

Wine and Beer Tastings Return, Every Thursday —pg. 4



First Alternative  
NATURAL FOODS CO-OP

# THYMES

COMMUNITY MARKET MONTHLY  
OCTOBER 2015 VOLUME 36 • ISSUE 10

That country where it is always turning late in the year. That country where the hills are fog and the rivers are mist; where noons go quickly, dusks and twilights linger, and midnights stay. That country composed in the main of cellars, sub-cellars, coal-bins, closets, attics, and pantries faced away from the sun. That country whose people are autumn people, thinking only autumn thoughts. Whose people passing at night on the empty walks sound like rain.

—Ray Bradbury, *The October Country*

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**Get Baking**  
pg 12

## FRESH LOCAL ORGANIC PRODUCE

FROM  
BROOKLANE FARM  
GOODFOOT FARM  
GROUNDWORK ORGANICS  
PETER CADAY  
AND MORE

BUTTERNUT, BLUE KURI,  
DELICATA, KABOCHA, PUMPKIN,  
SPAGHETTI, SWEET DUMPLING...

## WINTER SQUASH

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

North Corvallis: 2855 NW Grant Ave. | South Corvallis: 1007 SE 3rd St. | Open daily 7am-10pm

## board & manager reports



### from the **Managers**

Cindee Lolik  
General Manager

Frank Worrell  
NCG

#### Having a Field Day

In the past month you may have noticed some new signs on the Field Day products here at the Co-op, great values that include that amazing deal we brought you on Field Day Organic Canned Beans, right in time for soup and chili season!



Field Day is a great company. 91% of their products are certified organic and 94% are Non-GMO Project Verified. You'll find Field Day products in departments throughout the store. From organic canned beans to organic pasta and pastas sauces; from organic peanut butter to natural sliced black olives; from organic refried or baked beans to natural bath and facial tissue. These

are high quality products at great prices and we're excited to provide them to you. Look for more Field Day products appearing on our shelves in the future. And for more information about them and their products, including country of origin info, you can go to: [www.fielddayproducts.com/](http://www.fielddayproducts.com/)

#### Fall Cleaning

As Fall comes on, we are continuing our work on making your stores the best they can be. The interior painting project is finished on the upper level of the North store. A hearty thank you is in order for locally-owned and operated Fitzpatrick Painting for their awesome job on the ceiling work, and another to our very own Anthony Stumbo and Jason Dutra who did a great job with all the lower painting. Look for some beautiful new aisle signs to help guide you through the

store, and some new Co-op signs to brighten up walls as well.

By the time you read this we will have completed an upgrade of the plumbing in the South store community meeting room that had tied it up for several weeks. We'll be further sprucing up the meeting room with a new coat of paint in the near future. We'll also be hanging some new Co-op banners and doing some other sprucing up work at South in the coming weeks.

#### New Ways to Pay

More exciting POS news! We are now able to accept both Google Wallet and Apple Pay at the Co-op! And coming soon to our new registers (if it isn't already in operation



by the time you read this) is a system to identify and scan coupons directly from your smartphone!

#### Treats Without Tricks

And don't forget that Halloween is right around the corner, so come to the Co-op for all your organic and fair trade treats. We will be having an all-staff Halloween costume contest once again, and asking you to vote for your favorite costume in the store and on Facebook. The winning staff member will receive an extra paid day off! We're excited to see all the great costumes our talented and creative staff come up with this year.



### from the **Board of Directors**

Jim Smith  
Board Treasurer



Greetings from the Board. Now that fall is setting in, I like to think back to last spring and summer and the gardening, vacation time, and warm days spent with friends and family. I also welcome the cooler and wetter days. As I'm cleaning my garden and preparing it for the winter, I think about next year's garden and anticipate summer's crop. I guess I do quite a bit of thinking this time of year.

The Board is doing something similar. We are



planning for our annual one-day retreat this month when we meet at a local venue to discuss where the Co-op is, what we've gone through, and more importantly, plan for our future.

Over the past year, the Board and Management have focused on strengthening our financial condition and making changes to

continue improving the Co-op's operations into the future. As we've told you in previous articles, the Board entered into an agreement with National Cooperative Grocers (NCG) for management services. With their assistance, management made a number of operational and organizational changes.

Last month we reached a major milestone by refinancing our long-term bank loans. This most recent change not only improves our financial health by reducing our cost for debt, but also provides some additional operating capital that will allow us to make needed major capital improvements that will reduce our operating costs.

At the retreat this month, the Board is looking forward to doing strategic planning for the future rather than having to focus on the near-term needs, which we focused on during the last two retreats. This year, we will have the added bonus of assistance from a consultant with Cooperative Development Services, another benefit we get from belonging to the larger co-op of co-ops,

NCG.

As always, we are available to you through email and comment cards at the stores as well as monthly Board meetings. Due to the holidays in November and December, we've moved our meeting from the fourth Tuesday to the third Tuesday. That means the Board will meet on Tuesday the 17th in November, and Tuesday the 15th in December. We'll be back to the fourth Tuesday in January. As always, you are more than welcome to join us at our meetings.

I hope you enjoy all that this wonderful season brings! 🍂



Your First Alternative Board of Directors

### The Board Recruitment and Election Committee has an opening for an Owner position!

This committee recruits potential Board members and is responsible for First Alternative annual elections. The committee meets approximately monthly.

Please contact Melissa Hartley at [mhfaboard@gmail.com](mailto:mhfaboard@gmail.com) if you would like to know more about being a member of this committee. **Thanks!**

#### CO-OP BOARD MEETINGS

Tuesday, Oct. 6th - 12:15pm  
South Store meeting room

Thursday, Oct. 15th - 6pm  
North Store meeting room

Wednesday, Oct. 14th - 5pm  
North Store meeting room

Tuesday, Sept. 27th - 6pm  
South Store meeting room  
Owner comments welcome in first 10 minutes.

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

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

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

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

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Photography . . . . . Adam Payson, Emily Stimac

Illustrations . . . . . Stev Ominski

#### STORE LOCATIONS & HOURS

**NORTH STORE** 2855 NW Grant Ave., Corvallis, OR 97330 • (541) 452-3115

**SOUTH STORE:** 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115

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

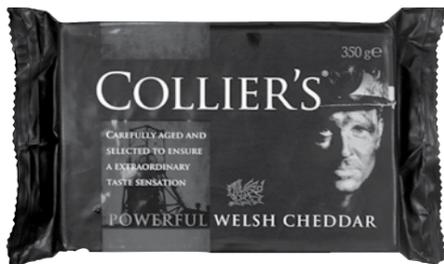
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**Holly Smith**  
South Store Deli  
Assistant Manager

# cheese please



### Humboldt Fog

Since its creation in 1992, Humboldt Fog has become a classic American cheese with international renown. Developed in coastal Northern California, its distinctive layer of vegetable ash evokes the thick fog that rolls into Humboldt Bay on a daily basis. This bloomy rind goat cheese is crumbly and chalky when young with a bright citrusy tang. Earthy, mushroomy flavors emerge as it ages, and it develops a thick layer of cream under its rind. For an easy appetizer, serve mini wedges of Humboldt Fog on a buttery cracker and top with caramelized onions. Or make a quick salad of mixed greens, **Co+op Kitchen Beet and Walnut Salad**, and crumbled Humboldt Fog. Lighter beers compliment Humboldt Fog's bright flavor. Serve this cheese with **Deschutes Brewery's Fresh Squeezed IPA** or **Mazama's Saison d'Etre**.



### Collier's Powerful Welsh Cheddar

A hearty cheese with a perfect balance of salty and sweet, Collier's Powerful Welsh Cheddar is a must try for every cheddar enthusiast. This versatile table cheese is great for everyday snacking or as a flavor-boosting ingredient in your favorite cheesy recipes. Serve unadorned alongside **Narin's Outcake Crackers** and sliced local apples to enjoy Collier's depth of flavor. It also makes an ideal choice for cheese toasties. Just slather a thick slice of **Big River Pain de Campagne** with your favorite mustard, then top with thinly sliced tomatoes and grated Collier's. Pop in the toaster oven or broiler for a few minutes until the cheese melts and just starts to brown. Serve hot with fresh cracked pepper as a satisfying snack for one or for a crowd. While it's hard to pick a beer this cheese wouldn't compliment, try Collier's alongside **Lagunitas Imperial Pilsner** or **Deschutes Brewery's Mirror Pond Pale Ale**. Additionally, this cheese pairs well with a flavor-rich cider such as **2 Towns Bad Apple**.



### Oregonzola

If you are looking for a burger cheese, this is it. Developed by Rogue Creamery's Ignazio Vella as an homage to his Italian heritage, this truly American cheese combines the stark blue veins and smooth texture of traditional gorgonzolas with the sweet fruitiness of Oregon terroir. Crumble Oregonzola generously over burgers or sliders and top with grilled onions or mushrooms. This cheese is bold enough to stand up to strong flavors, but creamy enough to not overpower, making it a perfect choice with heavier, dark beers. Try it with **North Coast Brewing's Old Rasputin Imperial Stout** or **New Belgium's 1554 Black Lager**.



## A VERY CO-OP HALLOWEEN

The candies are coming from inside the co-op!

That long dark figure lurking behind me? Turned out just to be my fall-lengthened shadow. I thought I saw it twitch, though. That eerie scraping noise? It was just bare branches against the window. Never mind that they look like a twisted claw. It's just a coincidence. What's that moving in the corner there? Oh, it's just a black cat. I sure am getting jumpy.

It's beginning to look a lot like halloween out there. And in here, at the Co-op, where all through the month of October, we're rolling out some of the scariest treats you'll find outside of a conventional grocery store (except ours are scary for the right reason!)

In addition to all the great Halloween candy like **Endangered Species Chocolate Squares** and **Sjaaks Organic Chocolates Lollipop Skulls** and **Chocolate Bites**, we've got trick-or-treat-ready pouches of **Bunny Grahams** and **Bunny Fruit Snacks** from **Annie's Homegrown**.

Get your home in a spooky mood with **Beeswax Skull Candles** and **Orange and Black Tapers** from **Big Dipper**. (Those taper candles would be a great at your next Beavers gameday tailgate, too. —See pg. 10 for more tailgating ideas.)

Before heading out, get monstrous (or glamorous) with some **All Natural Facepaints** from **Glob**. And bring your **Halloween Chico Bag** for the plunder. A happy Halloween to all!



TRICK OR TREAT!

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## WINE AND BEER TASTINGS RETURN

Thursdays from 5-7 at both stores, beginning October 1st

Let's all raise a glass and toast the return of weekly wine and beer tastings here at the Co-op!

As usual, we'll have knowledgeable pourers from local wineries and breweries on hand to tell you all about what you're tasting, along with food pairings available in-store.

Here's the schedule for October:

Date	North Store	South Store
Oct. 1	Casa Bruno Imports	Vehrs Distributing
Oct 8	Nectar Creek Mead	Mazama Brewing
Oct 15	Calapooia Brewing	Vinum Wine
Oct 22	Fractal Cellars	Deschutes Brewing
Oct 29	Chateau Lorane Mead	Calapooia Brewing



## JOIN IN

a local celebration of **FOOD DAY.ORG**  
OCTOBER 24, 2015

9am-1pm at the

CORVALLIS Farmers' Market

- \* MARKET TOKENS FOR KIDS 12 & UNDER (while supplies last)
- \* APPLE CRUNCH @ 10:30 AM
- \* SAMPLE LOCAL FOOD & LEARN ABOUT LOCAL FOOD ACTIVITIES

## 2015 APPLE CRUNCH

10:30 AM  
OCTOBER 24  
1ST & JACKSON

# YOUR 2016 BEANS FOR BAGS NOMINEES

Bring a bag, get a bean, give a donation with Beans for Bags

It's time to elect the 16 local non-profit organizations that will receive donations in 2016 as part of our popular Beans for Bags program.

### What is Beans for Bags?

After checkout, customers take one bean for each shopping bag they brought from home and place it in one of four slots in the wooden towers near the exits. Each bean represents a monetary donation.

Customers choose which Owner-elected groups they would like to support with their beans.

Each quarter, four of the sixteen organizations take a turn in the bean towers. At the end of the quarter the organizations receive a check proportionate to the number of beans they received.

### How to Vote

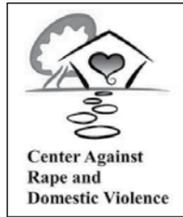
First read about all the great organizations hoping for your support here, then vote for your top 16 by completely filling out a ballot (available on pg. 11 or in either store).

Cast your ballot at Customer Service, through Oct. 31<sup>st</sup>.



### Center Against Rape and Domestic Violence (CARDV)

CARDV's mission is two-fold: 1) To provide services and support to those affected by sexual and domestic violence, and; 2) To provide education and leadership within the community to change the societal conditions that cultivate these forms of violence. CARDV recently responded to a survivor living in a rural community. They were able to safely meet her, drive her to the local courthouse and help her apply for a restraining order - which was granted that same day. She was grateful to safely return to her own home, rather than being uprooted as a result of her abuser's actions. Her response was, "Thank you, I'm so glad I am able to stay in my house. I couldn't have done this without you." Your vote for CARDV will help the organization to protect those in volatile situations.



### Coastal Range Food Bank

Coastal Range Food Bank's mission is feeding the hungry today and solving hunger tomorrow through community partnership. In Summer 2015 they worked with a task force on rural residents of Western Benton County, as those populations consistently have a higher per capita rate of poverty, child abuse, depression and substance abuse. For example, in Blodgett 58% of children qualify for the school free lunch program. Funds from this donation would be applied to bi-weekly purchases from the Linn-Benton Food Share. CRFB is unique in that they generate enough income through their trading post business model to cover overhead and capital expense. The trading post, which is open to the public, sells donated household items, clothing, and tools. Items can be purchased or traded.



### Community Outreach, Inc.

Community Outreach, Inc.'s mission is helping people help themselves lead healthy and productive lives. In August 2014, a homeless single mother of two boys came to COI for help. While staying in their family shelter she worked with a case manager and participated in peer support, attended COI's life skills classes and enrolled her youngest son in their childcare center while looking for work. Within a year she had full time employment, and today she has a home of her own. COI serves more than 9,000 individuals each year. Funds from Beans for Bags would be used to pay for the cost of supplies and staff support. It would also cover supportive services including emergency shelter, kitchen facilities, medical care, substance abuse treatment, case management, life skills, and affordable childcare.



### Co-op Recycling Center

The Co-op Recycling Center provides multiple resources for most of your recycling needs in Corvallis and the rest of Corvallis. They are the only place in town where you can recycle Styrofoam and are a focal point in Southtown that helps fulfill our communities needs for recycling items that would otherwise go to the landfill. In an average year they recycle 3,600 lbs. of metal, 870 lbs. of batteries, 1,260 cubic yards of Styrofoam, 630 cubic yards of comingle items and 480 cubic yards of glass. The center is operated



on a zero dollar budget; community support is vital to it's success.

### Corvallis Environmental Center

The mission is to educate, engage and inspire people to create a healthy, sustainable community. Their multi-faceted approach to environmental stewardship focuses on nature education through Avery House Nature Center; local food security through the Edible Corvallis Initiative and climate & energy action through Energize Corvallis. In 2014, through their programs, three tons of produce were donated to local food pantries, and 400 youth received education through place-based summer camps. Funds from Beans for Bags will help cover CEC expenses such as staff support, facilities and supplies. CEC actively works to build a more resilient community. Growing foods, growing community, and expanding minds. Their programs are locally focused and they welcome collaborations and ideas for how to make our community and our environment a better place.



### Court Appointed Special Advocates (CASA - Voices For Children)

CASA-Voices For Children's vision is giving voice to children by advocating for every child's birthright to a safe, nurturing, forever family. Their mission is to recruit, train and professionally support court appointed community volunteers to advocate for each abused and neglected child in Benton County who is within the legal custody of the state. Funds from Beans for Bags would be used to train, mentor and support volunteers. In addition, it would be used to provide training for staff to maintain expertise and implementation of best practices within the child welfare field. CASA-Voices For Children serves 100% of the children in care. The number of children they serve increased by 25% last year and the number of open cases at any given time increased by 50%. They are anticipating exceeding those numbers this year.



### Edible Corvallis

The Edible Corvallis Initiative, a program of the Corvallis Environmental Center (CEC), mobilizes the community to make local, fresh and healthy food available to all. They actively work to build a more resilient community. Their programs are locally focused and they welcome collaborations and ideas for how to make our community and our environment a better place. During the past school year, Corvallis Farm to School was able to reach 6000 students in their schools. They provide students access to fresh local food and create school environments where food and community are celebrated. They are able to engage in activities about gardening and nutrition as well as get hands-in-the-dirt experience growing and cooking food. These funds will benefit general operations expenses including staff support, facilities and garden supplies.



### Energize Corvallis

Energize Corvallis, a program of the Corvallis Environmental Center (CEC), is dedicated to helping Corvallis become one of the most energy-efficient, climate-friendly communities in the United States. Their mission is to educate, engage and inspire people to create a healthy, sustainable community with a multi-faceted approach to environmental sustainability. Corvallis was recently selected

**STRONGER TOGETHER**

Our regularly scheduled Stronger Together column will return next month, when there's more room

as one of 50 communities to compete for the Georgetown University Energy Prize semi-finals. Success in making the semi-finals and history with the online behavior change platform guarantees



Corvallis to keep 20,000 more metric tons out of our atmosphere and make our city the most climate friendly one in the US.

### Friends of Corvallis Parks & Recreation

Friends of Corvallis Parks & Recreation works to enhance and preserve the livability of our community and the quality of life for all residents. They provide support and generate funding for the operation of public parks, natural areas, cultural and historic resources, recreation facilities and programs and help strengthen and expand these services. In 2015, FCPR provided a \$25,000 donation to help with the replacement of playground equipment at Arnold Park in Corvallis. Funds from this donation would go towards funding a new Ron Naasko playground, to be designed and built to ADA standards. The City of Corvallis manages 1800 acres of developed parks, 1240 acres of natural areas, and 22 miles of trails. They provide over 2800 recreational, educational and active living programs annually with over 95,000 registrations, offer 554 programs to those over age 50 and manage the Osborn Aquatic Center that sees more than 204,000 visits a year.



### Grace Center for Adult Day Services

Grace Center is committed to providing comprehensive quality day services to seniors and adults with disabilities while also supporting their family caregivers. Their memory care specialty serves individuals with cognitive impairment due to dementia, including Alzheimer's Disease. They also serve individuals who have suffered a stroke or brain injury or are recovering from a major surgery. Respite services provide family caregivers help to avoid the all too common issue of caregiver burnout. If it were not for Grace Center's services, the majority of participants would be facing nursing home placement which is not their or their family's wish and is a significantly more expensive form of care.



### Healthy Youth Program, Linus Pauling Institute, OSU

Healthy Youth Program's mission is empowering youth and their families to achieve optimal health through hands-on education. HYP provides programs for children & families to help improve their dietary intake and increase their level of physical activity. They manage three school gardens in Corvallis that connect to educational programs and offer fresh produce for those in need. They engage children & families through a participatory educational approach where personal connection, hands-on activities and role-modeling are central. Their child and family-centered, strength-based philosophy leverages each child's and family's unique assets and values to create solutions for their identified needs and empower them from within for long-term behavior change.



### Avery House

Avery House Nature Center, a program of the Corvallis Environmental Center (CEC) provides a broad-based environmental education program for all ages that is designed to help people discover their connection with nature and understand how our local ecosystems function. Over the summer their place-based summer camps have reached 400 youth. These programs help foster a strong relationship with nature and build the next generation of environmental stewards. They were also able to offer even more unique nature-by-bike programs that taught hundreds of kids how to enjoy biking responsibly in nature and through the city. These funds will benefit general operations expenses including staff support, animal care, facilities and supplies.



### Benton Hospice Service

Benton Hospice Service provides compassionate, patient-centered end-of-life care. They focus on quality of life: to ease suffering, honor dignity, respect choices and support grieving. They provide resources and education for individuals, families and the community dealing with caregiving, serious illness and end-of-life support. They offer bereavement services and family caregiver education and support to the entire community, at no charge, not just for those families that have a person on hospice. These programs are funded entirely by grants and individual contributions. The Beans for Bags funds would go to support these caregiver and bereavement services. Another program, Transitions, is a non-medical program for people who are experiencing a serious illness, are not yet ready for hospice but need help navigating the resources available to them, or need a volunteer to provide respite for their caregiver. Transitions and many of their other services are donor supported.



Continued on page 5

**Marys River Watershed Council**

Marys River Watershed Council's mission is to inspire and support voluntary stewardship actions to benefit water quality, fish and wildlife habitat in Marys River watershed and Corvallis area streams. Programs include stream and oak-prairie restoration, outdoor environmental education, and community outreach. Funds from this donation would be used to support work on urban streams in Corvallis and Oregon, to improve understanding of local water quality challenges and help landowners implement the best strategies to improve water quality. More than 90% of their budget goes toward restoration and education projects across Marys River watershed, providing fish and wildlife habitat and enhancing water quality for all of us who enjoy the iconic landscapes of Marys Peak and the surrounding watersheds.



**Mid-Valley Harvest (a subsidiary of Salem Harvest)**

Mid-Valley Harvest's mission is gathering volunteers to harvest fresh produce to feed the community. The 2015 harvest season, their first in operation, allowed them to coordinate with 135 volunteers and 18 landowners to complete 25 harvests and donate over 6,500 lbs. of quality fresh produce. The produce harvested would otherwise have gone to waste, but instead is brought to assistance organizations that distribute to those in need in our community. Funds from this donation would be applied directly to harvest supplies.



**Natural Opus**

Natural Opus monitors and tracks pollution, conducts educational outreach about the effects of pollution on health, and offers non-toxic strategies. During a 2015 pollution investigation in the South Corvallis Mill Race, they discovered an endangered Willamette Basin Spring Chinook Salmon juvenile. This led to a renewed interest and work to restore crucial habitat. Natural Opus also completed an air monitoring project in South Corvallis in June 2015. Five residents placed a particulate matter monitor on their property for five days. Pollution sources and ways to reduce pollution were then discussed with the community. Funds from Beans for Bags would help with general operating costs as they expand the air monitoring project in Benton County. They have plans to begin a "citizen science" water sampling project on the Marys River in 2016, where they will engage the community and offer a hands-on learning experience about data sampling and pollution monitoring.



**Philomath Community Gleaners**

Philomath Community Gleaners is a non-profit community membership organization in which members work side by side to provide a "helping hand" rather than a "handout". Members glean food, household supplies, and wood. A recent success story tells of a woman who took on her grandchildren and daughter who had fled from an abusive situation. PCG was able to relieve her from the stress of trying to stretch her financial means even further, by providing meals and snacks for her family. Their program allows her to shop twice a week for healthy, fresh food. Funds from Beans for Bags will primarily be used for the purchase of food, to supplement what members already glean. Some funds will purchase fuel needed to run splitters and chainsaws when gleaning firewood.



**Senior Dog Rescue**

Senior Dog Rescue of Oregon's mission is to rescue, rehabilitate and re-home dogs age 6 & up. Senior dogs come from shelters, rescue groups, veterinarians, an owner's death or move to a care facility, a family's loss of housing - any place an older dog is at risk. Senior dogs are the last to be adopted and the first to be euthanized. In a typical year, SDRS successes include 125 individuals and families helped in our community: 100 plus dogs rescued, given vet care and adopted; 25 plus dogs able to stay with their families with food and medical help. Your vote will help show senior dogs the love they deserve and the care they need.



**Ten Rivers Food Web**

Ten Rivers Food Web is working to ensure that the Ten Rivers food shed will be robust in the face of ecological and economic pressures. This means that at least 30% of the food

consumed in Linn, Benton, and Lincoln counties will be locally grown, processed, and distributed. Help us make this happen! Your support will help nourish our communities. Their newest program, Generational Land Transference, is groundbreaking with 12 other organizations looking to TRFW's work as a model for similar projects throughout Oregon. Future work is needed to insure that existing family farms are passed on to new farmers instead of converted to other uses. The



Food as Rx program continues to help those people with diabetes and obesity by using prescribed plant based foods.

Through TRFW, families in Monroe are receiving cooking and wellness-centered classes as well as access to free or low cost foods. Your vote will allow them to extend these kinds of programs to a wider population.

**Work Unlimited Inc.**

The mission of Work Unlimited's Supported Living project is to stop mental illness from creating homelessness. They recently served a woman who could not recall the last time she had a roof over her head. She now lives in her own apartment and has a part time job. At present, they survive on the generosity of their parent organization and grant funding from Benton County Mental Health and the City of Corvallis. Long before the local "10-Year Plan to End Homelessness", Mid-Valley Housing Plus was launched by a mother determined to keep her mentally ill son from landing in the streets. Fifteen years later the project was picked up by Community Outreach, Inc. In 2012, Work Unlimited assumed responsibility for the project. Their support extends beyond the 60 individuals they serve to the livability of the entire community.





## Beans for Bags 2016 Ballot

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**Owner Share Number (required)**  
One vote per owner number

---

**Owner's name (please print)**

---

**Owner's signature**

**You must be an active owner to vote.** Your Owner share payments must be current or paid off and your share must be in good standing.

Vote for up to 16 nominees (ballots with more than 16 votes will be considered invalid)

- 1.)  Avery House
- 2.)  Benton Hospice Service
- 3.)  Center Against Rape & Domestic Violence (CARDV)
- 4.)  Coastal Range Food Bank, Inc.
- 5.)  Community Outreach, Inc.
- 6.)  Co-op Recycling Center
- 7.)  Corvallis Environmental Center
- 8.)  Court Appointed Special Advocates (CASA-Voices for Children)
- 9.)  Edible Corvallis
- 10.)  Energize Corvallis
- 11.)  Friends of Corvallis Parks and Recreation
- 12.)  Grace Center for Adult Day Services
- 13.)  Healthy Youth Program, Linus Pauling Institute, OSU
- 14.)  Marys River Watershed Council
- 15.)  Mid-Valley Harvest (a subsidiary of Salem Harvest)
- 16.)  Natural Opus
- 17.)  Ten Rivers Food Web
- 18.)  Philomath Community Gleaners
- 19.)  Senior Dog Rescue of Oregon
- 20.)  Work Unlimited

**OCTOBER IS FAIR TRADE MONTH**

**Buy fair trade, make a difference**

The Co-op—as part of our commitment to bringing the community healthful foods that have been ethically grown, sourced, and produced—has long been a supporter of fair trade. But what exactly does it mean to be fair trade?

Taken from the Fair Trade Resource Network, here is an explanation of the practices and principles that define the fair trade movement:

**Fair prices:** Farmers, hired workers, artisans and other producers receive a fair price or wage for their time and materials. Producer organizations often receive pre-harvest or pre-production credit on favorable terms.

**Fair and safe labor conditions:** Workers enjoy freedom of association, safe working conditions, and humane treatment. Forced child labor is strictly prohibited.

**Direct trade:** Importers purchase from fair trade producer groups as directly as possible, eliminating unnecessary middlemen and empowering producers to develop the business capacity necessary to compete in the global marketplace.

**Democratic and transparent organizations:** Producers decide democratically how to invest Fair Trade premiums for community development and capacity building of producer organizations.

**Community development:** Producers invest premiums in social and business development projects like youth scholarship programs, health care, clean water access, quality improvement trainings, and organic certification.

**Environmental sustainability:** Harmful agrochemicals and Genetically Modified Organisms are strictly prohibited in favor of environmentally sustainable methods that protect producers' health and preserve eco-systems.

FairTrade is a good deal, for everyone involved. When you're shopping, look for a fair trade symbol on the packaging



Or buy from trusted purveyors of fair trade goods—we've got quite a few of them here at the Co-op, across a number of different departments. Below are just a few examples:



There are a lot more fair trade items here at the Co-op, so keep your eyes open for those labels, or better yet, just ask one of us to show you some of our favorites. We love to help.

## Beans for Bags

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

**Recipients for  
October-December 2015**

CARDV (Center Against Rape & Domestic Violence)

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Chintimini Wildlife Center

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Co-op Recycling Center

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CSC Youth Garden

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

# IN THE KNOW ON THE NEW



## Beyond Meat Beast Burgers & Beastly Sliders

Boldly go **Beyond Meat** and into a universe where delicious, flame broiled burgers are made not from cow, but 100% plant protein. These soy-free, gluten-free meatless burger patties are taken to the next level by **Beyond Meat's** Beyond Nutrient Blend, loaded with antioxidants, iron, calcium, B vitamins and more muscle-repairing, energy-enhancing ingredients. Find them in the freezer.



## Quorn Bacon Style Slices

Make the smoky sweet taste of bacon part of your meatless morning feast. Made from mycoprotein, a great soy-free source of protein that's loaded with fiber and free of the saturated fat of meat. The taste and texture are perfect—just like your breakfast. Find them in the freezer.

## Coconut Dream Bites

Cold creamy and smooth, all your coconut dreams are about to come true with these bite-size, lactose- and gluten-free delights. Each Bite is coated with rich thick chocolate; inside, delicious **Coconut Dream** filling and tasty coconut flakes. Find them with the ice cream.



## Beeler's Pure Pork Uncured Ham

Humanely raised pigs are the **Beeler** family's top priority. On their farm, the pigs (Danish Duroc, or "red" pigs) roam free around large indoor-outdoor pens, eating an antibiotic-free, vegetarian diet. The meat is prepared with the greatest of care using time-tested methods including a rigorous hand-trimming process that ensures only the juiciest and most perfectly-marbled pieces of meat make it to your table. This may quite possibly be the best pork on the planet. We've got **Hams, Ham Steaks, Bacon,** and tasty **L'il Bites!**



## Gaia Herbs Prostate Health & Reflux Relief

At **Gaia Herbs**, passion is the main ingredient. After that it's herbs, lots of herbs. We've got two helpful new supplements from them, **Prostate Health**, which supports male hormonal metabolism and provides antioxidant protection with a botanical blend made from pomegranate, white sage, nettle root, and more. **Reflux Relief** promotes healthy digestion and gastric function while it maintains stomach acid balance through a blend of botanicals and minerals.



## Purely Elizabeth Cereals

All of these winning new cereals from **Purely Elizabeth** start with crunchy clusters of ancient grains granola and nutrient-rich millet puffs. Available in **Original** (with just a hint of cinnamon and sea salt), **Pumpkin Fig** (perfect for a fall breakfast), **Cranberry Pecan**, and **Blueberry Hemp**. They're vegan certified, low in calories, gluten-free, and loaded with fiber and protein. Made with coconut sugar—an unrefined and low-glycemic sweetener—they're a sweet, but not too sweet, way to kick off your day.



## Urban Moonshine Herbal First Aid

Coming to our Wellness department just in time for the not-feeling-so-well season, it's botanical first aid courtesy of **Urban Moonshine**. Fast acting **Clear Chest** supports healthy lungs and easy breathing. Get an elderberry boost with **Immune Zoom**, a fast acting first response when you feel that twinge. And if that doesn't do it, there's always **Herbal Throat Spray** to fall back on.

## the Co-op Kitchen's New Fall Menu

Fall is here. The air is crisp, the days are shorter, the sunlight is softer, and there's the gently mingling smell of pumpkin and cinnamon wafting from the Co-op Kitchen.

Decadent new treats going straight from our ovens onto our shelves include gooey **Pumpkin Sticky Buns**, creamy slices of **Pumpkin Cheesecake**, and a **Pumpkin Mini Tart** (pictured to the right) that's as tasty as it is lovely. There's also the tasty new **Wheat Free Double Chocolate Cake for Two**, and our very own buttery flaky **Croissant**.



Look for some other exciting additions to the Grab & Go coolers and our Deli case, including **Vietnamese Spring Rolls**—fresh organic vegetables and Co-op Kitchen Kimchi wrapped in delicate rice paper and served with a **Coconut Mango Dipping Sauce**.



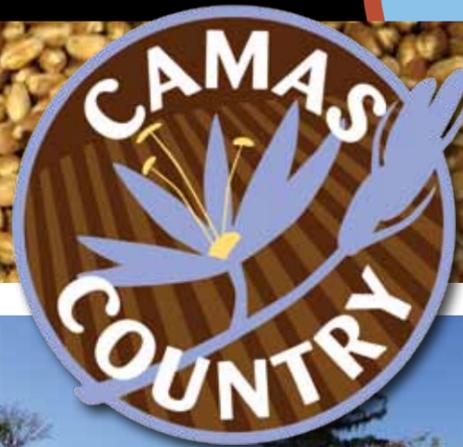
New salads include refreshing **Quinoa Tabbouleh**, vegetarian **Mock Chicken Salad**, and a returning favorite (you may have already had some this year if you stopped by our Fall Festival food booth) **Black Eyed Peas and Squash**.



Two new spreads are a guaranteed hit at parties: A **Blue Cheese Spread** that's to die for, and a fantastic and versatile dairy-free **Cashew Cheese Spread**.



And now you can take home a hotbar favorite — **Co-op Kitchen Lasagna**, prepacked in a heat and eat container! You can find it in our Grab & Go case. **This fall, why not let us cook for you?**



## WELCOME TO CAMAS COUNTRY

Last month we told you about our visit to Hummingbird Wholesale in Eugene. That wasn't the whole story. Our tour continued with a visit to Camas Country—first to Tom Hunton's family farm in Junction City, then back into Eugene to see the Camas Country Mill in operation.

We arrived at the farm and took a quick tour of their rustic farm store where you can buy a variety of flours, beans, whole grains, pancake mixes, soup mixes, and more. Then it was time to talk with Tom.

### Going to Class on a Third Generation Farm

Everett and Ellen Hunton started the farm in 1952, raising Tom and his sister Deanna there. Now Tom and his son Jason are managing operations, transforming land formerly used for turf grass into a vital part of our local food web. More and more, Tom told us, the Huntons are growing what they call "food for the soul," which has three components: food for animals (forage crops), food for soil (cover crops), and food for humans (grains and beans.)

Tom saw how well commodity crops fared during the 2008 recession and decided it was time to diversify their crops and transition some of their acreage to organic, all in order to try something rather bold—growing beans and grains for local markets.

"Philosophically," Tom said, "it's very rewarding." As he spoke to our little crowd gathered in the Lower Fern Ridge Schoolhouse he passed around leafy branches with soft green pods. Fresh green chickpeas. Plucked right from the pod, they are soft and delicious, distinct from their dried cooked counterparts.

Chickpeas were a success for the Huntons, and after consultations with plant breeders and the Southern Willamette Valley Bean and Grain Project, so were hard red and white spring wheat crops. People said it couldn't be done, but the Huntons and their crew did it, and did it locally in a time where 85% of Oregon grown wheat was being shipped overseas. Other local and regional growers saw the Hunton's success and decided to join them by transitioning some of their acreage to organic and growing sustainable crops specifically for the local market.

### More Mills for the Grist

If all these crops are going to stay local, they need to be processed locally. That's why the Huntons, with help from Hummingbird Wholesale and the city of Eugene, opened Camas Country Mill in 2011, the first stone grist mill operating in the Willamette Valley in nearly eighty years. The Camas Country Mill strengthens our local food system.

When we entered, Mill Manager Steve Jones was hard at work. After a quick tour he fired up the mill for us.

It starts with harvested and cleaned wheat berries, arriving in totes weighing about two thousand pounds. These are placed in a hopper above the mill where they drain into the center of two mill stones. The rotating top stone grinds the grains against the stationary bedstone, getting finer as they near the edges. From there, a powerful vacuum pulls the flour up a screen filled tube, sending larger bran back into the mill for further grinding. A small vacuum draws the properly ground flour down a bagging chute and into fifty pound bags.

With this single mill operation, they produce about seven hundred pounds of flour per hour. That number will skyrocket to around three thousand pounds per hour when three more mills (in transit at the time of our visit) arrive.

Last year, Steve explained, they milled about 1.5 million pounds, and they expect, "somewhere north of five next year." That's quite the upgrade. And it couldn't be coming at a better time—when folks like the Hunton family, farmers all over the valley, the state, and the northwest, and the people at Hummingbird Wholesale are all striving towards true food security, strengthening our local food system, and our local economy, while they reignite a passion for farming in future generations.



Look for Camas Country Mill products in our bulk section, and find them online at [camas.squarespace.com](http://camas.squarespace.com)

# October 2015 Community Calendar

## UPCOMING EVENTS

### HOOR Trader Harvest

**Gathering October 4, noon-4pm at Old World Deli (341 SW 2nd St.)**

Join us for an afternoon of fun and activities, including an HOOR Trader Marketplace, musical performances, and our seasonal favorite—pie auction! Come on down and celebrate the abundance of our community! Bring your own goods to trade, or to show-and-tell others what you do. Pass through, or stay for the afternoon! FMI: [hourexchange.org](http://hourexchange.org)

### Graphic Novel Book Club

**Meeting October 6, 6:30pm at New Morning Bakery (219 SW 2nd St.)**

Join us for our next book club meeting. We will be discussing *100 Bullets, Book One* by Brian Azzarello. New members always welcome. Check out a copy of this month's reading selection from the library reference desk. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov)

### CoHo Ecovillage Tour

**October 24, 10:30am at 1975 SE Crystal Lake Dr.** Sign up for this free tour of the CoHo Ecovillage FMI: Susan, (541) 753-4453, [cohocontact@cohoecovillage.org](mailto:cohocontact@cohoecovillage.org)

### Nepal Earthquake Relief

**Fundraiser October 10, 1-4pm at Oddfellows Hall (223 SW 2nd St.)**

Information sharing by Lama Tsering Gyaltsen followed by the film "Travelers and Magicians." Sponsored by Padma Charitable Foundation, a 501 (c) (3) charitable organization. FMI: (541) 908-2947.

### Acorns, Buntings and Cabernet: Grassland Birds in our Changing Rural Landscapes

**by Joel Geier October 12, 7:30pm at Avery House in Avery Park** How changes in land use, farm crops, farming methods, and residential landscaping have affected grassland birds in the Willamette Valley. Joel Geier is a hydrogeologist who works seasonally on grassland bird research. His enduring passion, ever since encountering a patch of virgin prairie on the family farm, has been grassland ecology. FMI: [jordanisbrown@gmail.com](mailto:jordanisbrown@gmail.com), or (253) 820-3934

### Crazy Eights Author Tour

**October 15, 7pm at Corvallis Public Library (645 NW Monroe Ave.)**

Eight Oregon authors, ready to discuss their writing lives. Akin to speed dating, only with authors. Each author has eight minutes to address the audience and introduce a featured book. Authors will interact one-on-one with members of the audience to discuss their work and sign books. Authors: Dan DeWeese, K.B. Dixon, Cai Emmons, Lisa Ohlen Harris, Phillip Margolin, Ismet Prcic,

Ellen Waterston, and George Byron Wight. Sponsored by the Friends of the Library and Grass Roots Books. FMI: (541) 766-6793

### Cowspiracy, the Movie

**October 17, 7pm at First United Methodist Church Community Center (1165 NW Monroe Ave.)** The big question: Does meat matter, more than we thought? Event sponsored by Natural Step Committee of First United Methodist Church of Corvallis. FMI: [robin.comforto@gmail.com](mailto:robin.comforto@gmail.com), (541) 758-8551

### Food Day 2015: Community

**Apple Crunch October 24, 9am-1pm at Corvallis Farmers' Market (1st and Jackson)** Highlights are free Farmers' Market tokens for children to spend at their favorite Farmers' Market booths and a community "Apple Crunch" at 10:30 am for everyone who is at the market. FMI: (541) 230-1237 or [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org)

### 6th Annual Local Eats Week

**October 25-31, places and times vary** Savor \$6 sample plates featuring local ingredients at Local 6 Connection restaurants. Check out [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org) for a list of participating restaurants, and mark your calendar for a different one each day of the week! Sponsored by the Corvallis Sustainability Coalition Food Action Team FMI: [local6emily@gmail.com](mailto:local6emily@gmail.com)

### A Celebration of Local Food

**October 25, 3-5pm at First United Methodist Church Community Center** A Local Food Event to celebrate ten years as a Natural Step Congregation. Gian Mercurio and April Hall-Cutting from Green Willow Farms will give the key note address. Presentations by Ten Rivers Food Web—Fill Your Pantry, Wild Yeast Bakery, the Sustainability Coalition's Food Action Team, and SNAP Six. There will be informational booths on Community Supported Agriculture, Corvallis Food Banks, Family Table, Stone Soup and other programs. After the presentations, we invite you to stay for a dinner prepared by our food ministry team highlighting local seasonal food. FMI and RSVP: Rebecca Marti (541) 231-5126, [rebecca.marti64@gmail.com](mailto:rebecca.marti64@gmail.com) If you can't RSVP please feel welcome to join.

### Alpine Community Center's 13th Annual Holiday Festival

**November 14, 9am-4pm at Alpine Community Center (25184 Webster Ave, Monroe)** Join forty Oregon artists and craftspeople for a fun celebration. Food, music and entertainment all day, and the infamous FUNky fashion show. Raffle of fabulous gift baskets. Museum display by Monroe Museum FMI: Jeanne Lindsay, [jeannea@casco.net](mailto:jeannea@casco.net)

## ONGOING EVENTS

FREE or by donation listings • To submit your free event, visit [www.firstalt.coop/thymes/calendar-submission/](http://www.firstalt.coop/thymes/calendar-submission/)

## FOOD

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

### CORVALLIS VEG EDUCATION GROUP

Events in Corvallis, including monthly dine-outs. Non-vegetarians welcome. Open to all. FMI: [Corvallisveg.org](http://Corvallisveg.org)

### GLUTEN FREE SUPPORT GROUP

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

### FILL YOUR PANTRY

Sunday, November 1, 2015, 12:00 - 3:00 PM now in its 6th year - is a one-day local food bulk buying event offering bulk quantities of beans, grains, storage crops, and meats from local growers. Come "fill your pantry" with the season's bounty and invest in the local food economy. Online preorders begin Saturday, October 10 at [www.tenriversfoodweb.org](http://www.tenriversfoodweb.org) and are recommended for best availability. SNAP benefits, debit and credit will be accepted for both preorders and event day sales. Sponsored by Ten Rivers Food Web.

## SPIRITUAL

### PLACE OF TARA

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

### BUDDHIST PRACTICE SGI-USA

Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: (541) 753-6170

### BAHA'I DEVOTIONAL PROGRAMS

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

### CORVALLIS INSIGHT MEDITATION

Come join us for sitting and instruction, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. Email for time/date. FMI: [maryleigh.burke@gmail.com](mailto:maryleigh.burke@gmail.com)

### MINDFULNESS MEDITATION

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

### CORVALLIS MEDITATION

**COMMUNITY** Learn meditation techniques to relax and recharge body and mind. Tuesdays,

5:30-6:30pm, 3311 NW Polk St. FMI: Carolyn, (971) 218-6798, [RASALILA2@yahoo.com](mailto:RASALILA2@yahoo.com)

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

### CORVALLIS MEDITATION CIRCLE

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

### FALUN Dafa GROUP

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

### CORVALLIS ZEN CIRCLE

weekly meditation. FMI: [www.corvalliszencircle.com](http://www.corvalliszencircle.com)

## WELLNESS

### COMPASSIONATE COMMUNICATION PRACTICE

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

### AIKIDO OPEN MAT

Thursdays, 6:30 pm 2323 NW 9th (behind Togos.) Aikido is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. Wear loose, comfortable clothing. FMI: [Joe Canon,dojo@corvallisaikikai.com](mailto:Joe Canon,dojo@corvallisaikikai.com)

### TAI CHI CLASSES

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

### HEALTH AND HEALTHCARE FORUM

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

### FREE TEEN YOGA

Tuesdays, 4pm, Live Well Studio, 971 Spruce Ave. Yoga just for teens. Stretch, move, wiggle, strengthen and then free and relax your body. It's fun and it's good for you too. All teens welcome. FMI: [Theresa McLaren,frontdesk@livewellstudio.com](mailto:Theresa McLaren,frontdesk@livewellstudio.com), (541) 224-6566

### CHAIR YOGA

Tuesdays, 3pm, Live Well Studio, 971 NW Spruce Ave. Chair Yoga provides the benefits of yoga to everyone regardless of injuries, health limitations, or mobility. It is well suited for individuals living with M.S., Parkinson's, Cancer, A.L.S., and physical limitations. Sliding scale donation. FMI: (541) 224-6566

### TRADITIONAL SHOTOKAN KARATE

Tuesdays and Thursdays, 7-9pm, Fingerboard

Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, (541) 754-3254

### REIKI HEALING CIRCLE

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

### FREE TEEN LAUGHTER YOGA

Wednesdays 4-5pm. FMI: [Energy9Studio.com](http://Energy9Studio.com)

### YOGA FOR RECOVERY

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

### HEART OF THE VALLEY BIRTH

**NETWORK** Every 3rd Wed. 6-7:30pm, Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: [www.valleybirthnetwork.org](http://www.valleybirthnetwork.org) [google.com/site/wutantaiichi](http://google.com/site/wutantaiichi)

### MEMORY LOSS SUPPORT GROUP

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

## PEACE

### CORVALLIS SECULAR SOCIETY

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

### AMNESTY INT'L WRITERS GROUP

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

### COMPASSION COMMUNICATION

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

### DANCES OF UNIVERSAL PEACE

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

## MUSIC

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

# Health Services Guide

Advertise your health service for only \$40 per ad. Maximum 50 words. Please email your ad to [thymes@firstalt.coop](mailto:thymes@firstalt.coop) by the 15<sup>th</sup> of the month.

## LYMPHATIC DRAINAGE \* VISCERAL MASSAGE \* CRANIOSACRAL THERAPY

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

## ENCORE PHYSICAL THERAPY OFFERS COMPLEMENTARY THERAPIES AT ITS CORVALLIS OFFICE

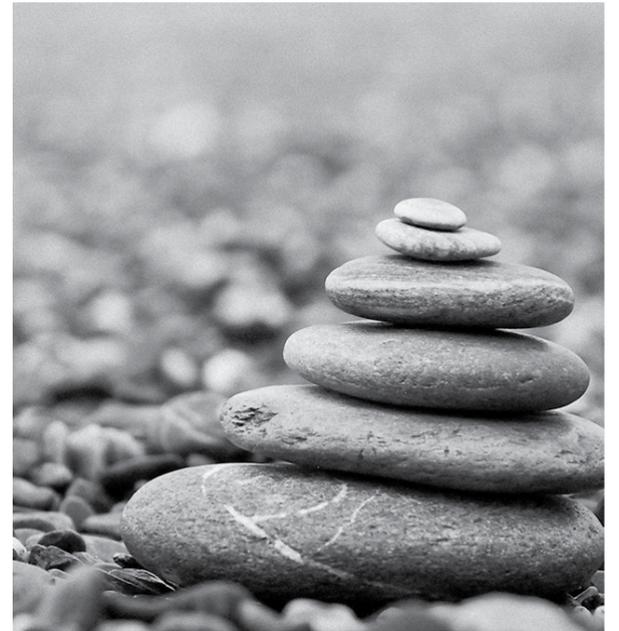
With decades of experience, Lynn Kirschner, CPT([commonsensepilates.com](http://commonsensepilates.com)) and Marybetts Sinclair, LMT ([marybettsinclair.com](http://marybettsinclair.com)) offer Pilates mat exercise classes and therapeutic massage, to help you stay healthy and free of musculoskeletal pain. Keep your progress going when your rehab is over! Call Encore for an appointment: (541) 758-2235

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

## DOWNTOWN PILATES

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



# Un-classifieds

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

## TIRED OF GUILT, BLAME, TENSION AND CONFUSION?

Maybe you're ready for a COMPASSIONATE COMMUNICATION INTRO WORKSHOP with Tina Taylor, RN, MS, in Corvallis, October 24-25. aka Nonviolent Communication (NVC), this model is used worldwide for transformational personal growth, relationship enrichment, conflict resolution, and community building. Details at [www.tinataylor.co](http://www.tinataylor.co), or call Tina at (541) 753-2255

## PROUD MAMA SUPPORT SERVICES

New baby? In-home professional doula care can make all the difference. [proudmamasupportservices.com](http://proudmamasupportservices.com)

## NORTHWEST REALTY CONSULTANTS

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

## GREEN HERON WOODCRAFT

Fine woodworking, custom furniture cabinet and trim installation. German trained craftsman. (541) 714-5878, [greenheronwoodcraft.com](http://greenheronwoodcraft.com)

## PARENTING SUPPORT

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

## FOR A BEAUTIFUL BIRTH, HIRE A DOULA.

Mid-Valley Doula Network: [www.midvalleydoulas.net](http://www.midvalleydoulas.net)

## CERTIFIED HAKOMI THERAPIST

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

## YARDWORK SERVICES:

raking, weeding, pruning, scything, mowing, hauling. Organic methods. General labor. Ken (541) 929-4296

## TOTALLY UPDATED WHITEWATER OCEAN VIEW HOUSE IN LINCOLN CITY.

2 master suites. 2 large decks. Sleeps 7. Fully stocked. \$195/night + tax, cleaning. 10% Co-op Owner discount. (541) 760-0604

## CORRECT PRUNING

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

## LOOKING FOR APT, CABIN, ETC.

Prefer S. Corvallis, low rent, trade. M 63, single. Yardwork, etc.. Ken (541) 929-4296

## SEEING WITHOUT STRAIN

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

## CALL KORI THE SPOILER

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

## TOTALLY UPDATED WHITEWATER OCEAN VIEW HOUSE IN LINCOLN CITY.

2 master suites. 2 large decks. Sleeps 7. Fully stocked. \$195/night + tax, cleaning. 10% Co-op Owner discount. (541) 760-0604

## TRUST THE CLEANING

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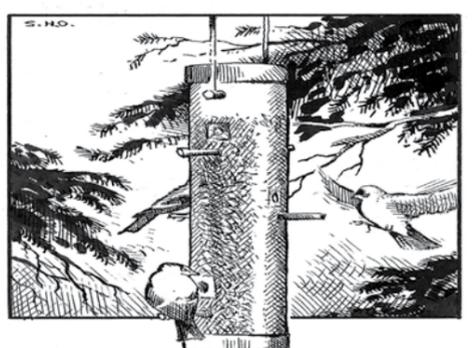
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## ON GAMEDAY, STOP AT THE CO-OP

We have all it takes to keep your tailgate from turning into a failgate

Get out the Beaver flags, the camping chairs, and the orange blankets, because football is back and that means it's time to get tailgating! Before you stake your place in the lot, though, come to the Co-op and fill your cooler with all the eats and drinks you'll need to last you until it's time for kickoff.

Feel like a pregame burger instead? No problem. Pick up premade patties made from beef and lamb. We've got a great selection of meatless patties too, along with wheat and gluten-free buns.



Niman Ranch Bratwurst

Organic Prairie Uncured Beef Hot Dogs

Tofurky Vegan Beer Brats made with Full Sail Ale

We've got tons of sausages, brats and hot dogs. There's a grill-ready protein tube here for everyone—omnivorous, vegetarian, or vegan.

Look in our chilled and frozen sections. Then head on over to the bread and grab some yourself some buns. We've got them with and without gluten. You make the call.



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Bread Stop Challah Hamburger Buns

2 Towns Ciders

Deschutes Beers

Oregon Trail Beer Pigs

And to wash it all down? We've got a drink for every type of fan. Beer, cider, mead, heck, maybe you like a little boxed wine with your tailgate, well we've got that too. And as usual, we're always happy to help you find something, and to make some recommendations.

Whatever it takes to win, we've got it here. Come in, fill that cooler, and head to the stadium. Go Beavs!

## letters to the editor

### Letters 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 and contact information. (contact info not published unless requested)
- The decision regarding the appropriateness of the topic will lie with the Editor.
- Letters containing personal attacks or offensive or inappropriate language will not run.
- 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.

### Protecting Our Community Rights

A quiet revolution is happening in towns and counties across Oregon. We *Hike the Pipe*, *March Against Monsanto*, say *(S)hell No* to drilling in the Arctic, lock down on megaloads to the tar sands and use our bodies and our voices to obstruct the destruction of the earth, sign petitions, show up for town halls, comment at regulatory hearings, and make phone calls to our legislators and representatives. We the People of Oregon are now taking steps to do more by banning these corporate harms directly.

Multiple counties are rising up and making local law and charter amendments, recognizing the people's right to decide their own future. The people are proposing local law to stop corporate harm, social and environmental injustice, and to protect their communities, their children, and the environment.

The people of Oregon, and the nation, have come to realize that the current system of law and legal doctrine must be challenged directly, as it only protects the profits and interests of corporations and the politically powerful. Following the lead of the over 200 communities across the nation that have passed citizens initiatives with the legal help of the Community Environmental Legal Defense Fund (CELDF), in early 2012 the community rights movement was ignited right here in Corvallis with a focus on a Food Bill of Rights.

The Oregon Community Rights Network (ORCRN.org) was formed a year later and we now have eight chapter counties (and still growing!) working on protecting their communities and environment by exercising their right to govern.

Thomas Linzey, Executive Director of CELDF, named one of the "top 10 revolutionaries" by Forbes Magazine, is currently on a speaking tour of Oregon. The Benton County Community Rights Coalition (BCCRC) is thrilled to sponsor Linzey's presentation here in Corvallis on October 4th at the Unitarian Fellowship from 6:30-8:30pm. This exceptional opportunity to hear Linzey is free and open to the public.

An engaging and compelling speaker, he will be discussing how corporations have usurped the people's rights and how we can elevate our community's right to govern over corporate "rights" and state preemption. Hear about what other counties are doing to stop corporate harms, like the Jordon Cove LNG terminal, LNG pipelines, aerial pesticide spraying on farm and forest land, and GMOs. And learn about the Oregon citizens amendment to the constitution!

There will be a follow-up discussion for those in Benton County to learn more about the community rights and how we might exercise those rights to create the future that we want for ourselves, the environment, and future generations. Together, we will look at how the Community Rights model can transform often frustrating single issue activism into an effective collaboration to confront the root causes of the issues we all face. The first BCCRC Community Rights Conversation series will be on October 15th at the First Alternative South Store Meeting Room from 7-8:30pm. Bring your passion, your issues, and your ideas to share.

—Dana Allen, BCCRC Education & Outreach Coordinator. Contact: [Dana@BentonCCRC.org](mailto:Dana@BentonCCRC.org)

## CELEBRATE THE HARVEST WITH LOCAL EATS WEEK

In Corvallis, October 25-31

Corvallis area residents have a chance to savor the bounty of autumn with an amazing assortment of tasty treats prepared by our local restaurants.

The 6th annual "Local Eats Week" will be held October 25th through 31st. During the week, local restaurants will each offer a \$6 sample small plate or appetizer that features primarily Local 6 ingredients. Local 6 refers to products grown, produced, or processed by farms or businesses owned and operated within the six counties touching and including Benton County (Benton, Lane, Lincoln, Linn, Marion, and Polk).

First Alternative's Co-op Kitchen is one of more than a dozen participating restaurants. To see the complete list, go to [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org). Choose a restaurant for each day of Local Eats Week, and put it on your calendar.



As a customer, you'll delight in the wide array of colorful, flavorful local food available during Local Eats Week. Don't miss this opportunity to celebrate the fall harvest, support locally owned businesses, and try some new and delicious food—all in one swoop of your fork and knife!



Local Eats Week is an annual event organized by the Local 6 Connection, a campaign that encourages local restaurants to source more of their ingredients from the local area. The broader goal is to increase the percentage of locally produced food that is consumed by the community in order to create a vibrant and secure local food system.

Local Eats Week is sponsored by the Corvallis Sustainability Coalition's Food Action Team. For details and to see daily updates on Local Eats Week offerings, visit [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org).

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## FOOD DAY CELEBRATION

It's crunch time, October 24th at the Farmers' Market

The goal of Food Day is to bring together Americans from all walks of life to advocate for healthy, affordable food produced in a sustainable, humane way.



We will be celebrating locally at the Corvallis Farmers' Market on Saturday, October 24, from 9am-1pm. Highlights include free Farmers' Market tokens for children and a community "Apple Crunch" for everyone at the market. This celebration is one among hundreds taking place in towns and cities across the U.S. on the fifth national Food Day.

Children 12 and under are eligible to receive two free Farmers' Market tokens—a \$4 value—while supplies last. Tokens will be distributed at a special Food Day table at 1st and Jackson, where customers can also enjoy food samples and pick up information about local food opportunities and initiatives.

The community "Apple Crunch" will take place at 10:30am. Everyone will receive a locally grown apple, then, when the bells ring, we'll all crunch in unison! Millions of people around the country crunching together, a unifying action to raise awareness about eating better for our health and the environment, access and affordability of fruits and vegetables, and supporting local farmers.



Began in New York City in 2012, the Big Apple Crunch set a world record when one million people participated in 2013. The activity spread across the country, and thousands of locations had Apple Crunches for Food Day 2014. Join us for the Food Day 2015 Apple Crunch

Sponsored by: Corvallis Sustainability Coalition Food Action Team, Corvallis Farmers' Market, First Alternative Co-op, Slow Food Corvallis, Corvallis Environmental Center's Edible Corvallis Initiative, League of Women Voters of Corvallis, Linus Pauling Institute's Healthy Youth Program, OSU Food in Culture and Social Justice Program, Ten Rivers Food Web, and Timberhill Athletic Club Health Promotion Program. For more information, [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org) and [www.foodday.org](http://www.foodday.org). We'll see you there!



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

# CO-OP CLASSES & EVENTS

# OCTOBER



Register for classes online at [www.eventbrite.com](http://www.eventbrite.com)

**Saturday, October 3rd • 10am-12pm**  
**South Co-op Meeting Room**  
**Brief Introduction to Practicing Mindfulness**

Cost: Free

Mindfulness is the everyday practice of paying attention to the present, moment to moment, without judgment and with an open and curious intention. It is a way of cultivating a part of your brain that can observe without the need to be reactive or avoid reality in the present moment. It's not about being "happy" but about leading a full life. In this workshop, you will learn about the basic concept of mindfulness and how practicing it affects the brain. You will also discover what mindfulness means to you personally and learn ways to practice it in your daily life. There will be several activities designed to help cultivate mindfulness. Come and join us while we learn about this important skill!

Originally from Texas, Lauren Amiton has been studying mindfulness and meditation for 12 years. She holds a BA from Tufts University in studio arts and comparative religions, and an MA from Lesley University in clinical mental health counseling with a specialization in holistic therapy approaches. She has a counseling practice here in Corvallis. [aurenmitontherapy@gmail.com](mailto:aurenmitontherapy@gmail.com)

**Monday, October 5th • 6:30pm**  
**South Co-op Meeting Room**  
**Fermentation on Wheels**

Cost: donation only

Tara Whitsitt of Fermentation on Wheels will lead this vegetable fermentation workshop, teaching the simple tradition of preserving vegetables through bacterial collaboration, using local, seasonal ingredients. Tara will share the benefits of fermentation and how you can creatively & fearlessly ferment in your own kitchen. This workshop targets novice through intermediate students, offering a thorough overview of the art of fermented vegetables.

After the workshop, Tara will tour the bus with students. Attendees may also bring starter cultures of their own for exchange & discussion as well as bring an empty jar and take a culture home from the workshop. If you would like to take a starter culture home with you, please bring something to trade or \$10 (per starter culture).

Fermentation on Wheels is a charitable grassroots organization from Eugene, OR that provides free food education and inspires people through workshops, literature, and visual arts projects that raise food awareness and teach fermentation. The community organizes potlucks and teaches fermentation in a school bus that has been converted into a creative kitchen and workshop space. By traveling the country, visiting farmers and connecting them with consumers, Fermentation on Wheels hopes to make a powerful statement and emphasize the importance of strong, sustainable food practices and values.

**Thursday, October 15th • 7pm**  
**South Co-op Meeting Room**  
**Benton County Community Rights Coalition (BCCRC) Community Conversation**

Cost: free

A follow-up to Thomas Linzey, Executive Director of the Community Environmental Legal Defense Fund's October 4th talk at the Unitarian Fellowship (see pg. 8). An opportunity to learn more about the community rights and how we might exercise them in order to create the future that we want for ourselves, the environment, and future generations. Together, we will look at how the Community Rights model can transform often frustrating single issue activism into an effective collaboration to confront the root causes of the issues we all face. Bring your passion, your issues, and your ideas to share. FMI: [Dana@BentonCCRC.org](mailto:Dana@BentonCCRC.org)

**Tuesday, October 20th • 7-8:30pm**  
**South Co-op Meeting Room**  
**Crater Lake Hiker Toolbox (Part 1)**

Cost: \$15/free for JessBFit Crater Lake Team members

Having a comfortable and safe time in the Oregon fall and winter boils down to having the right clothes and gear. Even the nastiest weather won't get you down if you're prepared for it. In this class you will learn all about how to outfit yourself for a long day in the winter wilderness. We'll talk about clothing from head to toe; footwear, including socks, shoes and gaiters, and gear like backpacks, snowshoes and hiking poles. Plus, learn more about how you can join a team of snowshoers for a December trip to Crater Lake.

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

**Thursdays, October 22nd-December 17th • 6:30-8:30pm (no class November 26th)**  
**South Co-op Meeting Room**  
**Mind-Body Skills Group**

Cost: \$275 for 8-week series; assistance available for financial need. Limited to 10 participants

Mind-body skills are powerful, evidence-based tools that can assist in addressing big life changes, stress, illness, chronic pain—as well as daily life. Participants have reported stress relief, better coping skills, reduced symptoms of illness, boosts in immune function, improvements in quality of sleep, and overall increases in quality of life.

Erica Johnson, MPH, RD, LD is an integrative dietitian with a holistic approach to health and wellness. FMI: [www.ericajohnson.com/mindbody](http://www.ericajohnson.com/mindbody) or [ericajohnson.rd@hotmail.com](mailto:ericajohnson.rd@hotmail.com), for further information and registration instructions.



## October Anniversaries

### Staff Anniversaries:

- 2 years:** Holly Smith, Charlotte Johnson
- 4 years:** Anthony Mattos
- 7 years:** Jeannie Holiday
- 8 years:** Don Grippin
- 10 years:** George Brown
- 11 years:** Nina Fredrickson
- 16 years:** Bill Genné

### Paid Sub Anniversaries:

- 1 year:** Jason Dutra
- 2 years:** Brad Mason
- 9 years:** Jan Bahr
- 14 years:** Chad Elwood

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

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

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-Louise Tippens, Director, Environmental Federation of Oregon

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### The Board Recruitment and Election Committee has an opening for an Owner position!

This committee recruits potential Board members and is responsible for First Alternative annual elections. The committee meets approximately monthly.

Please contact Melissa Hartley at [mhfaboard@gmail.com](mailto:mhfaboard@gmail.com) if you would like to know more about being a member of this committee. **Thanks!**

Each fall the cooler weather and awesome local harvest gets me excited about baking all over again. This month I picked out three of my all-time favorite recipes that contain secret (or not so secret) veggies. They may not qualify for health food, but these recipes have been in the family for years. I recall faces lit with birthday candles and the sound of off-key voices singing as we gathered around the table with the cake standing proudly in the center. The pumpkin muffins were always a special treat at our friend Ann's and I still love them to this day! With many friends and relatives sensitive to gluten, I've prepared each of these with brown rice and local millet flour with great results. Feel free to substitute all-purpose wheat flour if you prefer, simply omit the xanthan gum.

So, without any further ado let's...

# Get Baking!

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

## Anne's Pumpkin Muffins

- 2 1/4 cup flour
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/2 tsp salt
- 1 tsp baking soda
- 3 eggs, divided
- 1 cup pumpkin puree
- 2 cups plus 1 Tbsp sugar, divided
- 1/2 cup oil
- 6 oz. cream cheese

Mix dry ingredients in a large bowl. Beat together 2 eggs, pumpkin, 2 cups sugar and oil. Stir wet into dry until just moistened. In a small bowl, beat cream cheese, 1 Tbsp sugar, and 1 egg.

Spoon 2 Tbsp batter into lined muffin tin. Top with 1 Tbsp cream cheese filling, then top with additional batter to seal in cream cheese.

Bake at 350° for 18-20 minutes. Makes 18 muffins.



## Chocolate Zucchini Cake with Mint Whipped Cream

This cake will convert even the most stalwart chocolate hater. The rich texture and perfectly balanced chocolate flavor melts the coldest heart!

- 2 1/2 cup flour
- 1/2 cup cocoa
- 2 1/2 tsp baking powder
- 1 1/2 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon
- 2/3 cup butter, softened
- 2 cups sugar
- 3 eggs
- 1/2 cup milk
- 2 tsp vanilla
- 2 cups zucchini

Mix dry ingredients in a medium bowl. Cream butter and sugar in a medium bowl and beat in eggs, milk and vanilla. Stir in 1/2 zucchini, then 1/2 dry ingredients. Repeat and transfer to greased and floured pans.

Bake at 350°. For Bundt cakes, bake 50 minutes; 9" pan, bake 30 minutes; mini cupcakes, bake 13-15 minutes. Cool 5 minutes and turn out onto cooling rack to cool completely before icing.

### Mint whipped cream

- 1 pint heavy whipping cream
- 3 Tbsp confectioner's sugar
- 1/2 tsp mint extract

Whip cream into firm peaks and gently add sugar and mint extract. Taste to adjust flavors.



## Best Carrot Cake Ever

This recipe came from an Alsea community cookbook and has been a family favorite for years. I don't know who contributed the recipe but whoever you are, you have our thanks!

- 2 1/2 cup flour
- 1 1/2 tsp baking soda
- 1 tsp salt
- 2 tsp cinnamon
- 2 cups sugar
- 1 1/2 cups oil
- 4 eggs
- 1 tsp vanilla
- 2 cups carrots
- 1 cup crushed pineapple
- 1 cup shredded coconut

Mix together dry ingredients in a large bowl. Beat together sugar, oil, eggs, and vanilla in medium bowl. Add wet to dry and beat. Stir in carrots, crushed pineapple and coconut. Transfer to greased and floured pans.

Bake at 350°. For Bundt cakes, bake 50 minutes; 9" pan, bake 30 minutes; mini cupcakes, bake 13-15 minutes. Cool 5 minutes and turn out onto cooling rack to cool completely before icing.

### Ultimate Cream Cheese Frosting

- 1/2 cup butter
- 8 oz cream cheese
- 1 tsp vanilla
- 1 cup walnuts, chopped
- 1 cup raisins
- 1 lb. confectioner's sugar

Soak raisins in hot water until plump and then drain. Combine butter, cream cheese and vanilla in mixing bowl and beat to combine. Slowly add sugar and beat to desired consistency. Beat in nuts and raisins and frost cake.



**MAJESTIC THEATRE** **OCTOBER EVENTS** **CORVALLIS**



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OCTOBER 23 & 24

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**MAJESTIC READER'S THEATRE**  
**UNDER MILK WOOD**  
BY DYLAN THOMAS  
OCTOBER 25

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