



First Alternative
NATURAL FOODS CO-OP

OCTOBER
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Community Monthly

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THYME



Measure 92



Beans for Bags



www.firstalt.coop

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CORVALLIS, OR 97333

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Nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting.

— Franklin D. Roosevelt



FA THYMES

First Alternative Co-op
Community Monthly



Joel Hirsch
Co-op Board

the board's month in review

As you can see from this issue of the Thymes, First Alternative Co-op takes the subject of GMOs very seriously. It's a topic that's being discussed and addressed internationally, not just in our small corner of paradise.

Beyond being responsible for what happens within our stores, our fabulous General Manager, Cindee Lolik, is engaged in the Corvallis community through her participation in several organizations also concerned about the impact and policy related to GMOs, among other important issues.

Now, in case you didn't know, this article that you are now reading is meant as a way for your First Alternative Board of Directors to reach out to you, our Owners, each month and keep you informed about what we are up to. This responsibility rotates to a different Board member each month, but reflects the body as a whole and not the person actually charged with writing it. As much as I, as an individual, might like to inject my personal slant, sarcasm, or frustration at people or issues, and regardless of how intensely serious I might regard an issue, this is not the appropriate forum.

Similarly First Alternative is a co-op, owned by us all, and the Board and Management must make decisions that are for the success of the business as a whole and cannot make decisions that only suit an individual's personal mission. To an individual, this can be frustrating, even scary, when they view an issue in terms of ethics or their family's health and well-being. It is extremely important to the Board of Directors that Owners feel heard and understood. Though ultimately we must make decisions that—because they are meant to benefit the business, the community, and the Owners as a whole—may be contrary to the personal viewpoints of individual Owners. When the scenario occurs where an individual Owner who is passionate about an issue and feels that First Alternative Co-op's policy or practices are contrary to their health concerns, or their personal ethics, we can only hope the individual can momentarily consider that there may be others, equally passionate, on the other side of the issue.

Before endorsing an issue, the Co-op Board is required to reach a consensus—a unanimous decision. The Board reached consensus on the labeling of GMOs. But we regularly get emails opposed to it, and recently a Board member mentioned having an animated discussion with an Owner who was strongly opposed to labeling.

But whatever the issue, there are many opportunities to participate and to be heard by your Co-op Board of Directors which meets on the third Tuesday of the month at 6:30pm. Owner comments are welcome during the first 10 minutes of the meeting. There are also the Board Committees. These are: BREC (Board Recruitment and Election Committee) which meets every first Tuesday 6-8pm at the North Store; Finance which meets every fourth Wednesday at 5:30pm; ORC the Owner Relations Committee that meets the first Tuesday at 12:15pm, and the Policy Governance Committee which is tasked with creating, revising, and maintaining the policies the Board uses to direct First Alternative. *It does not have regularly scheduled meetings.* Another way to make yourself heard is by filling out a Customer Comment card, available at either store. You can always write the Board as well, but again, because we speak as a Board, please allow time for us to process your inquiry and respond as the Board. Those are the ways for you to reach us; and this is the way each month that we reach out to you.

So, perhaps more importantly this month, beyond GMOs, the Board would also like to keep you apprised of the ongoing financial difficulties we are dealing with. This is a complicated issue with many origins and many ways Management is addressing it. However, because of a relationship with a national bank that was entered into years ago, out of necessity at the time, and even though we have never made a late payment, and had assurances from previous bank personnel, they are now choosing to be aggressive and forcing us to look at ways of raising capital and finding an alternate line of credit. While there are many ways we could better spend our resources, ways that could improve the shopping experience and our profitability like a point of sale system, we are spending money on a high interest rate on a loan that they will not refinance.

We all serve on the First Alternative Board of Directors out of a love for the Co-op. I know some folks who claim that the two most important reasons they moved to Corvallis were the Public Library and First Alternative. Weekly, when one of our amazing employees does something above and beyond—not because I'm on the Board, but because they care and do a great job—I think "I really love the Co-op." So know that we are all putting our hearts and souls and brains into dealing with this. And that with two stores, over 9,000 Owners and growing, \$15,000,000 in sales of good-for-you food, we are as committed to getting stronger and healthier as an organization as any of you are as individuals. A Happy, Healthy Halloween and autumn from your First Alt. Board! ☺

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.

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Design/layout: Jessica Brothers

Photography: Jessica Brothers

STORE LOCATIONS & HOURS

SOUTH STORE:

1007 SE 3rd St., Corvallis, OR 97333

Phone: (541) 753-3115

Open 7 days a week, 7am-9pm

NORTH STORE:

2855 NW Grant Ave., Corvallis, OR 97330

Phone: (541) 452-3115

Open 7 days a week, 7am-9pm

Web site: www.firstalt.coop

Email address: firstalt@firstalt.coop

Editor's email: thymes@firstalt.coop

FA Board's email: 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



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2014-15 Board of Directors BOARD MEETINGS

3rd Tuesday of the month
Co-op Meeting Room, 6:30 p.m.

Each meeting begins with a ten-minute period for owner comments. Email is also welcome: faboard@peak.org

welcome

First Alternative Co-op welcomed 52 new owners in August for a total of 9920 Co-op owners!

Co-op owners enjoy:

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

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

we are the co-op



Cindee Lolik,
General Manager

A WORD FROM THE NON-GMO GM

I'd like to welcome you all to our second educational GMO issue, the timing of which is particularly relevant because October is Non-GMO Month.

as well when they are considering which products fit within our Product Selection Guidelines. Bulk and Grocery Manager Stan Horsey will go further into detail on what we're doing to keep GMOs out of the store, in his adjacent column.

We encourage everyone to learn all they can about this issue and to exercise their democratic right to vote. ♪

Non-GMO Month was created by the Non-GMO Project in 2010 as a platform for raising awareness on the GMO issue. It's an opportunity to coordinate our voices and our actions so that we can stand up loudly and clearly for our right to know what's in our food, and to choose non-GMO.

It is even more relevant given the fact that we, as Oregonians, have the opportunity to vote on GMO labeling for food in the upcoming November election. With this in mind, we've enlisted some important voices in the community, all active proponents of Prop. 92, to write editorials for this issue. I'm excited about what they have to say.

Our Owners and customers have let us know that they are overwhelmingly in favor of knowing what is in their food and that GMO labeling will assist them in that knowledge. Our Buyers agree that not only will GMO labeling benefit customers, it will benefit them

Important announcement about Owner Sale Day Changes:

I had stated in the September Thymes that we would be discontinuing Owner Sale Day discounts **on sale items** beginning on October 1st, but our Point of Sale (cash register system) is being anything but cooperative with this type of programming and we are having to create work-arounds to be able to make the needed changes and these work-arounds are both numerous and complex.

We are still intended on implementing the change but will need more time to make the needed programming changes. I promise to give you all a month's notice of when the changes can actually occur. A big thanks to all the Owners who have contacted me this month with their support for this eventual change. ♪

230 WORDS OR LESS

Owners tell us why they increased their equity

Last year the Co-op introduced the 230 Campaign, asking Owners to increase their investment in the Co-op. Oregon law allows each of us to invest up to \$300 dollars in equity on our shares—\$230 over the typical \$70 share price. This additional equity is very beneficial to the Co-op, contributing to numerous operational costs and helping offset surprise expenses. Now we're offering Owners who have increased their equity a chance to tell the rest of you why they did it, and what supporting the Co-op means to them. Thanks to each and every one of you who contributed to helping keep us strong.

Redistribution of wealth starts with me. I may not be in the 1% of Americans, but compared with most of the world, I am certainly wealthy. I have to ask myself how I am being socially responsible with the money I have. I can go with the default message of my culture that says 'cheapest is best' and 'maximize profits or you are a fool' OR I can choose my own core values that determine how I decide what to do with my money. For example, do I choose to maximize the return on my investment, or do I choose to maximize my community's well being? Do I have a world-view of scarcity or abundance? Over time, my thinking has evolved as I have become educated about these issues. I am moving along a continuum of attitude from scarcity to abundance. I am learning that I have enough, and plenty to share. With this understanding, I am making deliberate decisions to buy local, to buy organic, to try to walk my talk of social and planetary justice, I feel good about how I am living my life. Part of this path includes maximizing my investment with my local food co-op. The return in dollars may be less than if I had invested the same amount in Exxon, but I feel better, and smile more. When my grandchildren are struggling in our degraded environment forty years from now, I hope they will feel solace and inner strength knowing that their grandmother did what she could to make things better. ♪

—Marge Stevens, Co-op Owner



GMOS AND FIRST ALTERNATIVE



Stan Horsey
Bulk & Grocery Manager

In November, Oregonians will vote on a measure to require GMO labeling of food sold in the state. Our Board of Directors voted at the July meeting to endorse the initiative.

This is not a new stance for First Alternative. The Co-op has been active on this issue even preceding the first vote on GMO labeling in 2002. At that time not only did First Alternative endorse the initiative but we gathered signatures and wrote a pro-statement for the ballot.

In February of 2013, we devoted an issue of the Thymes to education about GMOs and how to avoid them. We pointed out that you can look for the shelf talkers that indicate Non-GMO Verification and buy organic to avoid GMOs. Additionally, we posted a scannable QR code that folks could access for more information.

We would like to update members on what First Alternative Co-op has been doing about GMO labeling and the challenges we face in getting full information to owners.

A good starting point is to clarify the term and highlight the current practices of concern. For this, we turn to *GMO Myths and Truths, 2nd edition* published in Great Britain in 2014 by *Earth Open Source*. They began researching the topic in 2010, prompted by frequent claims that the case against genetically modifying our food supply had no science behind it.

Earth Open Source works with the following definitions of GMO:

The World Health Organization defines genetically modified organisms (GMOs) as "organisms in which the genetic material (DNA) has been altered in a way that does not occur naturally." European legislation is more specific, defining GMOs as organisms in which "the genetic material has been altered in a way that does not occur naturally by mating and/or natural recombination."

Typically genetic engineering involves manipulating an organism's genetic material (genome) in the laboratory by the insertion of one or more new pieces of DNA, or by the modification of one or more of the base unit letters of the genetic code. This reprogrammes the cells of the genetically modified organism to make a new protein or to modify the structure and function of an existing protein. Genetic modification (GM) confers new properties or "traits" that are not naturally present in the organism.

Among the manipulations included within GM are: Transferring of genes from related and/or totally unrelated organisms; modifying information in a gene ("gene editing"); moving, deleting, or multiplying genes within a living organism; splicing together pieces of existing genes, or constructing new ones.

When incorporated into the DNA of an organism, genetically modified genes modify the functional characteristics of an organism. The most common traits in the GM crops currently on the market are the expression of proteins designed to kill insects that try to eat the crop or to make the crop tolerant to an herbicide. However, in theory, the

new proteins expressed in GM crops could have a wide range of functions.

Here at First Alternative:

As of January 1st 2014, Co-op buyers no longer knowingly accept NEW non-organic products that include GMO high-risk items in their ingredient list, unless they are verified by a third-party verification agency or can provide to us a detailed description of the measures they've taken to avoid GMO contamination. With the exception of WIC items, animal products, body care products and supplements (at this time), this new policy applies to all products in the stores.

These high-risk items currently include: alfalfa, apples (which could be approved soon), canola (or rapeseed), corn, cotton, papaya, soy, sugar beets, zucchini, and yellow summer squash.

Some further explanation:

The Women, Infants and Children (WIC) program specifies certain brands that the recipients have to purchase by brand name (such as *Cheerios* and *Life* cereal), so we will continue to make those available at the Co-op so our Owners/shoppers with those benefits can continue to shop here.

Unfortunately at this time third party verifiers of a products non-GMO status consider animal products (meat, milk, eggs, honey, etc.) to be high-risk because of the contamination of feed. Right now there simply is not a sufficient supply of non-GMO verified (or organic) animal feed available. This will be one of the most challenging aspects of GMO transparency—all natural foods co-ops and stores are struggling with this as well, and hopefully a combined solution will evolve but it will take much longer than identifying what we can and will avoid at the present time.

While more and more supplement and body care manufacturers are turning towards organic ingredients, not all of the products we sell are organic or Non-GMO verified. We plan on watching and promoting those categories that are working toward or are either 100% organic or verified by a third-party but since we cannot afford to do the testing of the products ourselves we cannot categorically state which products may or may not contain GMOs.

We do promise to keep doing our homework and to keep offering you the best choices in all products, each and every day.

It is our overall goal as Buyers in accordance with our strict Product Selection Guidelines, to not carry any products that contain artificial colors or flavors, unnatural preservatives or trans fats. With our emphasis on organic & local, you can enjoy all your favorite meals knowing that your shopping choices are promoting sustainability and supporting your local economy.

For more information visit www.earthopensource.org ♪

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Of hallowed ever & hollowed squash

SEASON OF THE SQUASH

From cooking to carving, they do it all

Do you enjoy winter squash? Of course you do! If you don't then mayhap you've just not found the right sort for your tastes. There are dozens, you know. Some are wee, others quite large, some are sweet, others more savory, and while some varieties tend to be a bit dry, like a potato, others are more moist. Lucky for you our Produce department has several local organic squash varieties available so now is the time to start experimenting and finding your favorite.



A sampling of local squash

Our squash primarily comes from Corvallis' own Brooklane Farm, Gathering Together Farm in Philomath, and Groundwork Organics in Junction City. Some cultivars are probably familiar to you—butternut and acorn squash are among the most common—but we also sell scarlet kabocha, delicata (my favorite!), spaghetti squash, amercup kabocha, buttercup, sunshine kabocha, sweet little pie pumpkins and the rather huge sweet meat squash. We're sure to get other varieties from these and other growers throughout the winter months so be sure to check in and see what we have to offer.

Known for being perfect for storing throughout the season, squash are also among the most healthful foods around. Rich in vitamin A, iron, fiber, B vitamins, beta

carotene and potassium, they're also quite versatile in the kitchen. One could potentially eat squash for every meal! You could have squash for breakfast (grated delicata squash pancakes), lunch (curried squash bisque), dinner (savory stuffed acorn squash) and dessert (pumpkin pie, duh!). Sure you may turn orange but you'll be happy!

Speaking of orange, pumpkin carving is an old tradition, dating back to when what we now call Halloween was called Samhain.

That classic name, the Jack-O'-Lantern was derived from Will-O'-the-Wisp, those once-mysterious fires that still burn over peat bogs at night. People carved gourds of all sort in those days—pumpkins included—put candles inside, and left them burning through the night. By some accounts this was to ward off malevolent spirits; by others it was to invite in the benevolent ghosts of family passed. Whatever it was then, now it's just for fun.

We'll have local carving pumpkins in Produce soon, in all shapes and sizes, so start planning your face. Will it be scary? Funny? Cute?

Oh, and don't forget to check out this month's Budget Bites for a lovely delicata squash boats recipe. Yum! ☺



Oh the horror! The wee, tasty horror! The creature's olive-eyes have opened. They stare into the depths of my soul, finding there a hunger for adorably abject halloween-themed robot-monster snacks.

They said I was mad. Mad! I said I was hungry. Hungry! Now we see that we were both right. Beware, the Yolkenbots have risen...

YOLKENBOTS

- 8 hard-cooked eggs
- 8 Roma tomato slices
- Mayonnaise
- 8 red pepper stuffed green olives
- 8 black peppercorns
- Parsley
- 16 whole cloves

Cut a thin slice from large end of egg so it stands upright. Slice egg horizontally, about 1/3 up from bottom. Place tomato slice on bottom piece of egg, for mouth. Insert a toothpick upright in middle of tomato slice and egg for a spine. Re-attach top piece of egg. Slice olives into 1/2" slices and secure 'eyes' to face with small pieces of toothpick. Using a dab of mayonnaise, stick peppercorn 'nose' to face. Insert clove 'bolts' into side of head. Attach a bit of parsley 'hair' to top of head. Now eat up, and don't be scared, they're delicious. ☺

MARK YOUR CALENDAR

The one you're going to buy at the Co-op, that is

Looking into the future used to be so hard. It took incantations, crystal balls, tea leaves or maps of the night sky. But who has the time for that anymore?

At the Co-op, we've got an easier way, calendars! The 2015's are here, and there are some good ones. Next time you're in either store take some time to find your perfect match. Here are some of our favorites.

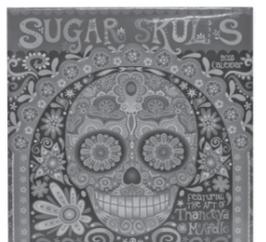


Baby Goats

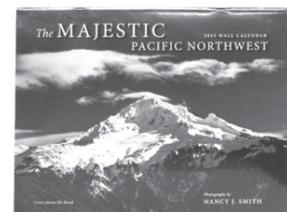
Oh no, that's too cute. Just look at them, with their tiny little noses and their floppy ears!

Sugar Skulls

This one's really cool. Colorful too, but you're just going to have to see it in person for that.



Calendar racks at the South Store



The Majestic Pacific Northwest

Hey, we live there! ☺

October in Co-op Thymes History

1984: The Co-op Quilt is almost finished! 36 volunteers contributed squares based around a theme of, "What the Co-op Means to Me."



1985: Co-op gets a new logo! • Gordon Rosenberg, Volunteer Coordinator on changes at the Co-op: "We're in a cultral change, needing to extend the Co-op's unique services to a widening segment of society...Some long-time members may lament the loss of intimacy that was [here] in the beginning. This is understandable. Change doesn't always come easily. But the tide really turned long ago. There is a price to be paid for succeeding. And there's no going back, no staying the same...The present board and managers support retaining and strengthening the volunteer system, rather than eliminating it and going to a full paid staff as most other food co-ops of similar size have done."

1987: Board approved purchase of \$3,700 computer system to boost FA into the information age. • Co-op Friends attend opening of micro-brewery (Oregon Trail Brewery)

1989: Folks have a frightfully good time at FA's Gala Halloween Party at the Fairgrounds.

1990: The Co-op turns 20, and, as always, people are worried: 32 members concerned about where FA is headed submit signed letter to the editor:

1991: New dilemma in local purchasing: to buy produce from newly incorporated Organically Grown Co-op (OGC) or direct from farmers.

1993: Boo! First Alternative's Halloween Potluck and Costume party at the Fairgrounds scares up a good time for attendees.

1997: The Co-op welcomes new GM, Eric Stromberg. • Co-op begins offering gardeners seeds in bulk rather than pre-packaged. • Leave your car at home: Alternative Transporter program begins, offering incentives to not drive.

1998: The fateful meat vote is here. Two referendums take different sides: 1) Expand meat selection to include beef, pork, etc. as close to OR Tilth Standards as possible and at least hormone & antibiotic free 2) Restrict meat selection; institute ban on seafood, poultry, red and white meats for human consumption.

2000: The Co-op celebrates 30 years with a party. Yay, party!

2002: Local restaurants and Co-op join hands in Measure 27 fundraisers (initiative to label genetically engineered foods) • In memory of Marylee Smith (long-time, very involved and beloved FA Member; volunteer, employee, killed in an accident).

2005: Welcome new Owners! Total active owners: 5,154

2006: A year later, we welcome even more new Owners! Total active: 5,630

2008: Owners are offered a first look at the new North Store. ☺



That 1985 logo. Like us, it continues to evolve as the years roll on.

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Spankin' New

RISING STARS ON THE CO-OP SHELVES

GROCERY

Nativa Cacao Powder: Cacao is a top source of antioxidants, and it contains an abundance of magnesium and iron. To make *Nativa Cacao Powder*, only the finest cacao beans are milled at low temperature, protecting the nutrients and flavor. *Nativa* raw powder is a healthy alternative to the conventional, over-processed "cocoa" used for baking, hot chocolate, desserts and smoothies.

Cacao powder has been an important food in South America for thousands of years. A spoonful can transform a smoothie or dessert, and it's essential for making a Mexican molé sauce. Free of sugar or fillers, pure *Navitas Naturals Cacao Powder* provides you with exceptional flavor and texture along with a healthy abundance of antioxidants, vitamins and minerals.

Nature's Path Qi'a Superfood: Qi'a (pronounced Kee-ah) means energy. That's because every bowl of Qi'a starts with three powerful ancient grains: chia, hemp and buckwheat. This power trio of seeds and grains is full of plant-based protein, fiber and Omega-3's. A GREAT way to start your day. (*North store only*)

Simply Organic Steam Gourmet: The combination of carefully-crafted organic seasonings and parchment bags make it easy for any budding chef to master the remarkable, time-proven French culinary technique called en papillote. No extra oils or fats needed to make a wholesome, moist and delicious dinner! Try all varieties, Sesame Ginger, Paprika Chicken, Cajun Chicken and Garlic Herb Chicken. Bon appetit!

—Stan, *Grocery and Bulk Food Manager*

WELLNESS

Inner Eco Tropical Flavor Probiotic Coconut Water: The new tropical flavor is an addition to the already beloved *Original* and *Berry* flavors. Hand crafted in small batches, using only freshly harvested coconut water from young green coconuts at the peak of their nutritional life. Find it in the supplement cooler.

BULK

Secret Aardvark Aardvark Habanero Hot Sauce: Crazy good hot sauce made right in Portland. Not your usual hot sauce, this is a unique Caribbean, Tex-Mex hybrid with flavorful habanero peppers and roasted tomatoes. Great as a sauce or marinade. Long available on the Grocery shelves, finally available in bulk.

Equal Exchange Transitional Tamari Almonds: Farmed organically by the Burroughs family in California. The 2015 harvest will be their first to be fully certified organic!

Churracas Roasted Corn: Roasted Corn is a nice GMO free option to snack on or add crunch to your favorite salads.

Mountain Rose Herbs Organic Seasoning Salt: A seasoning for nearly every dish you could imagine where a little salt, pepper and zest are needed (*North store only*).

Arnaud Nicoises Olives: Grown only in the French Riviera, the Nicoises olive is one of the smallest olives cultivated. Smooth with some bitterness and a nutty flavor. These olives, the key ingredient in the classic *Salad Nicoises*, pair well with tuna or poached fish.

CLEANING UP IN BULK

You are probably aware that Oregon Right to Know's GMO Labeling Campaign is in full swing. What you may not know is that the First Alternative bulk department has already begun to research our products and ferret out potential GMO (genetically modified organism) ingredients.

With so many products to investigate this process will take some time, and you may be seeing some of your favorite products going away as they are found to contain GMOs. We are trying to replace any discontinued products with similar non-GMO alternatives. Just a couple of examples: the whole wheat fig cookie bars we used to carry have been replaced with a moister, certified non-GMO fig bar that comes in three flavors; and our non-organic soy lecithin has been replaced with a soy lecithin that has tested free of GMOs.

Of course there may be some products for which we cannot find a similar non-GMO replacement. We welcome your input when seeking out new non-GMO products for the bulk department. You can fill out a customer input form at either First Alternative location with your product suggestions.

Though most people don't believe they've eaten GMOs, the average U.S. citizen eats 193 pounds of genetically modified food a year, and there have been no long-term safety studies in humans. What's important to know about GM foods is that they benefit only the chemical companies that produce

them. Biotech companies have yet to produce anything that benefits the consumer. There's no better taste, no better nutrition, no lower price. The biotech industry claims that genetic engineering reduces the use of pesticides, but research shows otherwise. According to a 2009 report by the Organic Center, overall pesticide use dramatically increased—about 318 million pounds—in the first thirteen years after GM crops were introduced. Herbicides sprayed in high amounts on GM herbicide-resistant crops have led to the development and spread of so-called "superweeds"—weeds that are able to adapt to and withstand typical herbicides. The biotech solution to this problem is to create new GM crops that are resistant to ever more toxic chemicals, including 2, 4-D—a major component of Agent Orange.

In all my years working in retail grocery I have never had a customer ask for more toxins on their food.

Whichever side of the GMO debate you are on, those consumers wishing to avoid GMO ingredients for whatever reason (religious, political, health, etc.) should be able to do so. While our product research is in progress you can be proactive in avoiding GMOs by reading labels and staying away from the riskiest non-organic ingredients; corn, soy, canola, cottonseed, non-cane sugar.

—Nina, *South Bulk Assistant*



South Store Bulk

CO-OP KITCHEN: GMO FREE!

Our Kitchen and Deli get a lot of questions regarding whether or not there are GMOs in our food. We would like to take a moment to reassure you, our informed and concerned clientele, that we do everything we can to keep our food 100% free of GMOs.

We are happy to impart some specific examples of common, genetically-altered products, and how we go about avoiding them in the Co-op Kitchen.

A majority of the GMO-related questions that we get pertain to the canola oil we use, as canola is one of the foodstuffs most commonly genetically-altered.

You can rest assured knowing that the Co-op Kitchen uses only certified GMO-free canola oil and mayonnaise from Spectrum Naturals, a company well established in the natural foods industry.

Spectrum specializes in premium oils and oil-based products. We also carry them on our store's shelves. In the kitchen, we use Spectrum's certified non-GMO canola oil to fry Co-op favorites such as Falafel and Chicken Yaki; and we use also use a blend of their non-GMO canola and olive oil in some of our recipes.

We choose canola oil because it is easy to work with, doesn't impart a strong flavor to foods, is affordable, can be heated to high temperatures, and because—thanks to companies like Spectrum—we can get it GMO-free.

What about our soy products? We use tofu and tempeh from Surata Soyfoods, a local company out of Eugene that maintains a commitment to using only organic, non-GMO soybeans and other ingredients in all their products. All of their beans are purchased from certified organic growers inside the U.S. or Canada, and Surata itself is certified organic by the USDA through CCOF (www.ccof.org). We exclusively use certified organic (and wheat-free!) Tamari; and we use *Silk Soy Creamer*, which is also certified free of GMOs.



Nary a GMO to be found

Two other common culprits in GMO contamination are corn and sugar. We use very little corn in the Kitchen. We buy frozen sweet corn from non-GMO verified Stahlbush Island Farms, and we use a certified non-GMO cornstarch in a few recipes. As far as sugar, we use organic evaporated cane juice, not beet sugar.

Our beef is 100% grass-fed, so we don't worry about them fattening up on GM supplemental grains. We were excited to learn that Draper Valley Farms, our source for free-range Ranger Chicken has recently certified that their birds eat a GMO free diet!

As Buyers, we're constantly on the look out for new products and ingredients to enhance and improve the quality and integrity of the food that we make for you.

—Makenzie Kaiser, *Kitchen Asst. Manager*

Sara's Wellness Tip:

Time to build up that immune system!

Early fall is my favorite time of year. It's so nice to have a contrast between summer heat and crisp cool mornings, and to still get to enjoy that evening twilight before the sun starts to set so early.

Unfortunately, for many of us, early fall means changing schedules, starting new routines, or heading back into old routines. This can mean elevated stress levels in the short term, and in the long term a weakened immune response. No reason to start self-sabotaging and putting yourself in for a long winter, though.

Right now I am going to start building up my immune system with extra Vitamin C, which studies have shown is depleted from our bodies in times of stress, and a quality B complex. B vitamins are extremely important in helping cells regenerate and grow, which is great for boosting lots of good white blood cells. Alternately, a deficiency in certain B vitamins can lead to a slower white blood cell response. But the last, best thing I am going to start supplementing for myself is a comprehensive immune formula. I like a good all-around herbal and mushroom formula to start protecting and building myself up for the coming winter months. Source Naturals Wellness Formula is a great example, or Kyolic Aged-Garlic Immune Formula.

Take time out from your newly busy schedule and care for yourself, you certainly won't regret it!



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October Co-op Classes

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

Mondays through November 17th • 7-8:45pm
Waking Up White Book Study

Cost: free (pre-registration required) • Class size limited to 12 people

Deepen your consciousness about whiteness, white privilege, how white people can best work for racial justice. At the North Co-op. Participants MUST register by contacting Faith Reidenbach via email: reidenbach.9@osu.edu or by calling 541-929-7435.

Thursday October 2nd & 16th • 6:30-8:30pm
Soul Collage

Cost: \$8 for Co-op Owners; \$10 for general public

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

Saturday October 4th • 10-3pm
Babies, Birth and Beyond Resource Fair

Cost: free

The Mid-Valley Doula Network presents a day of information and resources on babies, birth, and parenting topics. We invite you to join us for this free event. We will have freebies, coupons and give-aways. Presenter will offer a variety of informational sessions on birth preparation, prenatal yoga, baby wearing, cloth diapering, and preparing your dog for a new baby. Booths will be set up all day to provide resources and information and answer questions. Booths will include the Mid-Valley Doula Network, Birth Boot Camp childbirth classes, La Leche League, cloth diapering, Birth With Liz midwifery services, "Good Dog" dog training, and massage therapy. Please join us for a day of fun and useful information.

Monday October 6th • 7-8:30pm
3 Mistakes That Undermine Health and Well-Being and What To Do Instead

Cost: free (pre-registration requested)

Discover 3 common mistakes that get in the way of health and happiness, and how your problems are doorways to authentic wellbeing and inner peace. This class is being provided by Fiona Moore, a Spiritual Mentor and Healer. She teaches how everything in life, including what we struggle with, is designed to open a space in our heart, for the power of unconditional love to heal and transform all forms of struggle, into peace and enlightened possibilities.

Thursday October 9th • 7-8:30pm
Sierra Club Forum: Are we safer? The future of nuclear power in the Northwest 3 1/2 years after Fukushima

Cost: Free

The Marys Peak Group-Sierra Club invites you to join their forum on the future of nuclear power in the Northwest. Information will be presented by Dr. Edwin Lyman, Senior Scientist, Global Security Program, Union of Concerned Scientists. Membership is not required to attend.

Friday October 10th • 7-8:45pm
Compassionate Communication

Cost: free (pre-registration requested)

If you have wondered whether NVC (Nonviolent Communication) could help you in your relationships at home, at work, or even with yourself, here's your chance to find out. If you're tired of guilt, anger, confusion and depression, come see if there's something here for you. Used worldwide for transformational personal and professional growth. Everyone welcome! More info at www.tinataylor.com, or call Tina at 541-753-2255. NVC can help you learn to: Stay centered and connected in tense conversations, avoid judgment, blame and guilt, preserve connection despite disagreement, transform criticism of self and others, enjoy the magic of empathy for self and others.

Tuesday October 14th • 7-8pm
Hairbraiding for Beginners and Pros with Raychel Emmons

Cost: free (pre-registration requested) • Class size limited to 20 people

Come learn exciting hair braiding techniques for all instructional levels! Participants will get hands-on practice and instruction from braiding expert, Raychel Emmons. This class is appropriate for hands 4 years old and older. FREE and open to the public. See examples of Raychel's work on her website: www.findingbraids.com

Wednesday October 22nd • 6-8pm
Tim Blakely and Aura Cacia Present: Aromatherapy for your Health

Cost: free (pre-registration requested)

Join us at the North Store meeting room to hear about safety, quality issues, sourcing and sustainability of essential oils. We'll cover at least 20 oils in depth and discuss their health benefits and uses. Gain a deeper understanding of blending and formulating. Everyone will get to make and take home their own blend using Aura Cacia essential oils. This class will also cover the role and health benefits of carrier oils like argan, rosehip, jojoba and tamanu.

Tim is the aromatherapist/herbalist/educator for Frontier/Aura Cacia. He has over 35 years of experience in the natural health profession. In the past he has been land manager and co-owner of the California School of Herbal Studies, Land Manager/herbalist for Herb Pharm and the founding director of the National Center for the Preservation of Medicinal Herbs. He is the author of *Medicinal Herbs in the Garden, Field and Marketplace*, a contributing author to *Planting the Future*. He travels extensively for Aura Cacia doing education presentations as well as working with issues of supply, sustainability and especially working with smaller villages, co-ops and producers of essential oils.

Thursday October 23rd • 7-8:30pm
New Approaches to Resolving Chronic Pain with Virginia, Shapiro, DC

Cost: \$12 Co-op Owners, \$15 general public (bring a buddy for 1/2 price!)

Do you or a loved one suffer from recurrent or chronic pain, or are you easily injured? Whether you have chronic headaches, tendonitis, spinal pain, nerve pain, or joint or muscle pain, it is a signal that something is out of balance and needs to be addressed. Join Dr. Virginia Shapiro as she "looks under the hood" at underlying causes of pain and inflammation and empowers you to make dietary and lifestyle choices that can reduce your pain and dramatically improve your vitality and quality of life. This will be a lively and well-illustrated presentation with plenty of time for questions. Healthful and delicious refreshments will be served.

Virginia Shapiro, DC, is an experienced and engaging presenter. She has practiced integrative chiropractic care, functional medicine, and nutritional health care for 29 years. She holds diplomat status in clinical nutrition and was recently one of only four clinicians in the state of Oregon to be certified in functional medicine by the Institute for Functional Medicine. She has a longstanding commitment to sustainability and environmental health and is committed to making a positive and lasting difference for her patients and her community.

Saturday November 8th • 1-3pm
How to Lose 1-3 Pounds Per Week and Reduce Medications w/o Portion Control

Cost: \$18 Co-op Owners, \$20 general public

Tired of 'exercising more' and 'eating less' in an attempt to lose weight? Learn how to lose 1-3 pounds per week and reduce or eliminate medications without portion control or exercise. Learn exactly how with Nutrition Educator, Trisha Mandes, MS, MPH. A Thanksgiving meal is included and a bonus "cheat sheet" of this evidence-based information is provided. Preregistration required + FREE RESOURCES at www.TrishaMandes.com/events

Trisha Mandes, MS, MPH is the owner of Regenerative Health Services. She specializes in helping people achieve optimal health through evidence-based, plant-based nutrition. Trisha received her Master's in Public Health Nutrition at the University of Eastern Finland and has trained and worked with Dr. John McDougall, Dr. Pam Popper and T. Colin Campbell, PhD from the film, Forks Over Knives. ♻️

CORVALLIS ENVIRONMENTAL CENTER CELEBRATES 20TH ANNIVERSARY with a "Fall Dinner & Auction"

In celebration of 20 years of service, the Corvallis Environmental Center (CEC) is hosting a 20th Anniversary Dinner & Auction. The community is invited to join in the celebration of the achievements of the last two decades and in supporting the future efforts to educate, engage and inspire people to create a healthy, sustainable community.

Over the last two decades, the Corvallis Environmental Center has grown into one of the leading environmental organizations in our community. Projects have included the Save the River campaign that worked to improve the quality of the Willamette River. The Communities Take Charge program received national recognition for inducing quantifiable reductions in home energy use. The Corvallis Farm to School program encouraged a five-fold increase in the amount of local food purchased by the Corvallis School District. Many more past and present projects will be featured during the event.

The 20th Anniversary Fall Dinner and Auction will take place at the Corvallis Country Club on the evening of Saturday, October 25th. A "Roaring Twenties" theme will set a festive atmosphere for an inspiring program of art and education. Gatsby attire is welcome!

The evening begins with live big band music from the Beaver Country Hot Air Band. The 3-course dinner will feature local foods and wine. A no-host bar will also be available. The evening will include a dessert dash and live auction.

The event is sponsored by the Corvallis Odd Fellows, Barker-Uerlings, Block 15, Edward Jones, Fisher Real Estate Services, Hurley Financial Group, Fisher Real-estate, KGAL Radio, Mark Kosmerl Construction, Citizens Bank and Timberhill Dental.

For more information and to purchase tickets visit: www.corvallisenvironmentalcenter.org/dinnerandauction



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What's your favorite go-to meal that you can prepare in under 30 minutes with items regularly found in your pantry?

Like us and let us know on [Facebook.com/lovmommag](https://www.facebook.com/lovmommag). We may include your recipe in an upcoming issue!



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The Mushroomery



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

Owners Jennifer and Dustin Olsen
Crew Size: 4 including our 2 children (Audric, age 17; Sunny, age 9)
Location: 39997 Mount Hope Drive, Lebanon, OR.
(In the foothills of the Cascade Mountains)
Acreage. 14 acres

How long have you been in operation:

7 years. We've been selling to the Co-op that entire time.

What do you grow?

We grow certified organic mushrooms, dowel plug spawn, grow-at-home mushroom kits, and spawn for medicinal mushroom tinctures.

What does the Co-op buy from you?

Cultivated and wild harvested mushrooms, and medicinal mushroom tincture (you can find this in the wellness section)

What do you use to control weeds, pests, and pathogens?

We keep our growing facility very clean, and use sticky fly strips.

Please describe your farming philosophy:

The Mushroomery is a family-run, certified organic mushroom farm that specializes in growing gourmet and medicinal mushrooms from spores and wild harvesting mushrooms. Our wild mushrooms are ethically harvested to ensure the health of our forests. We strive to create the least environmental impact as possible.

Can you tell us a little about growing mushrooms?

We begin the process with spores and transfer these onto petri dishes containing agar to make a mushroom culture. The culture is then transferred onto grain spawn to make a master spawn jar (the first type of spawn in a consecutive series of spawn jars). When fully colonized, the grain spawn is transferred onto sawdust creating generation 2 spawn. When this is colonized we transfer again onto sawdust (3rd generation spawn) but this time the sawdust contains supplements. We then either transfer this spawn onto another substrate for fruiting or fruit it as is. The entire process from spore to fruiting can take 2-3 months. One mushroom culture can make 3,750 3rd generation spawn jars.

Please tell us your story:

Dustin and Jennifer met in Bellingham, WA in 2004. Both of us were working in the mycology field and had a passion for mushrooms. We began experimenting with growing wild mushrooms and decided we wanted to start an organic, ecologically conscious mushroom farm that focused on growing medicinal and rare mushrooms.

Our favorite parts of the job include the cultivation of rare culinary mushrooms, making medicinal mushrooms and tincture accessible to those who wish to use them, working with our two children, and attending farmers' markets.

We love educating the public about cooking with mushrooms, their many different textures and flavors, their nutritional and medicinal properties, and how people can grow their own mushrooms. The Mushroomery is always changing and improving with new and exciting ideas and techniques. ♪



Left to right: Dustin, Sunny, Audric, Jennifer



White elms



More white elms



Lobster mushroom



Tinctures available in Wellness

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Almond portabello



October 2014

Sale period:
Oct. 1st-Nov. 4th

Special order deadline:
Oct. 31st

local color bulk



coffee



Pacifica
Roasted locally and delivered to the Co-op!

Sicilian
\$8.19 /lb. reg. \$10.99

Peru
\$7.99 /lb. reg. \$9.79

French
\$8.29 /lb. reg. \$10.79

Pachamama
Peruvian Rich and chocolaty
\$12.69 /lb. reg. \$14.69

Ethiopian Bold and complex with notes of apricot and honey
\$12.69 /lb. reg. \$14.69



Vote with your fork! Look for products that sport the NON GMO Project verified label!

Co-op deals

stock up and save!

Flyer A: Oct. 1st-21st
S.O. deadline: Oct. 17th

Flyer B: Oct. 22nd-Nov. 4th
S.O. deadline: Oct. 31st

Find more sales in our Co-op Deals flyers!

Wildtime Foods Aunt Maple's Crunchy Granola **\$8.49** /lb.

reg. \$9.49 // Wildtime Foods' best-selling granola, Aunt Maple's Crunchy Granola is for those who appreciate comfort food - made with organic rolled oats, flame raisins, coconut chips, roasted & diced almonds, hazelnuts and a blend of spices. It's then sweetened with honey & maple syrup, flavored with real vanilla & cinnamon - every chunk evokes the memory of walking into your favorite cabin!

Bulk Organic Roasted Almonds **\$12.99** /lb.

reg. \$13.99 // Sprinkle some cinnamon and nutmeg on these for a sweet treat or enjoy a savory snack by adding cumin and our bulk chipotle seasoning!

Aunt Patty's Organic Dark Agave **\$3.99** /lb.

reg. \$4.99 // Dark agave syrup has stronger caramel notes and imparts a distinct flavor to dishes, including desserts, poultry, and meat dishes!

Meridian Farms Organic Hazelnuts **\$11.59** /lb.

reg. \$12.59 // Grown in beautiful Aurora, OR! Store hazelnuts in an airtight bag or container in a freezer to keep them fresh and flavorful for a year or more! Properly stored hazelnuts will provide wonderful flavor and texture to most any food, and can be used in recipes that call for nuts.



What's the issue?

More than 155,000 citizens signed a petition to put Measure 92 on the ballot this November. A YES VOTE ON 92 would require mandatory labeling of raw and packaged foods containing GMOs by January 1, 2016. It will give Oregon shoppers more information about the food they purchase and feed to their families.

wellness

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Host Defense

Reishi..... **20% off**

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Bi-O-Kleen Bac Out

Our unique blend of live enzyme-producing cultures, citrus extracts and essential oils eliminates the toughest stains and odors and prevents their return.

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32 oz reg. \$7.89 **\$6.49**

Bi-O-Kleen

Bac Out Foaming Action Sprayer

32 oz reg. \$8.69 **\$6.49**



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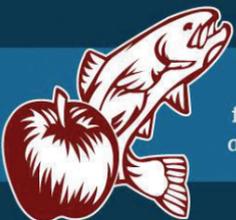
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OREGON RIGHT TO KNOW.ORG

We have a right to know what's in our food so we can make our own decisions about what we eat and feed our families.

YES ON 92



cheese & deli

-  Don Froylan Queso Oaxaca  reg. 6.99 **\$6.19/ea.**
-  Don Froylan Queso Fresco  reg. 6.19 **\$5.99/ea.**
-  Laughing Cow Babybel Original, Sharp, or Lite reg. 4.89 **\$4.49/ea.**
-  Emmi Emmentaler reg. 16.89 **\$15.79/lb.**
-  Tillamook Monterey Jack Baby Loaf reg. 14.29 **\$13.29/ea.**
-  Tillamook Tillamook Sharp Baby Loaf reg. 15.29 **\$14.19/ea.**
-  Butler's Blacksticks Blue reg. 25.89 **\$24.29/lb.**
-  Independence Cheese Organic Raw Cheddar  reg. 17.29 **\$15.59/lb.**
-  K.H. Dejong Cablanca Goat Gouda reg. 16.59 **\$15.29/lb.**
-  K.H. Dejong Da Vinci Mediterranean Herb Gouda reg. 14.49 **\$13.19/lb.**

fish

 Trident Coho Salmon reg. \$16.59 **\$14.99/lb**

co-op kitchen

Black-Eyed Peas with Butternut Squash
reg. \$8.99 **\$7.99/lb**
Savory black-eyed peas, packed with protein, with sweet undertones of butternut

Assorted Fruit Galettes

reg. \$4.99 **\$3.99/ea**
A sweet treat, perfect with coffee!

grocery & chill

 **Once Again Sunflower, Butter**
Organically grown roasted sunflower seeds are milled smooth with organic sunflower oil...and that's it! Wonderfully made organic sunflower butter that satisfies.
Original or Salt/Sugar Free
16 oz reg. \$7.19 **\$5.99**



 **Natural Sea Pink Salmon**
Alaska Seafood Wild, Natural & Sustainable. Healthy Protein 12g Protein Per Serving. Natural Omega-3s Provides 1000 mg Omega3 Fatty Acids per Serving
salt or no salt added
7.5 oz reg. \$4.19 **\$2.99**



 **Bragg's Liquid Aminos**
Bragg Liquid Aminos are made from health-giving, NON-GMO soybeans and purified water. They are an excellent, healthy, gourmet replacement for Tamari and Soy Sauce. Not fermented or heated and Gluten-Free.
16 oz reg. \$4.79 **\$3.59**
32 oz reg. \$7.89 **\$5.99**



 **Skout Assorted Bars**
All Skout Organic® products use organic and gluten-free ingredients. Packed with vitamins and minerals, Skout Trailbars are the perfect outdoor nutrition choice.
1.8 oz reg. \$1.99 **\$1.39**



 **Wholesome Brown Sugar**
Wholesome Sweeteners Fairtrade Organic Light and Dark Brown Sugar are soft, moist and fine-grained. They are perfect for all your baking needs and especially good in cakes, cookies, and pies.
Light or Dark 24 oz reg. \$5.79 **\$3.99**

 **Bhuja Snack Mix**
Spice up your life with Majans Cracker Mix--the tasty, all natural snack that's great for a nibble anytime.
Original, Cracker, or Nut Mix
7 oz reg. \$4.19 **\$2.99**



 **Wholesoy Assorted Yogurts**
Soy is an excellent source of iron, calcium, vitamin B, fiber, omega 3 fatty acids and phosphorus.
6 oz 1.29 **99¢**



 **Choice Assorted Organic Teas**
16 ct reg. \$4.39 **\$3.29**



 **Bio Nature Assorted Organic Pastas**
All ingredients are certified organic and are grown and processed without the use of synthetic pesticides or fertilizers.
16 oz reg. \$3.29 **\$2.49**



 **Jovial Organic Tomatoes**
Jovial's organic tomatoes are grown on just one organic, family farm in Italy, lovingly cared for during the hot summer months for a naturally sweet and flavorful finished product.
Whole Peeled, Diced or Crushed
18.3 oz reg. \$4.79 **\$3.69**



Cucina Artica Assorted Pasta Sauces
Their all natural, tomato based cooking & pasta sauces have no sugar added, no preservatives, no added water, and are made with real tomatoes - not paste.
25 oz reg. \$7.69 **\$4.99**



Stahlbush Farm Assort. Frozen Vegetables
Flash-frozen straight from the field, their corn retains its on-the-cob flavor! Their sweet tasting green peas even get kids excited about eating veggies!

Corn or Peas 10 oz reg. \$2.19 **\$1.69**



La Salsa 
Pico de Gallo Salsa or
Chipotle Green Chili Salsa

14 oz reg. \$4.39 **\$2.99**

Pizza Sauce Plain
8 oz reg. \$2.49 **\$1.79**



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

BUDGET Bites



FMI Gold Plate Award Winner

October Menu

- Sweet Potato Bake
- Pumpkin Gnocchi with cream sauce
- Harvest Chili
- Pumpkin Patty Melts
- Far-Out Polenta
- Chili Squash Boats

It's official, Fall has arrived in the valley. We know this because of the abundance of potatoes, winter squash, the cooler nights and the growing craving for heartier dishes. October's Budget Bites indulges these cravings, starting with the simple but tasty Sweet Potato Bake. The blend of potatoes and sweet potatoes with bits of ham are comfort on a plate.

Sweet Potato Bake

- 2 sweet potatoes, sliced
- 2 potatoes, sliced
- 2 deli ham slices, diced
- 2 Tbsp olive oil
- 1 tsp thyme
- 1 leek, sliced
- 3/4 cup broth

Toss all of the ingredients except the broth in a bowl. Transfer mixture to a baking dish. Pour broth over the mix. Cover and bake in 350 degree oven for 40 minutes. Remove cover and bake another 20 minutes.



VOTE YES ON MEASURE 92 TO LABEL GENETICALLY-MODIFIED FOODS

Guest editorial by: Martin Donohoe, MD, FACP

Genetically-modified (GM) crops are created through the insertion of DNA from another organism (plant or animal) into the plant's nucleus. Most are designed to be herbicide-resistant, while a smaller amount confer resistance to insect pests. GM crops are grown commercially over 420 million acres in 28 countries, including 172 million acres in the United States (half of total US cropland). Today, just 20 years after the commercialization of GM crops, they are found in 85% of processed food, yet only 1 in 4 Americans thinks they have ever eaten GM foods.

GM crops have been associated with a number of adverse health effects in animal and human studies—these include damage to multiple organs, tumors, changes in immune mediators, impaired fertility and miscarriages, allergies, and even premature death. Such crops also harm the environment. As evolution would predict, those engineered to resist herbicides have developed resistance, leading to increased herbicide use; while insecticide use initially decreased, many insects have now developed resistance to plants engineered for pest resistance, leading to increased insecticide use. Herbicides and insecticides are toxic to the blood, liver, kidney, brain, and reproductive systems. Each year, according to the Environmental Protection Agency, US farm workers, many of them migrants working under abysmal conditions and without health care, suffer 300,000 pesticide-related illnesses; the World Health Organization estimates that 1 million people have died due to pesticides in the last 6 years. And, the National Academy of Sciences has stated that pesticides in food could cause up to 1 million cancers in the current generation of Americans.

GM crops also damage the environment when genes initially designed to protect crops from herbicide are transferred to native weeds, creating "superweeds" resistant to multiple agents. Almost 400 GM crop contamination events occurred between 1996 and 2013, many of them in countries where no GM crops have been planted, costing farmers billions of dollars through closing of foreign markets, and leading to multiple settlements and lawsuits.

GM seeds are produced by large agricultural biotech corporations, who make billions in profit and spend millions on lobbying and campaign donations to inhibit sensible rules and regulations. In the mid-1970s, none of the over 7,000 seed companies then in business controlled over 0.5% of the world seed market. Today, Monsanto (the largest), DuPont, and Syngenta control over 50%. These companies also make the herbicides that are sprayed on the crops, thus profiting from both seed and herbicide sales. Monsanto is the company that brought the world toxic compounds such as Agent Orange, PCBs, DDT, and dioxins. It has an extensive record of pollution, criminal activity, financial malfeasance, lawsuits against farmers whose fields have been contaminated with their (unwanted) GM seeds, bribery, human rights violations, and other ethical improprieties.

Despite claims that GM foods are the solution to world hunger, most are utilized for animal feed and biofuels production, and no GM crop has ever been marketed that is drought-resistant, flood-resistant, that increases yield, or that will solve nutritional deficiencies (which can already be solved relatively inexpensively through traditional agriculture, supplements, and political and social will). Instead, our government and agricultural biotech corporations have attempted to undermine the financial security of countries facing famine by offering only GM food aid, which could devastate their export economies, which depend on the sale of non-GM crops to Europe and elsewhere. The United Nation's Committee on Economic, Social, and Cultural Rights has said that poverty is exacerbated by GM seeds.

GM technology also includes biopharming, the genetic modification of plants and animals to produce pharmaceuticals and industrial chemicals, which carries even more grave potential health consequences should such plants escape their "contained" plots; and "terminator seeds," which are

sterile and produce only one generation of crops, thus transmogrifying farmers into bioseeds who, rather than save seeds to plant the following year, must purchase new seeds annually. The potential adverse consequences of this technology so threaten the world's food supply that the world's governments imposed a de facto moratorium on developing and testing under the UN Convention on Biological Diversity.

Earlier this year, voters in Jackson and Josephine Counties passed bans on GM foods, as have other US localities (and many areas worldwide). In November, Oregon voters will have the opportunity to vote YES ON MEASURE 92, which would require the labeling of GM foods in the state.

There are other states with legislative bills pending to do the same, and the Vermont legislature passed its own labeling initiative earlier this year (which requires neighboring states to do the same before it becomes active). Opponents of a similar bill (OR Measure 27, in 2002) outspent proponents \$5.5 million to \$200,000, with most of the opposition's money coming from agricultural corporations headquartered outside the state. Many polls conducted then and since show broad support for labeling in the US (85-90%). Sixty four countries throughout Europe and the world already require labeling, and many have banned GM foods.

Foods are already labeled in the US for vitamin, mineral, calorie, and fat content; sulfites (to warn those with allergies); sources of proteins (for vegetarians); kosher/hallah; not from concentrate; union made; and in some cases country of origin. When the European Union adopted labeling in the late 1990s, Monsanto ran an ad (in the United Kingdom, site of its headquarters, where the employee cafeteria is GM-free) that read: "Monsanto fully supports UK food manufacturers and retailers in their introduction of these labels. We believe you should be aware of all the facts before making a purchase." Indeed, Measure 92 is about the public's right to know what goes into the food we eat.

Opponents will no doubt, as they did in 2002, call labeling supporters anti-technology zealots, and spread misinformation about labeling being required for things like church bake sales. They will scare voters with unfounded claims of grocery price increases. However, when the EU passed labeling, food prices did not increase, and Consumers Union has predicted no increased prices if Measure 92 passes. Indeed, companies change their labeling all the time (think "new and improved"). Furthermore, Scott Faber, a former Vice President for Federal Affairs at the Grocery Manufacturer's Association, a powerful opponent of Measure 92, said: "What I learned is that adding a few words to a label has no impact on the price of making or selling food."

I encourage Oregon voters to vote YES on Measure 92 to require labeling of genetically-modified (GM) foods, and to consider donating to the Oregon Right to Know Campaign.

—Martin Donohoe, MD, FACP

Adjunct Associate Professor, School of Community Health Portland State University; Member, Social Justice Committee, Physicians for Social Responsibility; Member, Board of Advisors, Oregon Physicians for Social Responsibility; Senior Physician, Internal Medicine, Kaiser Sunnyside Medical Center

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YES ON 92: FOR THE FUTURE OF FOOD

Guest editorial by: Virginia Shapiro, DC, DACBN

As a mother, a health care practitioner, and a global citizen, I am deeply troubled by the soaring rates of autism and other developmental abnormalities, disturbed mood and behavior, and profound learning challenges we are now seeing in infants, children, and teenagers. So are the teachers I know. Across the lifespan, we are also seeing soaring rates of obesity and type II diabetes, autoimmunity, food allergies and intolerance, cancer in younger people, digestive disorders (acid reflux, irritable and inflammatory bowel), and mood disorders like depression, OCD, and anxiety. **This is not normal!** We are losing tolerance: tolerance to foods, ourselves, and each other.

An intelligent response to this unfolding disaster is to look **upstream**, rather than developing more and more complicated strategies to treat the problems with more medications and high-tech interventions. One of the most obvious upstream causes is industrialized agricultural-driven agriculture. In the last several decades, we've witnessed dramatic damage to our farming communities, our food, our ecosystems, our waterways, our air, and our health. GMOs—and their associated toxic mix of herbicides and pesticides—are the current head of the plow (or missile head) leading this assault.

Yes, we can personally avoid most of these issues by eating 100% organically-raised foods, which I do myself and advocate every day in my healthcare practice. However, the current unfettered GMO-agricultural machine is an expanding threat to organic agriculture and organic standards. So....

Why do we need GMO labeling?

GMOs have profoundly changed our food supply and our ecosystems. This is not a trivial matter for food snobs or the paranoid.

It is our right to know what we are eating and feeding our children. It is our right to **not** feed ourselves, our children, and our developing fetuses GMOs and the increasing amounts of toxic herbicides and pesticides that accompany them.

It is also our right to **not** poison our Earth's biosphere by supporting this form of toxic agriculture.

Because health effects of chronic exposure to non-lethal doses of most environmental toxins occur slowly over time, epidemiological studies will be the only way to prove harm. The only way we will know who has eaten GMO's is to **label them**.

Fast Facts about GMO crops:

First introduced by Monsanto in 1996 as "Roundup-ready" **soy**. Other GM food crops: **corn, canola, sugar beets, alfalfa** (forage for cattle and sheep).

Also **yellow crookneck squash, zucchini, and Hawaiian papaya**. Many more are in development.

Almost all **cotton** (for textiles and dairy cow feed) is now GM.

GMOs are created by shooting the DNA of other organisms (usually bacteria) into the nucleus of the cells of plants. This imprecise process creates new proteins and organisms that would never occur in nature.

GMO corn and cotton are engineered to carry a structural pesticide from a bacterium called *Bacillus thuringiensis*, (Bt). This crystalline protein, which is present in every cell of the plant, rips up the GI tracts of the insects that eat it.

Bt corn and cotton are registered as pesticides. That's right, a **food that is registered as a pesticide** in those corn tortillas you're eating, or the cottonseed the cow ate that made the milk that you're drinking, or that cheese on your pizza.

However, most GMOs are engineered to tolerate "Roundup" or other forms of glyphosate. Roundup resistance allows the crops to withstand saturation with herbicide; the GM crop survives and the weeds die. **Roundup residues remain in the crops that we eat and in the soil.**

The USDA has just approved Dow Chemical's GMO soy and corn, which are resistant to an even more toxic herbicide, 2,4-D (a component of Agent Orange). Dicamba-resistant crops are coming soon.

While the original promise from the biotech companies was that GMO crops would utilize fewer pesticides and herbicides,

in reality, the use of herbicides has increased dramatically with the presence of serious weed resistance, and the use of pesticides has increased with the onset of insect resistance.

What common foods include hidden GMO content?

Almost all processed and packaged foods, sweetened or artificially sweetened beverages, and all "fast food," unless they're certified organic.

Any food, condiment, or beverage containing corn, soy, canola, or sugar (that's not labeled as organic or cane sugar.)

All meats, poultry, dairy, and eggs, unless certified organic or 100% grass-fed (not alfalfa).

Most food, other than fruits and vegetables, in conventional grocery stores and restaurants.

But aren't GMOs proven safe for our health and the environment?

The USDA and the FDA approved genetic modification of food with very little testing.

The approval processes were primarily political and not scientific and were driven by Monsanto's political manipulation. (See Steven Druker, *Altered Genes, Twisted Truth*).

The initial studies "proving" safety were done by Monsanto and were short term.

GMO seeds are all patented. Patent laws make it very difficult for independent scientists to carry out research on GMO food crops. Independent scientists who have documented biological harm from GMO's and their associated pesticides have either lost their jobs, had their funding cut, or been discredited, ultimately as a result of Monsanto's behind-the-scenes manipulation. (See Arpad Pusztai, Stanley Ewen, Gilles-Eric Seralini, among others)

Editorial continued on page 13

Anniversaries in October

Staff Anniversaries:

Blueberry, 1 year: Charlotte Johnson, Holly Smith

Cherry, 3 years: Anthony Mattos

Strawberry, 6 years: Jeannie Holiday

Plum, 7 years: Don Grippin

Fig, 9 years: George Brown, Holden

Goetzinger (transferring to paid sub)

Kiwi, 10 years: Nina Fredrickson

Pear, 15 years: Bill Genne

Paid Substitute Anniversaries:

Blueberry, 1 year: Brad Mason

Raspberry, 2 years: Trent Kelly

Cherry, 3 years: Addison Walker

Apricot, 8 years: Jan Bahr

Nectarine, 13 years: Chad Elwood

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

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



ANNIVERSARY FRUITS

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

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

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

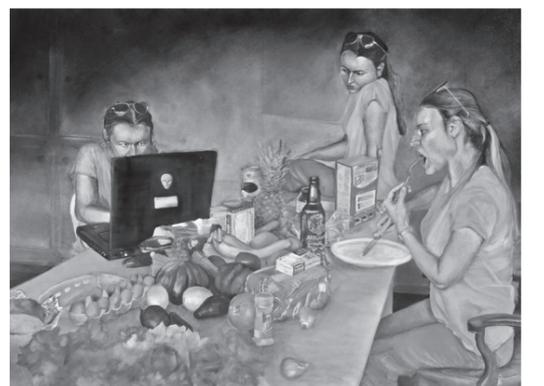
Niki Skelton

Niki had a successful career as a Biomedical Engineer in Applied Neuroscience, with two patents pending and two scientific conference publications.

She left all that to raise her young son and focus on her artistic expression. Though primarily self taught she has taken some community college art courses.

She will be showing work in pen, charcoal, prismacolor, oil paint and mixed media. all October long in the South Store dining area.

Niki has previously been featured on the cover of Corvallis' *The Alchemist*. She is available to do custom portraits or figurative works. Her work can be viewed at her website: www.nikiskelton.com.



"Detachment" by Niki Skelton

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Editorial continued from page 11:

What's wrong with Roundup? It was supposed to be as safe as water!?

Glyphosate (the active ingredient in Roundup) was first patented as a mineral chelator (per its Monsanto patent as a descaling agent for boilers) and binds up critical minerals including manganese, cobalt (needed for B12), and zinc, rendering them unavailable for plants and the animals that eat them. (See Don Huber, botany and plant pathology emeritus professor at Purdue.)

Monsanto also patented Roundup as an antibiotic. It kills healthful flora in our guts and the soil at concentrations far less than those allowed. This has profound effects on gastrointestinal function, immune function, neurodevelopment in children, brain aging in adults, inflammation, blood sugar regulation, mood, body composition, and many other aspects of health. (See Antoniou, et. al., *Journal of Environmental and Analytical Toxicology*; Seneff and Samsel in *Interdisciplinary Toxicology and Entropy*; and Google "microbiome and health.")

It damages the Shikimate pathway that allows plants and our gut flora to produce aromatic amino acids that regulate our moods (tryptophan, dopamine, phenylalanine); and interferes with folate production in our gut flora.

Roundup is also used for end-of-season "burn-down" of most non-organic and non-GMO grains and legumes.

What are the environmental concerns about GMOs?

"Roundup" depletes soil nutrients and devastates the soil and aquatic microbial and invertebrate ecology.

GMO pollen drift pollutes non-GMO crops.

Associated pesticide (neonicotinoid) seed pretreatment devastates bee and other insect populations.

They contribute to the spreading "green desert," a toxic, life-destroying monoculture. (Visit the Midwest, to see for yourself.)

Who makes, patents, sells, controls, and profits from GMO seeds?

Chemical companies that have "morphed" into seed companies by engineering seed to tolerate **and require** their own toxic herbicides and pesticides. In the world of conventional agriculture (post-World War II), **seed** companies sold **seed** and **chemical** companies sold **chemicals**. **Not anymore.** Monsanto was the first, later joined by Dow, Syngenta, BASF, Bayer, and DuPont.

What else do we know about these companies?

Collectively they have brought us 2,4-D, Agent Orange, PCB's, dioxins, Atrazine, Dicamba, Chlorpyrifos, neonicotinoids (bee killers), and Roundup: all toxic biocidal compounds with documented environmental and human health hazards. (Pesticide Action Network has an excellent database.)

This agrichemical cartel, "controls agricultural research agendas, dictates trade agreements and agricultural policies, and exerts editorial influence over scientific journals and popular media; all while positioning their technologies as the 'science-based' solution to increase crop yields, feed the hungry, and save the planet.

"In the process, they have intimidated, impoverished, and disempowered farmers around the world; have undermined food security; and made historic profits, even in the midst of our global food crisis." (Pesticide Action Network)

Labeling, and raising awareness and therefore putting market pressure on these companies to clean up their acts, **is our best recourse at present. Oregonians, let's do it!**

—Virginia Shapiro, DC, DACBN
Integrative Chiropractic and Functional Medicine; Board certified in clinical nutrition; certified in Functional Medicine; Committed to the health of my patients, community, and the biosphere. ☺

VOTER ACTION BEYOND GMO LABELING

Guest editorial by: Harry MacCormack

The following farmer perspective on genetically engineered foods informs consumers about basic GMO issues that transcend a vote on labeling:

First of all our Local Food System, which we've been building for over 40 years, has no legal standing when we attempt to protect it from GMO incursion. Our Local Food System includes farms, gardens, farmers' markets, wholesale and retail outlets for locally grown foods, and the people who consume those foods.

When GMO patent holders are confronted in court they have successfully used a combination of Corporate Commerce Rights, Corporate "Personhood" Constitutional Rights, claimed 5th Amendment rights to Nature as property, the 1980 Supreme Court decision which allowed for patenting of life or living things, Dillon's Rule and State Preemption to overpower any attempt to control or curtail GMO pollution of our foods.

Second, our Heritage Seeds that have been freely passed through generations for hundreds of years have no legal standing when GMO pollution infects them. At risk are corn, wheat, soy, rice, flax, canola, alfalfa, squash, tomatoes, potatoes, apples, papaya, strawberries, to name a few. If the genetic engineering technologies of mutagenic and cell fusion are included the list gets much longer. We currently have no real way of knowing where genetically engineered versions of these heritage crops are planted in our valley. The fields and research plots are secret, but pollution through pollen drift, birds, rodents, flood -waters etc. can be as wide spread as the winds. Heritage seeds are a vital part of the genetic commons. Once those seeds are patented that property becomes a right claimed to exist within whatever it has polluted. Farmers don't own GMO seeds. They are either contracted to use them or they are sued for having them without contract. Courts continue to uphold the GMO polluters claimed rights.

Third, Natural Communities necessary for the growth of nutrient dense foods also have no legal rights. Those communities, which include the microorganisms of soil, water, air and by extension your intestinal tract, can be skewed to ill-health by genetically engineered products with total legal immunity. That skewing is usually the result of required synthetic chemicals used in GMO production. Herbicides, Fungicides, and Insecticides are the most damaging to all species, micro and macro.

It is the above three situations that led a group of farmers with the help of the Community Environmental Legal Defense Fund (CELDF) to draft the Benton County Local Food System Ordinance. This ordinance is the first in the country to give we the people back our rights to control of our local food system. We now have enough signatures to qualify that ordinance for the May 2015 ballot. Thanks to all who have helped so far: We will need a lot more help (as in every one of you) in this campaign for community food rights. To get involved contact Bentonccrc.org.

—Harry MacCormack ☺

letters

LETTER TO THE EDITOR POLICY

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

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

Beans for Senior Dogs

Thank you for inviting Senior Dog Rescue to the Local Splash! event at the Co-op. Our booth attracted a lot of attention. We met many people interested in helping older dogs—all were enthusiastic about supporting our cause with their beans. We are grateful to be part of your Beans for Bags program.

—Ange Crawford, Board President, Oregon Senior Dog Rescue

Your Neighbors Need your Help and Support

Many Co-op members like me live in the neighborhoods around the university. We've been working for years to get the city of Corvallis to expand its current 3 parking districts to neighborhoods bordering OSU that aren't already in a parking district.

Corvallis Measure 02-88 will be on the November ballot. It expands the neighborhood parking districts program in Corvallis. It only applies to neighborhoods within 5 blocks of OSU.

This is a quality of life issue for those of us who live near OSU, whether we are students, renters or home owners. During the school year, our streets currently serve as parking lots for commuters who do not live in our neighborhoods. We need your YES vote in November to make that solution a reality. It is neighbors helping neighbors.

Why is everyone in Corvallis voting on a measure that only directly affects folks who live near OSU? One person in our community spent over \$6,000 to hire a Portland firm to use paid signature gatherers (most of whom were not Corvallis residents) to gather enough signatures to refer this (unanimous) city council decision to the voters. The funds came almost entirely from the petitioner and out of town business and property interests.

Please vote YES on measure 02-88 to allow Co-op [Owners] who live in local neighborhoods to have the parking districts they have asked the city to create.

—Kent Daniels

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Visit our website for resources, events, and ways you can participate in the campaign!



GMO EDUCATION MONTH

The Oregon Right to Know initiative is about transparency and empowering shoppers. This is not a ban on genetically modified food and this is not a debate on the science. It's about consumers getting the information we need to make our own decisions about the food we feed our families. Give us the information and we will make our own decisions.

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WITH LIGHT APPETIZERS

NORTH STORE

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

NORTH STORE

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

SOUTH STORE

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

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

BOARD & COMMITTEE MEETINGS

OWNER RELATIONS COMMITTEE
Tuesday, Oct. 7th - 12:15 p.m.
South Store meeting room

BOARD RECRUITMENT & ELECTIONS COMMITTEE
Thursday, Oct. 16th - 6-7:30 p.m.
North Store meeting room

FINANCE COMMITTEE
Wednesday, Oct. 15th - 5:30-7 p.m.
North Store meeting room

BOARD OF DIRECTORS MEETING
Tuesday, Oct. 21st - 6:30 p.m.
South Store meeting room
Owner comments welcomed in first 10 minutes.

UPCOMING EVENTS

THE FUTURE OF HEALTH CARE Monday, October 6, 7 p.m. CBC Library, 645 NW Monroe St. Your chance to discuss your health care issues with Benton and Polk County candidates for Oregon House of Representatives. FMI: btt.johnson.22@gmail.com

GRAPHIC NOVEL BOOK CLUB Oct. 7, 6:30-7:30 p.m. CBC Public Library, 645 NW Monroe Ave. We will be discussing March, Book One by John Lewis. New members always welcome. Check out a copy of this month's reading selection from the 2nd floor reference desk of the CBC Library. FMI: bonnie.brzozowski@corvallisoregon.gov, 541-766-6965

PLANT COMMUNITIES OF FLORIDA Monday, Oct.13, 7:30 p.m. Avery House in Avery park. Carolyn Kindell will take us on a tour of Florida's major plant communities, rare plants and a history of land conservation and management in the state. She will discuss and have on hand a copy of the Atlas of Florida Biodiversity, published in 2011. Sponsored by Native Plant Society of Oregon, Corvallis Chapter. FMI: brownj@science.oregonstate.edu

NaNoWriMo Saturdays starting Oct. 18 through Nov. 29 2 p.m. CBC Public Library, 645 NW Monroe Ave. Write your novel during National Novel Writing Month (NaNoWriMo) starting with a Plot Planning Party (Oct. 18th), Kick Off Party (Oct. 25th), and weekly writing sessions (every Saturday in November). A book of excerpts from writing done during NaNoWriMo will be published by the Library if sufficient submissions are received. FMI: <http://bit.ly/1AKSijw>

THE OWYHEE CANYONLANDS: OREGON'S GRAND CANYON Oct. 22, 7 p.m., CBC Public Library. Corie Harlan, Owyhee Coordinator of the Oregon Natural Desert Association will show us the red-rock canyons, trout streams and rolling hills of the Owyhee Canyonlands and will speak about efforts to protect this special area. Free. Sponsored by the Marys Peak Group of the Sierra Club. FMI: 541-758-5255

OCTOBER REPAIR FAIR Wed. Oct.22, 5:30-7:30 pm OSUsed Store, 644 SW 13th St. Bring your broken items and questions; volunteers will help you learn how to repair your belongings for free! Specific repair skills and DIY demonstrations offered! FMI: <http://tiny.cc/repair-fair> or 541-737-5398

AQUATIC ECOLOGY SCHOOL FIELDTRIP OPPORTUNITY Audubon Society of Corvallis is hosting hands-on student learning and understanding of Aquatic Ecology and Stream Hydrology for 4th & 5th grade students in the Willamette Valley. Please contact Jessica for more details: educationaudubon@gmail.com

CO-OP HOUSING TOURS Sunday, October 26th CoHo Ecovillage Tour at 10:30 a.m. in Corvallis and Oakleigh Meadow Cohousing Tour at 2:30 p.m. in Eugene. FMI: cohocontact@cohoecovillage.org, 541-753-4453

12TH ANNUAL ALPINE HOLIDAY FESTIVAL November 8, 9a.m.-4p.m. Monroe Grade School, 600 Dragon Dr. Monroe. A sparkling gem of a festival! 30+ fantastic Oregon artists/craftspeople, great music and entertainment all day! Yummy lunch food and spectacular pie bar; community booths and museum display and...the ever popular FUNky Fashion Show! FMI: alpinefestival@gmail.com

FILL YOUR PANTRY EVENT Nov 2, 2-6 p.m. Benton Co. Fairgrounds, 110 SW 53rd St. Stock up on locally grown bulk storage and staple crops at this farm direct community buying event! Pre-order starts Oct.12th and is encouraged for best availability. Credit and SNAP accepted. FMI: tenriversfoodweb.org, sunbow@peak.org

ONGOING EVENTS

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP Thursdays, 7-8 p.m.; Saturdays, 10-10:45 a.m. & 11 a.m.-12p.m., 435 NW 4th St. Inspirational reading, meditation, SRF Worldwide Prayer Circle, Study Kriya Yoga through Paramahansa Yogananda's teachings. FMI: corvallismeditation.org

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 list serve or for more info.

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

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

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

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

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

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 Veg events in Corvallis & surrounding communities, including monthly dine-outs. Non-vegetarians welcome. Open to all ages. FMI: Corvallisveg.org

MONDAYS

DINING FOR WOMEN Corvallis Chapter Third Mondays, 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

SEXY SLIMMING CLASS with Laughter Yoga and Life Force. For day/time, contact Traci, 541-760-8557, Energy9studio.com

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

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: nfo@vfpccorvallis.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. 5:30-7 p.m. Friends Meeting House, 33rd & Polk. We draw from this 2600 yr old tradition, though you do not need to be Buddhist. All are welcome. FMI: oefelein@gmail.com

TUESDAYS

CHAIR YOGA Tuesdays 3-4 p.m. Live Well Studio. 971 NW Spruce St. Poses are adapted with the use of props. Well suited to those with medical or physical limitations. Help ease pain, maintain comfort, decrease stress and improve overall health. FMI: 541-334-6566, livewellstudio.com

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

A COURSE IN MIRACLES 7:30 p.m. Join us as we read & discuss this spiritual classic, after a meditation. FMI: 541-754-9051.

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

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

WEDNESDAYS

OSUSED STORE PUBLIC SALES 5:30-7:30 p.m. on 1st Wed. of the month; 12-3 p.m. on all other Weds. 644 SW 13th St. Also open 3rd Sat. of mo., 9am-12pm. FMI: <http://surplus.oregonstate.edu>, 541-737-7347

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

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

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

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. FMI: susan.salveson@hotmail.com

DANCES OF UNIVERSAL PEACE 2nd Thurs, 7-8:30 p.m. 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

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

FRIDAYS

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

SATURDAYS

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

GLUTEN FREE SUPPORT GROUP 1st 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

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

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

SUNDAYS

YOGA FOR RECOVERY Sundays 12:30-1 p.m. Live Well Studio, 971 NW Spruce St. Perfect for people recovering from substance abuse, addiction, eating disorders and codependency. \$5 suggested donation. FMI: livewellstudio.com, 541-224-6566

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

AVERY HOUSE NATURE CENTER OPEN HOUSE 2nd Sundays, 12-4 p.m., Avery House Nature Center, 1200 Avery Park Lane. FMI: 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, 541-753-7689



Beans for Bags

Outreach Coordinator, Yadira Ruiz, put together this amazing chart to help you find the 16 charitable organizations you would like to nominate to receive Beans for Bags donations in the coming year.

Use it as a visual supplement to the information we've provided about each organization in the special Beans for Bags insert earlier in the issue.

Organization name	Emergency/ Crisis Services	Wellness and Prevention	Community/ Culture	Food/Housing Assistance	Environment Nature/Land Use	Youth & Children	Under-served Populations	Sustainability	Education	Animal Welfare	Medical/Social Service/Mental Health Assistance
Audubon Society					☞	☞		☞	☞	☞	
Avery House			☞		☞	☞		☞	☞		
Benton Hospice			☞				☞		☞		☞
CARDV	☞	☞	☞	☞		☞	☞		☞		☞
CASA						☞	☞		☞		☞
Casa Latinos Unidos		☞	☞			☞	☞		☞		
Chintimini Wildlife Center	☞				☞				☞	☞	
Coastal Range Food Bank			☞	☞		☞	☞	☞			
Community Outreach	☞	☞		☞		☞	☞		☞		☞
Co-op Recycling Center			☞		☞			☞	☞		
CSC Youth Garden			☞	☞	☞	☞	☞	☞	☞		☞
Edible Corvallis Initiative			☞	☞	☞	☞	☞	☞	☞		
Friends of Corvallis Parks & Recreation		☞	☞		☞	☞	☞	☞	☞		
Grace Center	☞	☞		☞			☞		☞		☞
Homeless Education	☞		☞	☞		☞	☞	☞	☞		☞
Local 6 Connection			☞					☞	☞		
Marys River Watershed Council		☞	☞		☞			☞	☞		
Mid-Valley Healthcare Advocates		☞	☞				☞		☞		
Philomath Community Gleaners			☞	☞		☞	☞	☞	☞		☞
Senior Dog Rescue	☞		☞					☞	☞	☞	
Ten Rivers Food Web		☞	☞	☞	☞		☞	☞	☞		
Toxic Awareness		☞	☞		☞			☞	☞		
Work Unlimited	☞	☞	☞	☞			☞		☞		☞

GET THE SCOOP ON PROBIOTICS

Probiotics are becoming the next big thing for healthy bodies. With antibiotics for our ailments and poor diets being made easy, maybe these good microbes are a much needed trend.

Lucky for us, there are a variety of ways to incorporate live cultures in our diets. Kombucha, sauerkraut, and pickles are just a few of the latest and most popular DIY fermentation projects.

Back in the day, fermented foods were not an uncommon pantry item. All those harvested fruits and vegetables had to be preserved somehow. Unbeknownst to those who canned food at home for necessity, they were doing their GI tracts and overall health and well-being a huge favor.

Because there are more than 500 million "good" and "bad" bacteria in your intestines, the opposing microbes are always at odds with each other—bad bacteria constantly plotting to take over the good. Probiotics have been coined the "good" bacteria because they aid in digesting essential vitamins and minerals.

Because over 80% of your immune system is in your gut, a lot of things like to sabotage your health by way of bad bacteria—which is why it's important to maintain a healthy balance.

This leads us to stage one of pretty much any diet discussion: warning against excessive sugar intake. I know it's hard to resist a deliciously rich cannoli, mouth-watering piece of pie and certainly the timeless chocolate bar, but sugar allows the bad bacteria to take over and the cravings to set in. It's best not to substitute meals for these sweet luxuries. A diet that is mainly sweet and processed is one that will do more harm to your health than it's worth.

A line of healthy probiotic treats that I've recently gotten into are the Kevita drinks, which we sell at the Co-op. My favorite flavors are Blueberry Cherry and Lemon Ginger. I'm not a special drinks kind of person. Usually carbonation and lots of sugar upsets my stomach (as it should). But Kevita is a delightful alternative.



Kevita, makes the gut go ahhhh.

They only have about one or two grams of sugar—stevia being the substitute—and 5 to 45 calories per serving, depending on the flavor. We have almost every variety at the North Store right now! They're worth checking out and of course trying. The flavors are so mild and refreshing that when you drink it your stomach goes "ahhhhh."

But as far as getting those live cultures in your diet on a daily basis, there are a lot of different kinds of foods to choose from. Yogurt, some sour creams (look for specified labeling), kefir, miso, kimchi, tempeh, and of course sauerkraut, kombucha, pickles and other fermented foods.

Some of these things are easy to make at home. The internet is swimming with recipes for fermenting food. I have homemade sauerkraut in my kitchen right now. But if you don't fully trust yourself with homemade recipes we have some fantastic organic raw sauerkraut in bulk that is pretty popular, as well as raw fermented misos from South River Miso and Miso Master.

No matter how you go about it, these foods are super beneficial to have in your diet. Health is an important thing to think about. That doesn't mean freak out and be paranoid about everything or never eat or cut out everything you love to eat, but do be conscious and don't forget the probiotics! Your tummy will thank you.

—Gabi Scottaline, *Customer Service/the Scoop* taken from the Scoop, First Alternative's new food blog. Read more at: www.thescoop.firstalt.coop

theSCOOP!
YOUR WEEKLY CO-OP NEWS SCOOP!



CO-OP SYRUP AT THE CO-OP

It makes so much sense

Right now we've got an absolutely killer deal on maple syrup: 32oz. jugs of Maple Valley's organic and fair maple syrup, normally \$30.89, are on sale for \$19.99.

That's an incredible deal on some incredible syrup. You won't find better syrup, or a better price anywhere in town. The best part, though, is that this syrup is coming to us from the Organic Maple Valley Cooperative.

Yes, a co-op! They're like us—only stickier.

Maple Valley became a co-op in 2007 in order to leverage the strength of their producers—small to mid-sized family farms located throughout the US—and to ensure that all of their stakeholders are fairly represented. They're committed to paying their producers a fair price, just as much as they're committed to giving consumers a good deal. And since Co-op shoppers value values as much as they value value, we thought this was the perfect deal. *While supplies last.*



GOING TO SEEDS

Attention growers, we've relocated the bulk seeds

Formerly located in the South Store's foyer, our selection of bulk, organic seeds have moved into the Produce section. This will make it easier to ask our Produce experts questions. You can find them next to our herbs, as you approach the pet section. Happy planting!



The invitation was written in grape juice, at least that's what keep telling yourself. Nothing to worry about, you say, Dr. Acula is a respected physician in town, after all. Never mind the disappearances, the mysterious lights coming from the castle, the incessant howling. It's gonna be a laugh. Right? So, what to bring? Word around town is that the good Dr. has peculiar, even spooky tastes. Maybe one of these recipes from this ancient, supposedly-cursed cookbook. Later, it's a dark and stormy night. You're at the table, the host has served up something mysterious. He sits, takes the first bite, and what's this, you haven't touched your food, but there's a bite gone. How's this possible? What darkness is afoot? Never fear, it's only physics, it's only...

Spooky Action at a Dinner



WITCHES CAULDRON APPLE PIE

- 6 Gravenstein apples
- 1/2 cup sugar
- 1/4 cup butter
- 1 Tbsp cornstarch
- 2 Tbsp cold water
- 3/4 tsp cinnamon
- 1/8 tsp nutmeg
- 3/4 tsp vanilla
- 1 cup granola



Cut top off of apple, about 1/2" down from top. Place top in water to which lemon juice has been added (2 Tbsp lemon to 8 cups water)

to keep from browning. Using a grapefruit knife, remove the core from the apple, being careful not to cut through to the bottom of the fruit. Using that same knife, cut around the inside of the apple, leaving about 1/4" of fruit next to skin. Scoop out flesh with melon baller or cookie scoop and add to lemon water. Put hollowed apple into lemon water and repeat for the remaining apples.

Drain water from hollowed apples and place in a baking pan. Bake at 350° F for 10 minutes. While apples are baking, chop apple flesh into bite-sized pieces (peel apple tops and chop flesh); put into large pan. Add butter and heat on low until butter melts. Mix cornstarch and cold water and pour over apples. Add cinnamon and nutmeg and stir; cook until apples are tender-crisp. Remove from heat and add vanilla.

Remove apples from oven and fill with pie mixture. Cover top with granola. Return to oven and bake for an additional 20-25 minutes.



GRAYEYARD BEAN DIP

THE GRAYEYARD

- 2 cans refried beans
- 1# cheddar cheese, shredded
- 2 avocados, mashed
- 1 pkg Bearitos taco seasoning
- Juice of 1 lime
- 1 tomato, chopped
- 2 cups frozen corn
- 8 oz. sour cream
- 1 1/2 cups salsa
- 4 oz. black olives, sliced
- 3 green onions, sliced
- Green olives
- Parsley

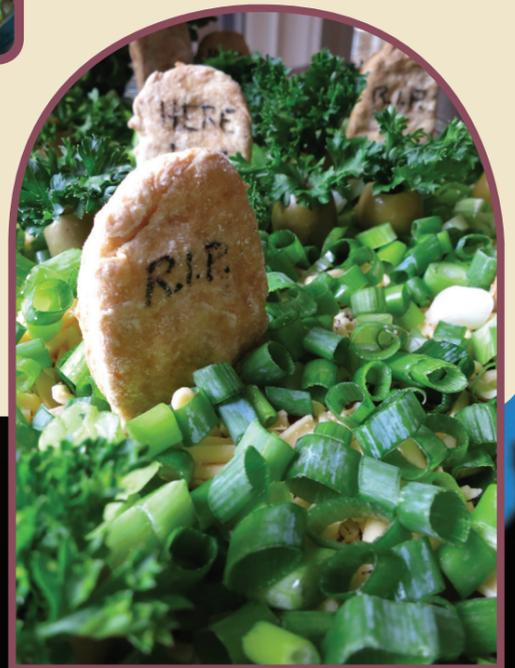


Spread refried beans in a 9 x 13 pan. Spread 1/2 of cheddar cheese over top. Mix avocados, 1/2 pkg. taco seasoning and lime juice and spread over cheese. Spread tomato and corn over top. Mix sour cream with remaining package of seasoning. Spread over top. Spread salsa and olives over top. Spread with remaining cheese. Heat, if desired, to melt cheese, or serve at room temperature. Sprinkle w/ green onion 'grass', decorate with tombstones and craggy tree, as desired. Place green olive and parsley 'bushes' as desired. Serve with tortilla chips.

TOMBSTONES AND TREE:

- 1/2 cup flour
- 1/4 tsp salt
- 2-3 Tbsp milk
- 1/2 Tbsp butter
- 1/8 tsp baking soda

Combine flour, salt and baking soda. Cut in the butter, then add milk and mix with a pastry blender. Press into a ball and knead for a few strokes on a floured board. Roll out as thin as possible. Transfer to a cookie sheet and carefully cut out desired shapes, with a table knife. Bake at 375°F for 12-15 minutes or until lightly browned.



JACK O' LANTERN SALAD

- 1 orange per person
- 1 handful of Mesclun mix per person
- Other salad ingredients, as desired

Slice top off orange. Cut Jack o' lantern face into side of fruit. Run a grapefruit knife around inside of orange to loosen flesh from rind, being careful not to break through pumpkin face. Remove flesh; fill orange with salad and serve.

Orange pulp can be strained for fresh squeezed orange juice and the pulp used in fruit salad.

THE RENAISSANCE IS BACK AND THIS TIME YOU'LL BE AROUND TO ENJOY IT.



2 FOR \$5 ON ALL 15.2 OZ. ODWALLAS
SEPT. 29 TO NOV. 2