

Visit the Co-op food booth at the Fall Fest! Sept 28 & 29!

First Alternative
NATURAL FOODS CO-OP



THYMES

SEPTEMBER
2 0 1 3
VOLUME 34 • ISSUE 9
Community Monthly

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WE ♥ 2 TOWNS!
learn more about these
awesome local cider makers
Local 6 Profile, page 15

3rd Annual

harvest hoedown

Saturday,
September 21st
11-2pm

Celebrating local and organic growers and products with music, food, and fun for all ages at the Co-op's South Store! Enjoy free samples from vendors, cider pressing, kids' activities, and tastings from local brewers for the adults!

Check out the fun and fantastic entries in our Scarecrow Contest; see details below. Dance to local music, participate in outdoor yoga led by LiveWell Studio, and celebrate another successful growing season.

FMI: Donna Tarasawa
541-753-3115x328 or
donnax@firstalt.coop

Summer Sustenance

*We have an abundance
Of gratitude,
Seeping like
Succulent juices
From our lips.
We have been blessed—
Never forgetting
The seeds of labor—
We have been kissing
The sun,
And regretting
nothing.*

*We will show love,
For the farmers--
The human beings
Providing us with
Pleasures
And joy—
Sustenance and so
much more.*

*Starry eyed,
We shall appreciate
one another.
We shall come
together,
And seek nirvana
In the fields of our
Families—
We shall never forget
How to kiss.
Don't miss this.
We will live love,
And spread bliss.
- Shane McFarland*

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Calling all creative types!

Scarecrow Contest

Enter your scarecrow in the
contest!

Contest begins 11am on Saturday 21st goes
through the end of the month. Entrants must
pre-register.

Two prize categories: Most Original and
Peoples' Choice, to be voted on September
21-30. Winners receive a Co-op gift card!

FREE! Staff eligible to enter & win.

For details and to register contact Yadira Ruiz,
541-753-3115x335 or yadira@firstalt.coop

FA THYMES

First Alternative Co-op
Community Monthly



Blanche Sommers,
Board Treasurer

the board's month in review

Greetings from the board. As you are reading this it is September, and the bounty of fall produce is in full swing. We can all feel really

lucky to live in a place where so much of our food is produced nearby. The variety and quality of local food is truly stunning. Many places in this country cannot boast of such riches. I am sure that those of you who signed up for the locavore challenge educated yourselves about the many options for eating locally produced food. For those of us who didn't sign up, educating ourselves about this is still an effort worth making.

And while we are on the subject of local products, it's a good time to think about ways that we can invest in our local economy besides purchasing locally produced food. Dollars circulate in the economy and are multiplied by that circulation. For example, a study by the National Cooperative Grocers Association last year found for every \$1000 a shopper spends at their local food co-op, \$1604 in economic activity is generated in their local economy - \$239 more than if they had spent the same \$1000 at a conventional grocer in the same community.

When you buy from a local business owner, he or she spends the dollar for goods and services from other businesses or pays wages to employees or for the business owner's own living expenses. When more of your dollars stay in the local economy, they can help make your community a better place to live. So buying goods and services from local businesses promotes local jobs and the proliferation of local businesses, goods and services. Recently released figures from the Oregon Employment Department show that Benton County has the lowest unemployment rate in the state. While that is often attributed to the presence of a growing university, I wonder if that effect isn't also influenced by a caring and aware population that does try to shop locally. All of those dollars circulating around is good for the whole community.

Another aspect of supporting local businesses is direct investment to provide working capital to keep these businesses thriving. Everyone who has purchased a share in the Co-op has invested their \$70 and is an owner of this local business. Beyond purchase of a membership, direct investment is tricky because of the complexity of securities laws, both federal and state. You may wonder why the Co-op needs additional investment. Working capital is not just about growing a business, although it can be used that way. Businesses sometimes need additional capital to maintain operations or to replace aging equipment. Some costs increase over time such as utilities, rent and wages. The cost of benefits such as health insurance for employees has grown considerably in

recent years. First Alternative is no exception. Aging equipment has been kept as long as possible but some has needed replacement. Labor costs, both in the form of wages and benefits have also risen. Part of the Co-op's mission—one of our Ends Statements—is to provide a workplace that allows its employees a reasonable standard of living.

I am currently reading an interesting book that discusses some of the options and pitfalls for raising capital, *Local Dollars, Local Sense* by Michael Shuman. The subtitle of the book *How to Shift Your Money from Wall Street to Main Street and Achieve Real Prosperity* explains the general theme. The author goes into several aspects of investing and laments the lack of opportunity for ordinary investors (those who are not wealthy) to easily invest in small businesses. Currently, our Co-op is looking at options for raising additional capital to fund maintenance of the aging South Store building including replacing the roof. The usual source for this funding would be borrowing from a large bank, but the board is interested in finding alternatives. We will be looking into the possibilities and getting back to you.

Last month's board meeting featured our annual financial training for board members. This training helps new members with understanding our cooperative's financial situation and is a good refresher for the returning board members. We also discussed the function of the Owner Relations Committee which is tasked with finding ways to connect the board with owners. This can be a difficult task but is a critical function. We really do want to know what you think. Drop us a line sometime.

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, Lisa Millbank & Emily Stimac

Design/layout: Emily Stimac & Jessica Brothers

Photographers: Emily Stimac & Jessica Brothers

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

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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

WELCOME, NEW CO-OP OWNERS!

In July, 68 new people became Co-op owners, totaling 8578 active owners.*

Thank you for supporting the Co-op by purchasing a share!



The Benefits of Ownership

- 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.



Cindee Lolik,
General Manager

plastic recycling in corvallis: some options general manager report

One project we are working on in September is an overhaul of our recycling center signs which will make the area more user-friendly. In light of the continued prohibition on plastic

recycling we would like to make it clearer to everyone just what that means.

If you are a Republic Services (formally Allied Waste) customer, you are already familiar with their commingled recycling policies and they do take certain types of plastics. These are:

- clean plastic bottles (lids removed);
- clean plastic tubs;
- clean plastic jugs (screw top lids removed);
- clean plastic jars (lids removed);
- clean plastic buckets, smaller than 5 gallons;
- and last but not least, rigid nursery pots 4" and larger with no dirt.

These items can still be recycled in the Co-op Recycling Center Commingled Container. Other plastics still cannot be accepted at this time.

Tip: You can still recycle clean plastic film (like those

plastic bags now banned in Corvallis) and stretchy plastics at the Republic Services Recycling Center located right next to Republic Services at 110 NE Walnut Boulevard. Enter from Belvue Street either from Walnut or Circle.

Other GM News:

I have been invited to join a group of folks going to Sacramento to participate in the Annual NeighborWorks Community Leadership Institute's Building Sustainable Communities Through Leadership Development. The NeighborWorks network was established 35 years ago at a grassroots level to help foster the enthusiasm and hard work of community leaders all over the country. They are the leading trainers for community development in the U.S. They are also amongst the foremost advocates for affordable housing in the U.S.

This opportunity was arranged by the good folks at the Willamette Neighborhood Housing Services. Willamette Neighborhood Housing Services is a private, nonprofit community development corporation committed to improving lives and strengthening communities through quality affordable housing, homeownership, economic opportunity, and community partnerships.

The South Corvallis Leadership team will be focusing

on improving transportation along 3rd Street/ Highway 99 to improve quality of life for all residents and businesses. We hope to use what we learn in Sacramento to assist us in this. I will let you know in November how the workshops go.

And last but certainly not least, I was elected to the Corvallis Independent Business Alliance Board and will be serving as the President of that board. The Alliance is 100 members strong and working to promote and assist locally owned and operated business here in Corvallis. As we love to say at the Co-op: Keep it Local!



a walk down memory lane north store manager report

If you are an avid and regular *Thymes* reader you will have become used to all the mention of transitions, farewells and welcomes in the manager reports the past several months. Just last month Brian was writing his first article as the new South Store Manager and now I am doing so as the new North Store Manager! Our long time fearless leader, Evelyn Hall, has moved on to new adventures with a new employer in Portland. I would end up writing a terribly long article if I tried to list all the great contributions Evelyn has made to First Alternative over the years. Suffice it to say she was an amazing supervisor and leader, we were lucky to have her all these years, and she will be missed!

For those of you who don't know me, I'm coming upon my 14th year as an employee at the Co-op. Seems crazy to say that, but either time really does fly when you are having fun or I'm just getting old. These past 9 years or so I have truly LOVED serving as Produce Manager here. I've learned so much and it has been deeply rewarding working with area growers and the tremendously dedicated and talented Produce Team to serve our owners and community by providing the highest quality organic produce. I will really miss working in Produce on a daily basis but am excited about the future as we strive to make our stores as great as they can be.

The North Store has been a part of my life for as long as I can remember. I'm a townie and grew up about 5 blocks from here and have very fond memories of riding my bike with friends to the Dari-Mart to crush candy and play video games with our paper route money! I wonder whatever happened to the big plastic cow on that sign? I had plenty of hair cuts in the barber shop where our Bulk department now resides and knew that a trip to Schmidt's with my dad meant I was in for a weekend of yard work! Due to these neighborhood connections I was extremely happy back in the day when we opened up our second

location here. I knew it would serve our owners in this area well and I've been pleased to see it grow and succeed. I feel very fortunate to now lead this store and a great team of awesome staff motivated to provide all our customers with a pleasurable and satisfying shopping experience.

The biggest immediate challenge I face in my new role is coordinating a major repair of our backstock cooler at the North Store. This is the cooler where we store all our refrigerated backstock and also where customers purchase milk, butter, eggs, yogurt, cold beer, etc. We hope to make these necessary repairs by the end of September so as to be fully back up to speed for the start of the OSU school year. We'll take this project on in two phases of about a week each so that we only need to close half the cooler at a time and can offer customers as many of the products we normally carry as possible. Our best guess is that we'll have to do without most of the refrigerated beers and waters for these couple weeks. So remember to buy your beer ahead of time during our cooler repair!!!!

If you have a question, suggestions, or would like to share your Co-op experience please email me, bill@firstalt.coop.



Bill Genné,
North Store Manager

World Car Free Day

Sunday, September 22, 2013

- 12:30 pm to 1 pm – Group Bike Rides from Neighborhood Gathering Points
- 1 pm to 4 pm – Car Free Day Festival: A Family Friendly Event

Find out more & make a pledge!
www.sustainablecorvallis.org



Choose Your Own Owner Sale Day

How do I use my Owner Sale Day 10% discount?

Give the cashier your owner number and let them know you would like to use your owner sale day discount and pick up an Owner Sale Day tracking card or coupon at the register!

All day, any day each month, both stores **Owners save 10% on all purchases!** Receive a 10% case discount in addition to your owner discount when you special order a product by the case in advance, then pick it up and purchase it when you use your OSD coupon. **Case discounts are not applicable on sale prices.**



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back to school *in style*

Back-to-school time can be hectic for even the most organized parents, but it's also a great time to create healthy habits and set the tone for a successful school year. Here are a few easy tips from Co-op moms & friends!

worry-free lunches

Make lunches for the week whenever possible. Set aside some time on Sunday evening to portion out all the shelf stable items you will need in advance; you can stuff them in lunch boxes in a hurry.

Bulk it up: stock up on our amazing nut mixes, dried fruit and veggie chips. Colorful and very popular with the kids.

Chill out: make a big batch of yogurt & fruit smoothies and freeze in individual serving containers for a lunch treat that doubles as an ice pack.

Mix & match: be sure to add variety to your lunches to avoid boredom. Try hummus or Toby's tofu paté for sandwiches and wraps, or skip the bread and roll up pickles and cream cheese in deli sliced turkey for "lunchbox sushi."

packing it in

Did you know that each year school lunches generate 3.5 BILLION POUNDS of waste? You can reduce your contribution to that number with our stylin' reusable containers and supplies!

- To-Go Ware's Bamboo Utensil Sets: decrease your "forkprint" with these smart and sleek utensils! Each travel set comes with a fork, knife, spoon and chopstick set. Made from sustainably harvested bamboo, in a carrier made from recycled plastic water bottles!
- Enviroproduct's Litterfreelunch sets are a great way to make your lunch fun and easy. Each insulated lunch bag comes with a reusable water bottle and 4 reusable containers, all BPA free!
- To-Go Ware's 3-Tier Tiffin: ditch the plastic completely with these stainless steel stacked containers. Great for hot or cold meals, or use it as a stylish doggie bag on a night out!

Top bulk back to school picks



Grizzlies Curry Cashew Trail Mix: Voted #1 trail mix by Ashbrook Independent School, this sassy mix has a great variety of nuts and dried fruit with an exotic curry twist.



Sunridge Japanese Snack Crackers: these savory rice snacks are a hit with lunches young and old. Salty, crunchy, and very noshable.



Just Tomatoes, Etc! Fruit Munchies: this freeze-dried fruit mix is better than candy, marshmallows and bubble gum put together. Plus, kids can pretend they're eating astronaut food. How fun is that?



DONNA'S KITCHEN easy, money-saving tips

cut the fat with APPLESAUCE!

One way to cut down on fats in your baking is to substitute applesauce for oil. This works in cakes, brownies, gingerbread, and quick breads. Substitute applesauce cup for cup for the oil called for in the recipe. It keeps your cakes and breads moist and lower in calories!

fun apple facts

- More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America. - from farmflavor.com
- Apples contain no fat, sodium or cholesterol and are a good source of fiber.
- Apple trees take four to five years to produce their first fruit.
- Apples ripen 6 to 10 times faster at room temperature than if they are refrigerated.
- The largest apple ever picked weighed 3 pounds.
- Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each.
- Apples are a member of the rose family.
- It takes about 36 apples to create one gallon of apple cider.

make your own applesauce

12-16 apples (several types add flavor depth)
zest and juice of 1/2 lemon
1 tsp. cinnamon (optional)
1/4-1/2 cup sugar
1/2 cup of water
Peel, core and chop apples. Transfer to heavy bottomed pot and toss with remaining ingredients. Bring to a boil and reduce heat to medium-low. Cover and simmer 40 minutes, stirring occasionally. Keeps 1 week in fridge, or freeze in ice cube trays for little lunches.

serve on a board committee



Take your Co-op ownership to the next level!

The Finance Committee is looking for new owner members!

- Monthly meetings & outside projects
- Receive a discount on your groceries
- Get involved in your Co-op
- Share your special skills

Meeting times and more at
firstalt.coop/about-2/board-committees/

Please email faboard@firstalt.coop for details!

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BRAND SPANKIN' NEW

FALL ENTERTAINING MADE CHEESY

We are pleased to introduce these delicious new cheeses for your autumn cheese board!

- **Murcia Curado:** A Manchego-style semi-hard goat cheese imported from Spain. Pairs wonderfully with Fig Spread for a salty sweet snack!
- **Fig Spread:** This sweet spread is available in the convenient size of 1.5 oz, perfect for a picnic or a late night snack.
- **Joan of Arc Mini-Goat Brie:** Delicate and delightful, Joan of Arc Goat Brie cheese is even softer and milder than its cow's milk counterpart.
- **Skyr:** Viking cheese, made right here in Oregon! Local 6 Fairview Farms delivers a delicious product unlike anything else! Soft and sweet, but cultured to contain an extra kick, this cheese is the perfect complement to a late summer cheese board. Try it in three tasty flavors: Marionberry, Chive, and Original. Available at North Store only.

- Makenzie Keizer, Deli Assistant Manager



Transportation on McK Ranch was provided by a horse and wagon team.

McK ranch farm tour: cheese, meat, wine and good times

- Nichole Caspelle, Deli

My co-workers and I had the opportunity to attend McK Ranch's annual appreciation barbeque in Dallas this year, and it did not disappoint.

We were treated to the family's well-known hospitality with delicious 100% grass-fed burgers, beef brisket, and hot dogs while relaxing under the summer sun, sipping wine from the vineyard next door.

The afternoon was spent visiting with owners David and Bette McKibben, meeting and chatting with other businesses that the ranch provides meat for, and learning about what makes the McK brand a forerunner in providing one of the healthiest meat choices out there.

If I had to pinpoint what makes the ranch so special, it would have to be David and Bette's dedication to bringing the best quality meat products to their buyer - completely free of antibiotics and hormones, the way they strive to give the animals the best quality of life possible, and how sustainable their farm is. Since 2000, the McKibbens have direct-marketed their beef using these high-quality standards:

- Everything is grown or produced right on their ranch.
- The cows spend their days grazing nutrient-rich grass during the summer and eating hay in the wintertime that was harvested by the McKibbens during late summer.
- The hay that is eaten during the winter months is known as "haylage." It is wrapped in large round



Above: Rancher David McKibben explains the finer details of raising 100% grass fed beef. Below: the team says cheese.

white bales and becomes the primary source of feed for the cows during the winter months.

- A manmade reservoir that provides the water supply for the whole ranch.

McK Ranch is a wonderful example of non-conventional farming methods at their best. It is clearly reflected in the bountiful pastures and hay harvests, the healthy plump cattle and the quality of the meat produced. For this we heartily thank the McK Ranch owners David and Bette McKibben and their farming crew for providing the Co-op meat department with their high quality products.



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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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NEW REGISTRATION PROCESS! Please visit firstalt.coop and click on classes to register!

Tuesday, September 3 • 6:30 - 8:30 pm

The Power of Believing in Yourself

Starts with loving yourself

Based on the teachings of Louise Hay best selling author of *You Can Heal Your Life*. Presented by Joe Martines; Heal Your Life Teacher. Call now to reserve your space.

Cost: FREE

FMI: 541-990-5957 or puregratitude1@gmail.com

Thursday, September 5 & 19th • 6:30 - 8:30 pm

Soul Collage

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

A visual map of the psyche. Materials provided.

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

FMI: Lucy, 541-704-0135

Tuesday, September 10th • 6:30-7:30pm

Natural Brain Health Basics

Presented by

Amanda Richardson Meyer, ND

Come learn natural habits and techniques to keep your brain functioning and sharp, meanwhile minimizing the risks of Alzheimer's and other neurological conditions. You'll walk away feeling empowered that you can do something to prevent these increasingly more common conditions. This class will benefit all adults 30 years or older

Cost: FREE

FMI: www.corvallisnaturopathic.com

Friday, September 20th • 7:00 - 9:00 pm

*Compassionate Communication
Nonviolent Communication, NVC*

If you have wondered whether NVC (Nonviolent Communication) could help you in your relationships at home, at work, or even with yourself, here's your chance to find out. If you're tired of guilt, anger, confusion and depression, come see if there's something here for you. Used worldwide for transformational personal and professional growth.

Cost: FREE

FMI: Tina Taylor 541-753-2255 or www.tinataylor.co

Thurs., September 26th • 7:00 pm - 8:30 pm

*Hair Braiding for
Beginners and Pros*

Come learn exciting hair-braiding techniques for all instructional levels! Participants will get hands-on practice and instruction from braiding expert, Raychel Emmons. This class is appropriate for hands 4 years old and older. FREE and open to the public.

See examples of Raychel's work on her website: www.findingbraids.com

Cost: FREE

FMI: www.findingbraids.com

PLAN AHEAD! 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

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

Exceptions to the rule...

No food demos September 5-7; 21; 26-28



wine tastings

North Store: 5-7pm Thursdays

South Store: 5-7pm Fridays

No wine tasting September 20th

co-op donations

JULY 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 July donations were given to these worthy groups or causes:

GLEANERS

Linn-Benton Food Share\$1,375.93

SMALL DONATIONS

Ashbrook School \$30.00
CV Baseball Program \$30.00
Benton County Fair & Rodeo..... \$30.00
Benton Hospice Service..... \$30.00
Benton Country Sheriff's Office..... \$30.00
Assistance League of Corvallis \$30.00
La Leche League of Oregon..... \$30.00

**July's total donations:
\$1,585.93**



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.

July-September Recipients

Linn-Benton Furniture Share

Old Mill Center

Parent Enhancement Program

Local 6 Connection

Alternative Transporters of the Month



Ari Cowan



"To me, biking to the Co-op is a no-brainer. I can reduce my footprint, get some exercise, and simply enjoy being outdoors when I ride my bike. Rain or shine, it contributes to my happiness for all of these reasons. To keep enjoying my happiness, I wear a helmet."



- Ari Cowan

farm to school: local lunches become reality in Corvallis and Philomath schools

- Sarah McCune, Farm to School Manager

The Corvallis Farm to School program has been growing steadily since its inception in 2008 and the 2013-14 school year looks like it will be no exception. Starting in September, Food and Nutrition Services for the Corvallis School District (CSD) will serve a "Local Lunch" once per month for the entire school year! The primary ingredient in these lunches will be the "Harvest of the Month," a locally-grown, seasonally-appropriate fruit or vegetable. Whenever possible, the other ingredients in the meal will also be sourced from Oregon producers. For example, in September the Harvest of the Month is corn—for the local lunch, the CSD will be serving corn chowder with a grilled cheese sandwich. The corn, onions, celery, milk, cheese, flour, and bread will all be Oregon-grown or produced!

While it may seem as though these Local Lunches are coming out of nowhere, the CSD has actually been working towards this point for several years. In 2011, the Corvallis Environmental Center received funding from the Oregon Department of Agriculture's Specialty Crop Block Grant program to work directly with Sharon Gibson, the director of Food and Nutrition Services, to initiate a Farm to School program that could ultimately be sustained by the CSD.

As Farm to School Manager for the Corvallis Environmental Center, I have provided the initial support needed to institutionalize a Farm to School program within the CSD. Since 2011, I have worked with the CSD to identify opportunities to incorporate local foods in the school menus and worked to overcome barriers to serving local foods as a regular part of the meal program.

Prior to 2011, Food Service staff were interested in incorporating more local products into their meals, but did not have the capacity to build the necessary relationships. My role as the liaison between Food Service and farmers educated each group about the other's needs, motivations, restrictions, and capabilities. I established on-going conversations to encourage farmers to think of the Corvallis School



Jay Nelson at Wilson Elementary gives the harvest of the month a thumbs up!

District as a resource and vice-versa. Relationship development is a continuing process and is the crux of a successful Farm to School program. Over the last two years, these relationships have resulted in a 500% increase in purchases of local produce by the CSD! The CSD now purchases local flour, eggs, berries, vegetables, apples, pears, melons, mushrooms, and dairy products and continues to add new items each year.

Local Lunch Date	Harvest of the Month
September 17	Corn: Corn Chowder
October 8	Broccoli: Broccoli Mac and Cheese
November 12	Cranberries: Butternut Squash and Cranberry Bread
December 10	Carrots: Chicken Carrot Wrap
January 14	Onions: Cheesy French Onion Soup
February 11	Nectarines: Nectarine Coffee Cake
March 11	Turnips: Potato and Turnip Gratin
April 8	Blueberries: Blueberry Crisp
May 13	Spinach: Spinach Pesto Pasta

The Farm To School program will be bringing a taste of the Local Lunch to the North and South Co-ops on the first Tuesday of each month. Stop by to try it!

Seasonal menus provide Food Services with a roadmap for the inclusion of local foods throughout the year. Local Lunches allow Food Services to take another step towards the goal of serving local foods on a daily basis. For example, while the CSD has been serving local Lochmead milk every day for years, many members of the Food Service staff are excited to expand their daily local offerings to include other Lochmead products including yogurt and blueberries!

In addition, although the CSD already cooks many of their meals from scratch, the new Local Lunches will allow the food service team to do a bit of experimenting in the kitchen. While some of the fruits and vegetables slated for the coming year are sure to be popular with students, others will require a bit of creativity. You can be sure, however, that they will do their best to make each meal exciting and nutritious for the students.

Beginning this year, folks from the Corvallis Farm to School program will offer samples of the upcoming Local Lunch at both the North and South



Colorful posters highlight the benefits, history and interesting facts about the harvest of the month. Look for them near our play area at the South Store!

Co-ops on the first Tuesday of each month. Stop by, test it out, and offer feedback! You can show your support for the inclusion of local ingredients in school lunch by encouraging your child to eat the local offerings on those days!

Local Lunches will be highlighted on the elementary school lunch menus, so make sure your child has the opportunity to participate!

Breakfast FAST!

FRESH FROM THE CO-OP KITCHEN

Breakfast Wraps
\$2.79/ea

Early morning yums now sold by the each for faster service!

Breakfast Biscuits
\$1.99/ea



AFTER SCHOOL SNACKS FOR BACK TO SCHOOL PACKS!

Good. It's the new cool.

EVERY DAY LOW PRICE!
ODWALLA BARS
99¢ EACH

odwalla

LOCAL COLOR SEPTEMBER SPECIALS



SALE DATES:

Special Order Deadline

Sept. 27th

Sale Periods & Special Order Deadlines

Flyer A: Sept. 4th - 17th
S.O. deadline: Sept. 13th

Flyer B: Sept. 18th - Oct. 1st
S.O. deadline: Sept. 27th



BULK

ANCIENT HARVEST

Organic Quinoa/Corn Pastas
Elbows, Pagodas, Rotelle
reg. \$5.69 /lb. **sale \$4.99**



REAL SALT

Real Salt, Fine
reg. \$2.99 /lb.
sale \$2.69



MERIDIAN FARM

Organic Hazelnuts
reg. \$11.69/lb. **sale \$10.99**



LUNDBERG

Organic Arborio
Rice
reg. \$3.89 /lb.
sale \$3.19



BULK

Organic Ingredient Cranberries
Honey-sweetened
reg. \$26.59 **sale \$23.99**



BULK

Organic Banana Chips
reg. \$4.39 /lb. **sale \$3.49**



BULK

Organic Amaranth
reg. \$2.29 /lb. **sale \$1.99**

BULK

Organic Prunes, Pitted
reg. \$5.49 /lb. **sale \$5.19**



COFFEE

PACIFICA COFFEE

River Mud Organic Coffee
reg. \$12.99/lb. **sale \$8.69**



PACIFICA COFFEE

Black Rock Mountain Clouds
Organic Coffee
reg. \$10.79/lb. **sale \$8.19**



ZAIDALIA

Organic Coffee
Firenze, Breakfast Blend, Summer in
the City, French Roast
reg. \$9.59/lb. **sale \$8.79**



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

PRODUCE

Supporting local farms, families,
and communities since 1970!

local, grower-direct, & absolutely delicious!

Local Melons



Host a melon comparative party!
Pairs perfectly with our specialty sea salts in bulk!

General produce specials run weekly from Wednesday to Tuesday

FRESH LOCAL ORGANIC GOOD-FOR-YOU FOOD

8 The First Alternative Co-op Thymes

September 2013

WELLNESS

HIMALAYA ImmunoCare

120 ct reg. \$22.59 **sale \$18.99**

Himalaya products are gluten free!

Ashwagandha

60 ct reg. \$13.19 **sale \$10.99**

Anti-stress and energy

Holy Basil

60 ct reg. \$14.19 **sale \$11.99**

Stress & emotional wellbeing

Turmeric

60 ct reg. \$14.19
sale \$10.99

Get inflammation support!



WILD CARROT

Body Lotion

8oz. reg. \$15.99

sale \$12.99

with farm-crafted,
botanical infused oils!



BOIRON

Calendula First Aid Products

30% off

Heal skin irritations naturally!



SIBU

All Products

25% off

Ethical meets beautiful!



ACURE Hair Care 20% off

Paraben-, sulfate-, &
phthalate-free!

CARLSON

All Carlson Products

20% off

Award-winning Norwegian fish oils! Family-
owned and operated for over 45 years.



NEW WAVE ENVIRO

Back-to-School

Lunch Gear

20% off

Lunch for you
and your kids!



CHEESE

DALMATIA

Fig Spread

1.5 oz. reg. \$1.69

sale \$1.39 ea.

Pairs wonderfully with Manchego or Chevre!



GRASSI

Parmesan Reggiano

lb. reg. \$21.79

sale \$19.59/lb.



MITICA

Murcia Curado

lb. reg. \$20.79

sale \$18.99/lb.

New! Manchego-style goat's milk cheese. Pair with Fig Spread for a sweet and salty treat!

KERRYGOLD

Dubliner

7 oz. reg. \$4.79

sale \$4.29 ea.



K.H. DEJONG

Rembrandt

Extra-Aged Gouda

lb. reg. \$15.59

sale \$13.99/lb.



K.H. DEJONG

Vincent Gouda

lb. reg. \$13.79

sale \$12.39/lb.



JOAN OF ARC

Mini Goat Brie

4.4 oz. reg. \$4.99

sale \$4.49 ea.



FRESH FROM THE CO-OP KITCHEN

Chicken Apple Curry Salad

reg. \$9.99/lb.

sale \$9.49/lb.



Free-range chicken and crisp apples dressed with creamy curry and our house-made mango chutney. Yum!

MEATS



Siletz, Oregon!

WALKER FARMS

Lamb Stew Meat

reg. \$10.99/lb. **sale \$9.89/lb.**

Local, grass-fed, & delicious!

DRAPER VALLEY FARMS

Free-Range Whole Roaster

Chicken

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GUAYAKI

Energy Shots

2 oz reg. \$3.49 **sale \$2.49**

Quick clean energy! No jitters or crash. Only 35 calories per bottle.



HEAVENLY ORGANICS

Raw Honey Patties

assorted varieties

reg. 59¢ ea.

sale 39¢

100% sustainable, fairly-traded & heavenly!



ANNIE'S NATURALS

Salad Dressings

16 oz. reg. \$5.99 **sale \$5.29**

PRINCE OF PEACE TEA

Jasmine Green Tea

100 ct. reg. \$6.99 **sale \$5.29**

Green tea has been known for thousands of years to offer a large number of health benefits.



SIERRA NEVADA

Mustards

8 oz. reg. \$3.89 **sale \$2.89**

Pale Ale & Honey Spice: sweet & perfect for sandwiches
Porter & Spicy Brown: makes a great garnish
Stout & Stoneground: great for dips & sauces



JULIE'S ORGANICS

Ice Cream

Sandwiches

6 ct. reg. \$4.99 **sale \$3.99**

Organic chocolate cookie on the outside and rich, creamy, smooth organic ice cream in the middle!



FRÜTSTIX

Frozen Treats

4 ct reg. \$3.89

sale \$2.89

Great for an after school snack! (for kids and adults!)

ALMOND BREEZE

Iced Mochas

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

Free of dairy, soy, & gluten! Made with non-GMO almonds!



STAHLBUSH

Frozen Fruit

10 oz. reg. \$3.79 **sale \$2.99**

Located in the heart of Oregon's lush Willamette Valley!



GROWN-UP SODA

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assorted varieties

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KAVLI

Crispbread

5.29 oz. reg. \$2.39

sale \$1.79

100% cholesterol & fat-free with only 17 calories per slice



CUCINA ANTICA

Pasta Sauce

25 oz. reg. \$7.69

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Bring authentic Italian homemade flavor to any dish! No added sugar!



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Laundry Powder

5 lb. reg. \$11.39

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- Gentle to skin, even babies'
- Safe for high-efficiency washers

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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.

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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.

Find more specials in our Co-op Deals flyer insert and throughout the store. We have many more specials than we can list here!

BUDGET Bites

Meal plan, shopping & recipes for 2 adults, 6 nights, under \$50. Pick up your copy at Customer Service or visit www.firstalt.coop!

With the abundance of the harvest at our fingertips, it's finally within our budget to eat those luxury items like bell peppers and tomatoes. Shop the produce department now for great deals on locally grown produce.

It's a wise idea to sock up and preserve what you can, whether it be dehydrating, roasting, canning or simply tossing veggies into a freezer bag. You can eat local all year with some effort now. Winter is coming, as they say!

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 on line at firstalt.coop

-Emily Stimac, Marketing

Tofu with Peanut Sauce

3 cups dry egg noodles, or your favorite high-heat oil

1 block tofu, cubed
1/2 onion, sliced
1/2 red bell pepper, sliced
2 garlic cloves, minced

Peanut sauce

1 small can coconut milk
1/4 cup peanut butter
1 tsp ea. red chili flakes & fish sauce (optional)
1 Tbsp toasted sesame oil
1 Tbsp tamari
1 Tbsp brown sugar
2 garlic cloves, pressed
Ground peanuts, sliced lime and cilantro for garnish

Prepare the noodles to taste. In a small saucepan, mix the peanut sauce ingredients together and heat gently.

Fry tofu in a generous amount of oil over medium heat until golden. Turn up to high and add the bell peppers, onion, and garlic. Fry quickly until slightly toasted on the edges but still crisp-tender.

Toss noodles with peanut sauce and top with sautéed veggies. Serve garnished with fresh ground peanuts and cilantro.

Sweet & Sour Cucumbers

1 cucumber
2 Tbsp rice wine vinegar
1/2 tsp sugar
1/2 tsp sesame oil
chili flakes

Peel and dice the cucumber. Add all ingredients and serve with chili flakes on the side.

spicing up the party: 2013 staff party thank you!

Each year we rely on donors to help make our staff party special. We would like to thank these awesome businesses and people who helped spice up our party. It was awesome-ness!

Habaneros: Over \$100

Alaffia
Erewhon
Gathering Together Farm
Mountain Rose Herbs
Organically Grown Company
Springhill Farm
Denison Farm
Wild Carrot Herbals



Anaheims: less than \$100

Amanda Photographic
Brew Dr. Kombucha
Brew-B-Q
Café Mam
Cosmic Chameleon
Crescendo Show - band
Cyclotopia
Dandies
Grizzly Foods
Ninkasi



Oregon Cracker Company
Re*Volve
Squirrel's Tavern
Tait Grundyson at Peak Sports - for putting together the bike
Thyme Garden
Toby's
Unstable Atmospheres - the band



Cherry Bombs: Staff acknowledgment

Bill Genné - sourcing produce donations
Brian Peat - sourcing drinks, snacks
Chris Johnson - sourcing salad dressings
Don - driving the van to/from party
Donna T - for sharing Emily and misc. help :)
Emily Stimac - poster-making, advertising
Gabe Pallastrini - sourcing snacks (e.g. granola)
Natalie Lagerquist - Wellness & mercantile swag
Yadira Ruiz - talent show help
Party Planners Anonymous

September Menu	
Eggplant Carpaccio & Kofta Kebabs	Tofu with Peanut Sauce
Bean & Rice Salad Bowls	Mushroom Cheddar Stuffed Burgers
Mushroom Stroganoff	Super Nachos



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staff favorites

Hummingbird
Wholesale
Toasted
Tahini

"Because when I make hummus it gives it a nice, rich flavor—and I love Hummingbird because they're zero waste, that's my kind of company!"
- Lani Maren, Bulk

staff spotlight

Debby Emery

**What do you do at the Co-op?**

I am a cashier in both the Front End and the Deli at the North Store.

What brought you to the Co-op?

I worked at Richey's market until it closed in 2010, and then Albertson's until its closure. Many of my Richey's customers also shopped at the Co-op, so to me it was a natural transition.

You have had the opportunity to work at other grocery stores in Corvallis. How is working at the Co-op different?

The Co-op actually lives its mission statement and everyone (customers and staff) works for the same goal. No one person benefits more than the other. The rules are clean and apply to everyone. Customers and staff are like-minded.

What do you like best about your job?

Our awesome staff and customers!

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

Asian pear/ginger Kombucha and the great selection of cheese.

What do you think of the Co-op's product selection guidelines? How, if at all, has it changed your shopping habits?

I only shop at the Co-op now. I can trust the products and I appreciate the wide variety of gluten-free products.

What do you like to do outside of work?

I love walking on the beach, gardening, and fishing. I love to entertain and go camping.

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

I was born in Tacoma, Wa and lived there until my freshman year in high school when my family moved to our beach cabin on the WA coast. As an adult I moved to Cannon Beach and then to Portland for 25 years.

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

I am painfully shy! Working in the public really helps me open up.

If you had three wishes...

1. I would live at the coast. 2. I would take the Co-op with me. 3. I would wish the rest of the world would embrace diversity the same way the Co-op does.

Where are some of your favorite travel destinations?

I've never been, but I would love to visit Ireland. I am part Irish, and have always been drawn to it. Italy would be another choice. I've been to most of the U.S. except New Orleans, which is where I'll go next.

Where do you see yourself in 10 years?

Probably retired and traveling. Maybe working as a paid-sub in between.

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

Classic Rock mostly. I like Bonnie Raitt and Stevie Ray Vaughan. Always liked bluegrass. Anything really that speaks to my emotions.

What are your top 5 favorite things about Corvallis?

1. The people; 2. Our beautiful, wonderful Co-op; 3. Bike lanes everywhere!; 4. Our sense of community; 5. We take our job or taking care of Mother Earth seriously; 6. It's so beautiful!

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

Having a butcher shop with fresh seafood included would be really nice. It would round out the whole Co-op shopping experience.

Art at the South Store

Jen Larsen is a beekeeper who holds a camera in one hand and her hive tool in another.

Sharing her photographs is a way to give everyone a peek inside this secret world of wax and honey.



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

Anniversaries in September

Staff Anniversaries

Blueberry, 1 year: Travis Chellman, Shannon Thompson, Clayton Marion & Cara White

Raspberry, 2 years: Wendolyn Molk & Marcy Monasky

Cherry, 3 years: Michelle Wissel & Maria Herrera Barrera

Blackberry, 4 years: Jessica Brothers

Kumquat, 5 years: Carli Landucci & Susie Willis

Tangerine, 12 years: Karen Mayo

Paid Sub Anniversaries

Blueberry, 1 year: Samantha Newton & Elizabeth Records

Raspberry, 2 years: Sidney Rosen

Kumquat, 5 years: Darlene Santich

Tangerine, 12 years: Candy Leelaamornvichet

Owner Worker Anniversaries

Kiwi, 10 years: Juanita Gomez

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.

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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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.

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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.

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unclassifieds

SACRED PLAY CIRCLE! Equinox, September 22, 7-9pm. Share, play, sing, dance, journey, activate healing light for personal and planetary transformation. Lea Bayles, facilitator. Lea@LeaBayles.com, 541-929-2605.

SPEAK WITH EASE, AUTHENTICITY AND CONFIDENCE to any size group. Introduction to Speaking Circles®. September 29, 1-5pm, Kindred Wind Studio. Facilitated by Lea Bayles, MA, Certified Speaking Circles® Facilitator. Lea@LeaBayles.com, 541-929-2606.

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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.

COMPASSIONATE COMMUNICATION (NVC) PRACTICE GROUP CLASSES Every first and third Monday, 7 - 9 pm. Deepening theory, and guidance for your real-life applications. Drop-in \$10, or 4 for \$35. Call to confirm, 541-753-2255; details at www.tinataylor.co.

COMPASSIONATE COMMUNICATION WEEKEND WORKSHOP with Tina Taylor, RN, MS: Corvallis, OCTOBER 12-13 (Saturday 9:00 - 1:00, Sunday 4:00 - 7:00). General Introduction to the Nonviolent Communication (NVC) model, used worldwide for transformational personal growth, conflict resolution, and community building. Details at www.tinataylor.co, or call Tina at 541-753-2255.

PARENTING WITH COMPASSIONATE COMMUNICATION: New class series starts Monday, September 9, 6-8:30 pm; 2nd & 4th Mondays through November 11. Details at www.tinataylor.co, or call Tina at 541-753-2255.

RISE UP FITNESS, ALBANY OREGON! Featuring Joyful, Prenatal, Early Morning & Restorative Yoga, Zumba, Belly Dancing, Kid's Karate, Kung Fu, Tai Chi, Meditation, Hula Dancing, NIA, Qigong, Acroyoga and Bodywork Jams and more. Also offering private personal training and therapeutic thai yoga sessions. For more info: <http://rudeshiem.wix.com/riseupfitnessllc> or (541)207-8062.

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

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

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

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

prior to the month in which you would like your ad to run. Payment is due when ad is submitted. 100 word max.

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.

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NEED YOUR HOME CLEANED? Call Dawn, 541-921-4306. Safe, reliable, and a wise choice! Over 10 years experience.

"MORE THAN A FACIAL" now in the "Oasis Room" at 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 treatments, rosacea help, and her very special "More than A Facial" with crystals, magic oils, visualization, hand and feet massage, prayer and sage...for those who are open to a spiritual journey...call now and receive 10% discount with this ad. By appt. only, 541-487-4060, caite@morethanafacial.com and www.morethanafacial.com. Caite is also available at "Country Vitamins" two days a month for FREE consults, call to arrange a time with her there, 541-757-3170.



the last crop: a farming film in the making

"Every week 330 farmers leave their land for good." - Farm Aid

The documentary film *The Last Crop* tells the story of a family farm caught in the middle as urban growth threatens California's fertile Central Valley. Jeff and Annie Main, like many farming families, confront an uncertain future as development impinges on rural areas and their children choose careers off the farm. It is a story that is being echoed on farms across our nation. What sets the Mains apart is their resolve to create an alternative for their farm's succession that ensures its future - even at the risk of disinheriting their children. The film captures the intractable nature of sustaining a small local farm and the stakes we all have in making certain they can survive and thrive.

The Last Crop is an intimate exploration into who grows what we eat. What does it take to be a farmer? At the heart of our story is one family's attempt to address the critical issues facing farmers today: the affordability of farmland, the fragile balance of farm succession, and ultimately, the preservation of small organic farms.

The Last Crop merges cinéma-vérité, first person diaries of life on the farm and on-camera interviews to create an intimate snapshot of the Mains' personal life, intercut with their 35-year history and contribution to the local food movement. As they fight to save their farm's future, the everyday chores and challenges of a small family farm are beautifully captured utilizing only naturalistic light sources, inspired by the earthy textures and colorful tones of the world that our protagonists inhabit - California's Central Valley. Readings from weekly newsletters from the farm provide the opportunity to create cinematic sequences filled with reflection, emotion and values giving the Mains a distinct vehicle to express themselves as farmers, activists and parents.

We experience the many changes that affect their family: their three children's career choices; the death of Jeff's father juxtaposed with the marriage of their son Zach, celebrated on the farm. We journey with the Mains on their first trip together in 26 years - Jeff's first trip to New York City - to visit their daughter Alison at Pratt Institute, where she is studying graphic design. We sit in on community meetings where farmers and neighbors debate the laws and customs that will determine the fate of their farms. We learn that the Mains, true to their pioneering spirit, have no plans to sell their farm to the highest bidder. Rather they are determined to create an alternative conservation model that will not only save their land but will become a model for small farms to flourish.

The Last Crop is a story of one family's struggle to ensure their farm remains affordable and productive. On a national scale, the Mains' story challenges conservation groups, their local communities and some 500,000 aging U.S. farmers to rethink what actions they are willing to undertake to transfer their land to a new generation of family farmers.

"When the Sacramento and Davis Food Co-ops said we want to take this up because this is what our members want, it was just a giant sigh of relief that they could get behind saving local farms and take it beyond us."

- Jeff Main, Good Humus Produce

If you would like to see this film reach completion, please visit thelastcropfilm.com and make a donation.



Try the Wednesday Farmers' Market!

markets every **Wednesday & Saturday** april 20 - nov 27

1st & Jackson 9 AM-1 PM

Also Saturdays in Downtown Albany!

www.LocallyGrown.org

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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.

the animals thank you for your beans!

Thank you for your generous gift of \$859.20, raised through your "Beans for Bags" fundraiser. We appreciate your support of the work we provide and the animals we serve. We take great pride in the fact that no matter how busy we get, every animal gets spayed or neutered before going to their new home.

With the support we receive we are able to run an open-door animal shelter where we care for thousands of animals each year. We offer low-cost adoptions and humane education programs throughout Benton County. We also provide animals with protection, shelter, and enrichment programs to make them more adoptable!

We are grateful for your commitment to Heartland's programs and mission and are honored to be working together for the benefit of our community.

- Andrea Thornberry, Executive Director & Emily James, Development Director, Heartland Humane Society



World Car Free Day Sunday, September 22, 2013

Across the globe, individuals and communities come together on September 22 for World Car Free Day - a great opportunity to leave the car at home and make use of the abundant transportation options available in our community.

The Corvallis Sustainability Coalition's Transportation Action Team has plans for an afternoon of car-free festivities!

12 to 12:30 pm - Bike to a designated gathering place near your home or faith

community. Bike checks and info about transportation options will be available.

12:45 pm - Your Car Free Day "tour guide" will lead the group to the Car Free Day Festival at Riverfront Park.

1:00 to 4:00 pm - Car Free Day Festival at Riverfront Park. Join the fun, and plan to spend the afternoon enjoying music, food, games, prizes - and more!

Find out more and take the Car Free Day Pledge at www.sustainablecorvallis.org.

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SEPTEMBER CALENDAR

FREE COMMUNITY
HAPPENINGS
FREE EVENTS

HARVEST HOEDOWN FESTIVAL

Saturday, Sept. 21st
11 a.m.-2 p.m.

@ the South Co-op Parking Lot

Lots of goodies to be had & treasures to be found!

FALL FESTIVAL

The Co-op will be sponsoring a food booth at the Fall Festival! Come say hello and help support the Corvallis Sustainability Coalition while enjoying a Local 6 dish!

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

NO
SOUTH
STORE TASTING
SEPT 20.

BOARD & COMMITTEE MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday, Sept. 3rd, 6-8 p.m.

North Store meeting room

FINANCE COMMITTEE

Wednesday, Sept. 4th 5:30-7 p.m.

OWNER RELATIONS COMMITTEE

Wednesday, September 4th 11:30 a.m.

South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday, Sept. 17th - 6:30 p.m.

Owner comments welcomed in first 10 minutes.

South Store meeting room

EVENTS THIS MONTH

GRAPHIC NOVEL BOOK CLUB Sept. 3, 6-7 p.m. Matt's Comics, 2075 NW Buchanan Ave. Join the new Graphic Novel Book Club sponsored by the Corvallis-Benton County Public Library. Open to 18+. We will be discussing The Book of Genesis by R. Crumb. New members always welcome and no commitment is required. Book check out available at 2nd floor reference desk of the Corvallis library. FMI: Bonnie.brozowski@corvallisoregon.gov

***STARKER FOREST TOUR** Wed. Sept. 4th, 12:30-4 p.m. Meet at Comfort Suites Inn, 1730 NW 9th St. Spend the afternoon touring a breath-taking working forest with other community members! Dress for the weather and wear comfortable walking shoes. Reservations required. To make a reservation, call VisitCorvallis, 541-757-1544

***SCIENCE PUB MONDAY: GET READY FOR SCHOOL: CHILD DEVELOPMENT AND SELF-REGULATION** Monday, Sept. 9, 6-8 p.m. Old World Deli, 341 2nd St. Megan McClelland, associate professor, Hallie E. Ford Center for Health Children and Families. McClelland will discuss her research on school readiness. She'll demonstrate games that parents can use and she'll suggest activities that parents can do with their children to improve self-regulation. FMI: megan.deam@oregonstate.edu

2013 CORVALLIS FALL FESTIVAL Sept. 28-29, All Day, Central Park. The 41st annual Corvallis Fall Festival will feature 160 artist booths, food and spirits, music, and more. FMI: CorvallisFallFestival.org

The Co-op will be sponsoring a food booth at the Fall Festival! Come say hello and help support the Corvallis Sustainability Coalition while enjoying a Local 6 dish!

ONGOING EVENTS

STARKER FORESTS TOURS Every Wednesday thru Sept. 18th. Meet at Comfort Suites Inn lobby, 12:45 to carpool to Starker Forests. Dress appropriately & wear comfortable walking shoes! We'll be back in Corvallis at 4:30pm.

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.radiatelifebefore.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

SUNDAY EVENTS

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

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

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

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

MONDAY EVENTS

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

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

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

TUESDAY EVENTS

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

WEDNESDAY EVENTS

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>

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

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

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

OSUSED STORE PUBLIC SALES 5:30-7:30 p.m. on 1st Wed.; 12-3 p.m. on all others. 644 SW 13th St. Used, low-cost items including computers, furniture, household items, bikes and much more. Contact info: surplus.oregonstate.edu, 541-737-7347

THURSDAY EVENTS

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

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.

FRIDAY EVENTS

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 Ukies of Hazard. FMI: 541-753-8530

SATURDAY EVENTS

PLANET BOOGIE, Saturdays: Sept. 14th, 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

MARRIAGE EQUALITY Every Saturday, meet at 1165 NW Monroe. The local campaign has office hours 11:30 a.m.-2 p.m. Help circulate petitions! Download an e-petition from OregonUnitedForMarriage.org, print, sign, and mail it. FMI: Faith 541-929-7435, faith@caleyreidenbach.com

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

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



LOCAL 6 SPOTLIGHT 2 TOWNS CIDERHOUSE

Dave Takush, Lee Larsen & Aaron Sarnoff

You produce delicious hard cider in a variety of flavors, including awesome seasonal selections... Any other products coming down the pike?

Oh man! Tons!!! Just you wait. We have a few different bourbon barrel-aged ciders that will be bottled soon, and we just released the 2012 vintage of the Afton Field Farmhouse Cider, made from fruit grown at Afton's sustainable farm right here in Corvallis!

Where do you source your ingredients? Is that challenging for you?

We make every effort to make sure that all of our ingredients are sourced from the Northwest. Most of the apples are sourced from the Yakima and Hood River areas, but we source a lot of fruit from right here in the Willamette Valley: apples, marionberries, rhubarb, etc...

Have you found something cool to do with the mashed up apples, after you juice them?

For sure! The apple pressings go to Afton Field Farm to feed their hogs. That may be the tastiest pork on the planet.

What sustainable practices does your business employ?

Well, the #1 thing we do is to source locally when we can. We are proud to say that we sourced over 20 tons of apples from local small farms last year. We are hoping to at least double that this year. If anyone knows of any small- to medium-sized orchards that are interested in selling us local cider apples, please have them contact the ciderhouse! See our website for contact info: www.2townsciderhouse.com

"We make craft cider. No added high-fructose corn syrup or essences, which not a lot of people can say these days."



2 TOWNS CIDERHOUSE AT A GLANCE

Crew size: 17

Location: 33930 SE Eastgate Circle Corvallis, OR 97333

Region and area of operation: We distribute our cider in Oregon and Washington

How long in the business? 3 years

Available at the Co-op? Since 2011

"Our company started with three friends living in two different towns, Eugene and Corvallis. We are all local OSU and UO kids who have been infatuated with the craft beer industry. We made our first batch of cider for a friend's wedding, and after that, things really took off. We went from making cider in a two-car garage to distribution throughout Oregon in two years. It's been a wild ride. We absolutely love making local craft cider for local people."

- Dave Takush, 2 Towns Ciderhouse



2 Towns loves to source local apples. If you know of any small- to medium-sized orchards that are interested in selling, let them know!

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FRESH BLACKBERRY PIE

1 cup sugar or ¼ cup agave
 2 Tbsp. plus 1 tsp. cornstarch
 ½ cup cold water
 4 cups blackberries, divided
 1/2 recipe Never-Fail Pie Crust

Crush 1 cup blackberries; set aside. Combine sugar and cornstarch in saucepan. Add water and mix well. (If using agave, put cold water and agave in pan, add cornstarch and mix well.) Add crushed berries. Cook until mixture boils, stirring constantly. Boil and stir 1 minute. Arrange 3 cups berries in baked pie shell. Pour glaze over all. Chill to set, then serve immediately so crust does not get soft.

It's never-ending what can be served in a pie shell, and possibilities for that pie shell are numerous, as well.

Options used this month include Giusto's Baker's Choice flour, Bob's Red Mill Biscuit and Baking Mix and flour tortillas. Use your imagination and see what else you can put in a shell!

CHICKEN AND LEEK POT PIE

2 chicken breasts
 2 ribs of celery, chopped
 1 medium onion, chopped
 2 carrots, sliced
 1 bay leaf
 ½ cup frozen peas
 ½ cup frozen corn
 ½ cup canned or frozen green beans
 1 tsp. salt
 ½ tsp. white pepper
 1 tsp. sage
 ½ cup butter
 ½ cup flour (can also use cornstarch, brown rice flour or tapioca flour for thickening)
 chicken stock
 ½# fresh mushrooms, sliced
 3 leeks, white and light green parts only, sliced
 ½ cup white wine
 1 egg
 2 Tbsp. milk
 1 recipe Never-Fail Pie Crust

Place chicken breast in pot with enough water to cover. Add celery, onion, carrot, bay leaf, salt and pepper. Bring water to a boil, reduce heat and cook until chicken is cooked through (15-20 minutes). Remove chicken from water, strain and reserve the stock and dice the chicken. In a separate pan, melt the butter, stir in the flour and cook 5 minutes over low heat, stirring frequently. Add enough chicken stock, stirring constantly, to achieve the consistency of sauce you desire. Simmer 5 minutes. Season to taste with salt, white pepper and sage. Cook the mushrooms and leeks in ½ cup of chicken stock and the wine. Preheat the oven to 375° F. Mix chicken, peas, corn, green beans, vegetables from the chicken stock and sauce.

Roll out pie dough on floured surface to make bottom crust. Place into pie pan and add chicken and cooked vegetables. Mix the egg and milk together to make an egg wash. Roll out pie dough to make top crust for pie. Seal edges. Brush with egg wash and prick with a fork. Bake at 375° F until the pastry is golden brown, 15-20 minutes.

Note: You have several options with this recipe – make pies with only a top crust, use your favorite gluten-free crust (we used Bob's Red Mill Biscuit and Baking Mix), substitute tofu for the chicken, change the veggies in the filling, make individual pies instead of 1 large one. The list goes on and on!



NEVER-FAIL PIE CRUST

For 3 pie shells:

2 cups flour
 ½ cup shortening
 ½ cup chilled butter
 1 tsp. salt
 ½ cup water

Cut shortening, butter and salt into flour with a pastry blender until it breaks up into small balls. Add about ½ of water; blend with flour, adding more water as necessary to obtain a firm, but workable dough. Do not overwork the dough or it will be tough. Place dough in pie pan & crimp edges.

Bake empty pie shell at 425° F for 10-12 minutes or until lightly browned.

Tips for baking empty pie shells

- After putting dough into pan, freeze for 20 minutes before baking.
- If you wish to use pie weights while baking, put foil over pie crust with weights on top, to keep weights from baking into the shell. Remove them after pie shell has baked long enough to set; continue baking until brown.
- If you do not have pie weights, try beans or rice.

TEX-MEX PIE

8 small flour tortillas (could substitute corn for a gluten-free option)
 1 pound ground beef
 2 Tbsp. Bearitos taco seasoning mix
 ½ cup water
 16 oz. fresh salsa, divided
 8 oz. Colby/Monterey Jack cheese blend, divided
 4 cups thinly-sliced green leaf lettuce
 ½ cup sour cream

Heat oven to 350° F. Spray bottom and sides of pie pan with olive oil. Arrange four tortillas on bottom and sides of pan, overlapping as necessary. Brown ground beef until no longer pink, breaking into small crumbles. Drain. Add taco seasoning mix and water; cook 5-6 minutes. Remove from heat; stir in 1 cup salsa. Spoon beef mixture evenly over tortillas in pie pan. Layer 1 cup cheese over top. Top with remaining four tortillas, overlapping slightly and pressing down lightly. Spread remaining salsa over tortillas. Layer remaining cheese over top.

Bake 28-30 minutes or until cheese is melted. Remove from oven; let stand 5 minutes.

Cut into wedges. Top with sour cream, lettuce and hot sauce.



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