



First Alternative
NATURAL FOODS CO-OP

THYMES

COMMUNITY MARKET MONTHLY
NOVEMBER 2015 VOLUME 36 • ISSUE 11

First Alternative's Holiday Hours

-
- Thanksgiving day • Closed
- Christmas Eve • Open 7am-7pm
- Christmas day • Closed

**Comparing
Pie
Crusts**

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**Stev
Ominski
Studio
Tour**

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**Thanksgiving
Special
Orders**

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**45th
Anniversary
Celebration**

pg 3&11

The turkeys are coming home to roast!



We're once again proud to offer a limited number of local, free-range turkeys from Walker Farms of Siletz.

Walker turkeys enjoy a grass diet supplemented by organic, non-GMO spent grains from the Rogue Brewery. The "Powered by Rogue" sticker means grains which would normally be wasted are being used as a nutritious food source.

**Walker Farms
Free Range
Turkeys** **\$5.19/lb**

First Alternative
NATURAL FOODS CO-OP



Birds arriving on or around November 18!



Mary's Free Range Turkeys are fed a diet free of hormones, antibiotics, gluten, meat, meat byproducts, and preservatives and provided with four times the amount of range area per bird as typical commercial turkey farms.

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Mary's Free Range
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\$2.49/lb

Mary's Organic
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Turkeys
\$3.49/lb

Also available from Mary's: Geese, Ducks & Cornish Game Hens



from the General Manager

Cindee Lolik
General Manager

The holidays are approaching fast. That means it's time to think Buy Local First when contemplating that holiday shopping list!

We are so lucky in Corvallis and our surrounding communities to have so many independent, locally-owned and operated businesses to choose from. It is truly a part of what makes Corvallis a very special and unique place to live, work, play and shop. It's exciting to even think about shifting a percentage of your holiday shopping to local—you may not find everything on that special someone's list locally, but there are many great ideas right at your fingertips and all our local business owners will be happy to help!

And remember that giving doesn't have to be "stuff." Many of our local businesses provide experiences that make super gifts—like movie tickets, theatre tickets, gift certificates for massage, classes at our local community college, a gift certificate to one of our fabulous local restaurants, or even a donation to a local not-for-profit agency in our community in the name of your family member or friend. If you think outside of the box, so to speak, a whole new world of local gift ideas will open up to you.

So, why buy local?

Build community! The casual encounters you enjoy at neighborhood-scale businesses and the public spaces around them build relationships and community cohesiveness. They're the ultimate social networking sites!

Strengthen your local economy! Each dollar you spend at independent businesses returns three times more money to your local economy than that same amount spent at a chain (hundreds of times more than buying from an online mega-retailer)—a benefit we all can bank on.

Shape our character! Independent businesses help give your community its distinct personality.

Create a healthier environment! Independent, community-serving businesses are people-sized. They typically consume less land, carry more locally-made products, locate themselves closer to residents and create less traffic and air pollution.

Lower taxes! More efficient land use and more central locations mean local businesses put less demand on our roads, sewers, and safety services. They also generate more tax revenue per sales dollar. The bottom line: a greater percentage of local independent businesses keeps your taxes lower.

Choices! A wide variety of independent businesses, each serving their customers' tastes, creates greater overall choice for all of us.

Create jobs and opportunities! Not only do independent businesses employ more people directly per dollar of revenue, they also are the customers of local printers, accountants, wholesalers, farms, attorneys, etc., expanding opportunities for local entrepreneurs.

Give back to your community! Small businesses donate more than twice as much per sales dollar to local non-profits, events, and teams compared to big businesses.

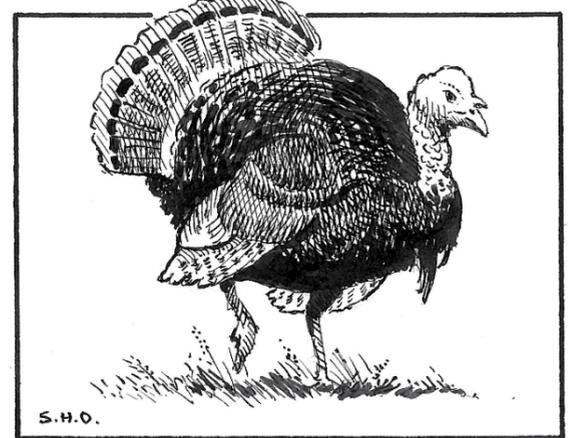
Increase the wealth of residents! The multiplier effect created by spending locally generates lasting impact on the prosperity of local organizations and residents.

Enhance our local democracy! Local ownership of business means residents with roots in the community are involved in key development decisions that shape our lives and local environment.

Enhance the health of residents! Research shows a strong correlation between the percentage of small locally-owned firms

and various indicators of personal and community health and vitality.

And of course let's all...



Remember that **Buy Local First Day is December 5th** this year. Have a look at www.ciba.org for a list of some of our great local businesses! 🐓



from the Board of Directors

Erik Rose
Board Member



Seeking Food Security

Roughly 16% of the people in Benton County are food insecure, according to the 2013 Current Population Survey (www.feedingamerica.org/mapthegap).

That means more than 13,000 individuals did not have food security in 2013, meaning that if 20 random people from Benton County jumped in a swimming pool, there would be a good chance that three of them did not eat before they swam because they could not, not because they were trying to avoid cramps.

The definition of food insecurity in this survey also includes eating meals that are nutritionally inadequate, that fill the belly

without providing an adequate supply of macro- and micro-nutrients to sustain health over time.

A basic definition of food security from the USDA: "Food security means access by all people at all times to enough food for an active, healthy life." The three key components of this definition are access, means, and nutrition. An individual requires physical access to food, typically through a grocery or farmers' market. They require the means to purchase food, and that food must meet a minimum threshold for nutritional quality.

"FOOD SECURITY MEANS ACCESS BY ALL PEOPLE AT ALL TIMES TO ENOUGH FOOD FOR AN ACTIVE, HEALTHY LIFE."

At First Alternative, our minimum threshold for nutritional quality is a high bar; thanks to our stringent Product Selection Guidelines. When you shop at the Co-op, know that you

can find a fresh supply of your favorite phyto-nutrients in the produce section, and a range of macro- and micro-nutrients in the bulk section—enough for your whole family to thrive.

But are we doing enough at the Co-op to address food insecurity in our community? A common refrain from my friends and colleagues when I bring up shopping at the Co-op is that the food is expensive. This complaint sounds like a food security issue, specifically the second key component, lacking means to purchase quality food.

Today at the Co-op we are doing more to provide quality options at affordable prices.

When buying staples like eggs or milk, look for new options alongside the flagship brands you know and love. These are the Co-op Basics. Affordable options from trusted brands that meet the requirements of our Product Selection Guidelines.



Even though our Product Selection Guidelines exert upward pressure on our prices, our commitment to food security in the community exerts pressure in the other direction, helping to keep quality food affordable for everybody.

Is food security an important issue to you? How do you feel about our new prices? Let us know what you think at faboard@firstalt.coop 🐓

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. It can also be viewed online at www.firstalt.coop.

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Design/layout Adam Payson,
Photography Adam Payson, Emily Stimac,
Illustrations Stev Ominski

STORE LOCATIONS & HOURS

NORTH STORE 2855 NW Grant Ave., Corvallis, OR 97330 • (541) 452-3115
SOUTH STORE: 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115

HOURS: Open 7 days a week, 7am-10pm

Web site: www.firstalt.coop • **Email address:** firstalt@firstalt.coop

Editor's email: thymes@firstalt.coop • **FA Board's email:** faboard@peak.org

CO-OP BOARD MEETINGS

Tuesday, Nov. 3rd - 12:15pm
South Store meeting room

Thursday, Nov. 19th - 6pm
North Store meeting room

Wednesday, Nov. 11th - 5pm
North Store meeting room

Tuesday, Nov. 17th - 6pm
South Store meeting room
Owner comments welcome
in first 10 minutes.

Due to holidays in November and December, Board of Directors meetings will be held on the third Tuesday, instead of the fourth.

Tuesday, November 17th at 6pm South Store meeting room
Tuesday, December 15th at 6pm South Store meeting room

STRONGER + TOGETHER



45 YEARS AND STILL COOPERATING

That's the sapphire anniversary, by the way, not that we're expecting anything

In Ancient Times...

At the tail end of the 60s a small group of OSU students with help of faculty advisor and then associate professor of botany, William Denison (father of Denison Farms' own Tom Denison) began spreading the word around town that they aimed to open an alternative grocery store. Their goal was to create a place to buy what they couldn't at other local stores, particularly whole grains and bulk foods.

The community was quick to respond and planning meetings began, attended by students and non-students of all ages.

Inspiration was drawn from Co-ops up and down the west coast. Willamette Peoples Co-op in Eugene (which is no longer in business, sadly) was both direct inspiration and one of our earliest suppliers.

When it came time to file the paperwork, we incorporated not as a true cooperative but as a non-profit corporation. Operationally, though, and at heart, we've never been anything but a cooperative. The experiences of the Rochdale Pioneers and the seven principles that were laid out by the proceeding generations of cooperators have always been our guide.

It Began November 23, 1970

The day the Co-op first opened its doors in a small house on 4th Street renovated and staffed entirely by volunteers.

Funding came piecemeal at first. Some charitable donations helped cover rent. Shoppers were asked to pay for a month's groceries in advance if they could.

There wasn't much to buy either. Suppliers and distributors weren't interested in making deliveries to some tiny upstart grocery. Instead, volunteers had to hit the road (in their own vehicles, of course) and purchase goods from around the valley and beyond.

Catching On

It didn't take long for the Co-op to catch on. Distributors saw that we were for real and started making deliveries, and the people of Corvallis and surrounding areas saw that this was a place built for them, not for profit. The environment may have been funky and there might not have been much to buy, but there was a sense of community and an exuberance that couldn't be contained by that tiny little house.



We weren't in it for the frills, anyway

Growing Up

In 1972 the search for a new home ended at a former drive-in burger joint on 3rd Street. (check out pictures of the 4th street house and these old new digs on pg. 11 —ed.) Conditions were again less than ideal, but committed volunteers kept improving the store and its product selection, which was primarily still bulk goods.



Who needs glittering frills when you've got garbage cans full of whole grains!

What little there was in the way of produce came from overflowing local gardens and gleanings, making for a spotty selection.

This began to change when a group of Co-op and community members set out to create an organization that would help farmers sell their produce locally.

This led to the formation of the Willamette Growers' Association (WGA), which got permission to open a small produce stand called Growers' Market on the northeast end of the store in 1975.

After a successful and exciting few years learning the ins and outs of selling produce, the WGA was ready to refocus their attention on their latest projects, including the still-thriving Albany and Corvallis Farmers' Markets. The Co-op was more than happy to take over the stand, moving it inside and

slowly changing it into a full-fledged produce department.

Out Growing the Past

As the Co-op grew, some of the old ways of doing things ran hard into reality.

While an all volunteer staff certainly fostered a real connection between the store and the community, it also meant that some mornings the store simply wouldn't open, as no one showed up for their shift.

Other problems began to become apparent with the 'honor system' method of operations. Customers who paid ahead for groceries had their credit tracked through a system of index cards. Before long some customers noticed their credit was shrinking faster than they made purchases. Other customers were pretending to be them at checkout.

Managers became the first paid staff of the Co-op in 1974. The volunteer staff continued well into the 80s, during which time a small number of paid staff were brought aboard to ease scheduling and improve customer service.

Becoming a Co-op, Again

The milestones kept coming. In 1984 we bought our first shopping carts. In 1985 we installed our first outdoor sign. We hired our first General Manager in 1988.

Continual store remodels increased our capacity for goods and strengthened our place as a trusted community grocery store.

In 1996 operational volunteers were discontinued. Volunteers remained in support positions until 1999 when, with the approval of the Board of Directors and a unanimous vote by members, we became a true cooperative.



And that's how members became Owners

Into the 21st Century

The changes kept coming. A massive expansion completed in 2001 doubled the retail square footage available to us. An even bigger change came in May of 2003 when we opened our North store in space leased from Dari Mart.



First Alternative Coop has signed a 50-year lease to open a second store at the corner of 20th Street and Grant Avenue. The natural foods grocery has moved to facing Scribner's Garden Center next door but couldn't agree on the terms.

Co-op to replace Dari-Mart

Now, on the cusp of 2016, with two First Alternatives, 10,000 Owners and a partnership with the National Cooperative Grocers, a nationwide co-op of cooperatives, we're stronger than ever.

Good thing, because the competition is getting fierce. Those big grocery stores we became the *first alternative* to eventually figured out we were onto something good, and now they want it for themselves.

Don't be fooled by the wolves at the door, however convincing their woolens. We've made our cooperative place in the sun, now the challenge is in defending it.

—Adam Payson, *Thymes Editor*

November Anniversaries

Staff Anniversaries

- 2 years:** Bernie Kurten, Jennifer Rivais
- 4 years:** Shawna Lewis, Lindsay Dieckhoff, Britt West
- 5 years:** Kalon Russell
- 17 years:** Mark Tarasawa

Paid Sub Anniversaries

- 1 year:** Renae Schmidt
- 7 years:** Mary Arp

Staff: Staff Members work 8-40 hours per week on a regular schedule.

Paid Sub: Paid Substitutes are trained in various departments to fill in for staff.

Owner-Worker: Co-op Owners who work a 2-hour shift per week in various capacities

THANK YOU ALL

for helping make this such a fantastic place to work and shop

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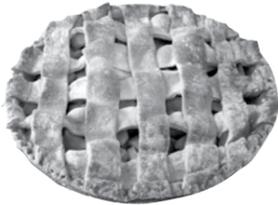
- 1** Voluntary and Open Membership
- 2** Democratic Member Control
- 3** Member Economic Participation
- 4** Autonomy and Independence
- 5** Education, Training, and Information
- 6** Cooperation Among Co-ops
- 7** Concern for Community

First Alternative
NATURAL FOODS CO-OP



PIE CRUST

Ready-Mades and Mixes

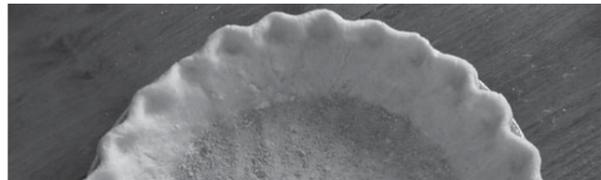


by Yadira Ruiz, Sunbow Produce, Co-op Thymes Contributor

Unbelievably, it's already November! Yes, we have reached the time of year when gatherings and celebrations with loved ones and friends are as commonplace as the weekend.

Pie, Glorious Pie

One of the greatest culinary pleasures of the season is pies! Pies are great! They can be sweet or savory, they can feature ingredients that embody the spirit of the season. They bring comfort to our bellies, satisfaction to our sweet tooth, warmth to the kitchen, and they make the most perfect companion to one of my other favorite indulgences in this world—coffee. They can be savored slowly, offering a variety of textures. They can be silky, creamy, chunky, hearty. They can be topped with buttery crust, or crispy crunchy toppings. They can even go topless in the middle of winter without raising a single eye-brow.



Pie of the Beholder

When it comes to pie crust, everyone seems to have an opinion on how it should be made.

Some folks insist on butter, others on shortening, while the more traditional insist on lard. Some say the trick is to tenderly mix it by hand, others declare that you can plop it all unceremoniously into a food processor and achieve the same results. Then there's flavor preference: buttery, sweet, nutty, or even a touch salty!

One of the reasons I love pie crust so much is that the ingredients are simple. There's the substance of the crust, the flour. For that light flakiness you need some sort of fat. Then add a little water and you're there! You can add salt or sugar if you'd like, but it's not necessary. If you are gluten-free, you will need a binding element such as eggs, xanthan gum and/or guar gum. If you are vegan and gluten-free, you need a miracle...okay, maybe not quite that extreme, but let's just say that despite the many pie crust options I found, none were both vegan and gluten-free (unless you take on a DIY recipe, which I'll get to.)

Crust should be relatively uncomplicated given the bare minimum of ingredients needed to create it, and yet the complexity of human nature dictates that even the simplest of recipes represent our varied preferences.

Ready-Made Pie Crust Options

Instead of spending extra time baking a pie crust to suit every need, I propose that we save the effort and head to the freezer section at First Alternative and grab ready-made crusts!

There are ready-made crusts out there for just about everyone. Until very recently, customers could have reached for Bavaria Mills gluten-free pie crust as an option, but sadly the company has stopped producing it.



For gluten-free crusts, that leaves us with **Silly Zak's Pie Crust**, a buttery option with just the right amount of sugar and egg. It's soy free, non-GMO, flaky, bakes well,

and is versatile enough for both sweet and savory pies.

It's a winner in my book and I'm not gluten-free. The only disadvantage is that it's not organic, but it is made in Oregon. Maybe if enough consumers reach out and request an organic product, they'll change their song?

Until such time, you needn't worry, there are two organic pie crusts at the ready right now! **Wholly Wholesome** offers both a spelt crust and a whole wheat crust. Both are vegan, and Pareve.



Of the two, the spelt crust was the winner in my book. It had a pleasant nutty, earthy flavor that was excellent with a savory veggie pie filling.

Before I describe the whole wheat crust to you, I have to confess that I'm not a fan of whole wheat when it comes to pastries. My biggest "beef" with the whole wheat crust is akin to why some folks don't like to eat popcorn—as a result of using the entire grain, the husks get caught in your teeth. Granted, they are smaller and not as numerous, but they are there. On the plus side, it is a great source of fiber.

Both of the **Wholly Wholesome** pies were heartier than the **Silly Zak's**, but that just comes down to being grain-based versus rice flour-based. The upper crust was dense but flaky, a nice combo.



Outside of the freezer is another option, **Glutino Pie Crust Mix**. It requires two eggs, butter and vinegar so it's not quite as simple as a ready-made crust but it also isn't very much work. The instructions on the box are easy to follow and the result is a surprising combo of dense, crumbly crust.



That covers ready-made gluten-free pie crust and vegan pie crust, but there's no ready-made gluten-free and vegan pie crust...gasp! Fear not, I have a solution for you. **Arrowhead Mills Gluten-Free All Purpose Baking Mix**. It's non-GMO, Gluten-Free Certified and Pareve. You can combine this mix with vegetable-based shortening and water to create your very own vegan, gluten-free pie crust...*Tah Dah!*

Not as easy as just grabbing something out of the freezer section but hey, sometimes you gotta' get your hands dirty to get what you want.

So, whatever the dietary needs and preference you and your guests may have, there is an option out there for everyone. Some might be easier than others, but they're all worth the result—happy bellies and smiling faces around the table. Truly my favorite part of the season of gathering.

BACK TO THE (CO+OP) BASICS

Look for the purple tags and save money, every day

Looking to stretch that grocery budget? So are we! That's why we're proud to introduce our new Co+op Basics program to highlight our everyday low prices on popular grocery and household items.

Hopefully you're already familiar with our great sales program, Co+op Deals. Just like with Co+op Deals, you can expect great savings on great products. But unlike those short-lived deals, these are everyday prices. No need to worry about them expiring.



We're not cutting any corners to bring you these great prices, or lowering our standards (we wouldn't dare!) Instead, we're working closely with our partners in the National Cooperative Grocers (NCG). NCG, a cooperative of cooperatives, brings co-ops from all around the country into a single bloc, greatly increasing their buying power. Recently they've been working directly with a number of manufacturers and distributors to negotiate for reduced prices on trusted brands. Great prices that we're passing along to you.

The first big name in the Co+op Basics program is **Field Day Organics**. You may have noticed more Field Day products around the store recently. Have you noticed just how incredible the prices are? Just look for the purple Co+op Basics tags and you'll see. And remember, these are everyday prices.

Field Day is just the start. Keep an eye out for more and more purple Co+op Basics tags in the coming months. We'll keep bringing you great products from trustworthy brands at incredibly low prices. Those are the Co+op Basics.



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The Fine Art of STEV H. OMINSKI

THE LOCAL SPOTLIGHT

The illustrations appearing throughout the Thymes over the past few months are all the work of one man—Stev Ominski. Stev's art isn't new to the Thymes or the stores themselves, it just hasn't been around as much in the recent years. When an opportunity to remedy that arose, I jumped. Now we're in the midst of a Stev Renaissance. Stev recently invited us into his home and studio for a tour, a perfect opportunity, I figured, to have him tell us about himself, his body of work, and how he ended up contributing his talents to the First Alternative Co-op.

—Adam Payson, Thymes Editor

Could you tell us a bit about the work you've done for the Co-op and how that came to be? After my wife and I became members it became clear that some original line art would benefit the Thymes. I offered my services to Michele Adams, the Store Manager at the time, and in exchange I was given a support-worker discount. Later I did some lettering and sign construction. For my continued contributions I was eventually awarded a commission for the painting of Marys Peak that currently hangs on the left side of the hallway, above the wine section, at the South Store.



What led you to pursue a career in art? As a kid, I always drew a lot. Mostly things around me, from nature, and sketches of people that included well known track and field athletes. I was a stand-out young runner myself in the quarter mile.

What sort of formal training did you have? I never have had much formal training in art. Though, I was "discovered" in third grade after I made a diorama of a pond and beaver lodge. It got me moved up to the fourth grade class where they had dedicated art lessons. Perhaps that initial notoriety got me hooked on wanting more attention, and producing more art.

Who has influenced you? I have always gravitated towards the "down home" simplicity of the works produced by Andrew Wyeth, the realistic elements of Dali's surrealism, and the casual, relaxed watercolors of Winslow Homer.

Could you discuss your methods and media: The line drawings for the Thymes are pen and ink (done with classic quill pen and India ink) on white scratch-board (a clay coated stock). My watercolors are traditionally rendered, using the

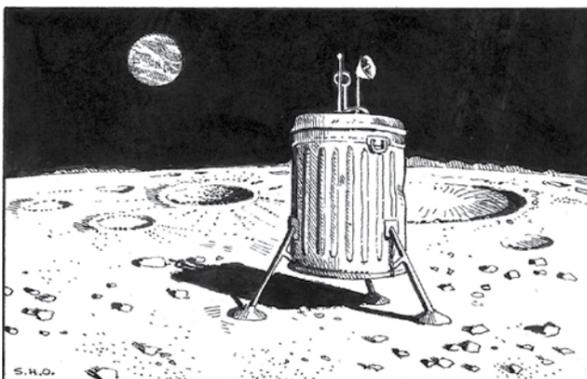
white of the paper for illumination through thin washes and glazing.

What are some other projects you've done? I've done a lot of work regarding the Missoula Ice Age Floods. Over the years, my interest and output have made me kind of a "darling of the geological set". One commission I'm particularly fond of depicts Columbia Mammoths trying to flee the approaching flood waters coming down the Columbia River. (See *Stev fleeing as well, on the cover* —Ed.) The piece is acrylic on canvas, nine and a half feet tall and ten feet wide. It hangs in the permanent collection of the Gorge Discovery Center, in The Dalles.

There is also a forest mural I did for the main waiting area/lobby of the Samaritan Albany General Hospital that's twenty-five feet wide by four feet tall.



Most of the art you are currently using in the Thymes was illustration work originally for my column "Nature Notes", penned for the Salem Statesman Journal Newspaper in another life.



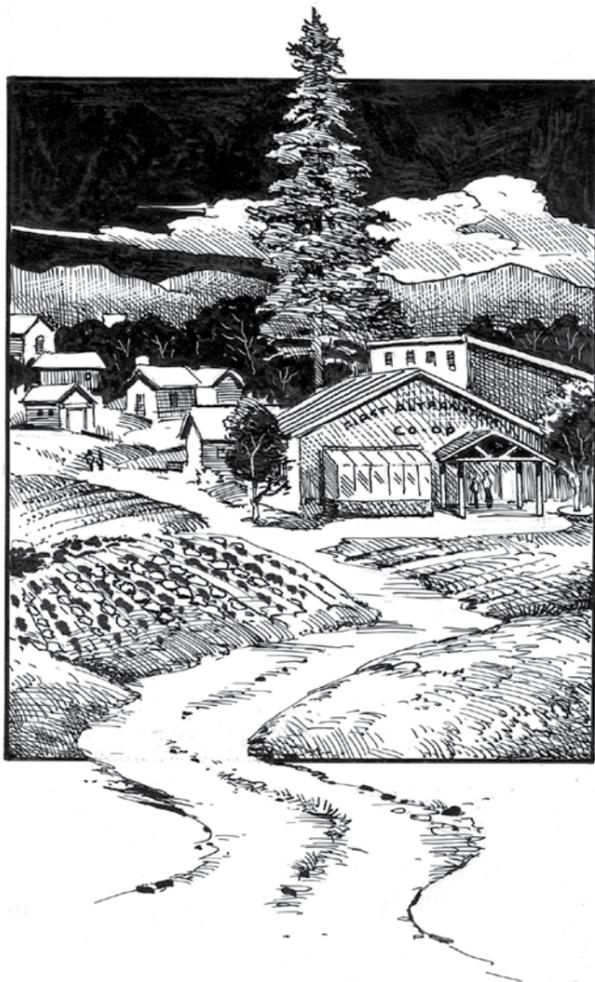
"The Opossum Space Program", Nature Notes, 1988



Stev, displaying and discussing his work



"Edge of the Arm" Watercolor



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IN THE KNOW ON THE LEW



Red Wagon Creamery Ice Cream

You may have tried Red Wagon Creamery's amazing ice cream at the Farmers' Market this summer. Handcrafted in Eugene in small batches with only the best locally-sourced ingredients, this is some of the best ice cream available.



Hummingbird Wholesale Organic Dried Peaches

Summer's over, but that doesn't mean the peaches need to stop. The year's new crop of organic dried peaches is ready and waiting for you in the bulk section. Delivered to us from the good people at Hummingbird Wholesale.

Holiday Cooking with the Co-op Kitchen

Once again the talented cooks and bakers in the Co-op Kitchen are preparing to bring you the best foods the Thanksgiving season has to offer.

Beginning November 22nd, visit the **Deli** and **Grab & Go Coolers** for an early taste of the holiday. Fresh-made seasonal treasures like **Sage Apple Stuffing**, **Maple Glazed Yams**, **Mashers**, **Cranberry Sauce**, and **Pumpkin Pie** will all be returning, along with some new items like our **Cranberry Relish**, a zesty blend of fresh cranberries, apples, walnuts, and spices.

And if you're feeling a little overwhelmed in your kitchen this holiday season, why not let us help out? **The Co-op Kitchen is offering special orders of select fixings, sauces, and desserts this Thanksgiving.** Let the Co-op Kitchen help you get ahead of the holidays this year!

Peruse the special order list below, or pick up a **Festive Fixings special order menu** in the Deli or at Customer Service for more details.

Fixings

One order serves 10-15

- Sage Apple Stuffing \$28.99
- Holiday Maple Glazed Yams \$48.99
- Mashers \$29.99



Sauce & Gravy

One order serves 10-15

- Traditional Cranberry Sauce \$9.99
- Holiday Gravy \$10.99



Desserts

Pies serve 8-12 • Cheesecakes serve 16-20

- Apple Pie \$15.99
- Pecan Pie \$17.99
- Pumpkin Pie \$14.99
- Tofu Pumpkin Pie \$14.99
- Pumpkin Cheesecake \$27.99
- Cranberry Cheesecake \$27.99



Place your special orders with Customer Service, in person or over the phone at (541) 753-3115. Please allow 48 hours for all special orders.

The last day to place a special order is Nov. 23rd. Special orders must be picked up between Nov. 22nd and the end of the business day on Nov. 25th.



Kratos High Protein Beef Bars

Made from 100% lean beef, Kratos bars are a filler-free way to fuel your outdoor adventures. They're gluten-free and paleo-friendly. Available in Original, Zesty Peppers, Ginger Wasabi, and Acai Berry. Unleash your warrior, beef fans.



Happy Family Happy Baby Organic Baby Food Pouches

Start healthy eating habits early with these blends of fruits, vegetables, and whole grains rich in the vitamins and nutrients babies and toddlers need. Also look for Happy Family's organic Teethers and Yogis in the Wellness aisle.



Blossom Water All Natural Essence Water

Bright and refreshing Blossom Water is 100% natural with no artificial colors or sweeteners. Made from nothing but pure water infused with natural flower and fruit essences it's a light, crisp, and aromatic drink. It's like they bottled a refreshing garden breeze. Find it with the chilled drinks.



Field Day Organic Peanut Butter

A great peanut butter and jelly sandwich starts with a jar of Field Day Peanut Butter. Whether you take yours smooth or crunchy, it spreads easily (no unwanted bread tear!) and its savory sweetness goes perfectly with your favorite preserves. Another delicious, affordable Co+op Basic!



Holly Smith
South Store Deli
Assistant Manager

cheese please

Holiday Cheese Platter How-To

Growing up, my family's holiday dinners weren't complete without a cheese plate. These were usually casual, haphazard affairs...a few wedges on a cutting board accompanied by a bowl of mixed olives and a baguette. Even in their simplicity, they were a cornerstone of the meal, the star around which guests revolved as they arrived, circling near to tear off a bit of crusty bread and top it with a hearty slice of cheddar or smear it thickly with a triple cream. When the cheese plate came out, I always knew it was the end of the day's preparations, and the true beginning of the gathering.

All you really need for a cheese plate is a few delicious selections. Well-made and well-kept cheeses speak for themselves and need no pairing other than a simple cracker or piece of bread. But just as a sunset, exceptional on its own, can be enhanced with the presence of a loved one, so can an already marvelous cheese be enhanced with the right pairings. And in any case, it's such fun.

First, pick your cheese

Variety is key for a memorable holiday cheese plate. Different flavors, shapes, and textures will keep your guests' palates engaged and coming back for more. Generally, odd numbers of cheeses look more appealing on a platter than even numbers. You may wish to feature just one really special cheese with an array of crackers and fruit. Three is usually appropriate for a dinner or small gathering, and five is great for a party.

Focus your choices around a theme. For example, select cheeses made of different milks: goat, sheep and cow. Or you might focus on texture, serving a soft-ripened cheese alongside a semi-hard and a hard-aged cheese, for example, **Marin French Camembert**, **Roth Original Havarti**, and **Kerrygold Reserve Cheddar**.

You could also select your cheeses based on where they were made in order to evoke a sense of place. Try a trio of French cheeses like **Saint Andre**, **Comté**, and **Roquefort**, for example, or a selection of Oregon-made cheeses like **Willamette Valley Cheese's French Prairie Brie**, **Tillamook's 3-Year Vintage Extra Sharp White Cheddar**, and **Rogue Creamery's Oregon Blue**.

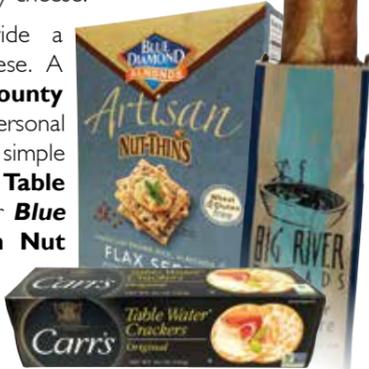


A great cheese plate doesn't have to be an extravagance. Approach the cheese section with a budget in mind. Sue Conley and Peggy Smith of California's Cowgirl Creamery recommend splurging on one higher-priced cheese and selecting less expensive, more familiar cheeses for the other choices. There are fantastic cheeses at every price level, and we always have a great cheese on sale, so be sure to check out our in-store Weekly Flyer. First Alternative Deli Staff will be happy to cut any cheese to the size of your liking.

Next, pick your pairings

The ideal pairings complement but do not overpower your cheeses. Aim for a balance of flavors when choosing accompaniments: sweet with salty, fruity with savory. Roasted almonds, mixed olives, dried apricots, fresh apples, preserves, quince paste, salami, and prosciutto are all versatile choices that will compliment almost any cheese.

Remember to provide a vehicle for your cheese. A crusty **Big River County Baguette** is my personal favorite, and a simple cracker like **Carr's Table Water Crackers** or **Blue Diamond's Artisan Nut Thins** (gluten-free) is an excellent option, especially for soft, spreadable cheeses.



Finally, pick a beverage

Like food pairings, select accessible wines and beers that won't overpower the flavors of your cheese. Most cheeses go well with a dry sauvignon blanc, a fruity pinot noir or syrah, or champagne and other sparkling wines. Ales and other hearty beers are a great match for cheddars. Ciders pair nicely with aged cheeses. In general, avoid tannin-heavy wines like cabernet sauvignon and oaky wines like chardonnay when choosing a pairing. Your own palate, however, is your best guide.



Assemble the plate

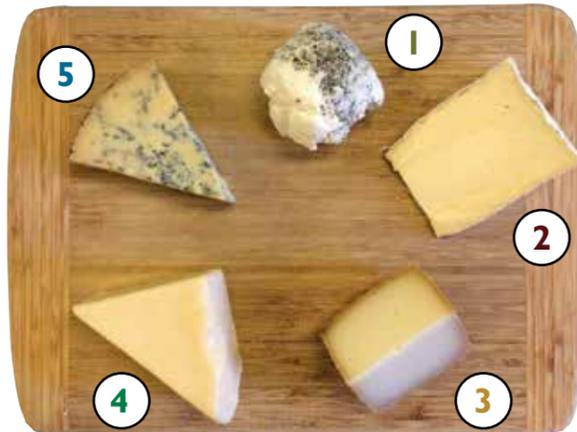
A few hours before you plan to serve the cheese, remove it from the refrigerator and let it come to room temperature. This will bring out the more subtle flavors of each cheese as well as improve its texture.

Choose a platter or board that your cheeses won't be crowded on, but will fill up. Leave a little extra space for accompaniments. There are no hard and fast rules here, so get creative. It's nice to alternate shapes, colors, and textures. If your cheeses are in rounds or wedges, you might try a square or rectangular platter; for square blocks (like cheddar), a round platter is nice.



Arrange your cheeses first. For this five cheese platter I've arranged them according to their strength of flavor:

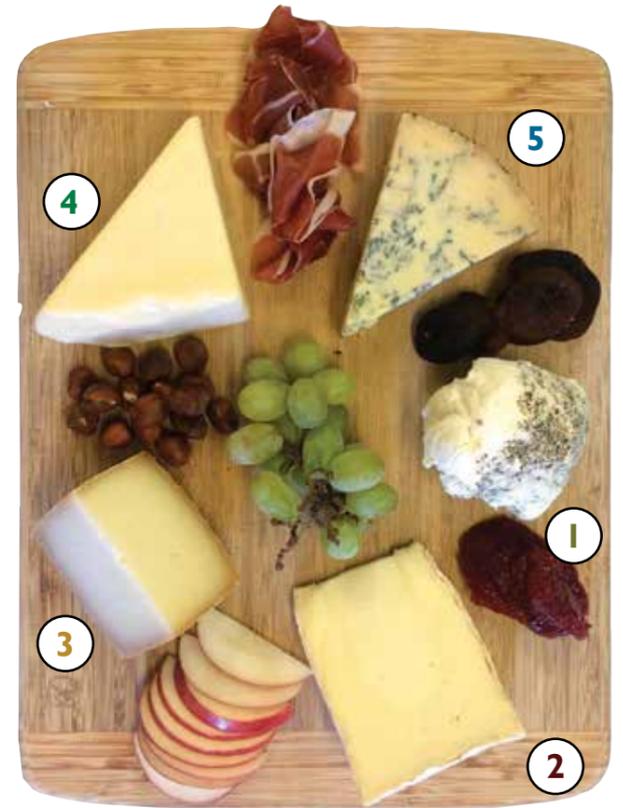
Pictured below: **Laura Chenel Herb Chablis**¹, a luxurious herbed chevre, **Domaine du Vallage**², a smooth triple cream made of cow's milk, **P'tit Basque**³, a buttery semi-hard sheep-milk cheese, **Beecher's Flagship Cheddar**⁴, a hard cow's milk cheese with a well-rounded sharpness, and finally a classic bold-flavored **Long Clawson Blue Stilton**⁵. Use accompaniments to fill in the spaces and add colorful accents to your plate. In the picture to the right I've added fresh grapes, a smear of fruit jam, slices of fresh apples, roasted hazelnuts, **La Quercia Prosciutto**, and a few dried apricots.



Make sure you provide the right tools for the job: a spreader or butter knife for soft, fresh cheeses; a knife with holes to prevent semi-soft cheeses from sticking; a cheese plane for semi-hard cheeses; a sharp-edged knife (a paring knife will do) for harder cheeses; and a squat, pointed knife for very hard cheeses like parmesan.



Remember, the First Alternative Deli staff are your best resource for any cheese-related questions. We will happily make recommendations and suggestions for all your holiday entertaining needs, and can sample or cut to size any cheese we sell. Just ask us. 🧀



1 Laura Chenel's Herb Chablis



2 Domaine du Vallage



3 P'tit Basque



4 Beecher's Flagship Cheddar



5 Long Clawson Blue Stilton

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November 2015 Community Calendar

UPCOMING EVENTS

The CEC Hosts Happy Hour

November 2nd 4-7pm at Campus Downward Dog (2305 NW Monroe Ave)
There is no better reason to partake in happy hour on a Monday afternoon than to support the Corvallis Environmental Center! We will be there with tons of information about the work we do and how the campus community can get involved. Giveaways, comradery and good old fashioned shenanigans. The Campus Downward Dog will donate 10% of all the happy hour revenue to the Corvallis Environmental Center. FMI: samm@corvallisenvironmentalcenter.org

Graphic Novel Book Club

November 3rd, 6:30-7:30pm at New Morning Bakery (219 SW 2nd)
Join the Public Library sponsored Graphic Novel Book Club. November 3rd we will be discussing *Here* by Richard McGuire. New members always welcome. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Library. FMI: bonnie.brzozowski@corvallisoregon.gov

Dear White Corvallis

November 8th, 1:30-3:30pm at Benton County Library (645 NW Monroe Ave.)
It's time for Corvallis residents to choose the next step in acting against institutionalized racism in Corvallis. Everyone is invited.

No admission charge or pre-registration. Organized by the Corvallis chapter of SURJ: Showing Up for Racial Justice. FMI: (541) 609-8420 or surj@googlegroups.com.

Botanical Genesis: Creating Wildflowers Galore

November 9th, 7:30 PM at Avery House (1200 SW Avery Park Dr.)
In this new era of conservation, humans shape every aspect of our environment. If you hike at Bald Hill Farm you will witness this transformation. Matt Blakeley-Smith with the Greenbelt Land Trust will explain local grassroots efforts to conserve land, revive endangered species, and involve people every step of the way. Featuring indulgent botanical photos. FMI: Jordan Brown at (253) 820-3934 or brownj@science.oregonstate.edu.

Fall Repair Fair

November 10th, 5:30-7:30 pm at OSUsed Store, (644 SW 13th St.)
Bring broken items and learn how to fix them for free; attend demos to learn more D.I.Y. skills. Visit <http://tiny.cc/repair-fair> to see the specific skills and demos that are being offered. FMI: Andrea Norris, andrea.norris@oregonstate.edu or 541-737-5398

Leadership Under Pressure: A Historian's Close-up Look at

Presidential Decision-Making

November 10th, 7:30-9pm at The LaSells Center (875 SW 26th Street)
Michael Beschloss served as the first presidential historian for NBC Appearing regularly on Meet the Press, The Today Show, The Daily Show and all NBC network programs, he provides expert analysis of the executive branch. FMI:shelly.signs@oregonstate.edu; (541) 737-0724

Alpine Community Center Holiday Festival

November 14th, 9am-4pm at Monroe Grade School (600 Dragon Dr., Monroe)
Alpine Community Center presents their 13th annual Holiday Festival. With 40 artisan booths, music and entertainment all day, a super lunch and pie bar, and museum display and community groups. FMI: Jeanne at alpinefestival@gmail.com

Corvallis Environmental Center Community Canvassing Day

November 14th, 2-6pm at Avery House (1200 SW Avery Park Dr.)
Put on your most comfortable shoes and get ready to hit the pavement and spread the word about Take Charge Corvallis. Together we can win the \$5 Million Energy Prize. FMI: Sarah at

takecharge@corvallisenvironmentalcenter.org

Letter Writing Social & Stationery Exchange

November 22nd, 2-4pm at the Benton Public Library (645 NW Monroe Ave.)
Celebrate the art of crafting handwritten letters. Join other fellow letter writers in the library's Main Meeting Room to compose letters to friends, relatives or acquaintances. Bring your own stationery or use supplies provided. An opportunity to exchange your handmade or store bought stationery with other letter writers and encourage the epistolary tradition. FMI: michael.hanson@corvallisoregon.gov

The Beauty from the Beast: The Story of the Pacific Northwest

Nov 24th, 5:30-7pm at Avery House (1200 SW Avery Park Dr.)
The first workshop in this series features an overview of plate tectonics and its role in earthquakes, volcanic activity, and the development of the landscapes in the Pacific Northwest. Special emphasis on the Cascadia Subduction Zone and its role in creating the Coast Range, Willamette Valley, and Cascades. FMI: Janelle Walters, janelle@corvallisenvironmentalcenter.org (541) 758-6198

ONGOING EVENTS

FREE or by donation listings • To submit your free event, visit firstalt.coop/community/community-calendar/

FOOD

VEGAN AND VEGETARIAN OSU STUDENTS Monthly potluck style meeting for vegans, vegetarians, and anyone considering a plant-based lifestyle. Come eat, share recipes, plan campus events, and talk with like-minded people! FMI: vegansandvegetarians@gmail.com to join the listserv or for more info.

CORVALLIS VEG EDUCATION GROUP Events in Corvallis, including monthly dine-outs. Non-vegetarians welcome. Open to all. FMI: Corvallisveg.org

GLUTEN FREE SUPPORT GROUP 1st Saturdays, 10am-12pm, First Presbyterian Church, Dennis Hall, 9th & Monroe. Learn more about gluten intolerance, share ideas and sample products. FMI: (541) 602-1065

SPIRITUAL

ECKANKAR, RELIGION OF THE LIGHT AND SOUND OF GOD 1st Sunday, 10am, 425 SW Madison, Suite N. Join us as we sing HU, an ancient name for God. ECK Worship Service, 4th Sundays, 10am. FMI: www.Eckankar-Oregon.org

PLACE OF TARA Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. FMI: salvesonvideos@gmail.com

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

CORVALLIS INSIGHT MEDITATION Come join us for sitting and instruction, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. Email for time/date. FMI: maryleigh.burke@gmail.com

MINDFULNESS MEDITATION 5:30-7 pm, Friends Meeting House, 33rd & Polk. Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. FMI: ken.oefelein@gmail.com

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

A COURSE IN MIRACLES 7:30pm. Join us

as we read & discuss this spiritual classic, after a meditation. FMI: (541) 754-9051.

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP Sunday 10-10:45am, Meditation & 11am-12pm Inspirational Service; Thursday 7-8 pm, Meditation, Study Kriya Yoga through Paramahansa Yogananda's teachings. Author of the spiritual classic, *Autobiography of a Yogi*. FMI: corvallismeditation.org

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

CORVALLIS ZEN CIRCLE weekly meditation. FMI: www.corvalliszencircle.com

WELLNESS

COMPASSIONATE COMMUNICATION PRACTICE GROUP Every first and third Monday, 7-9 pm, at 2255 NW 25th Street Support in living the model taught by Marshall Rosenberg. Led by Tina Taylor, CC trainer and counselor. Donations appreciated RSVP and FMI: Tina@tinataylor.co, (541)753-2255

AIKIDO OPEN MAT Thursdays, 6:30 pm 2323 NW 9th (behind Togos.) Aikido, or "the way of harmonious spirit," is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. Wear loose, comfortable clothing. We train 6 days a week, including work with wooden weapons. \$40/month for kids (children age 6 and up), \$55/month for adults, \$90/month for families. More info at CorvallisAikikai.com

TAI CHI CLASSES 5:30-6:30pm, Oddfellows Hall. Ages 16+. Instructor, Andy Bennett, holds 30 years of martial arts experience. Class fee: commitment to practice. FMI: (541) 760-9328

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

FREE TEEN YOGA Tuesdays, 4pm, Live Well Studio, 971 Spruce Ave. Yoga just for teens. It's fun and it's good for you too. All teens welcome. FMI: Theresa McLaren, frontdesk@livewellstudio.com, (541) 224-6566

CHAIR YOGA Tuesdays, 3pm, Live Well Studio, 971 NW Spruce Ave. Chair Yoga provides the benefits of yoga to everyone regardless of injuries, health limitations, or mobility. It is well suited for individuals living with M.S., Parkinson's, Cancer, A.L.S., and physical limitations. Sliding

scale donation. FMI: (541) 224-6566

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

REIKI HEALING CIRCLE 1st Thurs., 7-9:30pm. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, (541) 754-3595

FREE TEEN LAUGHTER YOGA Wednesdays 4-5pm. FMI: Energy9Studio.com

YOGA FOR RECOVERY Sundays 12:30-1:45pm, Live Well Studio, 971 NW Spruce St. focused on helping those who are recovering from substance abuse and addiction. This class teaches meditation, breathing practices, yoga poses and movement in a nurturing environment. \$5 suggested donation. FMI: (541) 224-6566

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 google.com/site/wutantaihai

MEMORY LOSS SUPPORT GROUP Every 2nd Tues. 1:30-3pm, for caregivers and family of persons with Alzheimer's or a related disorder. Another group for people with memory loss is held at the same time Free, but registration is required. To register, call (541) 766-6959. FMI: Gene Dannen, (541) 753-1342

PEACE

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

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

COMPASSION COMMUNICATION PRACTICE GROUP Every 1st & 3rd Monday, 7-9pm, 2255 NW 25th St. Support in living the model taught by Marshall Rosenberg, in our daily lives. Led by Tina Taylor, CC trainer and counselor. RSVP & donation appreciated. FMI: Tina@tinataylor.co, (541) 753-2255.

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

MUSIC

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

FIRST SUNDAY VOCAL IMPROV JAM every first Sunday of month, 2-4pm, Riverfront Park, 1st & Monroe St. Singing in polyphonic groove, for all ages and skill levels. FMI: (541) 760-3069.

EZ BLUEGRASS JAM, every Sunday 2-4pm, Jam with other beginning and intermediate-level players. Traditional bluegrass and other acoustic songs. We meet in a private home. FMI: Christine, (541) 738-2610

COMMUNITY SINGING LESSONS Every Thursday, 12-1pm, Gracewinds Music Lesson Loft, 137 SW 3rd St. International singer and expert voice teacher offers FREE group lessons to the community. FMI: Rebecca, (503) 559-5205

PLANET BOOGIE Oct. 17, Nov. 21, Dec. 19, 7:30-9pm, Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. Facebook: Planet Boogie Corvallis

CORVALLIS COMMUNITY DRUM CIRCLE 1st Saturdays 7-8pm, 101 NW 23rd St. FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich, Drum Circle Connection. FMI: drumcircleconnection@gmail.com

ENVIRONMENT

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

OSUSED STORE PUBLIC SALES 5:30-7:30pm on 1st Wed. of the month; 12-3pm on all other Weds. 644 SW 13th St. FMI: <http://surplus.oregonstate.edu>, (541) 737-7347

AUDUBON FIELD TRIPS 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

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

Health Services Guide

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



MINDFULNESS-BASED THERAPY

Experienced, caring therapist offers mindfulness and compassion-based individual, couple and family therapy in a peaceful private practice setting. Get help with anxiety, depression, relationship issues, chronic and serious illness, loss and grief, as well as navigating the stresses of pregnancy and parenting. Licensed Marriage and Family Therapist. (541) 286-5087 www.corvallismindfulnesstherapy.org

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

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

DOWNTOWN PILATES

Pilates from fundamental to advanced. Fully equipped studio featuring traditional apparatus. Private lessons, duets, small classes. Enroll now – Pilates Fundamentals Tues-Thus 6-7pm. Gain strength, build confidence, tone & reshape your body. Call Shiikan for an appointment: (541) 207-1009

Un-classifieds

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

PROUD MAMA SUPPORT SERVICES

New baby? In-home professional doula care can make all the difference. proudmamasupportservices.com

PARENTING SUPPORT

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

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

CERTIFIED HAKOMI THERAPIST

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

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Prefer S. Corvallis, low rent, trade. Ken (541) 929-4296

ERRANDS.

Ken, (541) 929-4296

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Mid-Valley Doula Network: www.midvalleydoulas.net

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\$40/lb. Dried fruit, kombucha. Ken (541) 929-4296

SEEING WITHOUT STRAIN

Learn natural vision improvement methods to release chronic neck and shoulder tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybetts Sinclair, LMT, certified vision improvement coach. (541) 753-8374 or www.marybettssinclair.com

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

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CALL KORI THE SPOILER

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PARENT COOPERATIVE PRESCHOOLS

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



BUY ONE BOTTLE OF NORDIC NATURALS, HELP TWO HEROES

Helping dogs, helping heroes with Paws and Stripes

Paws and Stripes is a 501(c) nonprofit organization that provides service dogs for wounded United States military veterans suffering from post-traumatic stress disorder and traumatic brain injuries.

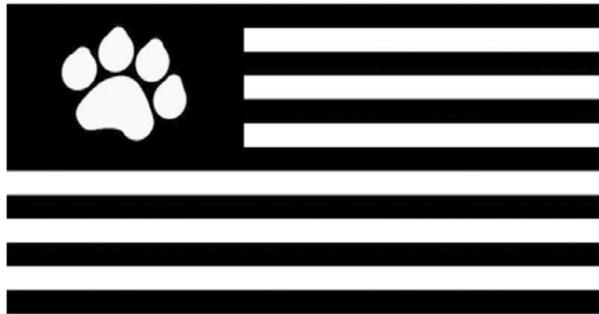
These dogs, all rescues from local shelters, are not pets, they are medical service animals afforded the complete protection and rights granted by the American with Disabilities Act.

These dogs provide invaluable mental support, but the cost of their training is often insurmountably high and not covered by insurance companies.

Paws and Stripes have made it their mission to overcome these hurdles and pair in-need veterans with shelter dogs. Their experienced service dog trainers work with the dogs and veterans as a team, building strong relationships that save the lives of heroes in need and dogs in danger of euthanization.

The program is covered entirely through grants and donations. Veterans are never obligated to pay anything.

PAWS AND STRIPES



HELPING DOGS, HELPING HEROES

From October through December, Nordic Naturals is asking for our help in supporting Paws and Stripes with their "Buy One Bottle. Help Two Heroes." initiative.

Every time you purchase a qualifying product, a portion of what you spent will go towards a \$30,000 donation that will help support both combat-wounded veterans and shelter dogs that would otherwise be euthanized.

In addition to the \$30,000 donation, Nordic Naturals will provide a one year supply of omega-3s for all veterans and service dogs in the program.

A wide range of Nordic Naturals products qualify, including the **Omega-3 pet line, Complete Omega, Ultimate Omega, Vitamin C Gummies**, and more. For a complete list of qualifying products and more information visit: www.nordicnaturals.com/consumers.php or inquire with one of our Wellness staff.



FAMILY FUNGUS HIKE WITH AVERY HOUSE NATURE CENTER

Sunday November 8th, noon-3pm at Peavy Arboretum

Avery House Nature Center, a program of the Corvallis Environmental Center invites you to bring the whole family and join us for an afternoon of mycological magic!

Educators and volunteers will be sharing the marvelous world of mushrooms and other fungus as you hike through the forest. There will be fun fungus and mushroom activities set up along a short trail. Families move at their own pace to find fungi, learn cool facts, explore and discover. Meet interpreters along the way to learn fun facts and spotlight amazing mushrooms.



Visit interactive displays and activities to learn more about viscosity, slime, mushroom biology and more. Dissect mushrooms, make spore prints and experience a rainbow of fungus color. You are also encouraged to bring things found at home to show our experts on site.

Tickets cost \$15 per family and are on sale now on our website, or you can register by stopping into our downtown office at 214 SW Monroe. We can't wait to see you there!

Visit www.corvallisenvironmentalcenter.org for more information and to purchase tickets.

STICK WITH THESE FUN MAGNETS

Check out these fun new magnets from Badge Bomb, available at both stores. They're easy to find, just look for the bright red locker covered in awesome fun magnets. Running the gamut from cute to clever, they're a great way to express yourself, put a smile on the face of a loved one, or for hanging A+ report cards from the fridge.

Also look for Badge Bomb Buttons, also available at both stores.



Beans for Bags

After check-out, take a bean for each shopping bag you brought from home. Drop them in the Bean Towers located next to every exit. Each bean generates a donation to the chosen organizations.

Recipients for October-December 2015

CARDV (Center Against Rape & Domestic Violence)

Chintimini Wildlife Center

Co-op Recycling Center

CSC Youth Garden

Our Beans for Bags program saves thousands of bags each year while also helping to fund local non-profit organizations.

LOCAL PRODUCE IN NOVEMBER

Warm up with these fall fixtures

The summer held on for dear life this year, but it had to go at some point. And at last it did. Now it's dark and cold outside where we've left our gardens to tend to themselves.

Inside, under a blanket or next to a fire we're planning dinner. What will it be? Something comforting? Something warm? Something seasonal. Something local? Well, the Co-op's got you covered.

At the Co-op's produce section, fall and winter mean a bounty of hearty local vegetables, and this year is no different.



Winter squash are already here in abundance. Butternuts, sweet meats, delicatas—you name it, we've got it from local growers like Groundwork Organic and Denison Farms.

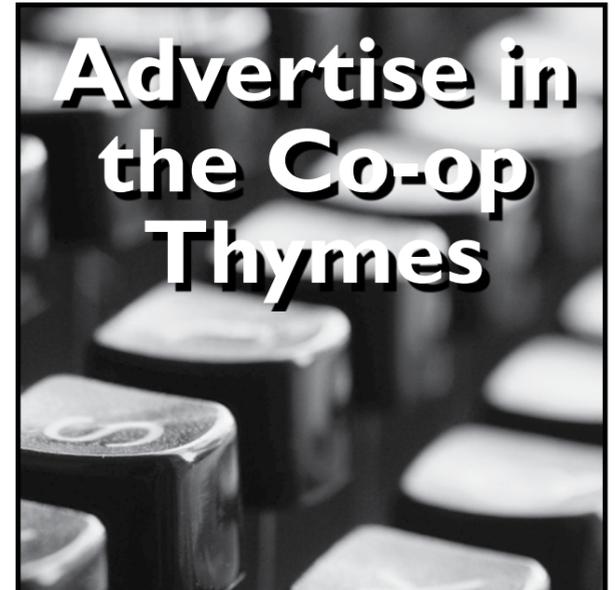


Oregon cranberries will be arriving very soon, Grower Direct from Windsmuir in Sixes, Oregon. We've got a bevy of tasty cranberry recipes on page 12 to get you started with these tart little treats.

And let's not forget about the root vegetables. This November we'll be seeing local beets, carrots, celeriac (like this 'lovely little fellow here on the left), turnips, and rutabagas.

They may not be pretty like the peppers or tomatoes of summer, but delectable roasted root vegetables and hearty squash-based soups are the tasty soul of winter.

Butternut squash soup and a side of parsnip fries, coming right up!



Advertise in the Co-op Thymes

A local paper celebrating local people and local businesses.

Published monthly, available in both of our stores, online, and at more than 20 local businesses. We reach the people who reach out to the community

For more information including rates and frequency discounts, contact: marketing@firstalt.coop

CO-OP CLASSES & EVENTS NOVEMBER & DECEMBER



Classes

Tuesday, November 10th • 7-8:30pm
South Co-op Meeting Room
Crater Lake Hiker Toolbox (Part 2)

Keeping your body well-nourished and hydrated is essential for getting through a long, hard day on the trail. There are a wide range of products on the market that target the outdoor fitness enthusiast. Which of these are worth your money? Can you get away with taking a trip to the local grocery store? In this skills workshop, you will learn about various products and regular foodstuffs that can help fuel anything from a day hike to a long, technical climb. We'll take into consideration the extra calorie-burning power of physical exertion on cold, winter days. You will also learn about how much fluid you'll need to bring on your hike and whether or not you need to worry about electrolytes. Food and beverages will be provided.

More information about this series at:
<http://www.jessbfit.com/crater-lake-prep-2015>

Tuesday, December 1st • 7-8:30pm
South Co-op Meeting Room
Crater Lake Hiker Toolbox (Part 3)

Safe winter outdoor recreation depends on having a wide spectrum of practical skills, including navigation, pre-trip planning, and decision-making skills. In this class we will discuss the basics. Resources for further study will be provided to all who attend. While reading about these topics is a great way to get started, it is no replacement for practical experience. This class is intended to be a jumping-off point for beginning outdoor winter travelers.

More information about this series at:
<http://www.jessbfit.com/crater-lake-prep-2015>

Register for classes online at
www.eventbrite.com



Crater Lake, Oregon

THE CO-OP IS TURNING 45!

November 2015 marks the 45th Anniversary of First Alternative Co-op and we want to celebrate it with you!

Join us in marking a momentous forty-five years as Corvallis' only community-owned grocery store on **Sunday, November 22nd from 1-4pm.**

It began with a small group of OSU students who were interested in making healthful foods easily available to everyone in the community. forty-five years later we have two vibrant stores, over 10,000 Owners, and a continuing commitment to serve the community by providing the very best fresh, local, and organic foods.



The 4th street house where it all started back in 1970

Fellow Co-op Owners will be at both of stores serving up slices of the Co-op Kitchen's delicious **Chocolate Buttermilk Cake** and their fantastic new **Wheat-Free Double Chocolate Cake**. We will be serving hot tea and coffee to wash it all down with, and of course, there will be lots of great conversation.



The South store in all its mid-70s glory

Join the Co-op Staff, Board, and your fellow Owners to reminisce about the past forty-five years of bringing good food to good people.



The South store expands into the twenty-first century

CAROLING WITH THE CO-OP!

Call for carolers and wassailors

On **Sunday, December 13th** the Co-op will host carolers and holiday music makers of all stripes.

If you belong to a musical group who would like to share your sounds of the season with Co-op shoppers, **contact Donna Tarasawa at (541) 753-3115 Ext. 328 or donnax@firstalt.coop** to sign up for a time slot at either the North or South Store. Then invite your friends and family to come hear you and enjoy hot cocoa, hot cider and holiday treats. Music will take place outside, where we will gather around the crackling flames of a December campfire!

Time slots will begin on the hour and each group will have 45 minutes to perform. Time slots are filled on a first come, first served basis, so reserve your spot now! More details will follow when you call to sign up.



The Hammered Brass Quintet last year at the South store



And here they are again at the North store



cider and cocoa, good company, and a hot fire await

For make-ahead meal ideas
 Consult your **MOM** MAGAZINE

Pick up your issue of MOM Magazine at First Alternative Co-op or find out more at www.mommag.com.



MOM MAGAZINE REAL | LOCAL | MOMS



THANKSGIVING WEEKEND
 WREN VINEYARD BARN IN PHILOMATH
 NOV 27, 28 AND 29
 1PM TO 6 PM
 AND AT OUR MCMINNVILLE TASTING ROOM
 POURING OUR 2012 TEMPERANCE HILL PINOT
 A WINE & SPIRITS BUYERS' GUIDE TOP 100
 -ALL CERTIFIED ORGANIC VINEYARDS-
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Oregon Organic products

We offer: *Quality*

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

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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

Cranberries are a great food to add to your winter diet. Packed with vitamin C, antioxidants, and immune-boosting phytonutrients, they can help you stay healthy while adding zip and color to your plate.

Here are a few great ways to use our favorite fall & winter fruit, just in time for the holidays!

—Emily Stimac, *Thyme Garden, Co-op*
Thymes Contributor

Cran-berried Away

Nutty Cranberry Sauce

You'll have a new star around the thanksgiving table when you present this irresistible sauce!

- 2 cup fresh orange juice
- 1/4 cup fresh grated ginger, divided
- 2 Tbsp orange zest
- 1/2 tsp cinnamon
- 3 cups fresh or frozen cranberries, rinsed
- 1/4 cup honey
- 1 cup walnuts, chopped

Bring orange juice, 2 Tbsp ginger, orange zest, cinnamon and cranberries to a boil on high heat in a medium saucepan. Reduce heat to medium and cook uncovered for about 10 minutes. Remove from heat and add remaining fresh ginger and honey to taste. Add toasted walnuts immediately before serving.



Indian Spiced Squash with Cranberries

Spruce up a Thanksgiving staple with this combination of tasty spices!

- 3 Tbsp coconut oil, melted
- 1 butternut squash
- 2 cups fresh or frozen cranberries
- 1 clove garlic, minced
- 1 tsp salt
- 1 tsp coriander seed
- 1 tsp cumin seed
- 1/2 tsp fennel seed
- 1/2 tsp red pepper flakes

Heat oven to 400°. Put coconut oil in a large baking dish and melt in oven. Coarsely grind spices. Peel and cube squash. Add all ingredients to baking dish and toss well to coat with oil and spices. Roast for 30 minutes or until golden and tender, stirring once.



Red Goddess Dressing with Shaved Rosey Goat

This is a stunning, simple-to-make salad which allows the raw cranberry to shine. Serve on a wide platter to allow even cheese distribution.

Serves 8

- 1 cup cranberries
- 1/2 cup apple cider
- 1/2 cup olive oil
- 2 Tbsp honey
- 1 clove garlic, pressed
- 1 Tbsp cilantro and parsley, minced
- 1 tsp salt
- pinch Xanthan Gum
- 1/5 lb. Rosey Goat cheese, shaved
- 1 1/2 lb. local salad green mix

Combine cranberries, garlic, apple cider in a food processor and blend. Slowly add oil while running. Add honey, garlic, salt and xanthan gum. Process 1 minute and refrigerate overnight to allow flavors to meld. Toss with greens and arrange on a wide plate. Arrange shaved cheese on top and serve immediately.



Cranberry Sticky Buns

This is a dreamy way to use up your leftover sauce. For an easy morning treat, prepare the day ahead and proof in a warm place 40 minutes before baking.

Sweet Bread Dough

- 1 cup warm water
- 1 Tbsp yeast
- 2 tsp salt
- 5 eggs, beaten
- 1/3 cup honey
- 1 cup butter, melted
- 6 cups flour, plus more for dusting
- 2 cups cranberry sauce

Dissolve the yeast and salt in the warm water. Add eggs, honey and butter and stir well to combine. Stir in flour and turn out onto a floured surface. Knead until elastic and rise in a warm place until doubled in size (about 3 hours).

Roll out into a large rectangle and smooth with cranberry sauce. Gently roll and slice into 1-inch rounds. Carefully transfer to a greased baking dish and allow to rise 20 minutes.

Bake at 325° until golden brown, about 30 minutes.

Cool slightly and glaze if desired.

Orange Glaze

- 1 1/2 cups powdered sugar
- 1/4 cup sour cream
- 3 tsp milk
- 1 tsp orange zest

Stir to combine and drizzle over rolls after they've cooled slightly.



Cranberry Spiced Cider

- 6 cups pure cranberry juice
- 6 cups apple cider
- 1/2 cup mulling spices
- 1 cup fresh cranberries
- 1 orange, sliced
- Honey to taste

Place mulling spices in a tea ball or cloth bag and combine with cranberry juice and cider in a large pot or crock pot. Add cranberries and oranges. Gently heat until warm. Sweeten to taste with honey. Serve in mugs with a dash of red wine if desired.



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***** November 7 - 29 *****



**Gifts for a Better World
International Holiday Store**

Check out our website to see the new merchandise at
www.giftsforabetterworld.org

Our non-profit holiday store sells only unique and affordable fair-trade
handicrafts from artisans in developing countries.

Other local non-profits will also have gift items for sale.

Cash or checks only please.

**4515 West Hills Road, Corvallis
FIRST CONGREGATIONAL CHURCH UCC**

Weekdays 10 am - 6 pm Saturday 10 am - 5 pm Sunday Noon - 5 pm