

First Alternative
NATURAL FOODS CO-OP



OCTOBER
2013

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Community Monthly

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THYMES



2013 BEANS FOR BAGS RECIPIENTS

Our Beans for Bags program allots donation funding to these local organizations. Get a bean for each shopping bag you use at the register and place it in the bean towers to participate!

The towers feature 4 new organizations quarterly. These donations help fund important work in our community by these wonderful groups:

Ten Rivers Food Web

Benton Habitat for Humanity

Corvallis Environmental Center

Senior Dog Rescue of Oregon

Community Outreach, Inc.

Coastal Range Food Bank, Inc.

who benefits when you shop @ the co-op?

take a look at the amazing local organizations you support when you shop at first alternative!



Heartland Humane Society

Homeless Education Program

Local Six Connection

Old Mill Center For Children & Families

Parent Enhancement Program

Furniture Share

Co-op Recycling Center

Center Against Rape & Domestic Violence

Chintimini Wildlife Center

South Corvallis Food Bank

blossom vinegars:

enter the garden of earthy delights!

juicy details, page 5



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OWNERS: Vote for the 2014 Beans for Bags Recipients!

Exercise your cooperative power and vote for the 2014 recipients of the Beans for Bags program, receiving a donation for each bean you put in their slot on the bean tower. Winners will be announced in the December Thymes. See candidates and ballot, page 7

FA THYMES

First Alternative Co-op
Community Monthly



Robert Williams,
Board Secretary

the board's month in review

Days are getting shorter, nights cooler, leaves are turning and the tomatoes are all in jars. It's fall in Oregon.

Kind of makes me feel like sleeping in, but there's still so much to do.

Board activity this month was pretty mellow. We heard about a new grocery/vitamin store opening in a few months, considered how to evaluate the board's performance and evaluated our improving financial status. The board is working alongside management on initiatives to enhance our position relative to the ever-changing natural food marketplace of Corvallis. We also heard about a possible visit from a newer co-op in the Astoria area. This is part of the global cooperative commitment to work to strengthen other cooperatives.

YES, finances are improving, with year-to-date growth above budget and costs both down and under budget. Co-op Kitchen sales are especially strong. The whole First Alternative team is doing excellent work in a fast moving, challenging environment.

Perhaps this would be a good place to talk about growth. Corvallis in general, and the First Alternative population in particular, have a strong sentiment of liking things the way they are as opposed to growing. I've been known to say, "I like my small town and if a developer wants a bigger city they should move to one." So here's the deal.

The organic, healthy, "local," whole food market is growing by leaps and bounds, much faster than the mainstream grocery market. If we wish to maintain our foothold in that market and stay relevant to the

community, we need to keep pace with that growth. This is not growth for the sake of growth, nor is it unbounded. The organic (etc) market is becoming mainstream. As such, growth will level off and there will be a shakeout of organizations predicated on growth. This will be a good thing for First Alternative and co-ops in general as co-ops do not have that single-minded dedication to profit and growth. We want First Alternative to be around for that! As always, your input is what makes First Alternative what it is. Please give us your constructive thoughts on this matter.

Our General Manager Cindee has been busy! As part of her role in policy governance, she reports to the board on the store's performance in 11 areas of policy which are defined by the board. At our September meeting she covered 3 areas: product quality, owner relations and customer relations.

Several items were notable:

On product quality, over 25% of our produce sales are grower direct or Local 6. All the beef and pork is 100% grass fed, never grain finished. We have bread delivered daily and bagels six days a week from a small bakery in Monmouth. We receive produce daily, with our big deliveries 4 days a week. This is very high quality fresh food.

On the owner side, fairly consistently 7-8% of owners vote on board members or referendums. Among staff the participation rate is 40%. Over 100 owners do some kind of work at the Co-op, contributing almost 7,000 hours of valuable effort that makes the Co-op so much more than just another grocery store. We salute and humbly thank everyone involved.

Our recent owner survey showed at least three quarters of surveyed owners felt informed about First Alternative fiscal matters. A majority of the comments from the survey were positive, in particular commenting on the warm, friendly, helpful atmosphere at our stores.

Also of note is the continuing trend of more owners, now approaching 9,000 active owners. This number has doubled since 2003 as we work hard to serve our community.

Ownership is easy and cost effective, as little as \$2.50 per month. Benefits include a monthly Owner Sale Day of your choice, coupons for new owners and of course, supporting and investing in a community owned business. And, being an investment, your owner share is refundable.

Keep on spreading the good word, letting your friends, neighbors, co-workers in on our little secret: a welcoming community place where you shop for groceries.

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

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

Editors: Donna Tarasawa, & Emily Stimac

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

Photography: Emily Stimac, Jessica Brothers & Alieta Train

STORE LOCATIONS & HOURS

SOUTH STORE:

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

NORTH STORE:

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

Web site: www.firstalt.coop

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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welcome

First Alternative Co-op
welcomed 58 new owners
in August, for a total of
8599 active owners!

Co-op owners enjoy:

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

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

*Most inactive owners are those not current on their payments.

we are the co-op



celebrate co-ops: by the people, for the people general manager report



Cindee Lolik,
General Manager

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically-controlled enterprise.

October is Co-op Month! Cooperatives have a long history in this country, stretching back to 1752 when Benjamin Franklin and the volunteer firefighters from eight communities established the first co-op on our shores, the Philadelphia Contributionship for the Insurance of Homes from Loss by Fire. From this seed sprouted all sorts of co-ops that thrive in our community today - from consumer food co-ops like FA, to telephone cooperatives like Pioneer, to cooperative credit unions like OSU Federal Credit Union and Central Willamette Credit Union, to electrical cooperatives like Consumer Power—all of which exist to serve and unite groups of people with a common need.

We are celebrating Co-op Month this year by having an Owner Drive. We currently have close to 9000 community members as owners of the First Alternative Cooperative...that is almost 18% of the population of Corvallis! If we had our way, each and every member of the Corvallis community would be an owner of First Alternative!

Our owners come from every walk of life. They are old,

young, liberal, conservative, affluent, low-income and everything in between. Some of our owners are from the original group that began the Co-op back in 1970 and some joined just yesterday.

By purchasing a share in the Co-op they all show a commitment to our mission and then further support our stores by their patronage. We are forever grateful for their participation in not only allowing us to bring good food grown and produced by good people locally, regionally, nationally and globally, to good people, but also to allow us to participate as much as possible in making our cooperative community one that is grounded in sustainable practices and dedicated to bringing the Cooperative Principles to life each and every day.

The Seven International Cooperative Principles:

1. Voluntary, Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy And Independence
5. Education, Training And Information
6. Cooperation Among Cooperatives
7. Concern For The Community

I spend some of my time each month giving a short workshop presentation to all new staff

members of the Co-op. Sometimes this is the staff member's first introduction to the Cooperative Principles.

No matter how many times I read and explain them to new staff, I am always thrilled and excited to be part of such a wonderful, all-encompassing movement.

These principles embody the philosophy and intent of our organization each and every day and give folks seven fabulous reasons to become a part of the Co-op!

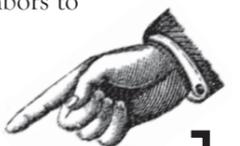
If you are not yet an owner of First Alternative I encourage you to check out our Welcome brochure, ask questions of our incredible staff members in the store, and make the decision to Go Co-op!

share co-op ownership in October!

October is Co-op Month and we are celebrating in our own Co-op by setting a goal of signing up 100 new owners between October 1 and 31. We encourage you, as an owner of First Alternative, to cut out the card below and ask your friend, family member or neighbor to join you in being a Co-op owner. Let them know that:

- They get to choose their own monthly Owner Sale Day
- Each adult in their household may have their own share and a separate 10% Owner Sale Day discount
- The \$70 is a one-time investment (no annual fee)
- It's REFUNDABLE should they choose to sell it back.

It takes a whole community to keep a healthy co-op and we want your friends and neighbors to be part of our Co-op community!



We want YOU...

...to become a Co-op
Owner today!

- Step 1: Fill out your application
- Step 2: Invest at Customer Service
(3 payment options available!)
- Step 3: Revel in the glory!



Brian Peat,
South Store Manager

fresh paint, lower prices south store manager report

"As the days grow short, some faces grow long. But not mine. Every autumn, when the wind turns cold and darkness comes early, I am suddenly happy. It's time to start making soup again."

- Leslie Newman

It's been a busy time here at First Alternative! Our reset has been completed and I hope you like the changes! So far the feedback has been wonderful. Customers are enjoying our wellness items all being in one aisle, they love the expanded beer selection and like having the household cleaning products all out on the main sales floor. The painting continues, as do little touch-ups throughout the store, but I certainly like what we have done. I would also like to thank all you shoppers who had to bear with us through the rough spots and a huge thanks to all the staff, paid subs and vendors who lent a helping hand to make it all happen!

The next thing you'll notice are tags all around the store touting a lot of newly lowered prices! This is a project we have been working on for a year now and have it mostly done. There are still some items that we need to look in to, but for the most part we are done. After analyzing our pricing, we found many areas we could adjust to bring a lot of our prices more in line with the natural food industry. We are still working on the same level of profit, but are redistributing the way some items are priced. About 4,500 prices came down! In contrast, about 4,600 didn't change and 3,500 went up some. Overall, though, we definitely had many more go down than up.

So, now summer is gone. Autumn (my absolute favorite season) is here. School is back in session and the holidays are right around the corner. I am glad we got these projects done because this is the time of year we start ramping up for busier times!

If you haven't been to the South Store in a while, you should come check it out. Let me know what you

think! Bring your family and friends and explore all the great new things we have to offer and the better values we can bring you.



The Magic Barrel

A READING TO FIGHT HUNGER

Annual Benefit for Linn Benton Food Share

Emcee
Barry Lopez

Authors
**Matthew Dickman · Robert Crum
Henry Hughes · Lauren Kessler
Wendy Madar · Gina Ochsner
Elena Passarello · Joe Wilkins
Susan Jackson Rodgers**

Music
Dave Plaehn · Jeff Hino

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WARMING UP

as days cool down



fast dinner... SLOW COOKER

October is the right time to put a log on the fire and cook up a delicious roast or slow-cooker recipe. *Lonely Lane* brings us a wide selection of **mouth-watering pork and beef roasts** that are so easy to prepare, they practically cook themselves! I asked our staff for their favorite slow-cooked serving suggestions to help us get our fall season started right:

Susie & Sam's Slow Cooker ribs- load up your crock pot with boneless beef ribs with BBQ sauce (they like Red Tail Tanga BBQ). A proven favorite with kids & adults alike; plus, it cooks while you sleep!

Matt's Pork Leg Roast- Pan-sear until browned and then finish in the oven, basting in its own juices. Matt serves it with his delicious homemade applesauce. Try your hand at it this season!

Makenzie's Mom's Pot Roast- Beef chuck roast, stewed until tender with plenty of mushrooms & onions. Served with mashed potatoes & gravy, it's Makenzie's favorite birthday dinner, and soon to be your favorite, too.

Kalon's Rolled Pork Loin- butterfly a pork loin and stuff with breadcrumbs, bacon, and blue cheese. Roll it up, tie it with string, and pan sear before roasting. Slice into pretty medallions & serve with dark leafy greens.

-Jeannie Holiday, Deli Manager



CHEESE that pleases...

This month's cheese specials include some old favorites that have recently returned to our shelves and some brand new soon-to-be-favorites.

Co-op shoppers already enjoy Bucheron, feta and a variety of chevre log flavors from *Montchevre*, Wisconsin's premier goat cheesemakers. We've now added three great new flavors of logs—**Fig and Olive**, **Lemon Zest** and **Blueberry Vanilla**—as well as an aged goat milk cheddar.

At this month's low price, try any or all of these new chevre log flavors—on a salad, omelet, pizza or toasted bagel. They're also great paired with fruit and crackers for an instant appetizer when you're surprised with guests!

Also at a great price for such high quality, *Montchevre's* **goat cheddar** is handcrafted in the traditional cheddar process and aged at least one year. The result is an outstanding texture with the light tanginess of goat milk.

From the Netherlands, we're bringing back *K. H. De Jong's* **Da Vinci**, a full cream Dutch cows' milk Gouda flavored with tomatoes, olives and Mediterranean seasonings. How could that be beat in a grilled cheese sandwich?

These old and new favorites are all on special during October! Pick one up for your next get-together or a quiet evening at home.

-Valori George, Deli Assistant

COMFORT by the bowl



The Vernal Equinox was September 22nd, marking the official end of summer. For sports enthusiasts, baseball season is coming to an end and football season is just beginning.

As light summer meals become less frequent, it's time to start getting ready for the cold and the rain with warm and hearty soups and stews to weather through it.

Now is a great time to hit the bulk department and fill up the larder!

Lentil soup is a great source of peppery goodness when the temperature starts to drop, and you'll find a colorful variety of lentils and split peas in bulk to choose from.

Also, now that it's cold and grey outside in the morning, it's nice to start your day with some hot oatmeal with raisins—or try something a little different and add blueberries, cranberries or goji berries to your hot cereal.

Of course, we have more than just oatmeal for hot cereal; try one of our delicious mueslis, multigrain rolled cereal, or farina to warm you up for your day.

The bulk department has the goods for the changing of the seasons; your tailgater, World Series parties, or Halloween festivities. Come to the Co-op and check it out for yourself.

- Gabe Pallastrini, Bulk Manager

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BRAND SPANKIN' NEW RISING STARS ON THE CO-OP SHELVES

LOCAL PRODUCE SHINES

- The **Liberty Apple** from *La Mancha Farm* in Sweet Home is one of the best apples we get during the local season. This very flavorful and juicy apple is great for canning, juicing, pies, and snacking.
- **Lemongrass:** The produce department is pleased to bring you locally grown, organic lemongrass from *Diane Arney* in Corvallis. The bunches are leafy, they're great for brewing a refreshing tea, and are popular in a variety of Latin dishes, including salsas, soups and rubs.

- Clayton Marion, Produce



"TIME" FOR 2014 CALENDARS!

- 2014 Calendars & Day Planners are here! We have great new selections this year as well as the classics.
- **Herbal Zap:** developed by Ayurvedic physicians and discovered by a Yoga teacher living in India, **Herbal Zap** is a zesty and delicious combination of 14 herbs long valued to support healthy immune, respiratory and digestive function. Dissolve in hot water, stir and enjoy! Great for travel.
- **Gifts of the Andes Fair Trade woolen goods** are on their way. We will also be receiving a wonderful array of Fair Trade mercantile perfect for gift giving. Get your holiday shopping done early and support Fair Trade artisans around the globe.

- Natalie Lagerquist, Wellness Manager

a plentiful local harvest: discover spaghetti squash

In contrast to past years when the supply was limited, the Co-op produce department is excited to offer an abundance of local spaghetti squash this year.



Squash lovers who have not tried the spaghetti variety should give it a try, it's very similar to others with its subtle, sweet taste—plus great texture and versatility.

Spaghetti squash is a great option for any squash recipe and it is high in vitamins A and C like most squash. The difference is its texture. After baking, scrape the insides and you get squash-spaghetti noodles.

You'll find two sizes of spaghetti squash in the produce section; a smaller globe variety and a larger football shaped variety.

When choosing the larger football shaped squash, bigger is better. Unlike most squash, the bigger this variety gets, the more flavor it has. It does not get woody or lose flavor even when it is very large. Regardless of the size, look for bright, deep yellow color for the richest flavor.

Squash season is starting now so come in and grab your favorite today. Grown by our friends Gabe and Sophie Bello at Groundwork Organics in Junction City, Oregon, there's a rainbow of colors, shapes and sizes to choose from!

- Clayton Marion, Produce



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DONNA'S KITCHEN easy, money-saving tips

turn your tubs UPSIDE DOWN!



Storing cottage cheese & sour cream upside down in your refrigerator is a great way to help maintain freshness. An additional benefit is you know which of those containers in your fridge is really cottage cheese or sour cream and not leftovers!

In your pantry, it helps to store natural nut butters upside down. Once you have mixed in the oils, upon purchase of the product, store it on its lid and it will help keep the oils distributed. Just remember, there will be peanut butter on the lid when you open the jar!

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Blossom Vinegars: radiant colors, unparalleled taste

It is hard to believe that summer is "officially" over and fall is upon us.

Although I LOVE summer, fall is one of my favorite seasons with all of the foliage changing color, new apple crops, pumpkins, crispness in the air, the cooler nights and of course Halloween. Guess I'll stop being sentimental and get on with my article.

I am very excited to introduce several new items from Blossom Vinegars from Portland, OR. Blossom Vinegars contain no added sugar, color or salt—just sustainably grown produce; most of which is organically grown.

I fell in love with the exceptional quality, flavors and variety of Blossom Vinegars eight years ago when owner Connie Rawlings came in to a store I was working at, with samples.

With such flavors as Apple Jalapeño, Blueberry Basil, Thai Pepper Lime, and Wildflower Honey, your dressings, marinades and salads will sing—and their new line of drinking vinegars, featuring flavors like Apple Pear, Loganberry Beet, Mango Habanero and Wildflower Honey, take this healthy beverage trend to new levels. I can taste them as I type!

Blossom Vinegars capture the vibrant experience of summer with Oregon's finest, freshest whole fruits, herbs and one Washington onion. Their produce is generally picked in the morning on NW, family-owned farms and is in production by evening.

My favorite vinegar is Apple Jalapeño. Used in many recipes and adult drinks, it adds a little kick to anything—like spicy greens from the garden, fresh hummus or grilled chicken, mmmmm...

Blossom Vinegars Drinking Vinegars bring a modern twist to classic beverages. Mix with sparkling (carbonated) water or tonic for a refreshing, rejuvenating drink. A healthy alternative to sugary fruit drinks and sodas...with no added sugars.

With fall in the air, and the holidays right around the corner (be here before you know it) Blossom Vinegar's radiant color, unparalleled taste, and beautiful packaging makes them an extraordinary culinary gift.

Blossom Vinegars commitment remains pure and true to its simple heritage. Say a fond farewell to your old ideas of vinegar and enter the garden of earthly delights! Your palate will thank you!

- Stan Horsey, Grocery Manager



upcoming co-op classes

EASY ONLINE REGISTRATION!
Please visit firstalt.coop and click on classes to register!

Mondays: October 14, 21, 28, 7:30pm-9pm

Naturescape Your Yard

A 3-part series!

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

Week 1 Monday, October 14: Know Your Place, Soil Love, Water Wisdom

Week 2 Monday, October 21: The Design Process, Welcome all Wildlife, Garden-Worthy Natives.

Week 3 Monday October 28: Appropriate Plants for the Willamette Valley, Healthy Hardscape Choices.

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

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

Sunday, Oct. 20 1pm-4:30pm

Past Life Regressions

Explore past lives with one on one regressions. Move into higher levels of consciousness. Explore psychic abilities. Hypnosis will be used in class. Includes higher-self audio, past life regression audio and handouts. Instructor Howard Hamilton has over 60 years of experience as a hypnotist and is National Guild of Hypnotists Board Certified.

Cost: \$45 for general public, \$40 for Co-op Owners

Tuesday, October 22nd, 7 - 9 pm

Designing, Purchasing & Installing Rainwater Collection Systems

Learn the basics of designing a rainwater collection system for your property using rainwater runoff from your roof to irrigate your yard or for other non-potable purposes.

Learn where you can buy supplies and how to install these systems. This class addresses the needs of rural properties whose wells are running dry or becoming polluted, as well as those on municipal water systems.

Pre-registration required. Handouts will not be provided but participants are welcomed and encouraged to bring pen and paper to take notes.

Cost: Free

FMI: David Eckert, deckert@willamettewatershed.com



Saturday, Oct. 26, 2pm-4pm

Shopping in bulk 101

Ever get sweaty palms at the thought of shopping in bulk? Anxious about "doing it wrong" or not knowing how much it will be when you get to the register? Worry no more! We know how you feel and we want to help! You can save money, make an environmental impact by re-using containers and buy in any quantity that suits your fancy by shopping in bulk. This class will include tips, helpful hints and Q & A without judgment about your bulk shopping abilities. Includes a tour of the bulk department!

Cost: Free

FMI: Yadira via email at yadira@firstalt.coop or call 541-753-3115 ext 335.

Tuesdays: Oct. 29, Nov. 12 & Dec. 3, 6:30pm-7:30pm

Crater Lake Prep Classes

A 3-part series!

Part 1: What to wear and what to pack for a day of hiking in fall or winter conditions: clothing from head to toe, footwear for rain and snow, and gear like backpacks, trekking poles and snowshoes. Learn what supplies will keep you safe, warm and happy in any weather and how to prepare to join a Crater Lake Snowshoeing Weekend in December!

Future class themes are: November 12: Food and Water for Winter Outdoor Recreation and December 3: Winter Outdoor Safety. Instructor Jessica Beauchemin

Cost: Free



stop by for a sample!

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

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

Wednesdays	Thursdays	Fridays	Saturdays
South	North	South	North
3:30-5pm	5-6:30pm	5-6:30pm	11:30-1:00pm

Introducing Harvest of The Month Tastings!

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

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

Oct 2nd!
Broccoli Mac & Cheese!

co-op donations

AUGUST 2013

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

GLEANERS

Linn-Benton Food Share\$4857.40

SMALL DONATIONS

Jackson Street Youth Shelter \$25.96
Soccer Tournament..... \$130.00
Mary's River Watershed Council..... \$30.00
Heart of the Valley Runners \$30.00
ABC House \$30.00
Bicycle Transportation Alliance \$30.00

August's total donations: \$5,133.36

Vote NOW for 2014 Beans for Bags recipients!

see ballot, opposite page



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

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

October through December

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

Alternative Transporters of the Month



Jeff Miller



"Mostly I bike because I enjoy it, but there are ethical reasons as well. So when I look out at a dreary, rainy day and consider grabbing the car keys, I just think, "What would the Co-op's Jonathan Carroll do?" The answer is obvious: Because he is awesome with an equally awesome commuter bike, he would bike. And so (most of the time) do I."



EVERGREEN
Indian Cuisine

136 SW Third
Downtown Corvallis,
Oregon 97333
Call : 541-754-7944, Fax : 5417547950
www.evergreenindianrestaurant.com
Open 7 days a week Lunch : 11:30 - 2:30 Dinner : 5 pm - 9:30 pm

1525 Franklin Boulevard
Eugene, Oregon 97403
Call : 541-343-7944
Fax : 541-343-7866

OWNERS: It's time to vote for the 2014 Beans for Bags Recipients!

One of the many owner benefits is the opportunity to vote for the recipients of the Beans for Bags programs. Winners will be announced in the December Thymes. Visit our website for more information about this awesome program!

*indicates first year nomination

Benton Habitat for Humanity

Habitat brings people together to make simple, decent homes achievable for everyone in our community. Habitat families are given a hand up, not a hand-out. Each family qualifies for a home based on their income and need. Families put in at least 500 hours of "sweat equity" on their home. They work alongside hundreds of volunteers building community at the same time as building their home. Benton Habitat is primarily funded by donations, grants, and sales from the Benton Habitat ReStore.

Boys and Girls Club of Corvallis

Our Club provides the youth in the community with shelter, warmth, food, and a safe nurturing environment during the school year and summer months. This service allows low-income families to continue to work to support their families with the peace of mind that their children are in the best possible environment. Kids receive the positive adult interaction they need at our Club, as well as a sense of well-being, acceptance and belonging.

CASA: Court Appointed Special Advocates

CASA's 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.

CARDV: Center Against Rape & Domestic Violence

CARDV believes everyone has the right to live a violence-free life. In its simplest form, CARDV's goal is to end domestic and sexual violence in our communities. We go about this with a two-fold approach: 1) by providing free and confidential services and support to those impacted by domestic and sexual violence, and 2) by providing education and leadership in our communities to change the societal conditions that cultivate these forms of violence.

Chintimini Wildlife Center

CWC provides medical rehabilitation for orphaned and injured native wildlife, as well as educating the public on the importance of wildlife to the ecosystem and to our community. We receive funding via grants and personal donations from our supporters. The Beans for Bags donation will be used for baby animal care such as baby food, formula, housing, nutritional vitamins, nesting material, medical supplies, incubators, etc.

Coastal Range Food Bank, Inc.

Our mission is to make sure everyone in our 23 mile radius receives balanced, nutritious meals. We present food to families in a dignified, uplifting manner.

Community Outreach, Inc

Since 1971, our mission has been "helping people help themselves." We are a social service agency providing food, shelter, hygiene resources, crisis and information referral, case management, behavioral health treatment, acute medical care, therapeutic day care, and permanent supportive housing for the homeless and low-income community members of the mid-Willamette Valley.

Co-op Recycling Center As stewards of our planet, we must do everything we can to prevent waste and conserve resources. At the Co-op Recycling Center, we help you do your part by

accepting a huge assortment of items that you cannot put in your curbside recycling carts and provide an option for those who do not have that service. Together we can stop making more landfills and start making something out of our waste!

Corvallis Environmental Center

Our mission is to create a more sustainable community in which the environment, economy, and social systems are connected in a way that meets the needs of present generations without compromising the ability of future generations to meet their own needs through collaborative education efforts.

*Friends of Corvallis Parks and Recreation

work to enhance and preserve the livability of our community and the quality of life for all residents. We 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. We advocate for public parks, trails, natural areas, cultural and historic resources, recreation facilities and programs.

Furniture Share

We are a non-profit operating to reduce the amount of reusable furniture going to the landfill by redistributing quality used furniture at no cost to individuals and families in need.

Heartland Humane Society

Our mission is to build a more compassionate community by teaching humane messages to our youth, caring for nameless animals, and strengthening the human-animal bond.

Homeless Education Program

The mission of the HEP is to remove barriers so homeless and highly mobile youth can consistently attend the same school all year.

*Home Life

Assists people with intellectual and developmental disabilities to enjoy active, productive and empowered lives. We provide housing and support to 54 people in the Corvallis area as well as employment services to 9 people.

The Hour Exchange

We provide education and tools to promote ecologically sustainable, community-based economics.

*Human Services Resource Center at OSU

The HSRC at OSU provides direct services that aim to help college students with poverty, food insecurity and homelessness. We are funded by OSU's student fees, donations and grants.

Institute for Applied Ecology

Our mission is to conserve native ecosystems through restoration, research, and education. Our funding comes primarily through grants.

Local Six Connection

Our mission is to promote an ecologically, economically, and socially healthy city and country. The Local 6 Connection is working toward 60% local food consumption by 2020. Our current funding sources are donations from our partner organizations and from individual volunteers.

Love INC of Benton County

Love INC networks with local churches, church volunteers and community agencies to help people meet needs. Volunteers motivated by God's love and Jesus' example of ministering to others, pool their time, talent and resources to respond to needs within our community. We work closely with local community partners to maximize assistance to the disadvantaged in Benton County. There is no proselytizing involved.

*Mary's River Gleaners

MRG is a self-help non-profit group that serves to provide food to 750 people who live at or below the poverty line in Corvallis. Forty-two families also receive wood gleaners to heat their homes. MRG is a very fragile community as reflected by our membership profile: 75% are elderly or disabled; 39% are homebound and food is delivered to them once a week. More able-bodied members are able to pick food up at the delivery site twice a week. The able-bodied members commit to working eight hours a month doing tasks such as food pick-up and delivery.

Old Mill Center For Children & Families

Our mission is to ensure that we prevent the neglect and abuse of children and to prepare them for school and success.

Oregon Green Schools

OGS is dedicated to energizing and engaging students through student-driven activities that advance their understanding and ownership of sustainability.

Parent Enhancement Program

PEP's mission is to prevent child abuse and maltreatment by educating, inspiring and empowering young parents to be successful individuals capable of leading strong, nurturing families.

Senior Dog Rescue of Oregon

SDRO, an all-volunteer non-profit group, began in 1997 with the goal of rescuing older dogs and finding permanent loving families for them. While SDRO's focus is on dogs 6 years and up, no dog is turned away, regardless of age. Senior dogs come from many places: animal shelters, owners who are moving, older people no longer able to care for their pets, and often from homes where the owner has died.

South Corvallis Food Bank

Our mission is to increase sustainable food security in South Corvallis by providing emergency food boxes, information, and opportunities with compassion and respect.

Ten Rivers Food Web

We work with communities in Linn, Benton, and Lincoln Counties to build resilient food systems that provide healthy food for all. We believe everyone should have access to fresh, local foods. Our vision is a foodshed where at least 30% of the food consumed in our region is locally grown, processed, and distributed.

Western Environmental Law Center

WELC is a non-profit public interest law firm that works to protect and restore western wild lands and advocate for a healthy environment on behalf of communities throughout the West.

HOW TO VOTE:

1. Read about the nominees
2. Fill out your ballot
3. Cut out your ballot
4. Return or mail to either store

**Ballots must be received by:
9 p.m. Oct. 31, 2013**

Drop your completed ballot in the ballot box at either store or

Mail it to: Co-op Outreach
1007 SE 3rd St, Corvallis OR 97333

2014 Ballot

Owner Share Number* (required; one vote per owner number):

Voting owner's name (print):

Voting 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 invalid)

- Benton Habitat for Humanity
- Boys & Girls Club of Corvallis
- Court Appointed Special Advocates (CASA)
- Center Against Rape & Domestic Violence (CARDV)
- Chintimini Wildlife Center
- Coastal Range Food Bank, Inc.
- Community Outreach, Inc.
- Co-op Recycling Center
- Corvallis Environmental Center
- *Friends of Corvallis Parks & Rec
- Furniture Share
- Heartland Humane Society
- Homeless Education Program
- *Home Life
- The Hour Exchange
- *OSU Human Services Resource Center
- Institute for Applied Ecology
- Local Six Connection
- Love INC of Benton County
- Mary's River Gleaners
- Old Mill Center
- Oregon Green Schools
- Parent Enhancement Program (PEP)
- Senior Dog Rescue of Oregon
- South Corvallis Food Bank
- Ten Rivers Food Web
- Western Environmental Law Center



LOCAL COLOR

Co-op deals
 Flyer A: Oct. 2nd - 15th
 S.O. deadline: Oct. 11th
 Flyer B: Oct. 16th - Oct. 29th
 S.O. deadline: Oct. 25th
 Find more sales in our two-week Co-op Deals flyers!

WELLNESS

BARAKA
Neti Pots, Salts & Oils
 The healthy way to sinus health
15% off

Win a neti pot!
 Visit either store to register for a chance to win!



ACURE
Facial Care
 All sizes
 Acure for your skin –
 A cure for the planet!
20% off

SOURCE NATURALS
Wellness Formula
 All products
 Trust the #1 immune formula
35% off



BOIRON
Oscillococinum & Coldcalm
 All sizes
 Be prepared!
 Cough, cold & flu relief!
30% off



BOIRON
Roxalia, 60ct
 Makes your throat feel better!
30% off



SHIKAI
Borage Care Facial Therapy & Borage Skin Therapy
Lotion and Cream
 For dry & sensitive skin. Formulated to relieve dry, cracked skin.
20% off



CARLSON
Vitamin D
 assorted sizes
 Promotes bone health, healthy immune function, healthy mood, calcium absorption & a healthy cardiovascular system!
20% off

HIMALAYA
Selected Herbal Products
 Including ImmunoCare & Holy Basil
20% off



Sale Period:
 Oct. 2nd-Oct. 29th
 Special Order Deadline
 Oct. 25th

BULK FOODS

LOTUS FOODS
Organic Brown Jasmine
 reg. \$2.59/lb. sale \$2.29 per lb.



BULK
Organic Flax Seeds
 reg. \$1.69/lb. sale \$1.49 per lb.



BULK
Organic Peanut Butter, U-Grind
 reg. \$5.49/lb. sale \$4.99 per lb.

Grind your own peanut butter for the freshest and best flavor! Add salt or cinnamon for added flavor!

SUNRIDGE FARMS
Yogurt Raisins
 reg. \$6.99/lb. sale \$5.99 per lb.

BULK
Organic Dry Roasted Peanuts
 reg. \$5.29/lb. sale \$4.89 per lb.



LUNDBERG
Organic Golden Rose Rice
 reg. \$1.99/lb. sale \$1.59 per lb.



REED'S
Ginger Chews
 reg. \$5.89/lb. sale \$5.59 per lb.



GRIZZLIES
Organic Wildberry Muesli
 reg. \$6.89/lb. sale \$5.99 per lb.



COFFEE



ZAIDALIA

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

PACIFICA
Organic Peruvian Coffee
 reg. \$10.69/lb.
SALE \$8.19



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

PRODUCE

Supporting local farms, families, and communities since 1970!

Winter Squash

local, grower direct, organically delicious!

Throughout October, we will have many varieties of squash, including acorn, butternut, delicata, spaghetti and other unique varieties!



Why we ♥ winter squash:

- Winter squash is a good source of dietary fiber, potassium, niacin, iron, vitamin C and vitamin A.
- The darker the orange color the more beta-carotene the squash contains!
- Winter squash is great in soups, gratins, sauces, muffins, and desserts or roasted with brown sugar and butter!
- Because of their hard skin winter squash can be stored at room temperature for most of the winter.

Produce specials run weekly from Wednesday to Tuesday

CHEESE

K.H. DEJONG

DaVinci

reg. \$12.89/lb.

sale \$11.59/lb.

Gouda with a subtle blend of tomatoes, olives & Mediterranean seasonings



MONTCHEVRE

Assorted Chevre Logs

4 oz. reg. \$3.79/ea. **sale \$3.39/ea.**

Check out the new flavors: Fig & Olive, Blueberry Vanilla, Lemon Zest!



MONTCHEVRE

Goat Cheddar

8 oz. reg. \$7.99/ea. **sale \$7.49/ea.**

Aged cheddar from Wisconsin's premier goat dairy!

TILLAMOOK

3-Year Vintage White Extra

Sharp Cheddar

8 oz reg. \$5.59/ea.

sale \$5.19/ea.



TILLAMOOK

Kosher Medium Cheddar

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



TILLAMOOK

Smoked Cheddar

8 oz reg. \$5.19/ea. **sale \$4.79/ea.**

DENMARK'S FINEST

Creamy Havarti

reg. \$9.29/lb.

sale \$8.79/lb.



FRESH FROM THE
CO-OP KITCHEN

Jeff's "Cheesy" Pasta

reg. \$7.99/lb.

sale \$7.49 per lb.

A longtime customer favorite! The "cheesy" flavor comes from nutritional yeast added to a classic, tangy balsamic vinaigrette!

MEAT

DRAPER VALLEY

**Free Range Boneless
Chicken Breasts**

reg. \$8.99/lb.

sale \$7.99/lb.



**October is American-made
Cheese Month!**

Are there cheese varieties that you have always wanted to try? Hold an at-home tasting with friends for a night of delicious & diverse pairings! Have each guest bring an American-made specialty cheese to sample with a cracker or wine! A great way to celebrate the changing season!

CHILL & GROCERY

GREEK GODS

Yogurt

Plain, Nonfat, Honey

24 oz. reg. \$4.69

sale \$3.49

Live and active cultures are beneficial bacteria & help promote good digestive health!



TOFURKY

Meatless Gourmet

Italian, Roast Beef, Pepperoni Slices

4-5.5 oz. reg. \$3.19

sale \$2.39

Filled with robust and hearty taste, these slices complement your favorite condiments & sauces.

ALŌ

Assorted Aloe Drinks

Mangosteen & Mango, Peach & Kiwi

Passion Fruit & Pineapple

11.8 oz. reg. \$1.99

sale \$1.39

Aloe vera helps your body absorb the good stuff—BETTER!



BLUE HORIZON WILD

**Crab Bites &
Salmon Bites**

6 oz. reg. \$5.89

sale \$3.99

Wild fish, responsibly-sourced! Great source of omegas & protein!



CHOICE ORGANIC TEAS

Assorted Teas

Black, Chamomile, English Breakfast, Earl Grey, Rooibos, Twig, Ban Cha, Oolong, Premium Japanese Green, Peppermint, Irish Breakfast

16 ct. reg. \$4.59

sale \$3.29

Fair-trade & non-GMO



LUCINI ITALIA

Olive Oil

Extra Virgin, Limited Reserve

17 oz. reg. \$20.39

sale \$12.59

Olive oil with exceptional taste and culinary performance!

MADECASSE

**Specialty
Chocolate Bars**

2.64 oz. reg. \$4.99

sale \$3.79

Ranging from 44%-80% cacao in a variety of flavors! Madagascar is the home to many forest-farm co-ops. Even better than fair-trade, this cocoa is harvested and produced in Madagascar!



RISING MOON ORGANICS

Pasta Sauce

Garlic & Basil, Kalamata Olive & Asiago,

Garlic & Merlot, Port & Asiago

14 oz. reg. \$4.59

sale \$2.99



BIONATURAE

Pastas

Spaghetti, Penne Rigate,

Fusilli, Chiocciolo

16 oz. reg. \$3.29

sale \$2.49



TEA TIBET

Assorted Teas

16 ct. reg. \$5.89

sale \$4.39



All profits from this non-profit company are sent to aid Tibet educational projects.

EQUAL EXCHANGE

Organic Dried Fruit

Mango, Pineapple, Apricot, Chilean Flame Raisins,

Chocolate- & Yogurt-covered Raisins

4 oz. - 11 oz. reg. \$3.59-8.19

sale \$2.99-6.99



HOUSEHOLD

COUNTRY SAVE

**Laundry
Detergent**

5 lb. reg. \$9.59

sale \$6.79

• Biodegradable
• No optical brighteners!
• Fragrance-, phosphate & dye-free



Save 10% by purchasing a case!

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

(541) 753-3115



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



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

BUDGET Bites

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

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

-Emily Stimac, Marketing

Mushroom Thyme Barley Soup

This classic soup is hearty and satisfying...and it comes together in a snap!

- ½ cup barley
- 1 quart water, divided
- 2 Tbsp butter
- ½ onion, diced
- 1 carrot, sliced
- 1 stalk celery, sliced
- 10 mushrooms, sliced
- 1 tsp dried thyme or 1 Tbsp fresh
- 2 cloves garlic, minced
- 2 Tbsp tamari
- 2 Tbsp sherry
- Salt & pepper

In a saucepan, boil barley in 1 ½ cups water until softened, about 15 minutes. Meanwhile, sauté onion, carrots and celery in butter in a soup pot until tender. Add mushrooms, thyme and garlic and continue cooking until soft. Add barley, remaining water, tamari and sherry. Season with salt & pepper. Simmer 20 minutes and serve with garlic toast.

October Menu	
Bacon & Egg Buddies	BLT with Kale Pasta Toss
Mushroom Thyme Barley Soup	Risotto Stuffed Delicata
Caramelized Onion Risotto	Colorful Chile Rellenos



Just Label It: Co-ops Support Consumers' Right to Know

Food labels alert us to potential allergens, help us do the math on our sodium intake, and even reassure us that our morning glass of O.J. is "not from concentrate." Now, surveys show that over 90 percent of Americans want mandatory labeling on foods containing genetically modified organisms (GMOs). GMO labeling is mandatory in much of the world already. In fact, 64 nations—from Brazil to New Zealand, plus the entire European Union—already require labeling to inform their citizens about the presence of GMOs.

GMOs are plants or animals created through the process of genetic engineering. This technology inserts DNA from one species into a different species.

Over the past two decades, GMOs have been entering U.S. grocery stores at a dizzying rate. While certified organic foods are prohibited from containing GMOs, the Congressional Research Service estimates that 60 to 70 percent of processed conventional foods contain GMO ingredients, none of which have been tested for safety by the FDA.

We believe people have a right to know what's in the food they're eating. We support the Just Label It (JLI) campaign,

a national coalition of more than 650 organizations dedicated to bringing about mandatory labeling of genetically engineered foods in the U.S.

This October, National Cooperative Grocers Association, a cooperative

60 to 70% of processed conventional foods contain GMO ingredients, none of which have been tested for safety by the FDA.

owned by food co-ops including ours, is partnering with manufacturers to contribute \$75,000 to JLI.

Together, we're supporting JLI's efforts including research, education and outreach.

While labeling opponents spend millions to defeat labeling initiatives, momentum for mandatory labeling is building. Currently, GMO labeling legislation is pending in more than half of U.S. states!

To learn more about GMOs and make your voice heard, visit www.justlabelit.org/take-action/.

Get your local on: Local Eats Week Oct. 18-24

Locavores who love to dine out have something to look forward to this October: Local Eats Week (LEW), October 18-24th, is growing by leaps and bounds as participating restaurants ramp up their use of local ingredients and offer \$6 sample plates all week long, in addition to many other local food options.

The Corvallis Sustainability Coalition's Local 6 Connection has been working since 2008 with local restaurants, schools and institutions to help define and identify "local" food and increase its availability.

The Local 6 Connection launched Local Eats Week 4 years ago as a way to draw customers to local restaurants that use Local 6 ingredients (items grown, processed or produced by companies owned and operated within the 6 counties around Corvallis: Benton, Lane, Lincoln, Linn, Marion & Polk). It's been growing ever since.

This year's event features four new restaurants: Flat Tail, Aqua, Les Caves and LUC. In addition to the \$6 sample plate, each restaurant has agreed to offer at least one menu item daily that uses substantially Local 6 ingredients.

"With local food being in such high demand, having a common definition of what local means is a benefit to consumers and a clear way to support a healthy economy," said team leader Emily Stimac. "Without it, the term local loses its meaning. We want to protect peoples' interest and desire to make good choices by creating a way to define local that has real backbone."

Local Eats Week culminates on Food Day, October 24th, with an evening of food samples and workshops addressing a variety of food related topics from healthy menus for kids to how to make your own chili relish. That event takes place at Dennis Hall, 9th & Monroe. It is scheduled from 5:30-9pm and entry is free. FMI: www.sustainablecorvallis.org



\$6 tempah tacos at Nearly Normal's during 2012 Local Eats Week. Nom nom.

EAT WELL BE WELL

FOOD DAY.ORG
OCTOBER 24, 2013

FREE EVENT!
5:30-9pm October 24th
Dennis Hall - 9th & Monroe

Sponsored by:

In collaboration with:

- Ten Rivers Food Web
- Linus Pauling Institute
- League of Women Voters
- Slow Food Corvallis
- Corvallis Sustainability Coalition
- Corvallis-Albany Farmers' Markets

BE A PART OF THE LOCAL FOOD MOVEMENT!
SAMPLES • SPEAKERS • WORKSHOPS • ACTION

food day events

FUTURE OF AGRICULTURAL POLICY: Tues 15th • Public Library
Hear from experts in the field on the direction of agricultural policy surrounding our food supply.

LOCAL EATS WEEK: October 18th-24th • Participating restaurants
\$6 sample plates featuring local ingredients at participating restaurants. See sustainablecorvallis.org for details.

EAT WELL, BE WELL: Thurs 24th • 5:30pm • Dennis Hall, 9th & Monroe
An evening of workshops, tasting tables and inspiration celebrating our local food system.

FARMERS' MARKET PUMPKIN CARVING: Sat 26th, 9am-1pm, Farmers' Market, 1st & Jackson
Carve a pumpkin from Adaptive Seeds/ Open Oak Farm for \$5-10 donation to SNAP incentives.

Vote YES for Corvallis! Vote YES on #02-86.

Your "yes" vote means:

- our well-loved library can reopen Sundays, stay open Mondays, and purchase new materials
- our widely recognized aquatic center can continue to provide water therapy services, teach kids to swim, host competitions, and family fun times
- our senior center can remain a hub for activities, Meals on Wheels, and support groups
- vital support for local organizations that serve our most vulnerable citizens
- 1 School Resource Officer, 3 Neighborhood Officers and 1 Fire inspector to help kids, promote livability, and strengthen public safety

VOTE YES for our library, aquatic center, senior center, and public safety.

Learn more: **FRIENDS of CORVALLIS.ORG**

Authorized and paid for by Friends of Corvallis, a Political Action Committee
Biff Traber, Treasurer, 2834 NW Rolling Green Drive, Corvallis, OR 97330

staff favorite



**Dang
Toasted
Coconut
Chips**

“They’re my favorite
Hawaiian snack...and
now I can enjoy them
all year long!”
- Donna Tarasawa,
Marketing

Art at the South Store

Emily Stimac shares her black and white photography this month with a collection celebrating the spirit of the harvest.

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



Anniversaries in October

Staff Anniversaries

- Blueberry, 1 year:** Nichole Caspell
- Raspberry, 2 years:** Kate Griffin
- Kumquat, 5 years:** Jeannie Holiday
- Strawberry, 6 years:** Don Grippin
- Apricot, 8 years:** Holden Goetzinger
- Fig, 9 years:** Sue Bower & Nina Fredrickson
- Peach, 14 years:** Bill Genné
- Paid Sub Anniversaries**
- Blueberry, 1 year:** Trent Kelly
- Raspberry, 2 years:** Addison Walker & Victoria Bernhard
- Plum, 7 years:** Jan Bahr
- Tangerine, 12 years:** Chad Elwood

ANNIVERSARY FRUITS

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

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

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



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

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

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

ZAP KILLER FAT.COM
BE NEW Don't just lose weight... **GAIN Health & Energy!**
 Healthy Metabolism Boost Tues. 6:30pm Tastings Traci: 541-760-8557

staff spotlight

Chris Speakman

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

I am a Paid Sub in Bulk and have been with the Co-op for five and a half years.

What brought you to the Co-op?

My wife and daughter were Owner Workers and we committed to spending our food budget here.

What do you like best about your job?

The positive support I have received from management and co-workers. The community the Co-op has created and the variety and quality of the products.

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

Developing rewarding relationships with people of all ages is possible here. I find that very fulfilling and meaningful.

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

Korean beef and chile rellenos from the hotbar, Arabic pita, Co-op hummus, frozen blueberries and raspberries.

What do you like to do outside of work?

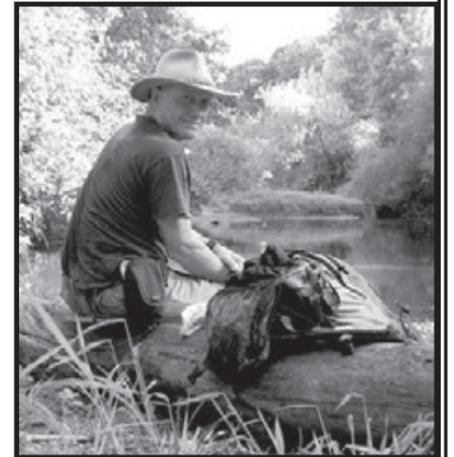
I love my family, home, and neighborhood. I seek out and ride waves with a tribe of local surfers and close friends. Other hobbies include photography, playing music, swimming, and hiking in the Mary's River Watershed.

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

My father provided us with homes on two beautiful islands; One was on Little Cranberry Island, Maine where we went every summer since I was born, and Maui, Hawaii where we moved when I was 15. My wife, daughter, and I lived in Utah, Maine and New Mexico before we moved to Oregon 20 years ago.

Tell us something about yourself others might not know.

My father introduced my brother and me to Martin Luther King and his wife at a small social gathering in Springfield, Massachusetts.



On the lighter side, when I was five after everyone went to sleep I would soap up the bathroom floor. I soaped up my chest so I could slide across the floor and play seal.

If you had three wishes....

All the peoples of the earth could have a wonderful childhood. The gap between the haves and have nots would diminish, not widen. This fall, winter, and spring I wish for the conditions which turn the groundswells into big hollow waves.

Where are some of your favorite travel destinations?

Cape Blanco, Cape Lookout and Cape Perpetua.

Where do you see yourself in 10 years?

Cape Blanco, Cape Lookout and Cape Perpetua.

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

Gypsy Kings, Shastro, Prem Joshua, Santana, Cream, Allman Brothers, Steely Dan, Muddy Waters, Howlin Wolf.

What are your top 5 favorite things about Corvallis?

Easy access to beautiful forests. Corvallis is only an hour from the coast. Timberhill Athletic Club. A highly educated and politically progressive population. The Co-op.

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

A new design for the dining areas.

SEE SOMETHING... UNUSUAL?!

It's the annual staff costume contest.

On October 31st Co-op staff will be wearing their halloween finery. Come in and check it out!

Displays with photos will be posted the following week. Vote for your favorite, The winning staffer gets a paid day off!

1st Place Winner 2012: **Brittney** as "Bob Ross"



health services guide

Advertise your health service for only \$35 per ad. Maximum 50 words. Please email your ad to thymes@firstalt.coop by the 15th of the month.

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Dr. Robert Strait, ND integrates the best of naturopathic and conventional medicine in an evidence-based way to provide the safest and most effective primary and collaborative care. Learn more at StraitClinic.com, or call 541-514-8757. Located at 6450 SW Philomath Blvd, Corvallis.

REBEKAH SHARPE AT BLESSED HALOS-CORVALLIS. Cranial Facial Massage with Crystal Therapy. Aura and Chakra cleansing and balancing. Heighten intuition and dream state; release pain, negativity and spiritual and emotional pressures through the 3rd eye and crown chakras. Relaxation - Spirituality - Direction. www.behealthy.upweb.com, rsharpe30@gmail.com, 541-543-0915

DR. VIRGINIA SHAPIRO, HOLISTIC CHIROPRACTOR 27 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.

TWO CRANES ACUPUNCTURE AND MASSAGE Let Acupuncture and Massage nourish your body, mind and spirit. Return to a natural state of balance and harmony, using Japanese and Chinese acupuncture, herbs, nutritional and exercise counseling, or therapeutic massage. Leesa Walters, L.Ac., LMT #13160, Randall Davis, L.Ac. 1230 NW Garfield Avenue (541) 738-6117.

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.

NATURAL VISION IMPROVEMENT Bodywork for the Eyes. Learn methods to release chronic 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 at 541-753-8374 or www.marybettsinclair.com

HELPING DOGS FEEL BETTER Carol Sweeney, PT, CCRT Physical Therapist, Certified Canine Rehabilitation Therapist. Located within Willamette Veterinary Hospital, 1562 SW 3rd St, Corvallis. Available for home visits. Written referral from a veterinarian is required. 541-908-9969.

CAN HYPNOSIS HELP? If you've ever decided to do one thing, but keep doing something else, you have inner conflict. Hypnotherapy quickly finds the common ground between your conflicting desires so you act wholeheartedly. Local, certified, professional. I'll never give up on you. Call Robert Plamondon (541) 286-5440. hypnosis-corvallis.com

MARCIA A. LIBERATORE, MD PC, OF CORVALLIS INTEGRAL MEDICINE Offers general medical care with an interest in Functional Medicine and Medical Acupuncture, with over 30 years of medical experience. We now have licensed massage therapists offering therapeutic massage. For appointments, please call (541) 753-1172, www.drlintegral.com.

WHOLE HEALTH CLINIC (AKA ACUPUNCTURE CLINIC OF CORVALLIS) DEAN JOHNSON L.AC. - Now featuring a new therapy - Acupoint Far-Infrared Heat - acupuncture without needles - all the benefit of acupuncture without being poked - plus is very effective for difficult problems.. 541-753-5152 www.wholehealthclinic.com Serving Corvallis for over 20 years.

unclassifieds

Unclassifieds are only 20¢ 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.

PASTURE-RAISED KATAHDIN LAMB - from our farm to your freezer. Order by Oct. 20th for early Nov pickup. \$4/pound hanging weight (avg. 35-40 lbs). Mild flavor, less fat, happy life. Limited supplies. For more details and to reserve now: <http://leapinglambfarm.com/about/locker-lamb/>

COMPUTER REPAIR AND UPGRADES ON PC'S. Microsoft Certified. South Corvallis location. Signs ASL. Mayan Fogarty, 541-908-4399 (text message if possible).

FOR SALE MIRACLE WHEAT GRASS JUICER \$45. Call Julie W. (541) 979-2829.

COUNSELING FOR COUPLES AND INDIVIDUALS: Tina Taylor, RN, MS. Tired of tension, confusion and pain? Longing for peace, clarity, growth, connection? Specializing in guidance towards Compassionate Communication with yourself and others. Let's talk. LGBTQ comfy. Free phone consultation, 541-753-2255. More information at www.tinataylor.co.

HELP with bartering, trading, access resources, use "Hours Currency," other skills. Cash/trade. Ken, 541-929-4296.

HOME IMPROVEMENT AND REPAIR. Handyman services, renovations, rental maintenance. Call Lyle at 541-224-3785. CCB#199975

TAL'S CARMİ REPAIRS AND REMODELS, LLC From minor repairs to new construction. So you can relax at home. 541-729-4810. ccb#174846.

ERRANDS, shopping, help around the house, dishes done, cooking help, etc. Ken, 541-929-4296.

MULTI-PURE WATER FILTERS FOR SALE Ken, 541-929-4296.

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

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

RELAX AT OUR LINCOLN CITY BEACH HOUSE Spacious 2 bedroom/1927 era character and a great view of the ocean. Sleeps 6 and has easy beach access. Nicely stocked/luxuries. \$125/night. 10% discount for Co-op owners. 541-757-1104.

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 for more details.

NON-TOXIC CLEANING Offices and homes. www.OregonOrganicsCleaning.com 13 years locally owned and operated. Seniors, pets and children welcome. Dependable and efficient. Corvallis, Albany. 503-743-2318.

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

KOMBUCHA, DRIED FRUIT, SCRAPWOOD Ken, 541-929-4296.

FOR A BEAUTIFUL BIRTH, HIRE A DOULA. Corvallis Doula Network. www.corvallisdoulas.net.

YARDWORK, WEEDING, PRUNING, SCYTHING, Lawns to gardens, general clean-up, recycling, other misc. labor, trailer-haul, mulch. Ken 541-929-4296.

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

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

DRIED SEAWEED, DRIED MUSHROOMS for sale or trade. Ken, 541-929-4296.

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

CALL KORI THE SPOILER for your pet's good time! Will stay overnight with pets. 541-750-0006.

"MORE THAN A FACIAL" now in the "Oasis room" in the Corvallis "Willamette Wellness Center" Caite, owner operator 40 years strong... voted BEST Facial in LA 2001 from Conde Naste' British Vogue! Offers skin care coaching, Micro-dermabrasion, enzyme peels, oxygen treatments, galvanic treatments, acne and rosacea treatments, and her very special "More than A Facial" with crystals, magic oils, visualization, hand and feet massage, prayer and sage...call now and receive 10% discount with this ad. Also Oct. back to school student special of \$25 off. By appt. only, 541-487-4060, caite@morethanafacial.com and www.morethanafacial.com

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Dense, moist & spicy! Studded with walnuts and apples, the perfect treat for any sweet tooth!

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do you walk, bike or bus to work?

Check out Emergency Ride Home program

- *Tarah Campi, Drive Less Connect*

If you commute by bike, bus, carpool/vanpool or walking, you may be concerned with how to get home quickly in case of an emergency. The Cascades West Rideshare Emergency Ride Home (ERH) program is here to help.

ERH is a FREE service providing you a reimbursement of up to \$50 for a trip home by taxi if you or a family member experiences an illness or emergency. You may use ERH up to 2 times per year.



The Cascades West Rideshare ERH program is open to anyone who works in Benton, Linn or Lincoln Counties. To enroll, first create an account at www.DriveLessConnect.com. After you complete your profile, click "Commute Services" in the top blue bar, then click "Enroll Now." Don't wait until you have an emergency; enroll now via the website. For full details and instructions, go to www.cwrideride.org/emergencyridehome. Questions? Call 541-924-8480.

Also, now that you're registered at www.DriveLessConnect.com, you can use the site any time to find a carpool, track your trips and financial savings, and win prizes! Click on "Calendar" to track any trips you make by bus, bike, teleworking, carpool/vanpool or walking, (for work or play) and you'll be eligible to win gift cards to local restaurants and coffee shops.

Transportation options have benefits for your health, your wallet, and your planet. Don't miss special prizes Oct. 21 - Nov. 1 for the Oregon Drive Less Challenge: Help us eliminate a half-million vehicle miles across the state!

campus CarShare program expands to citizens at large

Corvallis residents have a new option for getting around town. Four fuel-efficient vehicles, including Toyota Priuses and Ford Fusions, will be available to the public for hourly, daily, and overnight rentals. Three are located on the Oregon State University campus, and one is at the Union Apartments, 2750 NW Harrison Blvd.

CarShare has been available on campus since 2009, open only to students, faculty and staff. Now, all four vehicles will be available to the public!

Membership for the vehicle located at the Union is open to all licensed drivers age 21 and older. Membership at OSU is open to drivers 18 and older. Corvallis residents with a credit card and valid driver's license can sign up for the program at www.enterprisecarshare.com.

As a special incentive for those who sign up before Oct. 31, the application fee and \$35 membership fee will be waived and new members will receive a \$50 driving credit. After Oct. 31, the application fee is \$20. Hourly rental costs \$8 on weekdays and \$9 on weekends. Daily rentals are \$60 and an additional \$35 for overnight rentals.

After signing up, members can reserve a vehicle online, then access the vehicle using a membership card and return it to the same location after their trip. Fuel, basic physical damage to the vehicle and state-required liability protection are included in the standard rate plan. This is a great addition to transportation options in our city!

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.

National Bee Day Success

Thank you to First Alternative Co-op for allowing a demonstration to take place on National Bee Day (August 17th) at the North Store. Honey bees play a critical role in pollinating a majority of the produce that we eat. Shoppers (and workers) were shown which food would disappear if honey bees continue to decline because of the use of the pesticide class of neonicotinoids, which has already eradicated millions of bees across the country. A special thank you to Emily Stimac, Marketing Assistant, for her tremendous work in preparing for and participating in the demonstration. Also thanks to Glory Bee Foods, the Xerces Society, and Beyond Toxics. All of these groups made the campaign to raise awareness about the decline of honey bees and to petition the State of Oregon to ban neonicotinoids a success.

- *Jeff Schiminsky, President of Toxic Awareness Body of Oregon (TABOO) and Co-op Owner*

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MOM MAGAZINE

Check out the next issue for helpful tips in the Healthy Living MOM feature editorial from

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OCTOBER CALENDAR

**FREE COMMUNITY
HAPPENINGS
FREE EVENTS**

SUSTAINABILITY COALITION QUARTERLY GATHERING FRIDAY, OCTOBER 18 12-1:30 PM

Presentations by Coalition partners and action teams. FMI: sustainablecorvallis.org
Corvallis-Benton County Public Library

FMI: info@sustainablecorvallis.org

LOCAL EATS WEEK OCT. 18-24TH

Stop by the Co-op during Local Eats Week for our Local Eats \$6 sample plate!

CHOOSE YOUR OWN OSD! MORE SAVINGS FOR CO-OP OWNERS!

Save 10% on your purchases on one day of your choice each month! Receive the 10% case discount in addition to your owner discount when you special order a product by the case and purchase it on Owner Sale Day.

Case discount not applicable on sale prices

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

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

WINE & BEER TASTING WITH LIGHT APPETIZERS

NOTE: Wine tastings and times are subject to change. Please check www.firstalt.coop for updates, schedule changes, and cancellations.

1ST & 3RD THURSDAYS NORTH STORE 5-7 P.M.

wine + cheese + crackers

2ND & 4TH THURSDAYS NORTH STORE 5-7 P.M.

craft brew + cheese + crackers

EVERY FRIDAY

SOUTH STORE 5-7 P.M.

wine + cheese + crackers

BOARD & COMMITTEE MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE
Tuesday, Oct. 1st 6-8 p.m.
North Store meeting room

FINANCE COMMITTEE

Wednesday, Oct. 2nd 5:30-7 p.m.

OWNER RELATIONS COMMITTEE

Wednesday, Oct. 2nd - 11:30 a.m.

South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday, Oct. 15th - 6:30 p.m.

Owner comments welcomed in first 10 minutes.

South Store meeting room

EVENTS THIS MONTH

GRAPHIC NOVEL BOOK CLUB Tues. Oct 1, 6-7 p.m. Matt's Comics, 2075 NW Buchanan Ave. We will be discussing *Fun Home* by Alison Bechdel. New members always welcome and no commitment is required. 18 and up. You can check out a copy of this month's reading selection from the 2nd floor reference desk of the Corvallis Public Library. FMI: Bonnie, bonnie.brzozowski@corvallisoregon.gov

NEW HIKES IN NW OREGON-SW WASHINGTON Thursday, October 3, 2013, 7 p.m. Corvallis Public Library. Hiking guru William L. Sullivan will talk about new and changed trails in NW Oregon & SW Washington. See a hidden lake at Mt. Adams, a wildflower hill above Hood River, and a new path to Fish Creek Mountain. Also see what's been changed by the fires at Mt. Hood. Sponsors: Sierra Club and the Friends of the Library. FMI: 541-758-5255

YOGA ON THE THRESHOLD OF SOCIAL ACTIVISM Friday, Oct. 4, 7-9 p.m. Live Well Studio, 971 NW Spruce Ave Ste 101. A public talk by Matthew Remski. Donation to benefit Linn/Benton Food Share. In this interactive exploration, we'll look at how yoga has progressed from a solitary transcendent practice into a culture of shared evolution. FMI: [Angela, afgreenwood@comcast.net](mailto:Angela_afgreenwood@comcast.net)

HIKING THE PACIFIC CREST TRAIL Thursday, Oct. 10th, 7-8 p.m. Chintimini Senior Center. A candid glimpse into the world of thru hiking--the glamour & the tears. Whether you are planning your own trek, just getting into hiking, or simply enjoy the tales of travel, come enjoy this presentation. FMI: www.corvallisoregon.gov/pr 541-766-6918

NON-VIOLENT DIRECT ACTION TRAINING to stop the KXL Pipeline. Sat., Oct. 12th 9 a.m.-4 p.m. Unitarian Universalist Fellowship, 2945 Circle Blvd. FMI: action@350corvallis.org

THE FUTURE OF AGRICULTURE Tues. Oct. 15, 7-8:45 p.m. Corvallis Public Library. Discussion of issues and visions for the future by area farmers. Panelists include Stahlbush Island Farms, Vitality Farms & others. FMI: www.lww.corvallis.or.us

ONGOING EVENTS

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

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

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

INTRODUCTION TO THE ART OF BEING Healthy, Abundant, Playful & Peaceful You Workshops, with Traci Merritt FMI: 541.760.8557, www.radiatelife.com

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

LIVE MUSIC @ 'FIREWORKS' Fri-Sun nights, Mon open mic. 1115 SE 3rd St. FMI: 541-754-6958, www.fireworksvenue.com

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

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

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

SUNDAYS

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

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

SELF REALIZATION FELLOWSHIP MEDITATION CIRCLE 435 NW 4th St. 10 a.m.-12 p.m. All are welcome! FMI: Lynn, 541-602-8704, www.corvallismeditation.org

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

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

MONDAYS

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

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

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

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

TUESDAYS

CHAIR YOGA Tuesdays 4:15 p.m. Live Well Studio, 971 NW Spruce Ave Ste 101. By donation. FMI: frontdesk@livewellstudio.com

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

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

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

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

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

WEDNESDAYS

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

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

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

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

THURSDAYS

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

YOPI Thursdays, 2 p.m. Live Well Studio, 971 NW Spruce Ave Ste 101. Adaptive Yoga & core strengthening Pilates all from the mat. By donation. FMI: frontdesk@livewellstudio.com

SELF REALIZATION FELLOWSHIP world wide prayer circle 435 NW 4th St. Thursdays, 7-8 p.m. All Are Welcome! FMI: 541-602-8704, www.corvallismeditation.org

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

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

FRIDAYS

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

SATURDAYS

PLANET BOOGIE, Saturdays: Oct. 19th Nov. 16th & Dec. 21st. Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. FMI: www.facebook.com/groups/planetboogie

FREE WINE TASTING Every Saturday, 10a.m.-6 p.m. Wineopolis, 151 NW Monroe, Suite 103. FMI: Jerry Larson, 541-738-1600, wineinfo@cmug.com

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

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

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

preparing for



winter wellness

- Stephani Moore, Baraka General Manager

When I began at Baraka in 2003 I was a complete stranger to neti pots. The idea of flushing water through my nose made me uneasy.

I didn't have sinus issues so why did I need to use a neti pot? Then it happened - I got a horrible cold. After working at Baraka for 2 years, I finally had a reason to use one.

I was nervous - was it going to hurt? Was I going to choke? Would it really make me feel better? Putting all my hesitations aside, I shoved that pretty little spout in my nose filling my sinuses with a warm saline solution.

Since I was so heavily congested the water wasn't able to run out the other side of my nostril... so I took in all the water I could handle. When I rinsed the other nostril, the water started to drip out.

Within moments, a huge flush of water dispensed from my nose, and I was officially nasal rinsing!! I felt relief almost instantly. I continued to rinse twice a day and

within 4 days my cold was over.

Now I tell everyone about the neti pot, not because I'm Baraka's General Manager, but because it works!

I rinse not because I have a chronic sinus condition, I rinse to maintain good sinus health.

It's amazing to see what flushes out of my nose after a day of gardening! Everyone needs to try a neti pot at least once! I promise you won't regret it.

WIN A BARAKA NETI POT!
We're giving away 4 Baraka Neti Pots in October! See store for details.

How to use your neti pot:

1. Combine ½ tsp of mineral sea salt with warm filtered water.* Stir until thoroughly dissolved.
2. Lean over sink and turn your head to one side.
3. Keeping pot level, place spout into your top nostril until it fits snugly.
4. Breathing thru your mouth, tip your head downward, allowing warm water to travel up through your sinuses and out the other nostril.
5. Adjust the angle of your head slightly for optimum water flow.
6. Use half the water and repeat on opposite side.
7. Blow your nose gently to remove excess water and mucous.
8. ENJOY BREATHING!



*Water is best just above body temperature. Too cold and you won't get the desired effects; too warm and you will irritate your membranes.

get serious about your rainwater collection

Three Waters class on designing, purchasing and installing rainwater collection systems to be held in October

Learn the basics of designing a rainwater collection system for your property using rainwater runoff from your roof to irrigate your yard or for other non-potable purposes. How much water can you collect? How much should your system store? What are your choices for function and aesthetics? Also learn where you can buy supplies and how you can install these systems. This class addresses the needs of rural properties whose wells are running dry or becoming polluted, as well as those on municipal water systems who wish to keep stormwater out of the wastewater treatment plant or local streams and use it instead for re-use on their yards. This class is not for those who simply want a 50-gallon barrel to collect water. This class emphasizes the functional, financial and environmental reasons to think of a systems approach to this ancient technique.

Tuesday, October 22, 7-9pm
South Co-op Meeting Room
FREE!

Pre-registration required at www.firstalt.coop. Handouts will not be provided but participants are welcomed and encouraged to bring pen and paper to take notes.

Instructor: Dave Eckert, Corvallis Sustainability Coalition Water Action Team Leader



Learn how to get serious about rainwater collection at our October 22nd class!

a month for celebration



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Bright Pink Cancer Awareness

Acure donates to Bright Pink, an organization dedicated to education and prevention of breast cancer. They also contain Fair Trade ingredients, and are USDA organic, gluten free and soy free.

Cooperatives

Did you know that some of our vendors, like Aura Cacia and Frontier, are co-operatives? Our friends at Alaffia source their ingredients from co-operatives they've founded in Togo, Africa... and they're also Fair Trade, of course.

Gluten Free

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kickin' it... root down!



1

Garlic Basil Cheese Spread

- 3/4 cup plain yogurt
- 2/3 cup cottage cheese
- 1 Tbsp. roasted garlic*
- 2 Tbsp. chopped fresh basil
- Salt and pepper to taste
- 1/4 cup diced roasted red peppers

Place the yogurt in a strainer lined with a coffee filter. Set aside to drain for about an hour. This should yield about 1/2 cup of drained yogurt. Combine the drained yogurt, cottage cheese, garlic and basil in a food processor and blend until smooth. Add salt & pepper to taste. Stir in the roasted peppers. Cover and refrigerate 30 minutes before serving.

*To roast garlic: remove some of the papery skin from the heads of garlic, but do not break cloves apart. Cut off the top of the garlic head, to reveal the cloves. Place the garlic on a sheet of aluminum foil. Add a tablespoon of water and fold the foil to form a sealed package around the garlic. Bake for 45 min to an 1 hour, until the cloves are soft to the touch. Cool and squeeze the garlic paste from the heads.



Apples with Caramel Filling

Cut crisp apples in half, crosswise. Scoop out core. Place apple half in muffin pan to hold it upright. Fill with caramel. Let caramel firm up. Cut apple into slices.

Homemade Caramel

- 1 cup white sugar
- 1/2 cup packed brown sugar
- 1/2 cup corn syrup
- 1/2 cup evaporated milk
- 1/2 pint heavy whipping cream
- 1/2 cup butter
- 3/4 tsp. vanilla extract

In a medium-size pot, combine sugar, brown sugar, corn syrup, evaporated milk, whipping cream and butter. Monitor the heat of the mixture with a candy thermometer while stirring. When the thermometer reaches 245° remove the pot from the heat. Stir in vanilla. Fill apples with caramel and cool. Pour leftover caramel into a buttered glass baking dish. When cool cut into squares and wrap in wax paper.

Savory Stuffed Mushrooms

- 1 lb. large button or crimini mushrooms
- 1 cup finely chopped onion
- 2 minced garlic cloves
- 2 tsp. olive oil
- 3 Tbsp. chopped fresh basil
- 1/2 cup chopped fresh parsley
- 3/4 cup Bavaria Mills Gluten Free Bread Crumb Blended Medley
- 1/4 cup grated Parmesan cheese
- Salt & ground black pepper to taste
- 3 Tbsp. dry sherry
- 1 Tbsp. wheat-free tamari

Rinse the mushrooms and pat dry. Remove the stem by carefully twisting them free by hand. Chop the stems and set aside. Preheat oven to 450°.

In a mixing bowl, combine the sherry and tamari. Tumble the mushroom caps in the sauce to thoroughly coat them.

In a large skillet, sauté the onions and garlic in the oil on medium heat for about 8 minutes, until golden. Stir in the chopped mushroom stems and continue to sauté for another 2 minutes. Add the basil, parsley, bread crumbs, Parmesan, salt & pepper. Cook for another 2 or 3 minutes stirring constantly; set aside.

Fill each mushroom with the sautéed bread crumb mixture. Arrange the stuffed mushrooms in a lightly oiled baking pan and bake, uncovered, for 15-20 minutes, until the filling is browned and crispy. Serve hot.



4

1. Stuffed Mushrooms and Stoneground Crackers

Prepared by Donna Tarasawa
Photo by Jessica Brothers

2. Root Vegetable Caserole

Prepared by Donna Tarasawa
Photo by Jessica Brothers

3. Garlic Basil Cheese Spread

Prepared by Donna Tarasawa
Photo by Jessica Brothers

4. Apples with Caramel Filling

Prepared by Donna Tarasawa
Photo by Jessica Brothers



2

Root Vegetable Casserole

Root Vegetable Casserole

- 1 Tbsp. olive oil
- 1 large sweet potato, peeled
- 1 rutabaga, peeled
- 1 large onion
- 2 carrots, peeled
- 2 potatoes
- 2 cups kale, cut into bite-sized pieces
- 2 1/2 cups grated cheddar cheese
- 1 cup vegetable stock
- Salt & pepper to taste

Slice all root vegetables into 1/8" thickness, keeping types of vegetables separate. Slicing potatoes and sweet potatoes into cold water will keep them from browning. Sauté onion in oil until golden brown.

Oil a deep, ovenproof casserole dish. Layer 1/3 of each type of root vegetable, including sautéed onions, 1/3 of the kale, and 1 cup cheese. Season with salt & pepper. Repeat the layering process with the remaining vegetables, salt & pepper and cheese.

Pour vegetable stock carefully over vegetables. Bake at 375°, covered, for 25 minutes. Uncover and continue baking another 20-25 minutes until vegetables reach your desired finish.

Parsnip Fritters

- 1 medium egg
- 1 pound parsnips, grated
- 1/4 cup gluten free flour
- 1/2 tsp baking powder
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 2 tbsps butter

Lightly beat the egg in a mixing bowl and add grated parsnip. Mix dry ingredients in a separate bowl and stir into the wet ingredients.

Put the butter in teaspoon-sized pats on a medium-hot griddle and scoop 1/2 cup of batter on top of each butter pat. Flatten slightly to form six 4" cakes. Allow the fritters to sizzle gently in the butter until they are well browned and crisp on the underside, about 5 minutes.

Flip and cook 3 minutes more or until cooked through.

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