First Alternative
NATURAL FOODS CO-OP

SEPTEMBER
2014
VOLUME 35 • ISSUE 9

Community Monthly

In This Issue:

Board's Month in Review: 2

Manager Reports: 3

That First Bite of Fall: 4

Brand Spankin' New, Lunch Boxes, Essential Oils: 5

Co-op Classes, Donations, Demos, Supper at SAGE: 6

Farmer Feature—Spring Hill Organic Farm 7

Co-op Specials: 8 & 9

Budget Bites, Local 6 Feature—Sweet Creek Foods: 10

All About Staff, Art At South: 11

Health Services Guide & Unclassifieds: 12

Letters to the Editor, BCCC Grants, Beans for Bags: 13

September Happenings, Community Calendar: 14

Wagon Winners, Fall Fest, Rising Food Costs: 15

Recipes—Fall Feast: 16

Sustainability Coalition Seeks Volunteer: pg. 13

THYMES

LOCAL EATS WEEK

SEPTEMBER 15-21

Usher in the fall harvest with an amazing assortment of taste treats prepared by our local restaurants.

The fifth annual "Local Eats Week" will be held from Monday, September 15, through Sunday, September 21. During the week, participating local restaurants will each offer a $6 sample small plate or appetizer that features primarily Local 6 ingredients. Local 6 refers to products grown, produced, or processed by farms or businesses owned and operated within the six counties touching and including Benton County (Benton, Lane, Lincoln, Linn, Marion, and Polk).

Participating restaurants include *Aqua, Big River, Block 15, Bombs Away Café, Cloud & Kelly's, Eat & Drink 101, Eats & Treats, First Alternative Co-op Kitchen, Flat Tail Brewery, Gathering Together Farm, Laughing Planet, Le Patissier, Les Caves, Nearly Normal's, New Morning Bakery, Sky High Brewing*, and *White Wind Juice Bar*. Customers will be amazed by the wide array of colorful, flavorful local food available at this time of year. Don't miss this opportunity to savor the fall flavors of the valley!

Local Eats Week is sponsored by the Corvallis Sustainability Coalition's Food Action Team, which is dedicated to helping create a vibrant local food system.

For more information about Local Eats Week, including an update on specific food offerings, visit www.sustainablecorvallis.org.

SEPTEMBER 14-20

Governor John Kitzhaber has declared September 14th-20th *Organically Grown in Oregon Week*. This year's proclamation marks the 26th annual celebration of our state's commitment to organic agriculture. Here at the Co-op, we've been celebrating organic agriculture from day one, scoop one, and we're never going to stop.

Oregon itself has been a longtime leader in the movement. What we now know as Oregon Tilth began in the early 70's as an offshoot of Regional Tilth, an organization formed as a conduit for farmers in western states to address issues of sustainability in agriculture. In 1984, Willamette Tilth, as our regional branch was then known, began their organic certification program. In 1986 the organization became independent and incorporated, going by the name Oregon Tilth. Their organic certifications continued, and would later help to inform USDA organic standards. We truly are leading the way.

In 2010 Oregon had more than 500 certified farms working more than 150,000 acres of land. These dedicated families and farms are a vital part of our state and regional economy. We should continue to support and applaud their stewardship of our beautiful state's farmland. It's their care and commitment that keeps our fields and streams, our hills and valleys, so rich and pure. Supporting Oregon's organic farms supports Oregon and its economy, supports local families, supports good health, and it supports you. So never stop.

www.firstalt.coop

FIRST ALTERNATIVE CO-OP
1007 SE THIRD ST.
CORVALLIS, OR 97333

PRSRT STD
US POSTAGE PAID
SALEM, OR
PERMIT #178

Our deep respect for the land and its harvest is the legacy of generations of farmers who put food on our tables, preserved our landscape, and inspired us with a powerful work ethic.

—James H. Douglas, Jr.

FA THYMES
First Alternative Co-op Community Monthly

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 & Adam Payson*

Design/layout: *Adam Payson & Jessica Brothers*

Photography: *Adam Payson & Jessica Brothers*

Store Locations & Hours

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

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

Web site: *www.firstalt.coop*
Email address: *firstalt@firstalt.coop*
Editor's email: *thymes@firstalt.coop*
FA Board's email: *faboard@peak.org*

Vision Statement

First Alternative aspires to be a cooperative model, providing high quality natural and organic products in a community oriented store.

Mission Statement

First Alternative is a community market aspiring to be a model for environmental sustainability through our purchasing and workplace practices. We:

- seek to honor our traditions and build upon our potential.
- are committed to cultivating tolerance and diversity in our operations.
- strive for excellence in our products and services, including wholesome organic foods, innovative education and community outreach, while offering high quality, local, organic and minimally packaged products whenever possible.
- will act ethically and appropriately in our pricing practices.
- seek to provide a democratic business climate, fostering worker and Owner participation, according to cooperative principles.

The International Cooperative Principles

Voluntary and Open Membership
Democratic Member Control
Member Economic Participation
Autonomy and Independence
Education, Training, and Information
Cooperation Among Cooperatives
Concern for the Community

Melissa Hartley
Co-op Board

the board's month in review

Last weekend, we canned 25 pints of roasted tomato salsa and 6 quarts of garlic dill pickles at our house. This is just the beginning of the steamy process because there's a lot more great produce yet to come this season. As you have probably noticed, it has been an amazing summer for local fruits and vegetables. The unusually cold winter seems to have spurred plant life with a new will to live, with unusual abundance as the result. Fitting with the summer season, the August meeting of the Board of Directors was also productive. On a beautiful Tuesday evening, the board met to discuss the agenda at hand, followed by an executive session. Here are some highlights of the regular meeting.

Some good news from the second quarter financial report of 2014 is that sales hit the $4 million mark. This is the highest sales for any single quarter in Co-op history! The North Store is still outpacing the South Store in sales. We have 675 more owners than at this time last year. On the down side, however, Owner Sale Day discounts continue to be over budget. An upcoming change to the Owner Sale Day discount will exclude items already on sale via NCGA's Co-op Deals. This will result in about a $50k per year savings for the Co-op. You can read more about this change on page 3, in Cindee's General Manager article. The Finance Committee will be continuing the ongoing discussion about discounts and patronage dividends soon.

Some good news from the second quarter financial report for 2014 is that April-June sales hit the $4 million mark. This is the highest sales for any single quarter in Co-op history!

Management calculates the percentage of organic produce (99%) as a separate category from the percentage of non-produce organic products sold (33%). It was agreed that this is a useful way to calculate organics in order to monitor compliance with the Co-op's Quality Products (L7) policies.

A point clarified from the recent monitoring report is that changes to Product Selection Guidelines and Boycott Guidelines are discussed with the Board and the General Manager together and mutually agreed to before implementing.

Assessment and feedback of board members was part of a recent conversation with the Board Advisor, Marcia Shaw, and discussed as an added agenda item at the meeting. The result of the discussion is that Directors will request the Board Advisor to give feedback on individually requested points, and generally how directors are observing governance guidelines and the Board Code of Conduct, attending meetings, responding to board surveys, and other common themes for assessment. Input will be given to Marcia soon, and the results will be made available to directors next May, after Marcia has had time to observe the current Board members. It was proposed that an online assessment survey tool could be developed, such as those the board uses for other monitoring.

Some potential ideas and topics were proposed for the annual board strategic planning retreat to take place for two days in October or November— exact dates yet to be decided. Industry trends, what shoppers want, and reviewing last year's Board projects were the beginning of the agenda for this in-depth discussion with Board Directors, Management, and Staff representatives. A lot of good work and sharing gets done in these sessions. It's a rare opportunity to interact and share ideas with people with whom the Board may not normally have the chance to have prolonged conversations about very pertinent topics that affect the Co-op.

Someone mentioned recently that I am a foodie. This was the first time that I had heard this term in reference to myself, and I decided to accept it as a compliment, as it was intended. We love to eat the healthiest and best food made with the most natural ingredients available, for flavor as well as the obvious benefits to health. No GMOs and pesticides, thank you! Yes, indeed, the most amazing, delicious, and satisfying food is usually also the best for health. Of course, this depends on the skills of the chef, but it's hard to wreck fresh fruits and veggies— "easy does it" is a good philosophy in the kitchen. Gotta love those fresh enzymes!

Recently at our house, we made: ratatouille with poached fish, fresh peach sorbet, frozen coconut water freezes made with strawberries, organic pastrami sandwiches on Alpine dark sourdough rye, purple cabbage-sweet onion-celery slaw (a food processor shreds this in seconds), and numerous variations on the tomato-cucumber salad concept. Fresh dill, anyone? Did you know that you can freeze peaches whole with their skins on (and pits inside) and they don't turn brown? We cut them up for brain-freezing smoothies. Summertime and the living is really pretty easy, and I'm not taking it for granted. Thank you, Earth!

Enjoy the fresh fruits and veggies while they last! Tis the season!

And thank you, First Alternative Co-op Owners, Staff, and shoppers for supporting your Co-op!

Tomatoes fresh from Melissa's garden

welcome

First Alternative Co-op welcomed 34 new owners in July for a total of 9888 Co-op owners!

Co-op owners enjoy:

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

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

we are the co-op

Cindee Lolik, General Manager

TAKING A LOOK AT THE BOTTOM LINE

Changes to Owner Appreciation Sale Day program

In fiscal year 2013 Owner Sale Day discounts totaled a little over $384,000. That was our first year of allowing Owners to pick their own Owner Sale Day. In 2012 Owner Sale Day discounts amounted to only $187,000, less than half of 2013's totals.

In fiscal year 2014 we're on a pace to match or even exceed the amount of discounts given in 2013. While we are excited to be able to offer our Owners such a great discount on their grocery purchases at the Co-op, we also realize that in a business that attains between a 1% and 2% profit annually, this is not a sustainable way to do business. I would be remiss in my duties as General Manager if I didn't address this issue. So, what does that mean?

The Co-op wants to continue to give you a great return on your $70 Owner Share, and to continue to allow you to pick your own Owner Sale Day. Owners regularly tell us how much more they prefer this to the old approach of having the second Tuesday of every month as Owner Sale Day.

We've been looking for new ways to create some savings, and have already saved a great deal by cutting our expenses and streamlining our systems over the last three years. But in order to make your shopping experience the highest quality it can be, we need to be able to look at new equipment purchases in the near future.

So, here's the idea: All the products we offer our Co+op Deals discounts on come in below the target profit levels that we set in each department in order to keep the Co-op financially healthy. While it's true that we get a price break from our vendors on the Co+op Deals items, that price break doesn't make up the profit difference that we lose in creating them. The reason for this is that most manufacturers have an expectation that if they give you a great deal, you will chip in and help make that deal even better, which we at First Alternative do. Most of those Co+op Deals are already at great prices before the 10% Owner Sale Day discount is applied.

So, what are we thinking?

We are going to be excluding our sale products from the Owner Sale Day discounts. As Owners, you will still receive a 10% discount on all the items you purchase on your Owner Sale Day that are at regular price, but not on the products that are on Co+op Deals. Our calculations show that this will save your Co-op approximately $47,000 per year.

We will institute the new discount structure on October 1st of 2014; this should result in savings to your Co-op of approximately $11,750 the remainder of this year.

That's $11,750 this year, and another $47,000 next year that we can put towards paying off loans that were taken out to expand the North store; upgrading some of our old refrigeration equipment; and maintaining our facilities at both stores and in our Kitchen.

Please let me know your thoughts and concerns. Email me at cindee@firstalt.coop.

September in Co-op Thymes History

1978: Until a bookkeeper was hired the Co-op lost $60 to $140 per day in "tasting," theft, spillage and discounts. Checkers now close their till after their shifts. • Store to be rearranged to allow second cashier stand and avoid 40-minute check-out lines. • Co-op will close when neither qualified checker shows up for shift.

1985: Co-op looking for volunteer to provide training in basic microcomputer use. *(ed: This is what folks used to call a computer that didn't fill an entire room. Of course now we just call it a desktop computer, or a computer.)*

1986: First Alternative to begin opening on Sundays, from 11am-5pm. Volunteers sought for the new shifts. • Approximately 50% of produce sold at First Alternative is organic. • The Thymes is distributed to over 1,000 households every month.

1987: Largest almond crop in California history means great prices. • Gathering Together Farm's first year. Employees include Jamie Kitzrow, now co-owner of Spring Hill Organic Farm, Albany *(ed: Learn more about Jamie and Spring Hill on pg. 7)*, and Jim Fulmer, now owner of Hoskins Berry Farm, Philomath.

1991: Bylaw change approved nearly unanimously that would establish a referendum procedure to allow members to guide organizational policies and activities.

1993: Produce Manager, Pat Hazleton, transitions to new job as Operations Coordinator. Colin King becomes new Produce Manager.

1994: Lively discussion on growth as Board offers options for future: 1) Stay the course with ongoing improvements; 2) remodel the present store/site; 3) limit membership; 4) keep the current store and open a second; 5) open a new single store more centrally located. • First Alternative asks people to please stop using Co-op as a dumping ground. Some items left in front of the store include boxes of hangers, shopping carts from other stores, pesticides, boxes of magazines, empty containers, kittens, and a rooster.

1995: South Store mural becomes Corvallis' first. • Satellite Store Committee founded to begin planning new store. • The Thymes now available in paperless format on Corvallis Bulletin Board System or BBS *(ed: A precursor to the internet forums now so popular with the kids.)*

2002: Historic Ballot Measure Seeks to Label GE Foods.

2003: Grand Opening of the North Store September 19th-21st!

2005 Remembrances of Roy Green (3/24/10 – 8/5/2005), longtime repairman and beloved "character," and Ardyce 'Ardie' Earhart (8/18/39 – 8/5/2005) nutritionist, teacher, Thymes contributor.

2007 Co-op Owners Exceed 6,000! • The Co-op's new water catchment system at the South Store is already full.

A CONVERGENCE OF IDEAS

Working to keep co-ops cooperative

Bill Genne North Store Manager

Back in July I wrote about a multitude of staff development opportunities our employees have here at First Alternative. In that article I mentioned that I'd soon be off to the Twin Cities for the NCGA National Grocery & Wellness Conference, held July 15th-18th.

Well, four of us here at First Alternative went and it was a blast. We had a lot of fun, met a lot of great people, and learned so much.

The National Cooperative Grocers Association (NCGA) is a member organization of over 150 cooperative grocery stores throughout the country. Like a co-op of co-ops. This year the content of the conference had an agricultural and farming focus, so I felt right at home with my Produce background. The purpose of the conference was sixfold:

1) To learn more and be inspired by efforts to sustain our supply of organic seed and products. 2) To develop a greater understanding of the challenges and opportunities facing farmers today, and learn how co-ops can help create and maintain sustainable livelihoods for these hardworking folks. 3) To meet with NCGA staff to learn more about how they can help us improve our programs. 4) To network and deepen relationships with other co-ops. 5) To meet with natural products industry and NCGA strategic partners to learn about their products and strengthen our partnerships. 6) To leave the conference recharged and ready to continue growing the cooperative economy!

I'd say it was a resounding success.

The Mid-West is a hot spot for retail cooperatives, so we were able to tour a wide variety of big and small cooperatives and see for ourselves how we could improve, and also to see what we are doing well.

It would be impossible for me to summarize everything I took away from the conference in just a short article, so instead I'll try and capture a few personal highlights:

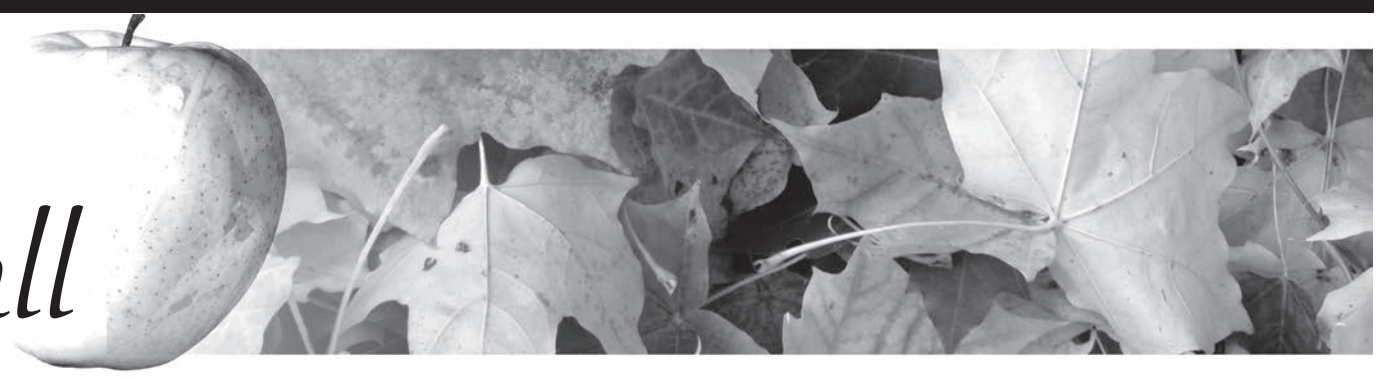
I went into the conference with an open mind, but not totally aware of how valuable our involvement with NCGA is to our continued success. I'm now 100% committed to our participation. Even though our focus is and should remain on local products and other aspects of our operations that make First Alternative unique, there's no question that NCGA's work to support food co-ops is essential to our survival. This cooperation among cooperatives really does make us, 'Stronger Together'. We need NCGA's purchasing programs and promotions programs such as Co+op Deals to leverage our collective buying power so that we can compete with national chains that have a vast competitive advantage over us. In addition to the economic might we gain as a collective, NCGA and our fellow co-ops offer us invaluable systems support and help with problem solving. For example, we can get advice and assistance from them on banking, accounting and other financial considerations, expansion and remodeling plans, POS (Point of Sales) and other IT systems.

I enjoyed all the workshops and trainings, but one that I found particularly enlightening was hearing from Phyllis Robinson from Equal Exchange. With Equal Exchange's help, Fair Trade has become a meaningful concept, understood and supported by many consumers. Until recently these efforts have primarily focused on coffee and chocolate producers, but Equal Exchange has widened their focus to include small nut and dried-fruit producers, traditionally anonymous to consumers and facing similar challenges. It was exciting to hear about these producers and how authentic fair trade not only alleviates poverty but also genuinely changes the economic system to allow small producers access to power.

Equally as inspiring was hearing from Tim Blakely, an herbalist and educator for Frontier/Aura Cacia. He led a powerful and enlightening workshop on promoting quality, purity, and sustainability through direct sourcing. This was fascinating information but I won't go into any details here because we are very fortunate to have Tim coming to Corvallis and First Alternative on October 22nd to do some community education events for us!

I'd love to go further in-depth on our relationship with NCGA in future articles, so watch for more information down the road. Thanks for your continued support. If you have a question, suggestion, or would like to share your Co-op experience please email me, bill@firstalt.coop. I am, however, off to Europe for a month so I won't be able to get back to you until late September. I'm looking forward to seeing some food cooperatives and lots of markets. I'll tell you all about it in the November Thymes!

That First Bite of Fall



THIS IS A SHARP HEADLINE

With a very cheesy subheading

The kids are headed back to school. The days are getting shorter and cooler. Fall is drawing near, and that means it's time for dark beer, hard cider, crisp apples, and sharp cheddar.

We've got a great selection of all four of those here at the Co-op, with sharp cheddars from as near as Independence, OR and as far as Australia, aged anywhere from 9 months to 3 years.

Sharp cheddars are great on their own, paired with fine wines, on sandwiches—or my favorite personal favorite—melted over apple pie! If you've never heard of that last one, it might just sound a bit strange, but trust me. The only way to make a superb slice of apple pie better is by serving it warm with a melty hunk of cheddar cheese on top. It's an Autumn classic. Our Collier's Powerful Welsh Cheddar is the perfect cheese for melting on top of a pie.

Collier's Powerful Welsh Cheddar

Independence Cheese Raw Sharp Cheddar

One of our favorite local cheese makers, Independence Cheese, uses local, organic milk to make their delicious raw sharp cheddar.

Some other great Oregon cheeses come from Tillamook Creamery, including their 3 Year Vintage White, and their award-winning basic sharp cheddar.

For those looking for an alternative to cow's milk, try Billie's English Goat Cheddar With Attitude from Ford Farms.

Billie's English Goat Cheddar with Attitude

Celebrate the changing of the seasons and prepare your family for the coming cool with a hearty sharp cheddar mac and cheese dinner. Then follow it up with a slice of apple pie from the Co-op Bakery. And don't forget the cheese.

Got a sharp cheddar would you like to try? The next time you're in the store, stop by the Deli and ask for a sample.

—Ashley Caspell *North Deli Assistant*

GIFTS FROM THE GIVING TREE

These apples didn't have to fall far from the tree to get to the Co-op

With autumn swiftly approaching we're beginning to see local apples here at the Co-op. Finally!

La Mancha Ranch, with certified organic orchards in both Sweet Home and Corvallis, will be bringing us different varieties throughout the season. Three apples that we hope to have in September are Jonagold, Dayton and Liberty. Yum!

Jonagold apples are a Golden Delicious and Jonathan hybrid developed in New York in 1953. They have a yellow-green skin with a red blush and a sweet-tart flavor. Fun fact: It's the most popular apple in Belgium!

The Dayton cultivar is a beautiful shiny red fruit with a sweet dessert-quality flavor.

Liberty apples, also originating in New York in the 1950's, feature a deep red, exterior with yellow, juicy sweet flesh, they've low acid content and are great for desserts and cooking. Now, what to do with this bounty other than simply eating fresh? Try these simple recipes and enjoy the scent of autumn in your home!

Jonagold apple

Baked Apples: Preheat your oven to 375°. With a paring knife, take your apples—one for each person lucky enough to be at your table that day—and remove most of the core, being sure to leave the bottom of the core intact so you don't lose any filling. Fill the inside with a little butter, some brown sugar, cinnamon and coriander. Feel free to add whatever spice you like however, make the recipe your own! Put the apples into a baking dish that will hold enough water to go halfway up the side of the fruit and bake for 30 minutes or until the apples are nice and soft. Eat it up by itself or with ice cream.

Roasted Delicata Squash with Apples and Walnuts: Preheat your oven to 400°. Peel, seed and roughly chop a medium delicata squash (the Produce department should have local delicatas in September). Mix it up with a tablespoon of coconut oil along with a little salt, cinnamon, ground nutmeg and ground clove. Let the squash roast in the oven for 15 minutes then add a chopped cored apple and a handful of walnuts from our bulk department. Combine thoroughly and roast for an additional 10-15 minutes, until the apple has softened slightly. Enjoy!

—Kate Ottersten, *Produce*

Baked apples, fresh from the oven

THE ROAD TO BULK

When the harvest is just the beginning of the story

For those tuned in to the growing season here in the Willamette Valley, September ranks as one of the best months for fresh fruit and vegetable availability. Local farms and home gardens are bursting with goodness, while the branches of apple orchards are hanging heavy with fruit. Meanwhile, there's a new chill in the air that may begin stirring the mind to images of ovens baking winter squash, pumpkin pies, and homemade breads.

Take a walk through the Produce department and it's easy to tell that the fresh harvest has arrived. The plethora of Grower Direct signs make that clear. Sometimes it's only a matter of hours from harvest to being put on display in Produce. Here in Bulk, though, things aren't quite that simple.

Raw Hazelnuts

Taking our Local Organic Raw Hazelnuts (grown at Meridian Farm in Aurora, OR) as an example, here are the steps the nuts go through farm to Co-op:

First the nuts are harvested into large totes in October—early, middle, or end of the month depending on how the growing season has unfolded—to be dried and graded at the farm.

Next, the nuts are sent to Willamette Shelling in Newberg where they're cracked, graded and packed. Willamette Shelling also processes non-organic nuts. This means that the organic nuts go to the end of the line—waiting until the facility has been thoroughly cleaned before processing can begin. This can push the processing as far back as December or January.

Finally, the farm picks up the nuts from Willamette Shelling and delivers them to Hummingbird Wholesale in Eugene who will then deliver them to the Co-op. It may be as late as February before we receive our first boxes of Meridian Farm Hazelnuts.

The lack of organic processing facilities affects more than just nuts. Locally grown beans and grains also get booted to the back of the line, delaying their appearance in our bins. We want to keep you informed though, so keep an eye out in the Bulk department during the months ahead as signs and tags proclaiming "This Year's Harvest" start popping up.

- George Brown, *North Bulk Assistant*

brand Spankin' New

Rising Stars on the Co-op Shelves

GROCERY

***Navitas Naturals* Blueberry Hemp and Coffee Cacao Superfoods Snacks:** Delicious nutrition in a convenient format that's perfect for a busy lifestyle. These nutrient-dense organic snacks are offered in a re-sealable pouches. In addition to organic hemp powder and dried blueberries, *Blueberry Hemp Power Snacks* are made with organic and functional food all-stars like as chia, maca, lucuma, camu and maqui, as well as other wholesome raw foods including sesame seeds, cashews and sunflower seeds. The green coffee powder and maca in the *Coffee Cacao Power Snacks* will keep you energized while the other wholesome superfoods, nuts, fruits and seeds provide a nourishing supply of antioxidants, fiber, protein, essential fatty acids, vitamins and minerals.

There are no refined sugars, artificial flavors or colors added. Their sweetness comes from lucuma, coconut palm sugar, dates, and figs. Crumble these chewy bite-sized cubes into yogurt, ice cream, and cereal—even smoothies. They're also delicious sprinkled on top of salads.

***Bob's Red Mill* 1-to-1 Baking Flour:** Replace the flour, not the recipe. With Bob's Red Mill Gluten Free 1-to-1 Baking Flour it's easy to make traditional recipes gluten free. Simply follow your favorite baking recipe, replacing the wheat flour with this blend of sweet white rice flour, whole grain brown rice flour, potato starch, and whole grain sweet white sorghum flour. It's perfectly formulated for baked goods with terrific taste and texture—no additional specialty ingredients or custom recipes required. Ideal for cookies, cakes, brownies, muffins, and more.

***Jackson's Honest* Mango Chili Lime Potato Chips:** It didn't take this new flavor long to become my favorite. Jackson's Honest uses the finest organic potatoes available, kettle frying them by hand with organic coconut oil. They don't just taste healthier, they are healthier. Coconut oil is highly stable, full of "good" medium chain triglycerides, and nature's most potent source of lauric acid. Try all flavors of Jackson's Honest Potato Chips and taste the difference. You'll love it.

—Stan, Grocery/Bulk Food Manager

WELLNESS

***Evanhealy* skincare:** An artisan-quality skin care treatment line created by aesthetician Evan Healy. Her holistic approach draws from traditional plant lore, aromatherapy, ayurveda, and homeopathy. A simple philosophy: The skin breathes. I personally love their aromatic hydrosols.

***Aura Cacia* Scents of Balance:** *Aura Cacia*'s new roll on essential oil blends are designed to help restore balance to our seven chakras and life. You can decide whether you want to focus on the root, sacral, solar plexus, heart, throat, third eye, or crown chakra. Or maybe just follow your nose to the scent combo that most suits you and enjoy a natural perfume anytime

—Sara Spencer, *North Wellness Assistant*

BULK

***Greenwillow Grains* Organic Local Rolled Oats*:** Grown and rolled locally, these oats are raw and have not been heated, toasted or steamed. Try them and taste the difference!

Organic Dried Persimmons: To the ancient Greeks, persimmons were known as the "fruit of gods" and they are indeed a heaven sent snack. Fresh-persimmon-lovers go wild for them. Those who aren't fans of fresh persimmons are usually hooked after one bite.

***Just Coffee* Early Bird:** A blend of medium and light roast beans from Ethiopia and DR Congo. Refreshing hot or iced, with a citrusy pop! Organic and Fair Trade from small family farms!

***Just Coffee* Stampede French Sumatran*:** This french-roasted coffee from the Permata Gayo Grower Cooperative in Sumatra is bold but balanced, with flavors of dried fruit and toasted wheat. *Stampede* packs an earthy and heavy-bodied punch.

***Nature's Bakery* Whole Wheat Fig Bars:** The goal of Nature's Bakery is simple: "To give you the all-natural, kosher, cholesterol-free fuel you need to help power life's great journeys." Start another of your great journeys at the Co-op where we have these delicious, non-GMO Project verified fig bars in Fig, Peach-Apricot Fig, and Raspberry Fig flavors.

**Currently available only at the North Store*

Bob's Red Mill 1-to-1 Baking Flour

Aura Cacia Scents of Balance

Nature's Bakery Whole Wheat Fig Bars

STOP AND SMELL THE ESSENTIAL OILS

Take yourself on an olfactory adventure

Lately, I love to smell things. Not all things, mind you, just the really good things. They've usually been distilled into volatile oils made from flowers, roots, and bark. We know them as essential oils. Just one quick smell of something as pure as rose essential oil lifts me up and brings a smile to my heart. A whiff of lavender can calm my tension and relax my body almost instantly. If I'm feeling blue I look for something bright like bergamot, or a smell with lots of pep like spearmint or peppermint.

There's actually a lot of science behind the way our bodies respond to these essential oils, which makes them all the more interesting and enticing. In her book on aromatherapy, Kathi Keville says, "Smell is the only sense with receptor nerve endings in direct contact with the outside world, providing a direct channel, as it were, to the brain." This explains a lot about the fast acting ability of the oils. We can get a whiff of something and be instantly transported to a place from our past. An encounter with a volatile oil can make us feel physically different.

The ease with which they are absorbed into our skin, lungs and small capillaries further enhances the effect essential oils can have on our health. Molecules of essential oils have no problem passing through our dermal layer because of their extremely small molecular size, the natural oil content of our skin, and the lipid solubility of essential oils. Studies have shown that a carrier oil can increase the rate of absorption even further. Compounds of essential oils have been found in the bloodstream up to 90 minutes after being massaged into skin.

This article references the book: Aromatherapy: A Complete Guide to the Healing Art, by Kathi Keville and Mindy Green

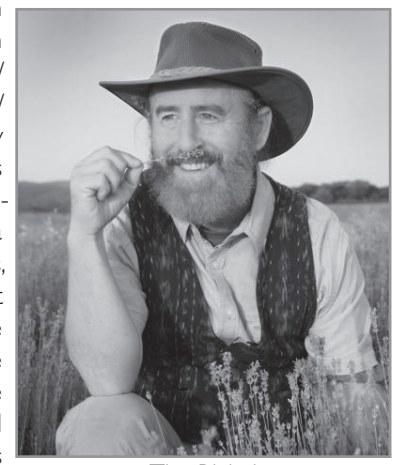
—Sara Spencer, *North Wellness Assistant*

Pick your potion

AROMATHERAPY FOR YOUR HEALTH WITH TIM BLAKELY

Wednesday Oct. 22nd, 6-8pm at the North Store

Tim Blakely has over 35 years of experience in the natural health profession. He's been an aromatherapist/herbalist/educator for Frontier/Aura Cacia since the early 90's. Prior to that he was land manager and co-owner of the California School of Herbal Studies, Land Manager/herbalist for Herb Pharm, and the founding director of the National Center for the Preservation of Medicinal Herbs. He now travels extensively for Aura Cacia, doing educational presentations and working with issues of supply and sustainability with small villages, producers of essential oils, and co-ops.


Tim Blakely

Tim will bring his knowledge and experience to the North Store on Wednesday October 22nd. This informative class will cover the many uses and health benefits of essential oils, and delve into everything from safety, quality, and sustainability issues. Tim will go in depth into blending and formulating, top notes to base notes, and everyone will get to make a product or two to take home.

Along with essential oils, he will also cover carrier oils like argan, rosehip, jojoba, and tamanu, discussing their role in the formulas as well as their health benefits.

SNACK TO SCHOOL SOLUTIONS

Doesn't get much cooler than these cooler bags and lunch boxes

With these insulated cooler bags and lunch totes from Now Designs you'll be the talk of the lunch room.

The lunch boxes have enough room for a hearty, healthful meal. The cooler bags are big enough to hold a six pack of your favorite, keep-it-cold beverage.

With their easy-to-clean insulated interior, their coated cotton exteriors, and their super-sturdy construction they'll last through a number of school years or the better part of a career, which is good, because with designs this cool, you're going to want to keep these around for a long time.

Just get used to people asking you to trade their no-crust peanut butter sandwiches, ants on a log, or carrot sticks. Don't fall for it!

Some of the cool designs available for Now Design's lunch boxes and cooler bags

September Co-op Classes

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

Thursday September 4th & 18th • 6:30-8:30pm

Soul Collage

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

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

Tuesday September 9th • 7-9pm • Unitarian Universalist Fellowship of Corvallis: 2945 NW Circle Boulevard

Why Labeling Matters: Health and Environmental Consequences of GM Crops

Cost: Free

Dr. Martin Donohoe will describe GM crops and their role in the U.S. and worldwide. Dr. Donohoe is senior physician at Kaiser Permanente Sunnyside Hospital specializing in internal medicine. He serves on Oregon Physicians for Social Responsibilty's Board of Advisors and Social Justice Committee and is an adjunct professor in Portland State U's School of Community Health.

Saturday September 13th & 20th • 9-10:00am

Barre3 Class

Cost: free *(pre-registration requested) • All ages and abilities welcome, no experience required.*

Join us for a free 1-hour pre-opening pop-up Barre3 class. Barre3 is a whole health ecosystem focused on creating balance within the body through physical activity, nutrition and connection. Our full-body muscle toning workout combines the wisdom of yoga, the strength of Pilates and the grace of ballet. Anyone can do this low-impact sequence and see dramatic results. But the true magic of Barre3 is that we care about all 24 hours of your day, not just the 1 hour you spend with us in the studio - equally important to us is how you're balancing your busy schedule, how you eat, how you sleep and how you're connecting with family + friends.

Tuesday September 23rd • 7-8pm

Hairbraiding for Beginners and Pros with Raychel Emmons

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

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

Sunday September 28th • 3-4:30pm

Fermented Food Demonstration and Workshop with Kirsten and Christopher Shockey

Cost: free *(pre-registration required)*

What can you do with a jar, a bit of salt, and a sense of adventure? Become a culinary artist, or if you prefer a mad scientist, of vegetable fermentation. We're partnering up with Grass Roots Books and Music to host Oregon authors Kirsten and Christopher Shockey for a how-to session straight from their latest book, *Fermented Vegetables: Creative Recipes for Fermenting 80 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes.* Kirsten and Christopher Shockey got their start in fermenting foods with their farmstand food company, where they created over forty varieties of cultured vegetables and krauts. They now teach classes at their farm, host small farm workshops, and blog at www.fermentista.us. They live in the Applegate Valley of southern Oregon.

Mondays starting September 29th until November 17th • 7-8:45pm

Waking Up White Book Study

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

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

Tuesday September 30th • 6:30-8pm

Understanding and Healing the Roots of Disease

Cost: free

Dr. Luke Gonzales invites you to come learn about his unique approach to effectively dealing with the root causes of illness. His treatment addresses both the physical and emotional issues that can lead to health and healing. Dr. Gonzales is a Naturopathic Doctor with practices in Salem and Corvallis. He specializes in nutrition, hydro-therapy and body-oriented psychotherapy.

Saturday October 4th • 10-3pm

Babies, Birth and Beyond Resource Fair

Cost: free

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

Monday October 6th • 7-8:30pm

3 Mistakes That Undermine Health and Well-Being and What To Do Instead

Cost: free *(pre-registration requested)*

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

DEMO SCHEDULE

Featured recipes from Budget Bites, Co-op Deals and more!

Wednesdays	Thursdays	Fridays
South 1:30-3:30pm *recipe demo*	*North* 5:30-7:30pm *recipe demo*	*South* 5:30-7pm *recipe demo*
North 3:30-5pm *recipe demo*	*North* 5-7pm *wine tasting*	*South* 5-7pm *wine tasting*

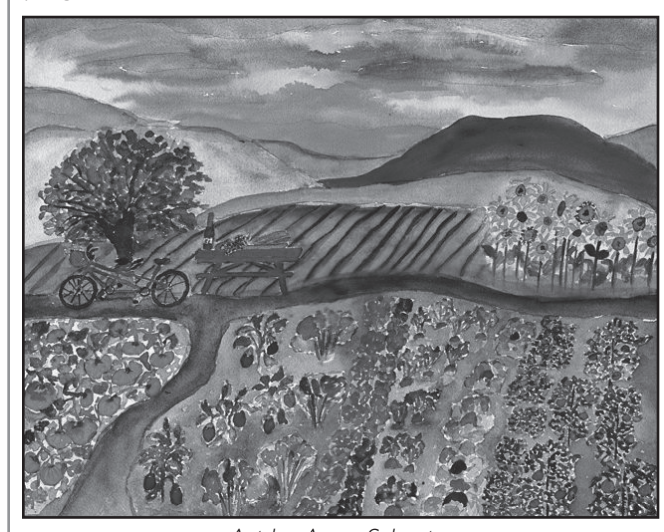
GOOD DINNER FOR A GREAT CAUSE

Join us for a garden party

Supper at SAGE is a magical evening of food, music and art at SAGE, the Starker Arts Garden for Education on Saturday, September 6th.

A celebration of local food and farms, Supper at SAGE begins at 4:30 p.m. with tastings of wood-fired garden pizzas and samplings from Willamette Valley Cheese Co., Red Hat Melons, and The Breadboard paired with wines from Spindrift Cellars and Nectar Creek—all accompanied by live music, garden tours, and art in the garden. A local, seasonal four-course dinner follows, prepared by celebrated chefs JC Mersmann of Gathering Together Farm, Scottie Hurley of LBCC Culinary Arts Program and other local food artisans.

Enjoy a complimentary glass of wine during the event, with additional wine available for purchase by the glass or bottle. Supper at SAGE raises funds for the Corvallis Environmental Center's SAGE garden and its Corvallis Farm to School program.



Art by Anne Schuster

SAGE produces 3.5 tons of fresh produce each year that are donated to South Corvallis Food Bank and other relief agencies and offers garden-based workshops, camps, internships, field trips for schools, and volunteer and service learning programs. The Corvallis Farm to School program works with the Corvallis School District to bring more local, farm-fresh food into our school cafeterias, encourage our children to make healthy eating choices and support regional farmers.

Event sponsors include First Alternative Natural Foods Co-op, Starker Forests, Inc., and CH2MHill. Tickets for the Supper at SAGE are $65 and available online at www.corvallisenvironmentalcenter.org and at the Corvallis Environmental Center at 214 SW Monroe Ave.

Co-op Donations

JULY 2014

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. . . .North: 737 lbs = $1,368.13
. . . . . South: 1,752 lbs = $3,351.48
Chintimini . . . . . 200 lbs = $298.00

LOCAL DONATIONS

Benton County Fair - Tough Enough to Wear Pink. . $30
Somebody Cares $30
Benton County Fair Organic Gardening and Special Display Prizes $30
Crescent Valley High School Baseball. $30
Furniture Share. $30
CARDV $30
Southside Youth Outreach $30
Old Mill Center for Children and Families $30
Assistance League of Corvallis. $30

July Donation Totals: $5,287.61

Have you talked to MOM MAGAZINE lately?

Like us on Facebook.com/lovemommag and send us pictures of your most inventive, homemade Halloween costumes. We may include your photos in an upcoming issue!

MOM MAGAZINE
editor@mommag.com
www.mommag.com

Spring Hill Organic Farm

Owners: Jamie Kitzrow & Lisa Schwartz

Crew: 30 people in the summer, 8 in the winter, and 20 to help at farmers' markets

Location: North Albany

Acreage: 45 acres

Since: 1990

The Spring Hill Organic Farm Crew

What do you grow? We're strictly vegetables. We grow 18 items for Organically Grown Company's wholesale distribution network, with kale, cucumbers, chicories, and red bell peppers being the bulk of it. We also grow over 60 items for sale at farmers' markets and to First Alternative. Tomatoes, peppers and greens are a big chunk of that. We sell you guys lots of greens—kales, chards, and chicory varieties—various sweet and hot peppers, basil, cucumbers, potatoes, fennel, and eggplant.

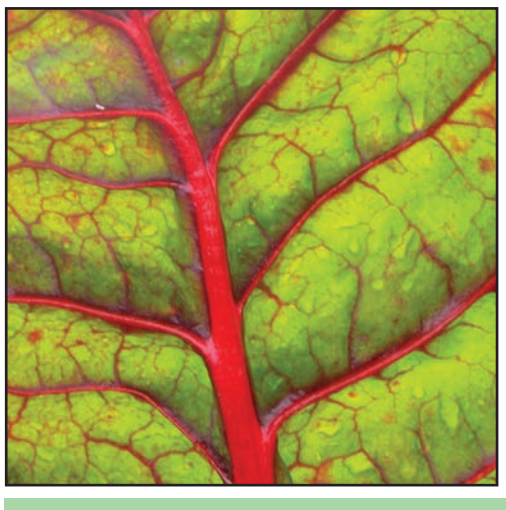
How long have you sold to the Co-op? Our 1st year was back in 1988. We sold you lots of stinky alliums—onions, garlic, and leeks.

What do you use to control weeds, pests and pathogens? We're certified organic, so absolutely no nasty stuff. 95% of our weed control is done by our foreman, Floriberto Martinez, on our trusty 1949 Allis Chalmers G tractor. The other 5% is by hoe and hand. As for pests and pathogens, our philosophy is that a healthy plant is its own best defense. We also introduce beneficial organisms including beneficial root fungi, predatory nematodes, parasitic wasps, and ladybugs.

Please describe your farming philosophy: We love growing great quality, healthy produce for people to enjoy. Our ultimate goal is to advance an alternative to chemical-heavy industrial agriculture. We like being part of a food system that's helping take control away from corporate conglomerates and letting people rediscover what real food is all about.

Please tell us your story: I left OSU in 1984 and spent the next six years working on a variety of farms including dairy farms, sheep ranches, nurseries, and with two of our local legends—Denison Farms and Gathering Together Farm. Since starting Spring Hill Organic Farm in 1990, we've seen the demand for local and organic produce go through the roof. We put a lot of sweat and blood into figuring out our trade in the early years, but we—along with other local vegetable farms and farmers—have honed our skills, and are managing to be highly productive on small acreages.

It takes a lot of hands to put quality produce on your table. We've had the pleasure of having some great people work with us over the years. I want to thank all of them for the time we shared together, and for all of their effort and dedication.



2014 International Year of Family Farming

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

PRINTING & DESIGN
WITH THE EARTH IN MIND
element graphics
541.752.0033
250 nw tyler corvallis
katy@element-graphics.com

AMERICAN DREAM PIZZA

Gluten Free Crust available Sunday through Wednesday!
FREE DELIVERY!
CAMPUS 757-1713 • 2525 NW Monroe
DOWNTOWN 753-7373 • 214 SW 2nd
www.adpizza.com

NOW OPEN!
ECO Sleep Solutions of Corvallis!
113 SW 3rd Street (541) 752-0470
Natural and Organic Mattresses
Beds, and Bedding
BRING IN THIS AD TO EITHER STORE FOR 15% OFF!
ECO Sleep Solutions
We are still at 25 E 8th in Eugene! (541) 343-1022

September 2014

Sale period:
Sept. 3rd-Sept.30th

Special order deadline:
Sept. 26th

local color

co+op deals

stock up and save!

Flyer A: Sept.3rd-16th
S.O. deadline: Sept.12th

Flyer B: Sept. 17th-30th
S.O. deadline: Sept. 26th

Find more sales in our Co-op Deals flyers!

bulk

We have an outstanding selection of over 700 different bulk products, including a wide range of organic, local and Fair Trade certified items. The best thing about bulk: you can buy as little or as much as you like!

Nature's Bakery
Fig Bars
$4.99/lb. reg. $5.79

All flavors // All natural ingredients, great taste, balanced nutrition and plenty of energy for life's journeys!

Real Salt
Sea Salt
$2.69/lb. reg. $3.19

Unrefined sea salt harvested from an ancient ocean & full of natural minerals!

Sunridge Farms
Organic Cranberry Harvest Trail Mix
$7.99/lb.

reg. $8.99 Perfect for the trail!

Rocky Mountain Foods
Spicy Thai Snack Mix
$5.99/lb. reg. $7.19

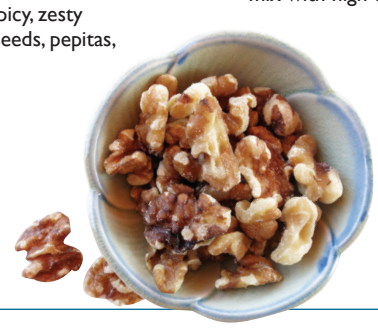
Sweet raisins tumbled with spicy, zesty seasoning, tamari sunflower seeds, pepitas, cashews, and almonds.

Grizzlies
Organic Salted Nut Mix
$13.99/lb. reg. $15.59

Grizzlies went all out on this handmade nut mix with high quality nuts and no filler!

Sunridge Farms
Organic Sunny Fruit Slices, Sunny Bears, or Jolly Bears
$10.99-11.99/lb.

reg. $12.39-13.79 Made without artificial colors or high fructose corn syrup!



Bulk Walnuts
$8.99/lb. reg. $9.69

Mother Nature has crafted a nearly perfect package of protein, healthy fats, fiber, plant sterols, antioxidants, vitamins and minerals!

coffee

Pacifica
Select Varieties
$8.69-9.69/lb.

reg. $10.69-12.69 River Mud, Timor, and Black Rocks Mountain Clouds // Roasted in Corvallis so you know it's fresh!

Zaidalia
All Caffeinated Varieties
$8.79 /lb. reg. $9.59

Fresh Roasted weekly in Philomath!

Equal Exchange
Organic French Roast
$8.99/lb. reg. $11.99

Chocolaty richness, with a subtle smoky flavor

Equal Exchange
Organic French Roast Decaf
$11.99/lb. reg. $14.59

This dark decaf blend is bold yet balanced, with creamy malted chocolate and a bittersweet finish.

wellness

With a full selection of natural vitamins, medicinal herbs, tinctures, and homeopathic remedies, we can assist you in finding the best product for your needs!

Boiron
Oscillococcinum, Chestal & Coldcalm
up to **30% off**

Host Defense
Lion's Mane or Reishi
20% off

All sizes!

Garden of Life USDA ORGANIC
KIND Organic Vitamins
35% off

Whole Food & USDA Organic!

Healthy Hoohoo
All Products
20% off

Woohoo for Hoohoo!

Boiron Arnicare Arthritis 60 tab, reg. $12.99
$8.99 Pain relief

Boiron Arnicare Ointment 1oz. reg. $7.89
$5.49 Pain relief

Boiron Calendula Lotion 6.7oz. reg. $16.99
$11.89 Soothe irritated skin

Boiron Calendula Ointment 1oz. reg. $8.19
$5.69 Soothe irritated skin

Boiron Children's Sabadil 2pk, reg. $15.79
$10.99 Allergy relief for kids

Boiron Sabadil 60 tab, reg. $12.69
$8.79 Allergy relief

Boiron Sinusalia 2pk, reg. $15.79
$10.99 Relieve sinus pain

Garden of Life
Selected Protein Powders & Probiotics
35% off

Barlean's
Select Products
15%

Golf Discs
End of season blow out!

Source Naturals & Planetary Herbals Supplements
All Products
35% off

first alt brand

Zinc Lozenges
60ct reg. $6.39
Cool Lemon Flavor
$5.39

Red Yeast Rice
60ct reg. $14.99
$12.69

Organic Vegan Protein Powder
17.6oz reg. $31.69
$26.89

Organic Vegan Protein Powder
35.2oz reg. $43.19
$36.69

Vitamin C
1000 mg all sizes
15% off

Day Long Vit.C
500mg all sizes
15% off

produce

Supporting local farms, families, and communities since 1970!

Apples are *best enjoyed* in season!

Try out some delicious local & regional favorites from:

- **La Mancha Ranch**
- **Queener Farm**
- **Cloud Run Farm**

cheese & deli

We have an impressive amount of local, regional, and international cheeses! Whether you're out camping or hosting an evening dinner affair, we've got the cheese for you!

Murray Bridge Aussie 9-month Aged Cheddar reg. $7.79 ..... **$6.99/lb.**

Kerrygold Select Varieties 7 oz reg. $5.39 ..... **$4.89/ea.**

K.H. DeJong Vincent Gouda reg.$14.89 ..... **$13.69/lb.**

K.H. DeJong Rembrandt Extra-Aged Gouda reg. $16.99 ..... **$15.79/lb.**

Organic Creamery Organic Feta Crumbles 6 oz reg. $6.19 ..... **$5.59/ea.**

Montchevre Goat Cheddar 8 oz reg. $8.99 ..... **$8.39/ea.**

Montchevre Assorted Goat Cheese Logs 4 oz reg. $4.29 ..... **$3.89/ea.**

Montchevre Goat Milk Feta 7 oz reg. $5.89 ..... **$5.39/ea.**

Grande Shredded Mozzarella reg. $6.29 ..... **$5.79/lb.**

meat

Did you know that "natural" beef is not the same as organic or GRASS-FED beef? Our beef come from farmers that raise their animals on perennial grasses all their lives. In this day and age, we have never been so excited to shout OUR BEFF IS 100% GRASS FED!

Draper Valley Farms
Organic Chicken Drumsticks
$2.49/lb. reg. $2.79

co-op local color kitchen

Our delicious offerings are produced in a full-sized commercial kitchen at First Alternative Co-op's South Store. We take pride in what we do, providing the community with fresh, locally-made food, using local, sustainable ingredients whenever possible.

Fruit Salad
$7.99/lb. reg. $8.99

Cinnamon Twist 2-pk reg. $3.99
$3.49/ea.

LOCAL 6 PRODUCT

Sweet Creek USDA ORGANIC
Organic Fruit Spreads
10 oz reg. $5.19 **$3.79**

We take great pride in what we do and how we do it. We create products using the finest organic ingredients, using NO artificial preservatives or additives.

Nearly Normal
Pancake Mix
24 oz reg. $4.29 **$2.99**

Made at Corvallis' famous vegetarian restaurant!

Alpine Sourdough
Assorted Breads
reg. $2.79-5.89
50¢ off

Besides being delicious and complementing any meal, REAL sourdough bread is a healthy choice for your lifestyle!

Sorta Sausage
Breakfast Sausage
8 oz reg. $4.29 **$2.79**

Soy-free with all the flavor & texture of sausage and no cholesterol, fat, or grease!

Ruby Hill Farm
Farm Fresh Eggs
a dozen reg. $6.29
$4.99

Twelve pasture raised, GMO-free eggs, hand gathered at Ruby Hill Farm in Sheridan, OR!

grocery & chill

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

Teatulia USDA ORGANIC
Organic Teas
30 ct reg. $6.29 **$4.69**

Grown in a certified organic farm in northern Bangladesh!

Maple Valley USDA ORGANIC
Organic Maple Syrup, Glass jug
32 oz reg. $30.89 **$19.99**

Great effort has gone into selecting woodland farmers whose standards represent stewardship to the environment and our planet.

Applegate Farms
Turkey
7 oz reg. $5.29 **$3.99**

Ham
7oz reg. $5.29 **$3.99**

Applegate deli meats have all of the great taste that you want, without the junk that you don't. No antibiotics and no added nitrates or nitrites.

Prince of Peace
Honey Ginger Crystals
10 ct reg. $4.39 **$3.29**

Instant soluble, convenient, and has no artificial additives. You'll love this natural sweet and spicy flavor!

Monte Bene
Pasta Sauces
24 oz reg. $5.29 **$3.89**

Add fresh vegetables or meatballs for a little something extra for your family's nourishing meal.

household

Ecover
Ultra Liquid Laundry Detergent
100 oz reg. $14.59 **$11.99**

Tough on dirt! Plant-based and mineral ingredients, not tested on animals

Note: products may not always be available at both store locations.

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

Budget Bites

FMI Gold Plate Award Winner

September Menu

Mediterranean Wraps
Minestrone Soup
Chef's Salad Supreme
Southwestern Fried Rice
Grilled Veggi-dillas
Glorious Garbanzos

Ah September, on the cusp between summer beauty and fall bounty.

This month's edition of Budget Bites is a balance of summer freshness and fall heartiness, combined to create nourishing and delicious meals. Some of the recipes in this month's brochure are a bit on the whimsical side while others are a solid staple in my own personal recipe book. Which one captures your palate's interest? Let us know!

Southwestern Fried Rice

- 2 Tbsp sesame oil
- 1/2 onion, minced
- 4 cloves garlic, minced
- 1 jalapeno, minced (remove seeds for less heat)
- 1 jalapeno, sliced on the bias
- 1 tsp each of cumin, corriander, chili powder
- 2 Tbsp tamari
- 1 bell pepper, diced
- 1 egg, beaten
- 2 ears of corn, de-kerneled
- 4 cups cooked basmati rice
- 2 cups cooked red beans

Heat oil in a wok on medium high heat, sauté onions, garlic and minced jalapeno for 3 minutes. Add cumin, coriander and chili powder, sauté another 2 minutes then add the Tamari. Add bell pepper and beans, sauté for 3 minutes then add cooked rice. Mix thoroughly, breaking up any large rice clumps. Clear a small space in the middle of the wok, slowly add the beaten egg, stir to cook thoroughly and mix into the rice. Add the corn, cook for 3 minutes or until corn is warm but still crisp. Serve hot with jalapeno slices on top.

Southwestern Fried Rice

Sweet Creek Foods

Come fall, come winter, Sweet Creek Foods is making sure that everyone can get a little taste of some freshly-harvested locally grown goodness. Sweet Creek Foods is fully licensed and certified organic.

Sweet Creek Foods is a family-run business that takes pride in creating great tasting, high-quality, certified-organic products with a local focus. There's simply too much great food in this valley for one season to contain it all. That's where Sweet Creek Foods comes in. Owners and operators, Paul and Judy Fuller, along with their sons Zach and Cody and a great crew, have dedicated themselves to preserving the local harvest, one glass jar at a time.

Working with local farmers and fisherman allows them to process and preserve only the freshest and the best. They produce and process only in small batches, which is key to maintaining their high standards of quality and taste. This family knows good food, and once you pop the cap off of one of their all-organic products—they do everything from pickles and relishes to fruit spreads and sustainably caught Oregon albacore tuna—you will, too.

Fresh-picked, soon to be pickled jalapenos

Pickle Washing

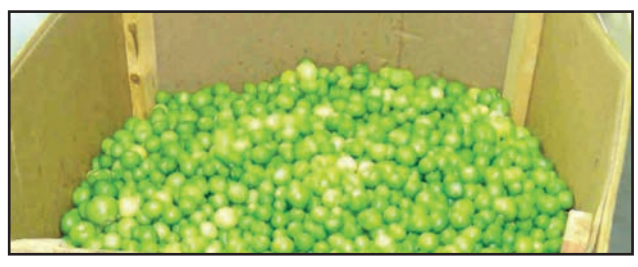
Left to right: Paul, Zach, pickles

The Fuller family is deeply connected to the Willamette Valley's food system. What they don't grow and harvest themselves, they source from local farms. They use berries from Sunset Valley Organics in Corvallis in their fruit spreads. They make tomato sauce to sell directly to local farms like Gathering Together. (Sometimes Farmer John from Gathering Together even comes down to their Elmira, OR facility to help out.)

And they're always looking to help the community. Last year when nonprofit food bank *FOOD for Lane County* got a donation of 10,000 glass jars and then rounded up 25,000 apples, Sweet Creek Foods opened their doors to them and helped turn it all into apple sauce that went to feed the less fortunate. Everyone deserves to enjoy the simple pleasures of life, no exceptions, and there's nothing that compares with simple foods made with love and care. That's what Sweet Creek Foods is offering.

Zach, with relish

Farmer John lends a hand



Fresh-picked tomatillos

A sampling of what's available on the Co-op's shelves

Oregon Organic products
We offer: Quality
★Assorted Pickles
★Albacore Tuna
★Fruit Spreads
★Salsa
★Pickled Beets
★Pickled Jalapeños
Thanks for Supporting
Sweet Creek Foods
www.sweetcreekfoods.com
541-935-1615
Sweet Creek Foods is proud to be supporting our local farmers.
Our business is family owned & operated.
We enjoy what we do, then we bring it to you.
look for us at your Co-op

30 days of UNLIMITED CLASSES
Offering 35 classes every week!
$50 introductory offer; new students only
Live Well Yoga • Pilates
541.224.6566 | livewellstudio.com | 971 NW Spruce Ave, Corvallis

Natural Choice Directory™
The Healthy Green Pages • Willamette Valley
Serving Corvallis/Albany, Salem & Eugene/Springfield
Visit HealthyGreenPages.com today!
Interested in Advertising? 541-484-3773

Gabi Scottaline

staff spotlight: meet your Co-op crew!

What do you do at the Co-op and how long have you been working here? I've been working at the Co-op as a customer service rep for about six months. The South Store is my home store but I work at North a couple days a week too.

What brought you to the Co-op? I wanted a new scene, a different atmosphere. Never underestimate what a good healthy environment can contribute to your life.

What do you like best about your job? The jokes! Everyone has such a great sense of humor here and they all have their own skit. Every work day brings something to look forward to. Life is a blast and having fun with your coworkers (and customers!) is essential. That's just one of the many things I love about my job.

How has working at the Co-op affected your life? It's introduced me to a whole new world (think Disney princess) of honest food and good company. I like to believe being around healthful food has made me a little more health conscious.

What do you like to do outside of work? I enjoy gardening, playing with (or tending to) my four chickens and reading. My "garden" is the most significant endeavor at the moment. It consists of two side beds by my house where I grow lettuce, cabbage, tomatoes, sage, thyme, rosemary, and basil. So far I've only lost one thyme plant in a tragic dehydration incident. At this point I'm just hoping that my chickens don't have the same fate (just kidding).

If you had three wishes… I'd use all my wishes on one wish: that my chickens would love me more. It's a real let-down to have pets that won't let you pet them.

Where did you grow up/where have you lived in your life? I was born in Florida, the great peninsula of spring break vacations and retirement homes, but I lived in Georgia from age 6 to 15. Southern culture is definitely different than that of the Pacific Northwest. Southern hospitality ended where someone's property began, and churches were as prominent there as bike shops and breweries are here.

Tell us something about yourself others might not know: Well up until two or three weeks ago I had never touched a banana except for in my infancy. But I decided that enough was enough and, after 21 years, I made the plunge. It wasn't bad. Maybe I should give the Co-op props for this breakthrough. My desk, at both locations, is basically a banana vista. Brainwashing works wonders for stubborn people. I'm also terrified of birds (don't tell my chickens).

Where are some of your favorite travel destinations? Any place with a body of water. Water is so mesmerizing. It can be extremely unforgiving, yet one of the most peaceful things to witness. It toys with every sense. Nothing else is quite like it.

Where do you see yourself in 10 years? I can see myself in one of two scenarios in ten years. The first consists of taking care of a family, keeping up some sort of property, and making my children healthful snacks that they sucker other children into trading for Oreos. The fall back would be a travel writer. Not so much for the glam and the glitz, but to get my hands on some hard work in various countries, and to experience those places from the ground up. I hope I get to experience both, honestly.

What music is playing in your car, home, or head? Ray Charles, Sam Cook, Aretha Franklin, Elvis Presley, Otis Redding, Johnny Cash, the list goes on. I grew up in an American-Italian family where Frank Sinatra, Tony Bennett and the Beatles were always playing in my grandfather's Cadillac or on his record player. My interest in old-timey music grew from there, I guess. I also like indie folk. Oscar Isaac, Gregory Alan Isakov, and The Wood Brothers to name a few.

Is there anything else that you are involved in at the Co-op? I'm glad you asked! Considering my degree in English, one of my supervisors suggested I start a blog for the Co-op. Its focus will be on sustainability, and how everyday practices can make a difference. The blog will also feature new things that are stirring in our community, what's happening at the Co-op, and other fun things that will hopefully make people chuckle.

Think of it as a fun, somewhat interactive extension of our quirky little stores, allowing conversations to open about what individuals can do to lead cleaner lifestyles. Postings will be bi-weekly and I encourage readers to share their thoughts as they join the thread.

My first post is available now, and a new entry will be posted every other Monday. Once a month a blog post will be featured in the Thymes. I hope you'll check it out! You'll be like "whoa."

*Gabi, gone fishin'. Go to **www.thescoop.firstalt.coop** to check out Gabi's new blog or read highlights starting in next month's edition of the Thymes.*

Anniversaries in September

Staff Anniversaries:

Blueberry, 1 year: Nate Shapiro

Raspberry, 2 years: Travis Chellman, Clayton Marion, Cara White

Cherry, 3 years: Marcy Monasky

Blackberry, 4 years: Michelle Wissel, Maria Herrera Barrera

Kumquat, 5 years: Jessica Brothers

Strawberry, 6 years: Carli Landucci, Susie Willis

Paid Substitute Anniversaries:

Blueberry, 1 year: Kendl Leichty

Raspberry, 2 years: Samm Newton

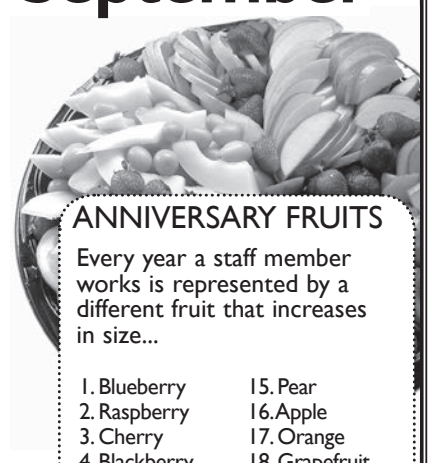
Cherry, 3 years: Sidney Rosen

Strawberry, 6 years: Darlene Santich

Nectarine, 13 years: Candy Leelaamornvichet

Owner-Worker Anniversaries:

Lime, 11 years: Juanita Gomez



ANNIVERSARY FRUITS

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

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

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

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

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

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

Brett Murphy

ART at the South Store

Nature photography first caught Brett Murphy's eye six years ago when he simultaneously inherited a Canon DSLR camera and moved to Montana. This self-taught artist learned his trade with his nose in a book and his eye in the viewfinder. The key to inspiration, he say, is "location, location, location."

Brett has done location shooting, album covers, and photographed weddings. You can find his work in *the Driftwood Press*, *F-Stop*, *the Sun*, and hanging in some other locations around Corvallis. If you're interested in Brett's work he can be contacted at murphy.brett18@gmail.com.

One of the primary goals is to be accessible, and therefore affordable, so he prints onto single-piece foam backings that won't warp over time.

Photo by Brett Murphy

If you would like to display your art at the South Co-op, please call CS: (541) 452-3115 x300

Computer Problems?

I offer fast accommodating solutions for PC and Mac systems

"We really appreciate your prompt and thorough service."
-Lisa Morrison, Sierra Club office manager

"You have brightened my day through your expertise."
-Andy Dufner, Director, Nestucca Sanctuary

"Thanks so much for helping us...I really appreciate it!"
-Louise Tippens, Director, Environmental Federation of Oregon

Superior PC Service

- Repairs
- Upgrades
- Networking
- Virus removal

John Madsen
541-929-4054
541-760-6717
Established 1988

Clarity Writing & Editing

- **Developmental editing** for nonfiction authors
- **Corporate communications** for globally responsible organizations

"I couldn't have done it without you!"
—Most common feedback from clients

Marie Oliver
Writer/Editor

claritywriting.com
541-760-7787

Burcham's Metals

A true recycling pioneer

Going green and giving back since 1960

Please visit our website & discover how you can join us!

burchamsmetals.com 541.926.4616

Health Services Guide

Advertise your health service for only $40 per ad. Maximum 50 words. Please email your ad to thymes@firstalt.coop by the 15th of the month.

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

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.

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.virginiashapiro.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.

Un-classifieds

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

SEEING WITHOUT STRAIN Learn natural vision improvement methods to release chronic neck and shoulder tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybetts Sinclair, LMT, certified vision improvement coach. (541) 753-8374 or www.marybettssinclair.com

DRIED SEAWEED, DRIED MUSHROOMS, kombucha, dried fruit, scrapwood. Ken, (541) 929-4296

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.

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

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

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

FOR SALE: USED FRIDGE, $85 OBO. Call for details. Ken (541) 929-4296

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

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

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

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

FOR SALE: YAKIMA ROOF RACK, for gutter style car, carrier basket, bike dish. Make an offer. Ken (541) 929-4296

YARD AND GARDEN MAINTENANCE ornamental and edible, pruning, planting, tilling, mowing, homestead help. Experienced, with affordable pricing. Free estimates. Greg Menkiena (541) 829-0373

ERRANDS, SHOPPING, help around the house, Ken, (541) 929-4296

JARED'S GREENHOUSES AND CONSTRUCTION (541) 908-6607 I build quality, affordable custom greenhouses using Solexx double paned windows that open with screens and stained Doug Fir framing. I'm also skilled in tile, concrete, siding, roofing, building fences and much more. Outstanding local references & pictures available.

THE WEDDING GAL Officiating weddings from the Coast to the Cascades. Corvallis based. (971) 218-6798 or sites.google.com/site/CarolynSchechtman

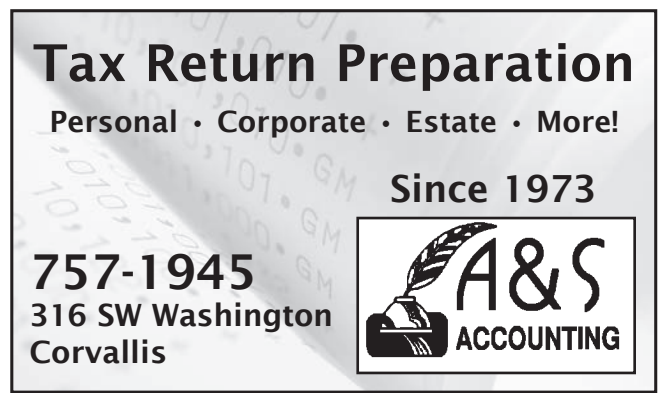
YARDWORK, weeding, pruning, scything, general clean-up, recycling, misc labor, trailer-haul, much Ken (541) 929-4296

ECO FRIENDLY YARD Care No Gas. Electric powered mowing, blowing, and edging. Quieter, No fumes. (541) 207-5736

LOWER YOUR EMP EXPOSURE! Take action to protect your health. I provide education, assessment, and reduction of dirty electrical fields in home and business environments. Many have experienced alleviation of chronic health problems with EMP field reduction. For timely service and reasonable rates, call Chris at (541) 908-6907

CUSTOM CLEANING SERVICES OSU certified holistic health and healing environments. Non-toxic, pet-friendly. www.OregonOrganicsCleaning.com (503) 743-2318

FAT BUSTER & DETOX!!! BE HEALTHIER...STARTING TODAY!!! INFRARED SAUNA: This treatment burns calories(lots) reduces stress and fatigue, removes wastes and toxins, improves the immune system, relieves pain and joint stiffness, increases blood circulation, all by spending 45 min. in the Far Infrared Energy Blanket. Far Infrared heat is thought to be 7 times more effective at detoxifying heavy metals, cholesterol, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins as opposed to conventional heat or steam saunas. $45 (45 min.) + LED Photo light treatment $20 Call TODAY to set up your appt.. (541) 602-0711



GRANTS FOR ART HISTORY AND CULTURE IN BENTON COUNTY

Letters of intent due by Sept. 10

On Monday, August 4, the Benton County Cultural Coalition (BCCC) met at the home of Chairperson Ella Rhoades for a potluck to welcome the five new members of the 15 person coalition. Her home, dubbed *the House of Y Not*, is filled with quirky art and magnificent mosaics, a perfect venue for group whose main purpose is to fund artistic and cultural ventures in Benton County.

BCCC grants are intended to sustain, promote, and make accessible culture throughout Benton County. The funds are provided by the Oregon Cultural Trust in accordance with state guidelines.

Since July of 2004, the BCCC has been giving away money to organizations or individuals who have bright ideas for ways to enhance or promote the beauty, culture and heritage of the area within the Benton County borders. Between 2005 and the present, BCCC has awarded over $95,000 in grants to thirty-five organizations and individuals. Along with Corvallis, organizations and individuals from the rural communities of Monroe, Summit, Wren and Philomath have received grants for art, music and historical projects. Murals, concerts, film festivals, dances and quilt shows are just of few of the creative ideas that have come to fruition through BCCC grants in the past ten years.

Anyone with imagination and a desire to promote or sustain a cultural endeavor is invited to fill out a Letter of Intent by September 10.

More information about BCCC and everything you will need to applying for a grant can be found on their website: www.bentonculture.org

GETTING THE SUSTAINABILITY COALITION TO THE NEXT LEVEL

Leadership seeks to fill important new volunteer position

Recognizing that the effectiveness of an organization is tied to the strength of its volunteer base, the Corvallis Sustainability Coalition Steering Committee has created the position of "Volunteer Coordinator" and made filling this non-paid position a top priority.

You can help by spreading the word. This is a great opportunity for someone to make a valuable contribution by working with our award-winning and growing organization and assisting it to be even more effective in helping our community move towards sustainability.

We are looking for someone who likes to reach out to others and get them involved. If you are interested or know of someone who might be a good candidate, please contact John Swanson who is heading up the search at jnhf@aol.com.

CORVALLIS sustainability COALITION

The new Volunteer Coordinator will ensure that the Coalition has a strong volunteer workforce to carry out our mission. Have you got what it takes?

letters

LETTER TO THE EDITOR POLICY

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

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

Beans for Bags Thank You

Dear Friends,

We have received your check for $579.14 and would like to thank you so much for the generous Beans for Bags donation from First Alternative Co-op. Your support of Community Outreach has helped to provide invaluable services to the people who rely on our programs. The generosity of organizations such as yours enables positive changes in the lives of those most in need. We thank you for your continuing support for our clients who are working to create better lives for themselves and their families.

Community Outreach is dedicated to providing resources to the people of the Mid-Willamette Valley as they work to overcome life's many obstacles. Your gift will certainly assist us in our continuing mission to help people help themselves. Thank you again.

—Kari Whitacre and Chris Quaka,
Community Outreach, Inc.

Employee Appreciation

Dear Yadira,

Thank you for the Co-op's continued support of survivors. We appreciate the many ways you give to make our community better. Thank you for the gift card donation for our Volunteer BBQ. It takes all of us working together to meet the needs in our city, and we are so happy to honor our volunteers—thank you for you help doing this.

Wishing you a wonderful summer.

—Crystal
Center Against Rape and Domestic Violence

Beans for Bags

After checking out, take a bean for every shopping bag you brought from home and drop them in the bean towers located next to every exit.

Each bean is equal to a 5¢ donation to the chosen organization. At the end of the quarter, beans are tallied and each organization receives a check proportionate to the number of beans they received.

July through September 2014

Corvallis Environmental Center	Local 6 Connection
Furniture Share	Senior Dog Rescue of Oregon

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

Ted My Handyman
(541) 207-6349
Remodels - Home Maintenance - Honey Do Lists
Intelligent - Honest - Affordable
Free 3-D Drawing of Your Project
Free Professional Estimates
CCB # 183405 Ted Wade - Owner

Birth With Liz
Liz Baer, Midwife
541-223-4454
Complete Midwifery Care
Home Birth
Placenta Encapsulation
Childbirth Classes
Breastfeeding Support
Serving Oregon's Mid-Valley
birthwithliz@hotmail.com
www.birthwithLiz.com

Restore the joy of living.
Benefit from our 27 years experience resolving the causes of chronic and acute pain, fatigue, mood and sleep disorders, and many other conditions.
Virginia Shapiro, DC
Integrative Chiropractic Care
Finally...the long-term relief you've been looking for.
(541)738-2711 • www.virginiashapiro.com
Most insurances accepted

Recipes • Digital Thymes • News • Events • and much more
www.firstalt.coop

September Community Calendar

Aqua
Big River
Block 15
Bombs Away Cafe
Cirello's
Cloud & Kelly's
Co-op Kitchen
Eat & Drink 101
Eats and Treats
Flat Tail Brewery
Gathering Together Farm
Laughing Planet
Le Patissier
Les Caves
Nearly Normal's
New Morning Bakery
Sky High
White Wind Juice Bar

LOCAL EATS WEEK
Sept. 15th-21st

Enjoy a week long celebration of local food! Experience what Corvallis has to offer by visiting participating restaurants. Local 6 specials will be available for $6/plate. This is a great opportunity to try new plates, visit new spots, and meet other local supporters!

WINE & BEER TASTING WITH LIGHT APPETIZERS

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

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

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

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

BOARD & COMMITTEE MEETINGS

OWNER RELATIONS COMMITTEE
Tuesday, Sept. 2nd - 12:15 p.m.
South Store meeting room

BOARD RECRUITMENT & ELECTIONS COMMITTEE
Tuesday, Sept. 2nd - 6-8 p.m.
North Store meeting room

FINANCE COMMITTEE
Wednesday, Sept. 24th - 5:30-7 p.m.
South Store meeting room

BOARD OF DIRECTORS MEETING
Tuesday, Sept. 16th - 6:30 p.m.
South Store meeting room
Owner comments welcomed in first 10 minutes.

UPCOMING EVENTS

GRAPHIC NOVEL BOOK CLUB MEETING Tues. Sept. 2nd, 6:30-7:30 p.m. New Morning Bakery, 219 SW 2nd St. We will be discussing Blankets by Craig Thompson. New members always welcome! Check out a copy of this month's selection from the 2nd floor reference desk of the CBC Library. FMI: *bonnie.brzozowski@corvallisoregon.gov*

LET'S PULL TOGETHER Sat. Sept. 6th. Join us for this state-wide invasive plant eradication event. Bring your friends, your family, or your group and join in and take a step to reduce the impacts of invasive plants! Sign up to volunteer at one of eight locations. Weed Pull: 9 a.m.-12 p.m.; Post-pull Celebration: 12 p.m.-3 p.m. FOR LOCATIONS & TO SIGN UP: www.BentonSWCD.org/programs/invasive-species/lets-pull

BASICS OF GOING SOLAR Tuesday, September 9th, 6 p.m. CBC Public Library. Find out why solar is a smart choice for Oregon homeowners and learn about Seeds for the Sol, a local non-profit devoted to removing the financial barriers to residential solar. FMI: info@energizecorvallis.org

ORGASMIC BIRTH: A SCREENING Monday, Sept. 15th, 6 p.m. Midvalley Birthing Services, 2532 Santiam Hwy SE # 314, Albany. If you are pregnant or planning to become pregnant, it is never too early to explore your options in childbirth! Join Melissa Meyer, Birth Boot Camp Certified Instructor, for a viewing of this film. 20 person limit. RSVP: *mmeyer@birthbootcamp.com*

SEAN DAVIS Presents **THE WAX BULLET WAR** September 18th, 7 p.m. CBC Public Library, 645 NW Monroe Ave. Iraq War veteran, artist, and author Sean Davis will read from his new book The Wax Bullet War. This memoir cuts through politics and party lines to explore the ugliness of war and the restorative beauty of art. FMI: *bonnie.brzozowski@corvallisoregon.gov*

COHO ECOVILLAGE TOUR Sunday, Sept. 21st, 1 p.m., 1975 SE Crystal Lake Dr RSVP: *cohocontact@cohoecovillage.org*, 541-753-4453

HOURS EXCHANGE HARVEST GATHERING Sunday Sept 21st 12-4 p.m. Old World Deli 341 SW 2nd St. Local market, crafts, & music. All vendors accept US dollars and Corvallis' local currency, the HOUR. Learn how to BUY LOCAL with LOCAL currency! FMI: *cherylrgood@gmail.com*

STORYTIME AND PARADE! Sept. 21st, 12:30 p.m. Central Park Gezebo. Join the CBC Public Library for a special car-free themed story time and celebratory parade to the Car-Free Festival at Riverfront Park. Families are invited to bike, walk, skate, or scoot to the festival with a special police escort following stories and songs. Helmets are required for participants through 16 years of age. FMI: *bonnie.brzozowski@corvallisoregon.gov*

FRIENDLY FORAGERS: HUNTING FOR WILD EDIBLES! Sat., Sept. 27th, 2-4 p.m. Learn all about wild edibles, how they benefit the forest life, and how to properly identify them! We will take a nature walk around Hesthavn, play some fun food games, and indulge in some edible delights! $5 suggested donation The program is geared to children preschool to 6th grade. Please RSVP: *educationaudubon@gmail.com.*

AROMATHERAPY FOR YOUR HEALTH with Tim Blakely, of Frontier/Aura Cacia. Wed. Oct 22nd, 6 p.m. Co-op North Store. Learn everything from safety, quality issues, sourcing and sustainability as well as to how oils are used. Will cover at least 20 essential oils in depth and discuss their health benefits as well as blending and formulating, top notes to base notes, and everyone will get to make a product or two to take home with them. FMI: *www.firstalt.coop*

ONGOING EVENTS

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

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

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

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

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

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

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

CORVALLIS VEG EDUCATION GROUP holds dine-outs and potlucks. FMI: *www.corvallisveg.org*

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

MONDAYS

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

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@vfpcorvallis.org*

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

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

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

TUESDAYS

CHAIR YOGA 3-4 p.m. Live Well Studio, 971 NW Spruce Ave. Chair Yoga provides the benefits of yoga to all bodies and is well suited to those with medical or physical limitations. Yoga poses are adapted with the use of chairs and other props so that all bodies can benefit from the strengthening, flexibility, balance and grace that yoga develops. FMI: *frontdesk@livewellstudio.com*

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

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

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

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

WEDNESDAYS

OSUSED STORE PUBLIC SALES 5:30-7:30 p.m. on 1st Wed. of the month; 12-3 p.m. on all other Weds. OSUsed Store, 644 SW 13th St. We carry used, low-cost furniture, computers, household items, office supplies and more. Also open 3rd Sat. of mo. from 9am-12pm. FMI: http://surplus.oregonstate.edu, 541-737-7347

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

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

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

THURSDAYS

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

DANCES OF UNIVERSAL PEACE 2nd Thurs, 7-8:30 p.m. Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Simple, easy-to-learn, 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

FRIDAYS

CORVALLIS UKULELE CABARET First Fridays, 7-9 p.m. First Alt 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 The Wallop Sisters. FMI: 541-753-8530

SATURDAYS

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

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

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

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

SUNDAYS

YOGA FOR RECOVERY 12:30-1:45p.m., Live Well Studio, 971 NW Spruce Ave. Gentle Yoga increases flexibility, strength, balance, and endurance while reducing pain, decreasing stress, and improving overall health. This class will teach poses with adaptations, modifications and the use of props. FMI: livewellstudio.com

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

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

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

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

THREE CHEERS FOR OUR TWO WAGON WINNERS

If you weren't lucky enough to win one of these two awesome looking wagons during our recent in-store promotion, better luck next time. We'll continue to have lots of cool giveaways and promotions in the future, so keep your eyes peeled and your entry-form-filling-out hand limber. Your day will come.

Until then, let's all take a moment to direct some hip-hip-hoorays towards our two winners. No doubt these wagons are already being put to good use in and around their homes and gardens. Hip-hip-hooray!

Congratulations, Julie Castillo

Congratulations, Rebecca Rice

THANK YOU!

You may have noticed a few more ads than normal this month. That's because we're thanking a number of local businesses that donated products or prizes to us for the Co-op's annual staff party. We experienced an outpouring of charity from local vendors that was unmatched. We're giving back to them with ads in this and next month's issue of the Thymes. A big thanks to all the contributers. You helped make it a fantastic party!

42ND ANNUAL CORVALLIS FALL FESTIVAL

September 27th and 28th

The Corvallis Fall Festival is an annual celebration of arts, crafts, and community. The artists, organizers, and volunteers that make it all possible are on a mission to, "serve, support, and showcase Corvallis while helping local arts and crafts thrive." And with an annual visitorship of over 30,000 people, over 160 local purveyors of arts and crafts, and food options strongly emphasizing locally-grown, and sustainably-made deliciousness, it's fair to say they're accomplishing this mission.

Art on display

So far this year is shaping up to be a great one. Last year's second-day closure due to rain and high winds was the first in the festival's long history. This year mother nature, and the odds, will be on our side.

Admission is free, so bring the entire family. There's lots of great music lined up, including concerts from Eugene's *Kokobola* and Corvallis' own *Norman*, as well as toe-tapping, foot-stomping performances by local youth groups on the community stage.

Local eats

Art wise, there's something for everyone, from painting and printmaking to woodwork, jewelry, photography, leatherwork, and glass blowing. This event truly highlights the staggering breadth of talents that call the Willamette Valley home. There's even the Art Discovery Zone, with hands-on art activities for kids.

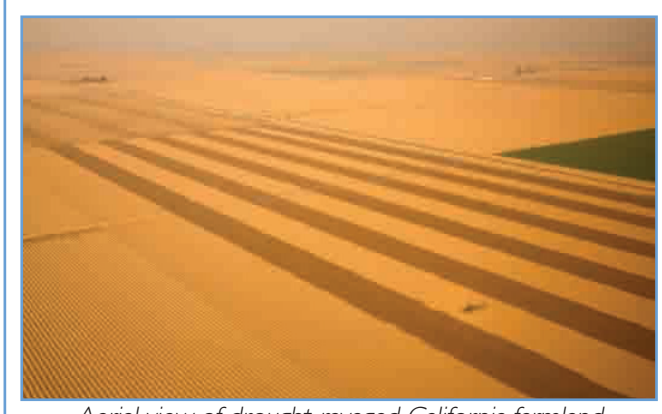
And you can't forget the food. Your very own Co-op will be there. We're teaming up with the *Corvallis Sustainabilty Coalition* to serve some delicious salad wraps (and bowls, for our gluten-free friends). That's just a taste of the local eats that will be available, with over 18 local vendors slated. There will be plenty to wash it down with too, thanks to some of our great local brewers, vintners, and distillers.

Come and take part in this bountiful harvest of art and culture. Saturday and Sunday, September 27th and 28th in Central Park. Visit www.corvallisfallfestival.org for more info.

THINGS ARE TOUGH ALL OVER

The rising cost of feeding ourselves

That drought in California we've all heard so much about this year hasn't gotten any worse. That's the good news. The bad news: It hasn't gotten any better. Almost 82% of our third largest and most heavily populated state is still suffering from an "extreme" drought. This is bad for everybody, but especially for farmers.



Aerial view of drought-ravaged California farmland

More than 200 crops are grown in California, some exclusively. Most of the country's almonds, apricots, artichokes, dates, figs, kiwis, nectarines, olives, pistachios, and walnuts grow there. It's also a major producer of avocados, citrus fruit, melons, and peaches. The threat to these crops is real, and stands to persist. In California communities where the water is running low some farmers are finding they have to prune back their almond trees by up to 90 percent. Actions like this—taken entirely out of necessity—will affect yields, and consequently prices, for years. We're already starting to see the effects here at the Co-op.

Changing agricultural conditions attributable to climate change are causing trouble not just in California but elsewhere in the country. Last year's severe drought affected almost 80% of the continental United States. Weather crises are becoming the standard. And the problem is global. Drought in Brazil is throttling production of coffee and sugar, while poor conditions in Asia are hurting yields of both rice and palm oil.

Political turmoil contributes as well. Two of the world's largest grain producers, Russia and the Ukraine, have gone—subtly at least—to war, slowing exports and destabilizing global grain markets.

What does it all mean for consumers? Higher prices, unfortunately. Across the board. Bulk goods and Produce will see the effect most directly. Dairy products and meats will also be directly affected as the need to feed and hydrate livestock has an amplifying effect on their cost. Non-perishables will trail behind, but won't be immune to price increases.

The USDA released an estimate that retail food prices will rise between 2.5% and 3.5% this year alone, while economists surveyed by the Wall Street Journal are estimating an increase of 1.9% to overall consumer goods. This trend isn't new either. Over the past 10 years, food prices have gone up 2.8% per year on average, while total cost of consumer goods has risen 2.4% per year. These inflationary increases are not sustainable, but for the time being at least it's not going to change. All we can do is brace for it, and hope that maybe the coming crisis will be enough to finally get people to understand one simple fact—that we're all in this together.

—Adam Payson, *Thymes Editor*

Subscribe To Bicycle Times Magazine

Your Everyday Cycling Adventure
bicycletimesmag.com

Soft Star
SHOES FOR HEALTHY, HAPPY FEET

Perpetuate Better Living
NINKASI BREWING · EUGENE · OREGON
Ninkasi Brewing

2 TOWNS CIDERHOUSE®
DAMN FINE CIDER
FRESH-PRESSED 100% NW APPLES • NO ADDED SUGAR • NOTHING ARTIFICIAL

Fall Feast

September is here again, and with it come cool mornings carrying a message: that the hot and toiling days of summer will soon be a memory. The season's labors will live on, though, not just in our minds but on our tables.

From squash to chard to potatoes to Brussels sprouts, this month's recipes are loaded with locally grown fresh produce. These recipes are easily adapted to feed multitudes, so gather your friends and your family, enjoy what the Valley has to offer, and feast together against the decreasing of the day.

Balsamic Brussels Sprouts

Serves 4

- 24 Brussels sprouts
- 1/4 tsp salt
- 1 onion, sliced
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar

Heat oil in large skillet. Add onion and cook over low heat 20-30 minutes or until onions are browned and caramelized. Meanwhile, cut off bottom of Brussels sprouts, remove outer leaves (if necessary) and cut an x into the core of the sprout. This allows for faster, more even cooking. Simmer sprouts in a small amount of salted water for 8-10 minutes, or to your desired finish. Drain sprouts and add to onion; add balsamic and stir.

Butternut Chard Boats

Serves 4

- 1 medium butternut squash
- 4 tsp olive oil, divided
- 1/2 tsp salt, divided
- 1/2 tsp freshly ground pepper
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1 Tbsp water
- 2 Tbsp tomato paste
- 4 cups chopped chard leaves
- 1 can white cannellini beans, drained and rinsed
- 2 Tbsp chopped kalamata olives
- 3 Tbsp breadcrumbs
- 3 Tbsp grated Parmesan cheese

Cut squash in half lengthwise and scoop out seeds. Brush cut sides of squash with ¼ tsp oil on each half; sprinkle with 1/8 tsp salt and pepper. Place on a baking sheet and bake, uncovered, at 350° for 45 minutes, or until fork tender. Scoop out a trough down the neck of the squash to accommodate the chard filling; leave ½" to ¾" of meat along the edges of the squash.

Heat 1 Tbsp oil in large skillet. Add onion; cook, stirring, until translucent. Add garlic; cook, stirring for 1 minute. Add water, tomato paste and the remaining salt and pepper. Stir in chard, cover and cook until tender, about 5 minutes. Stir in white beans and olives; cook until heated through. Remove from heat.

Position rack in center of oven and preheat broiler. Combine breadcrumbs, Parmesan and ½ tsp oil in a bowl. Fill each squash half with chard mixture. Top with breadcrumb mixture and broil 2-3 minutes, or until breadcrumbs are browned.

Potato Sage Galette

Serves 4

- 2# Red Gold or Yukon Gold potatoes
- 8 sage leaves, finely chopped
- 4 Tbsp butter, melted
- 1/2 tsp salt
- 1/2 cup grated Parmesan

Heat oven to 400°. Spray bottom and sides of 9x13 glass baking dish with olive oil. Mix butter, salt and sage leaves in a large mixing bowl. Slice potatoes 1/8" thick. Do not rinse potato slices. Toss potato slices in melted butter mixture, coating well. Cover bottom of baking dish with 1/3 of the potato slices; sprinkle with 1/3 of the cheese. Repeat 2 more times. Bake, uncovered, until the top is golden brown and the potatoes are tender.