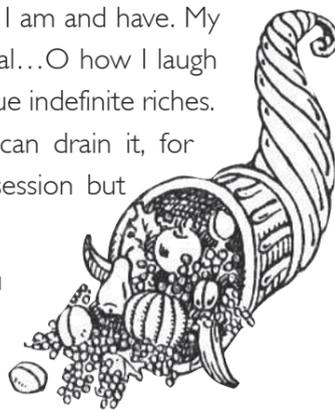
### say goodbye to MYSTERY LEFTOVERS!

If you're like me, you have multiple containers of leftovers in your refrigerator; many of them in reused, opaque containers. When it's time to see what's for lunch, the refrigerator can be a sea of mystery containers and food ends up spoiling because you didn't look to see what was inside. To avoid losing food, when I put away leftover food after a meal, the container is labeled with a small post-it note with the contents of the container and the date it was put into the fridge. It's easy, then, to see what's there and how long it's been waiting for you to finish it off.

## amazing holiday meals begin with great ingredients

"I am grateful for what I am and have. My thanksgiving is perpetual...O how I laugh when I think of my vague indefinite riches. No run on my bank can drain it, for my wealth is not possession but enjoyment."

- Henry David Thoreau



With Halloween behind us, we can now look forward to Thanksgiving and beyond. Cool rainy autumn days, colorful foliage falling to the ground, raking leaves from your yard (yard work is never done) and settling in for the darker days of winter. This is a great time to get together with friends, neighbors and relatives for stimulating conversations, good times and, of course, great food!

At the Co-op, we have our shelves stocked with the ingredients for everything from your traditional holiday meal to the last minute get together.

We'll have gravies, stuffing, broth, pumpkin pie makings, spices, pies, whipped cream, wine, beer, snacks, eggnog and all of the ingredients needed for delicious meals the whole month through.

We will also have alternative meal items such as Tofurky Vegetarian Feast, Tofurky "Giblet" Gravy and will also have Gardein Holiday Roast w/stuffing and gravy.

Want to shop for "Local 6" products? Look for Alden's Ice Cream, Stahlbush Island Farms vegetables, Sweet Creek Tuna and Enchilada Sauces, Farmers Market Pumpkin Puree and Singing Dog Vanilla on sale this month!

They'll be alongside regional items like Tofurky Roasts and Dinners and Silly Zak's gluten free pie crust and ready to eat pies. Simply thaw and enjoy! Come in and find these great items on sale in the month of November, plus Kettle Potato Chips to tide you over 'til you get home!

Whatever you do for Thanksgiving, whether it be traveling, staying at home, or nothing at all, have fun and be safe.

- Stan Horsey, Grocery Manager

## Bulk and Grocery POWer up!

If you are a regular Co-op shopper, you have probably noticed our new POW program.

Each week, the bulk and grocery teams select a new, unique or favorite item to feature as our POW, or Pick Of the Week. We display the items with some product info and samples. We know that if you try it and see how awesome it is you will want to add it to your shopping basket.

In the bulk department, we have been prepackaging a handful of bags of the POW product to offer next to the sample, so customers can conveniently purchase some of what they sampled. This has been hugely successful and has led to a number of comments and requests for more conveniently packaged bulk goods for folks on the go.

We have taken your requests and have started to expand the prepackaging to a couple of bulk sale items each sale period that will be available on or near the grocery sale end aisles.

So please take a look. We are excited to offer this convenience and perhaps expand it further if demand dictates. Enjoy.

- Gabe Pallastrini, Bulk Manager

## Co-op Kitchen special orders

**Let us help you with your holiday feast!**

- Pick up a festive fixings menu at either location
- Place your order by Monday, November 25th at the Customer Service desk
- Pick up your order by 9pm Wednesday, November 27th

Fabulous holiday fare will also be available in the deli case so you don't have to wait till T-Day.

See store for details! Gobble gobble!



## festive fixings

Introductory Special  
**30 days for \$50**  
 unlimited classes  
 over 35 classes a week

**Live Well**  
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 livewellstudio.com

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Please visit [firstalt.coop](http://firstalt.coop) and click on classes to register!

# upcoming co-op classes

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

**Thursday, November 7 & 21 • 6:30-8:30pm**

## Soul Collage

Experience this fun and empowering process using magazine and photo images. We make cards that reflect our many-faceted selves in surprising and delightful ways.

A visual map of the psyche. Materials provided.

Cost: \$10 General Public \$8 Co-op Owners

FMI: Lucy, 541-704-0135

**Sunday, November 10 • 1:30-4:30pm**

## Our Language and Our Life

with Ruth Miller, PhD

This presentation will explore how language is a key factor in consciousness and how ancient indigenous languages connect people and their cosmos. Dr. Miller will speak of paradigm shifts and tools necessary to re-achieve a sustainable way of life and present a systems-based understanding of our lives and planet. This talk will provide unification of science, psyche and spirit. Bring your own snacks to share during the break.

Cost: \$15 suggested donation, no one turned away.

FMI: [www.rlmillerphd.com](http://www.rlmillerphd.com); [www.theportalcenter.org](http://www.theportalcenter.org)

**Mondays, November 11, 18, 25 • 7:30-9pm**

## Naturescape Your Yard

A 3-part series!

With nature as your guide, your dream garden is within reach. A naturescaped yard requires no pesticides, synthetic fertilizers or excessive watering to look great. You will spend less time doing boring, endless yardwork and will instead enjoy the beauty of nature and the pleasures of creating and stewarding a thriving ecosystem. Join designer, educator and author Beth Young for a three week series to help you "Bring Nature to your Back Yard."

**Week 1** Monday, November 11: Know Your Place, Soil Love, Water Wisdom.

**Week 2** Monday, November 18: The Design Process, Welcome all Wildlife, Garden-Worthy Natives.

**Week 3** Monday, November 25: Appropriate Plants for the Willamette Valley, Healthy Hardscape Choices.

Cost: \$36 for general public, \$33 for Co-op owners

A minimum of 20 participants is required for this class, refunds will be issued if minimum number is not reached.

**Tuesday, November 12 • 6:30-7:30pm**

## Food and Water for Winter Outdoor Recreation

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

Cost: Free

FMI: [www.jessbfit.com](http://www.jessbfit.com)

**Sunday, November 17 • 2-3:45pm**

## Making Home-Made Herbal Body Creams & Lotions

with Laurel Buley, Clinical Herbalist

Learn how to make delicious, decadent and chemical-free creams and lotions using simple and natural ingredients found at First Alternative. In this class we will go through step-by-step how to make your own lotions at home including tools and supplies needed. Each participant is sent home with their own jar of special body and face cream made in class, as well as great homemade gift-giving ideas for your loved ones! Materials provided.

Cost: \$15 General Public, \$12 Co-op Owners

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

**November 23 • 1-3 pm**

## Easy as Pie

Making a piecrust is not as hard as you might think. Come to this hands on class, get a tried and true recipe, ideas for adapting it to your own dietary needs and make a crust to take home. Please bring a pie pan, a hand-held dough blender and a rolling pin, if possible. We'll have a few extras for those who can't bring their own. You'll take home a crust ready for filling, just in time for Thanksgiving!

Cost: FREE

FMI: Donna Tarasawa

541.753.3115 ext 328



### Walker Turkey demo

Friday (South)  
11/15 5:30-7pm  
Saturday (North)  
11/16 12:00-1:30pm

### Mary's Turkey demo

Friday (South)  
11/22 5:30-7pm South  
Saturday (North)  
11/23 12:00-1:30pm

## stop by for a sample!

We have demos lined up for you all month, so stop by and have a taste!

Our demo diva Yadira Ruiz will be sampling out a variety of delicious recipes & comparatives every week, so stop by and enjoy a taste while you shop.

**Tuesdays**  
South  
3:30-5pm

**Thursdays**  
North  
5-6:30pm

**Fridays**  
South  
5-6:30pm

**Saturdays**  
North  
11:30-1:00pm

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

First Tuesdays: sample Corvallis School District's local lunch item. YUM!

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

\*no demos or tastings Nov 28th - 30th

## wine tastings

**North Store : NEW! 4:30-6:30pm Thursdays**

**South Store: NEW! 4:30-6:30pm Fridays**

## co-op donations

### SEPTEMBER 2013

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

### GLEANERS

Linn-Benton Food Share .....\$4296.35

### SMALL DONATIONS

Linn Benton Hispanic Advisory Committee..... \$30.00  
Lighthouse Farm Sanctuary ..... \$30.00  
OSU Marching Band..... \$30.00  
Feral Cat ..... \$30.00

### BEANS FOR BAGS

### QUARTERLY REPORT

Old Mill..... \$547.45  
Parent Enhancement Program ..... \$367.23  
Local 6 Connection..... \$664.47  
Furniture Share..... \$420.85

**September's total donations: \$6,416.35**



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

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

### October through December

Co-op Recycling Center  
Chintimini Wildlife Center  
Center Against Rape & Domestic Violence (CARDV)  
South Corvallis Food Bank

### Alternative Transporters of the Month

**Casey Seyb**

"My bike liberates me from dependence on cars to help me get around town. It saves me tons of money (no insurance/gas), it keeps my legs strong and helps me engage with the world around me in a way that riding in a car could never do."

- Casey Seyb



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# WINE BUZZ



cranberry spice

elegant minerality

vibrant fruit

voluptuously smooth

Ferrari Sparkling Brut Rosé Sale \$15.79/375ml, reg. \$18.89

Jean Marc Brocard Saint Bris Sauvignon 2011 Sale \$14.69/750ml, reg. \$18.89

Evesham Wood Pinot Noir Willamette Valley 2012 \$19.99/750ml

720 Organic Pinot Noir Croft 2009 Sale! \$19.99/750ml, reg. \$24.99

**Bonus survival tip: Go for the case discount!**  
Save 10% when you purchase any combination of 12 bottles of wine.  
Limited to stock on hand, unless pre-ordered.

Ok, so you might be a little bit stressed, with eleven of your favorite relatives arriving soon...

No worries! Our wine buyers, Marlene & Karen, have the Thanksgiving de-stresser plan for you!

### Step 1: Roll out the Sparkle

If you want to see your Thanksgiving through rose-colored glasses, roll out that pecan pie dough while sipping some **Ferrari Sparkling Brut Rosé**. Available in a handy half bottle just for you and your sous chef, this king of Italian bubbly from the Trento region, a blend of Chardonnay and Pinot Noir made in the Metodo Classico, is sure to put the festive in your festivities. Pale pink in color it opens with layers of yeast, with a hint of cranberry spice. What could be a better aperitif to your day?

### Step 2: Toast your guests

If white wine is what you are looking for, we have an elegant Sauvignon Blanc from the Saint Bris appellation in the Northwest corner of the Burgundy region of France. **Jean Marc Brocard Saint Bris Sauvignon 2011** is a medium-bodied white with a bit of minerality and a faint layer of lemon. The Brocard Sauvignon is very well-balanced and a good companion for anything from roast turkey to Tofurky, Brussels sprouts and pancetta, to wintry mushroom sauté; or simply a toast to visiting friends.

### Step 3: Add Pinot Noir

If reds are your fancy, food friendly Willamette Valley Pinot Noirs are ideal for your feast. Their bright acidity accents the juiciness of turkey and sweet potatoes. Herbal earthy notes bring out the best in mushroom gravy and stuffing. Gentle tannins marry well with green vegetables.

2012 was a stellar year for grapes in the valley. The warm, dry growing season coupled with the winemakers' skill and philosophy of minimal intervention in the winemaking process has produced a lovely wine. **Evesham Wood Pinot Noir Willamette Valley 2012** is vibrant with crisp fruit notes of black berry and cherry. The tannins are firm and silky, the finish extended and satisfying.

### Step 4: Sit back and reflect

Also reflective of its vintage, **720 Organic Pinot Noir Croft 2009** is a complex, voluptuously smooth wine. Lush, round flavors of raspberry and red cherry with a touch of anise are accompanied by smoky, forest floor aromas. The tannins are velvety and supple.

May we all feast and be merry.

## Anti-stress Supplement Guide

The holidays can bring stress, and with it the symptoms of fatigue, anger, poor immunity and insomnia. We looked to Dr. Oz for some suggestions on leading stress fighting supplements.

Here are a few symptoms matched with their supplements to get you started.

For the full article, please visit: [doctoroz.com/videos/supplements-fight-stress](http://doctoroz.com/videos/supplements-fight-stress)

**Symptom: Fatigue** - Dr. Oz recommends adaptogens to fight fatigue related to stress. This class of herbs work by reducing the production of stress hormones.

**Supplement: Ashwaghandha**, or Indian Ginseng, is a popular Ayurvedic treatment for fatigue and can help give you the get up and go you need to face the day.

**Symptom: Anger** - Stress can lead to outbursts of anger or extreme moods.

**Supplement: Theanine**, found in green and black tea, can relax your mind and stem your urge to throw a fit.

**Symptom: Poor Immunity** - Stress can wear down the system and result in increased susceptibility to illness.

**Supplement: Astragalus** can help fight off winter colds and coughs with its anti-viral properties

**Symptom: Insomnia** - with all the plans and preparations on your mind, it may be hard to sleep. Tossing and turning can compromise your immune system and make your mood blacker than Friday.

**Supplement: Magnesium** works on many levels to help regulate mood, metabolism, and energy. Take it an hour before bed to help you drift off to dreamland.



**TEAL** Fine Art and Craft by regional artists  
Opening Reception Fri. Nov. 15 6pm-8pm  
Open from Nov 8th to Dec 28th  
300 SW 2nd St.  
2nd & Jefferson in Downtown Corvallis  
541-754-6338  
Hours Mon-Sat 10 to 6, Sun. 12 to 6  
[www.tealartistcoop.com](http://www.tealartistcoop.com)

**BUY Local FIRST**  
Celebrate Buy Local First Day with us!  
**Save 10% on your purchase!**  
Saturday, November 30th  
Some restrictions apply. See store for details. Not combinable with Owner Sale Day Discount.

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# LOCAL COLOR

**Co-op deals**  
 Flyer A: Oct. 30th - Nov. 12th  
 S.O. deadline: Nov. 8th  
 Flyer B: Nov. 13th - Dec. 3rd  
 S.O. deadline: Nov. 29th  
 Find more sales in our two-week Co-op Deals flyers!

# WELLNESS

Sale Period:  
 Oct. 30th-Dec. 3rd  
 Special Order Deadline  
 Nov. 29th

## NOVEMBER SPECIALS

# BULK FOODS



**BULK** **Organic Garbanzo Beans**  
 reg. \$2.59/lb. *sale \$2.39 per lb.*

**BULK** **Organic Crystallized Ginger**  
 reg. \$6.99/lb. *sale \$6.69 per lb.*

**GIUSTO'S** **Organic Polenta**  
 reg. \$1.69/lb.  
*sale \$1.39 per lb.*

**HUMMINGBIRD WHOLESALE**  
**Bucky's Raw Hazelnut Crunch** with organic ingredients  
 reg. \$10.59/lb. *sale \$9.99 per lb.*



**BULK** **Organic Turkish Apricots**  
 reg. \$4.79/lb.  
*sale \$4.19 per lb.*



**LION HEART KOMBUCHA**  
**Assorted Bulk Organic Kombucha**   
*Available @ South Store Only*  
 Made in Portland, OR!  
 reg. \$3.39/lb. *sale \$2.99 per lb.*



**MERIDIAN FARMS** **Organic Raw Hazelnuts**  
 reg. \$11.69/lb. *sale \$10.99 per lb.*

**2014 CALENDARS**  
 Assorted wall calendars and personal planners with a variety of themes!  
**25% off**

**CARLSON Norwegian Cod Liver Oils**  
 Rich in EPA & DHA!  
**20% off**



**ENZYMEDICA**  
**All products**  
 Digestive support just in time for the holidays!  
**20% off**

**WILD CARROT**  
**All products**  
 Picked, produced, poured, packaged, and processed with joy, integrity, & immense gratitude.  
**15% off**



**VITANICA FemEcology**  
 Probiotic support for women  
 30 ct. reg. \$20.69  
*sale \$17.59*

# COFFEE

**PACIFICA** **Organic Coffee**  
 French Roast  
 reg. \$10.39/lb.  
**SALE \$8.39**

**ZAIDALIA Organic Coffee**  
 Harvest Roast, Breakfast Blend, Firenze, French Roast  
 reg. \$9.59/lb.  
**SALE \$8.79**



When comparing packaged spices vs. bulk spices, you can save up to 60% by choosing bulk!

# PRODUCE

Supporting local farms, families, and communities since 1970!

local, grower direct, & organically delicious!

## Some Seasonal Favorites

## Cranberries, Winter Squash, & Potatoes

Complement your favorite root veggies with a Savory Herb Stuffing with cranberries!



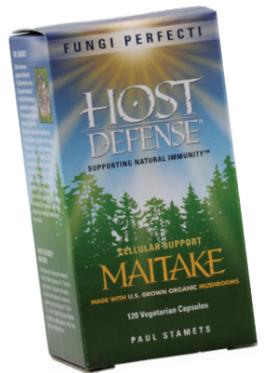
### Ingredients

- 2 tbsp olive oil or unsalted butter
- 2 med. yellow onions, diced
- 3 med. carrots, diced
- 2 stalks celery, diced
- 1/3 cup dried cranberries
- kosher salt and pepper
- 3/4 cup fresh parsley, finely chopped
- 2 tsp fresh thyme
- 1 day-old baguette, cut into 1/2-inch pieces (about 8 cups)
- 3 cups low-sodium broth, warmed

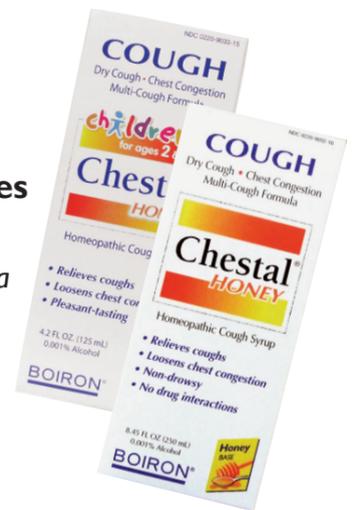
### Directions

- Heat oven to 400°.
- Heat the oil in a large skillet over medium heat. Add the onions and cook until golden brown, about 8 minutes.
- Add the carrots and celery and cook until soft, about 6 minutes. Add cranberries, 1.5 teaspoons salt, 3/4 teaspoon pepper, parsley, and thyme and cook for 1 minute.
- In a large bowl, combine the bread, vegetables, and broth. Transfer to a baking dish. Bake for 20 minutes, until heated through.

**HOST DEFENSE Fungi Perfecti MyCommunity & Maitake**  
 Organic mushrooms to help support your immune system!  
**20% off**



**BOIRON Chestal, all sizes**  
 Including a new multi-symptom formula for kids!  
**30% off**



**BOIRON Sinusalia, all sizes**  
 Support your sinuses  
**30% off**

☀ FRESH ☀ LOCAL ☀ ORGANIC ☀ GOOD-FOR-YOU FOOD

# CHEESE

CYPRESS GROVE

## Select Chevres

Ms Natural, Psychedillic, and Herbs

De Humboldt

4 oz. reg. \$5.89 **sale \$5.49**



EMMI

## Emmentaler

per lb. reg. \$15.99 **sale \$14.39**

VALBRESO

## Sheeps' Milk Feta

7 oz. reg. \$5.79 **sale \$4.89**

# GROCERY

SIMPLY ORGANIC

## Assorted Gravies

.85 oz.-1 oz. reg. \$1.69 **sale 99¢**

EDWARD & SONS

## Mashed Potatoes

Select varieties

3.5 oz. reg. \$3.19

**sale \$2.19**

All varieties are gluten free, vegan and quick and easy to prepare!



HEALTH VALLEY

## Cream of Mushroom, Cream of Chicken, and Cream of Celery

14.5 oz. reg. \$2.99 **sale \$1.99**

Rich, flavorful cream soups are great on their own or as a creamy addition to your favorite dishes

BETTER THAN BOUILLON

## Chicken Base, Vegetable Base, & Beef Base

8 oz. reg. \$6.69

**sale \$4.79**

Dairy-, lactose-, whey-, & casein-free!



WOODSTOCK

## Organic Cranberry

Jellied or Whole

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

Non-GMO • USDA Organic • Kosher • Fat Free



FARMER'S MARKET

## Organic Pumpkin Puree

15 oz. reg. \$2.69 **sale \$1.39**

This rich and smooth pumpkin puree is delicately mixed with all-organic spices and deliciously sweetened with organic cane sugar!



FARMER'S MARKET

## Pumpkin Pie Mix

15 oz. reg. \$2.99 **sale \$1.39**



LAURA CHENELS

## Select Chevres

Orange Blossom Honey & Fresh

Crushed Olive

5.4 oz. reg. \$5.59 **sale \$4.79**



TINE

## Jarlsberg Lite

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

GINA MARIE

## Cream Cheese Chub

8 oz. reg. \$4.19 **sale \$3.79**

GRAZIERS

## Sharp Raw

## Milk Cheddar

8 oz. reg. \$5.79 **sale \$4.89**



SINGING DOG

## Organic Vanilla & Alcohol-Free Vanilla

2-5 oz. reg. \$6.49-\$12.99

**sale \$5.49-\$10.99**

Enjoy the wonderfully rich flavor that only real vanilla extract can offer!



CHOICE ORGANIC TEA

## Assorted Teas

16 ct reg. \$4.39

**sale \$2.99**

Brewing tea can be as complex as a Japanese tea ceremony or as simple as dipping a bag into your favorite mug.



# CHILL & FROZEN

## Tofurky Vegetarian Feast

3.5 lbs. reg. \$23.69 **sale \$17.99**

Have a bird-free feast, with all the flavor and trimmings you've always enjoyed!

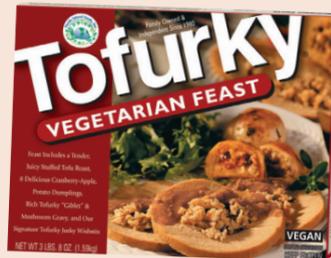
TURTLE ISLAND

## Stuffed Tofurky Roast

26 oz. reg. \$12.79

**sale \$7.99**

We have a delicious selection of quick & easy vegetarian holiday options ON **SALE** this month!



## Tofurky "Giblet" Gravy

14 oz. reg. \$5.49 **sale \$2.39**

This rich brown gravy is the perfect topping for the sliced Tofurky® Roast.

GARDEIN

## Holiday Roast with Stuffing

40 oz. reg. \$18.29 **sale \$11.99**

A delectable taste of cranberry wild rice stuffing with home-style gravy that can serve up to 8 people!

**local color**

FRESH FROM THE **CO-OP KITCHEN**

**Cran-Apple Caraway Slaw**

per lb. reg. \$7.29

**sale \$6.79 per lb.**

Spice up your holiday feast with this sweet and savory treat!

*Here for a limited time!*

# MEAT

DRAPER VALLEY FARMS

## Bone-in Chicken Thighs

reg. \$3.99/lb. **sale \$3.49/lb.**

DRAPER VALLEY FARMS

## Organic Bone-in Split Chicken Breasts

reg. \$6.59/lb. **sale \$5.89/lb.**

SILLY ZAK'S

## Gluten Free Pumpkin & Marionberry Pie

22 oz. reg. \$11.49 **sale \$9.99**

READY TO EAT! Easy & quick, delicious holiday pies!

SILLY ZAK'S

## Gluten Free Pie Crust

2 ct. reg. \$5.79 **sale \$4.99**



STAHLBUSH ISLAND FARMS

## Assorted Vegetables

10 oz. reg. \$2.19 **sale \$1.59**

Stahlbush is located in the heart of Oregon's lush Willamette Valley!



ALDEN'S

## Ice Cream

Assorted flavors

48 oz. reg. \$6.99

**sale \$4.99**



# HOUSEHOLD

IF YOU CARE

## Parchment Paper

70 sq ft reg. \$5.49 **sale \$3.99**

FSC Certified, unbleached, grease-proof, & kosher!



BI-O-KLEEN

## Lemon Thyme Dishwash Liquid

32 oz. reg. \$5.29 **sale \$3.99**

Cut through grease without the use of toxic chemicals.

## Free & Clear Dishwash Liquid

32 oz. reg. \$5.29

**sale \$3.99**



Save 10% by purchasing a case!

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

(541) 753-3115



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



USDA Organic is intended to assure consumers that the organic foods they purchase are produced, processed, and certified to be consistent with national organic standards.

# BUDGET Bites

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

We are entering the season of celebrations centered around the table. While good food brings us together it can also leave us feeling more stuffed than a Mary's Turkey!

For this month's Budget Bites we have created meals on the lighter side to help counteract those seconds and thirds that may be coming your way. Of course, creamy, rich, delicious food is still on the menu, too!

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

-Emily Stimac, Marketing

## Corn-Flour Tortillas

1 1/2 cups cold water  
1 cup all-purpose flour  
1/2 cup cornmeal  
1/4 tsp salt  
1 egg  
Beat ingredients together with a hand mixer until smooth. Heat a skillet or griddle over medium-low, adding oil if necessary. Pour 1/4 cup of batter into skillet and swirl to form a tortilla about 6" across. Cook until firm, flip, then cook second side until golden. Set aside and repeat process with remaining batter. Makes 12 tortillas

## Santa Fe Breakfast Tacos

1/2 onion, diced  
1/2 bell pepper, diced  
2 Tbsp butter  
4 eggs  
1/4 tsp baking powder

November Menu	
Beef Enchiladas	Chinese Tofu Soup
Autumn Quinoa Salad	Santa Fe Breakfast Tacos
Hamburguesa Cazuela	Maccheroni Al Forno



2 Tbsp milk  
1/4 tsp salt  
1/2 cup grated cheese  
4-6 tortillas, warmed  
Salsa & sour cream  
Sauté onion and bell pepper in butter until tender. Beat together eggs, baking powder, milk, salt and cheese. Pour over peppers and onions and cook to desired finish. Serve on heated tortillas with salsa & sour cream.

## gift of body care: just in time

The scents of Oregon made Wild Carrot Herbal's Bath Salts will transport you!



For this year's holidays, we will be featuring new products from Wild Carrot Herbals—Three Watershed Bath Salts featuring the scents of High Desert, Deep Forest, and Azure Mountain.

We will also be bringing in a new line from Moon Valley Organics: small holiday beauty care kits featuring solid hand lotion, lip moisturizer and sore muscle rub.

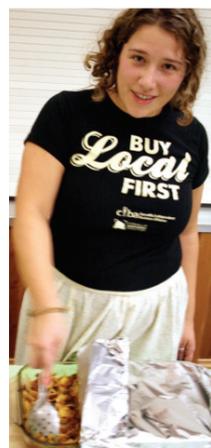
Both of these companies promote healthy, sustainable health care through good manufacturing practices by sourcing their natural and wild crafted ingredients from the Pacific Northwest.

- Susie Willis, Wellness



Moon Valley Organics Beauty Care Kits are perfect gifts. Bonus: they're already wrapped!

## food day 2103: a tasty success



An estimated 200 folks attended the 2013 Eat Well, Be Well Food Day event on October 24th. Attendants mixed and mingled, listened to an opening address, and enjoyed samples of local food prepared by First Alternative Co-op.

by Harry McCormack on growing for nutrient density and a taste-bud-tantalizing demonstration by food preserver Linda Zeidrich on making cabbage kimchi and chili-garlic relish. Yum!

We are thankful for the help of the many event sponsors as well as the guests who generously donated to cover the cost of the food and space rental. Plans are already underway for the 2014 event. We hope you can make it!

The event was made possible by First Alternative Food Co-op, Ten Rivers Food Web, Slow Food Corvallis, The Linus Pauling Institute, Corvallis League of Women Voters, Corvallis-Albany Farmers' Market, and the Corvallis Sustainability Coalition.

Guests received a complimentary cookbook featuring over 70 recipes highlighting local food available in winter, including the recipes prepared. To download the cookbook, go to [firstalt.coop](http://firstalt.coop) and click on Events.

After the tasting, workshop sessions featured a range of food related topics including an informative discussion



recipes • digital Thymes • news events • bulk lookup • and much more  
[www.firstalt.coop](http://www.firstalt.coop)

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**NEARLY NORMAL'S**  
ganzo cuisine  
(541) 753-0791  
109 NW 15TH ST. CORVALLIS, OR

Try the Wednesday Farmers' Market!  
markets every **Wednesday & Saturday**  
april 20 - nov 27  
**1st & Jackson**  
9 AM-1 PM   
Also Saturdays in Downtown Albany!  
[www.LocallyGrown.org](http://www.LocallyGrown.org)

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Small classes  
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**best value! turkey time**  
  
Mary's Turkeys  
Delivered farm direct from Mary's Farm  
Free Range . \$1.99/lb  
Organic ..... \$2.99/lb  
  
**Walker Farms of Siletz**  
This is the BEST TURKEY you will ever taste.  
Limited Supply! \$4.99/lb  
Raised in Siletz on a diet of Rogue Brewery's spent grains!

*staff favorite*

**Blue Monkey  
Gluten Free Bread**

"I could eat it all day!"

- Alieta Train

"I spread Earth Balance Organic Coconut Spread on it and it's SO GOOD."

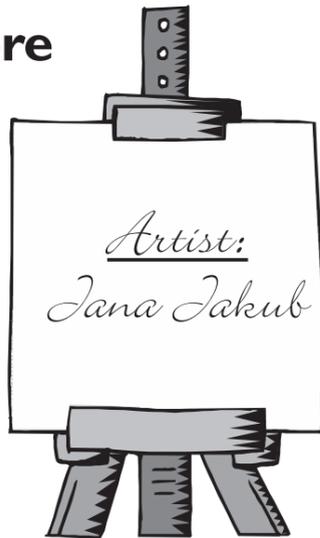
- Jessica Brothers



**Art at the South Store**

Jana comes from a family of artists. She works in many mediums to capture her observations of the natural world. She's currently inspired by two heirloom Narragansett turkeys. This display will explore the connection between the animal condition and the human condition.

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



**Anniversaries in October**

**Staff Anniversaries**

**Blueberry, 1 year:** Debbie Emery & Yadira Ruiz

**Raspberry, 2 years:** Shawna Lewis, Bo Bestvina, Lindsey Dieckhoff & Brittney West

**Cherry, 3 years:** Kalon Russell

**Pear, 15 years:** Mark Tarasawa

**Correction: GEORGE BROWN** celebrated 8 years in October!!!!

**Paid Sub Anniversaries**

**Kumquat, 5 years:** Mary Arp

**Owner Worker Anniversaries**

**Cherry, 3 years:** David Rebhuhn

**ANNIVERSARY FRUITS**

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

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

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

**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.



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**\*\* November 9 - December 1 \*\***  
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Check out our website to see merchandise at  
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Weekdays 10 am - 6 pm Saturday 10 am - 5 pm Sunday Noon - 5 pm

*staff spotlight*

**Alexandria Gray**



**Tell us something about yourself others might not know**

I'm the second oldest of six children. My favorite art tends to have ether macabre or supernatural content. And I have mild ophidiophobia (the abnormal fear of snakes).

**If you had three wishes....**

1. Equal rights regardless of gender, creed or sexual orientation.

2. A better education system across the globe with more emphasis on art, history, logic, and individuality.

3. That people would be more interested in going to see an intellectual debate then going to watch a football match.

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

I'm a cashier and I've been at the Co-op for a little over three months.

**What brought you to the Co-op?**

Fate. No really—I feel like I was fated to be here.

**What do you like best about your job?**

Well I suppose I like my co-workers the best.

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

I find that working at co-ops make me a more open minded and forgiving person.

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

Guayaki Empowermint Yerba Mate Tea and GT's Kombucha

**What do you like to do outside of work?**

Draw, write, sing, read, hang out with friends.

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

I lived in a few different places but I spent most of my life in Silver City, New Mexico.

**Where are some of your favorite travel destinations?**

Scotland is my favorite place I've been to but I'd like to see France, Italy and Spain.

**Where do you see yourself in 10 years?**

I see myself happy, with a partner that I can share my life and dreams with. I will create what I please and travel quite a bit.

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

In my car: Blue Jeans- Lana Del Rey. My home: Professor Plum-Anna Davis. My head: Golden-Fallout Boy

**What are your top 5 favorite things about Corvallis?**

My friends, the Co-op, the library, the opportunities, and, so far, the weather.

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

I would make it so that cashiers are never required to handle phone calls.

*Sayonara, sushi!*

Our kitchen is no longer able to make sushi for you on Tuesdays.

Thank you for your understanding!



# health services guide

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

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## WHOLE HEALTH CLINIC (AKA ACUPUNCTURE CLINIC OF CORVALLIS) DEAN JOHNSON L.AC.

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

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

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

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## making it personal at provender

Provender Alliance is a non-profit membership organization providing networking, outreach and education to Pacific Northwest natural food retailers and related companies. I feel lucky to be able to participate and learn at this conference as part of my job at the Co-op.

This year I was given the exciting opportunity to assemble and facilitate a panel of some of my favorite Pacific Northwest natural and organic wellness manufacturers based on my experience in body care at First Alternative Cooperative for the last five years.

Participants on the panel included: Prairie Rose Hyde, co-owner of Alaffia; Kim Otto, co-owner from Moon Valley Organics; Jody Berry, owner from Wild Carrot Herbals; Tracy Hastings, marketing director and educator for Earth Mama, Angel Baby; and, Mia Bell, marketing and outreach coordinator of Schmidt's Deodorant.

My goal for this panel was to share what decisions and choices manufacturers make from concept of a product, how it is manufactured, and finally how it is

marketed. The discussion also touched on the process of organic certification and what exactly drives the decision to become certified organic.

It was exciting to be able to share various concepts of what goes into natural body care and how the perception of a product being organic changes the way we view it.

The discussion brought to life a personal side to these products. I love being able to share that experience; especially creating a panel of manufacturers whom I was genuinely interested in hearing from. I am pleased to take this back to my co-op community to bring a face to a product and personal story.

After all, making a personal connection to body care makes sense; your skin is the largest organ in the body.

Please find me in the aisle to hear more about my experience meeting and working with these wonderful manufacturers.

- Susie Willis, Wellness Assistant

## letters

### LETTER TO THE EDITOR POLICY

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

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

## 3 Waters Project wins county Environmental Award

On Thursday, October 10th, David Eckert accepted the first-ever Environmental Award from Benton County on behalf of the 3 Waters Project. We asked County Commissioner Anabell Jaramillo to tell us more about this new award.

Q: What is the goal of having an annual environmental award?

Annabell: Benton County has multiple goals for establishing this award. The first is to recognize individuals and groups who are doing great work right here in Benton County for the environment. Through doing that, we hope that the award will raise the profile of environmental causes and projects in Benton County, educate the public about environmental issues and ways they can get involved and perhaps most importantly to encourage community members to get

involved in or start projects that help to improve the natural environment.

Q: What items stood out that made the Three Waters Project receive the award?

Annabelle: I think when the final award was determined by the Board of Commissioners the decision had a lot to do with the fact that it is a small group of volunteers who were fulfilling the project. That, in itself, is very impressive. There are some larger organizations - and, of course individuals - around Benton County who are doing some great work and are deserving of any number of awards, but in this case it was quite impressive the magnitude of what is being accomplished by a relatively small number of people. Also, water quantity and quality has been a focus for the county for quite some time and this issue impacts all of us.

### Camp compass helps guide youth

Thank you for supporting Benton Hospice Service's Camp Compass with your donation. Nationally, 1 in 20 children have experienced the death of a parent. And 80% of grieving families note that connecting with other grieving families is the most valuable resource to them. Your generous support makes it possible for us to offer this day camp for grieving families to do just that!

Our sincerest thank you for helping assure young families coping with terminal illness and loss are provided the best support available. We are so grateful for your partnership with us in this special and meaningful endeavor. Thank you.

- Joelle K. Osterhaus, Bereavement Coordinator

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**OTHER UPCOMING EVENTS:**

November 9  
Red Carpet Gala  
Fundraiser

November 24  
Majestic Readers Theatre  
A Body of Water

November 29  
OSU Vs. U of O  
Civil War

December 13  
Earl Thomas

December 31  
New Years w/

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# NOVEMBER CALENDAR

FREE COMMUNITY  
HAPPENINGS  
FREE EVENTS

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

Check out our Outreach page (pg. 6) for our monthly events and classes! Interested in hosting a community event or teaching a class? FMI: [yadira@firstalt.coop](mailto:yadira@firstalt.coop)

## WINE & BEER TASTING

WITH LIGHT APPETIZERS

NOTE: Wine tastings and times are subject to change. Please check [www.firstalt.coop](http://www.firstalt.coop) for updates, schedule changes, and cancellations.

## THURSDAYS

**1ST & 3RD NORTH STORE 4:30-6:30 P.M.**  
wine + cheese + crackers

**2ND & 4TH NORTH STORE 4:30-6:30 P.M.**  
craft brew + cheese + crackers

**EVERY FRIDAY  
SOUTH STORE 4:30-6:30 P.M.**  
wine + cheese + crackers

**NEW  
TASTING  
TIMES!**

## BOARD & COMMITTEE MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday, Nov. 5th 6-8 p.m.  
North Store meeting room

FINANCE COMMITTEE

Wednesday, Nov. 6th 5:30-7 p.m.

North Store meeting room

OWNER RELATIONS COMMITTEE

Tuesday, Nov. 12th - Noon

South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday, Nov. 19th - 6:30 p.m.

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

## EVENTS THIS MONTH

**MIKE CURTIS PRESENTS EL PESCADOR** Thurs. Nov. 7, 7-8:30 p.m. Corvallis Public Library. Ever dream about retiring to Mexico and living on the cheap? On the heels of his highly-regarded memoir, Mike Curtis' new novel explores that very scenario. Mike will also play some of his original Mexican music. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov)

**CORPORATE HYPOCRISY: AMERICAN LUST FOR GOLD IN THE MOUNTAINS OF ROMANIA** Sun., Nov. 10, 7 p.m. Unitarian Fellowship Church, 2945 NW Circle Blvd. Experts from Rosia Montana, Romania discuss how you can help stop American billionaire gold investors from destroying the environment and a 2000 year old community in the mountains of Transylvania. Free. FMI: David Paty, [david@rosia-montana-cultural-foundation.com](mailto:david@rosia-montana-cultural-foundation.com)

**GARDENING WITH NATIVE PLANTS FOR WILDLIFE** Monday, Nov. 11, 7:30 p.m. Avery House in Avery Park. Come learn how to use native plants to make your garden attractive habitat for our other native creatures, such as bees and birds. FMI: [kweitemier@gmail.com](mailto:kweitemier@gmail.com)

**LIVESTOCK GRAZING ON PUBLIC LANDS IN AN ERA OF CLIMATE CHANGE** Wed., Nov. 13, 7 p.m., Corvallis Public Library. Dr. Robert Beschta, OSU Professor Emeritus, will speak about the impact of livestock grazing on Western public lands from a climate change perspective. Dr. Beschta, along with others, found that grazing is exacerbating the impacts of climate change. Free, open to all. FMI: 541-758-5255

**HOLIDAY HEALTH AND BEAUTY FAIR** Friday Nov. 15, 12-4 p.m. Corvallis Public Library. Stimulate your senses with practical solutions for better nutrition, healthier body care products, and low impact exercise year round. Info and sampling of health foods, skin care, make-up, rebound exercises, prizes & giveaways. FMI: [mariamatosdesigns@gmail.com](mailto:mariamatosdesigns@gmail.com)

**LIVE WELL STUDIO YOGA & PILATES 3RD ANNIVERSARY CELEBRATION** Friday Nov. 15th, Five sessions: 9 a.m., noon, 1:15 p.m., 5:30 p.m. and 7 p.m., Live Well Studio, 971 NW Spruce Ave, Ste 101. All classes by donation to benefit Linn Benton Food Share! Cupcakes and door prizes. RSVP online to reserve a mat spot: [www.livewellstudio.com](http://www.livewellstudio.com)

**NOVEMBER REPAIR FAIR** Wed., Nov. 20, 5:30-7:30 p.m. OSU Used Store, 644 SW 13th St. Bring your broken items and questions; volunteers will help you learn how to repair your belongings for free! Specific repair skills and DIY demonstrations offered this time at <http://tiny.cc/repair-fair>, 541-737-5398

## ONGOING EVENTS

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

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

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

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

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

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

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

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

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

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

## SUNDAYS

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

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

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

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

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

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

## MONDAYS

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

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

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

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

## TUESDAYS

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

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

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

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

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

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

## WEDNESDAYS

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

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

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

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

## THURSDAYS

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

**YOPI** Thursdays, 2 p.m. Live Well Studio, 971 NW Spruce Ave Ste 101. Adaptive Yoga & core strengthening Pilates all from the mat. Helps increase strength and flexibility in the body's core. By donation. FMI: [frontdesk@livewellstudio.com](mailto:frontdesk@livewellstudio.com)

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

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

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

**FREE TEEN YOGA** Thurs. 4-5 p.m. LiveWell Studio, 971 NW Spruce Ave, Ste 101. With yoga you can get stronger and more flexible, feel happier, relieve stress and relax. FMI: [frontdesk@livewellstudio.com](mailto:frontdesk@livewellstudio.com)

## FRIDAYS

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

## SATURDAYS

**PLANET BOOGIE** Saturdays: Nov. 16th & Dec. 21st. Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. FMI: [www.facebook.com/groups/planetboogie](http://www.facebook.com/groups/planetboogie)

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

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

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

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



**Owners:** Randy & Sarah Walker

**Crew size:** Usually it's just us, but sometimes we hire a friend or two to give a hand with larger projects.

**Location:** Siletz, OR

**Region and area of operation:** Our farm is located in Siletz, OR, but we attend up to four Farmers' Markets each week, spanning the coastal region of Oregon. Our markets include Newport, Neskowin, Astoria and Siletz.

**How long have you been in the business?** We started farming together in Siletz in late 2005. Randy had farmed some before, but this was the first attempt for either of us to farm "commercially."

**What do you produce?** We produce pasture-raised chicken, turkey, lamb and beef. We raise pork, too, but it is not free-range in the pasture like the other critters; the hogs have access to outdoor runs where they can run, play and root to their heart's content without damaging the fields and ripping up the grass.

**What does the Co-op buy from you?** We supply the Co-op with chicken & turkey, some lamb and some pork.

**How long have you sold to the Co-op?** We have sold to the co-op since October 2010—3 years already!



**What sustainable practices does your business employ?** We use no antibiotics or hormones on any of our animals that are destined to be food. Our brood stock (moms and dads) only get antibiotics when necessary for medical issues, which is very rare. We use no pesticides, herbicides or chemical fertilizers on our pastures, but let the animals fertilize while grazing instead. If we have extra compost

on hand at the end of the summer, it is spread on the fields for fertilizer. At 13.42kW, our solar system is the second largest in Lincoln County. We have also partnered with Rogue Brewery to reduce their waste stream by using spent grain from the brewing process to provide our animals with high quality GMO free feed.

**The Walker Farm Story:** We have not been farmers for very long. In November of 2005 we purchased a farm on the flat fertile plain next to the Siletz River. Since then, we have not looked back. Sarah grew up in the inner-city of South St. Louis, and came to the farm under protest. Randy grew up in a family oyster-growing operation, where working on the oyster beds was a way of life as long as he can remember. It was his dream to be a self-sufficient small acreage farmer; much the same way his grandfather farmed in Canby, Oregon, shortly after the last century.



Sarah's reluctance and Randy's dream turned very quickly into a huge undertaking. Somewhere along the way a passion for the rural lifestyle took root. Until 2 years ago, Randy worked for OSU Hatfield Marine Science Center in Newport. His salary helped support the farm until it got going. Initially Sarah worked full time at a Newport lumber company, but with the economic downturn was laid off during the winters. We worked to grow the farm during those times and three years ago she became a full-time farmer when we realized she was too busy at the farm to return to work in the spring. Our relationship with the Co-op was what helped us finally turn that corner!

We feel strongly that sustainability has a social value and that the key to healthy living is a strong and healthy community.

"Our philosophy is to be as sustainable as possible, and still be commercially profitable. We are committed to providing our customers with quality products and services that exceed their expectations. We make every effort to provide clean, healthy and economically priced products with a low environmental 'price tag.'"

- Sarah & Randy

**"That was the best turkey I ever ate!"**

That was just one of many great comments we got last year after customers enjoyed a Walker Farms turkey for their holiday dinner.

Turkeys on the Walker's farm are turned out to pasture as soon as they are old enough to brave the elements. They are voracious pasture eaters with more than half of their daily diet coming from what they forage. The balance is made up of spent Rogue Brewer's grain (an organic and GMO-free blend of barley, wheat, oats and hops) and a custom blend from a family-owned feed mill in Mulino (of wheat, peas, corn and soy).

Sarah and Randy Walker's commitment to top quality products and exemplary sustainable practices, along with the humane and stress-free environment they provide for their turkeys, combines to make "the best turkey you'll ever eat!" Try one this year and judge for yourself.

- Valori George, Deli Assistant

**AFTER 3 PM, 7 DAYS/WEEK: FREE FOUNTAIN DRINK WITH WRAPPIT!™ \$6.25**

Choose any medium Yumm! Bowl™ and we will "Wrappit!" in a big, warm tortilla for a *Beautiful, Delicious, Nourishing™* handheld meal.



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541.757.9866



Offer excludes alcohol and bottled beverages. Valid at above location only; expires 12/30/2013. Each Café Yumm! independently owned and operated by members of the community. Namaste Cuisine, LLC dba Café Yumm! - #100007. [cafeyumm.com/nutrition](http://cafeyumm.com/nutrition)

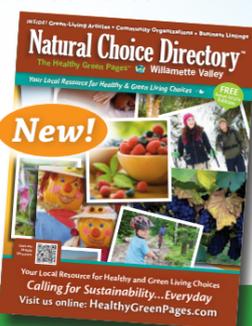
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**BUY Local FIRST**

**3rd Annual Buy Local First Day**  
Saturday, November 30, 2013

- Visit a participating business for special treats, sales or discounts
- To find local businesses, go to [www.corvallisiba.org](http://www.corvallisiba.org) or [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org)

**Buy Local First Holiday Contest**  
November 30 - December 8, 2013

- Visit/shop at participating businesses
- Enter to win gift cards or great prizes from CIBA businesses

The Buy Local First Events sponsored by:



Thanksgiving dinner can be accomplished on a budget if you make your side dishes and salads from scratch. Roasting a turkey breast in place of a whole turkey will also reduce your cost, give you that wonderful Thanksgiving flavor and still allow you to make traditional gravy to accompany your meal.



### TURKEY BREAST

Brush turkey breast with melted butter and sprinkle with Bragg's Sprinkle, 24 Herbs and Spices Seasoning. Roast to 165°, allowing 20 min. of roasting time per pound. Keep covered until the last 20 minutes of roasting.



*Pick up a Turkey Time brochure in our deli or at customer service for a complete day-by-day guide to a successful Thanksgiving, recipes and tips included!*

### GARNET KAHLUA YAMS



4lb garnet yams, boiled until tender & peeled  
 1/2 cup milk  
 1/2 cup butter, softened  
 1/2 tsp salt  
 1/2 cup brown sugar  
 1/4 cup Kahlua

Mash yams, add milk, butter, salt and brown sugar and beat until smooth. Put into saucepan, add 1/4 cup Kahlua and simmer 1 - 1 1/2 hours, stirring frequently.

### STUFFING



1 cup butter  
 2 cups celery, diced  
 1 1/2 cups onion, chopped  
 1 tsp salt  
 1 tsp poultry seasoning  
 1 tsp rubbed sage  
 1/2 tsp pepper  
 18 cups dried bread cubes  
 3 eggs, slightly beaten  
 2-3 cups chicken or veg broth  
 raisins

Melt butter in skillet; sauté celery and onion until onion is translucent and celery is tender-crisp. Add seasonings and eggs and mix. Add bread cubes and mix. Add broth until stuffing is of desired consistency. Add raisins to taste. Bake in greased pan 45 minutes at 350° or stuff into turkey and bake as directed for turkey. Makes 10 cups.

### MASHED POTATOES



6 lbs. potatoes (peeled & quartered)  
 8 oz. cream cheese, softened  
 1 cup sour cream  
 1/2 cup milk  
 6 Tbsp. butter  
 1 1/2 tsp. salt  
 2 Tbsp. butter, melted  
 1 tsp. paprika

Cook potatoes in boiling water 15 minutes or until tender; drain & mash in large mixing bowl. Add cream cheese, sour cream, milk, butter and salt; beat at medium speed until smooth. Spoon mixture into a greased 11 x 17 baking dish. Brush with melted butter and sprinkle with paprika. Cover and chill. Before baking, remove from refrigerator for 30 minutes. Bake at 350° for 30 minutes.



### PUMPKIN PIE

2 eggs  
 1 - 15 oz. can pumpkin  
 3/4 cup sugar  
 1/2 tsp salt  
 1 tsp cinnamon

Heat oven to 425°. Prepare pastry according to package directions. Measure filling ingredients into mixing bowl and beat until well mixed. Pour into unbaked pie shell. Bake 15 minutes. Reduce oven to 350°. Bake 45 minutes longer or until knife inserted in center comes out clean. Cool. Serve with whipped cream.

1/2 tsp ginger  
 1/4 tsp cloves  
 1 - 12 oz. can evaporated milk  
 1 Immaculate Baking Co. pie crust  
 Whipped cream for serving

**64OZ. PURE SQUEEZED ORANGE JUICE**  
**\$6.49 EACH REG. \$7.99**

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