



FA THYMES

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First Alternative Co-op
Community Monthly

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celebrate earth day!

Earth Day at the Co-op!
Monday, April 22, 2013



- 10% off all local 6 products
- 10% off all grower direct produce
- Local vendor demos
- FREE reusable bags to the first 100 customers per store.
- Alternative Transportation card double punches

Changing the way we see water: the 3 Waters Project

by Dave Eckert

Most properties in Corvallis are connected to three independent and separate water systems that serve their properties.

1. Tapwater
2. Wastewater
3. Stormwater

Each of these three water systems impact our environment and our economy by:

- Draining water from our rivers and streams ecosystem (Tap).
- Using harsh chemicals to treat the water (Tap).
- Using fossil fuel-based energy to treat and pump the water (Tap and Waste).
- Discharging pollutants and heated water into our natural waterways (Waste and Storm).

The amounts of these three waters we consume or discharge may not be sustainable with impending climate, population and economic changes. By reducing the flow of water through these three systems we can reduce their negative impacts for a more sustainable environment where we can reside for many generations to come.

To inspire citizens and businesses to reduce excess use of tapwater and the discharge of wastewater and

continued on page 13



Dave Eckert, facilitator of the 3 Waters Project, with recycled glass from a project at the South Store.

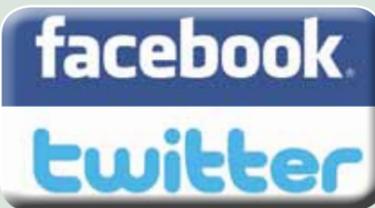


Water collected from the rooftops will be used to irrigate landscaping during summer months, mitigating stormwater runoff during the wet season.

Editor's Note: The Co-op is proud to be a leader in sustainability, setting an example for our community with inspiring projects and encouraging others with donations to many worthy causes and providing opportunities for incorporating sustainability into our own lives. One of the projects the Co-op has taken on is the 3 Waters Project, facilitated by Dave Eckert. Here's an overview of the project, and ways that you can incorporate components into your own life and home.

Vendor Demo Day
Saturday
April 13
details p. 10

www.firstalt.coop



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CORVALLIS, OR 97333

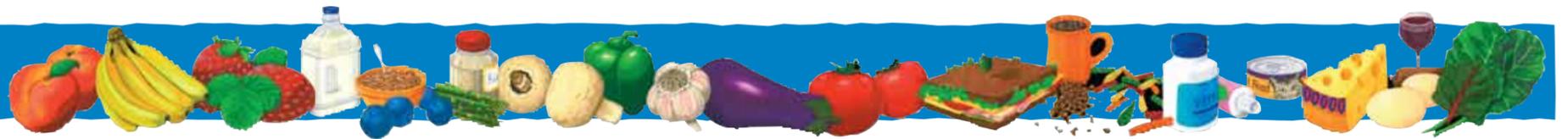
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10% OFF Owner Name: _____
 Good for one day only during April 2013. Owner #: _____
april 2013 owner sale day coupon

Date used: _____
 Cashier initials: _____

Details on page 3 and at Customer Service
 Cashier: fill out owner #, your initials, today's date, use 'Owner Spec 10%' soft key & return coupon to owner





FA THYMES

First Alternative Co-op Community Monthly

the board's month in review

increasing the Co-op's viability



Chris Bentley,
Board Member

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

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

Editors: Donna Tarasawa & Lisa Yagoda

Design/layout: Lisa Yagoda, Jessica Brothers, Emily Stimac

Photographers: Jessica Brothers, Emily Stimac, Lisa Yagoda

Spring has arrived! Daffodils are blooming, darkness is diminishing, and an array of garden seeds has appeared at the Co-op.

Spring gardening feels so good – cleaning up the beds, conditioning the soil, and planning which new and exciting varieties will vie for space with the time-honored and familiar plants.

New growth is being witnessed in our local economy also, as the slow climb from recession continues. We saw growth in local real estate values in 2012 after four years of decline, and Benton County's unemployment rate of 6.2% is considerably lower than

the state and national rates. First Alternative, through a combination of belt-tightening and sales growth, is making the most of excellent management and loyal customers. At the March meeting of the Board

of Directors, we learned that January of this year showed an increase in sales over last January of slightly greater than 6%, and we have been able to retire some of our debt. Major capital expenditures have been suspended for now, in order to improve our cash position; and positive signs are seen in the increase of February's average monthly basket amount and average daily customer count.

A frequent discussion topic in our meetings is: what are the best methods available to our co-op to improve our financial position and enhance overall viability?

At the March meeting we discussed one method - increasing the cost of our Owner share. The cost of our Owner share has been \$70 for the past 14 years, since First Alternative became a true co-op in 1999. Surveying other food co-ops in various population centers, we noted that ours is lower than all but a few. A moderate increase in the owner share would provide an important source of funds to accomplish much needed projects without incurring additional debt. Of course the impact to owners is a prime consideration of the Board,

and we know that some would consider a small, one-time increase insignificant, while others would deem it a hardship. As this discussion moves forward over the coming months we will examine all facets of this issue and seek the input of you, the owners, on this important topic.

The change to Choose-Your-Own Owner Sale Day has resulted in deeper discounts to you, the owners, while creating a less hectic atmosphere for staff and shoppers. We trust that this benefit offered each month, all year long, will more than offset the once-a-year owner dividend that is distributed to owners when the Co-op's financial position allows.

Although we have not had the ability to issue dividends for a few years, owners' shopping habits tell us that Owner Sale Day is a much-appreciated bonus.

The operation and governance of First Alternative Co-op is a group effort requiring the attention and dedication of a

multitude of folks—staff and owner-workers alike. We continue to seek good people to become involved, and this year we are fortunate to have a slate of experienced and interesting candidates running for positions on the Board. Watch the Thymes for more information on the election coming up in May, and keep an eye out for postings of committee positions open to owners. Meetings are open to all, and they are actually quite interesting, with lots to learn. Helping to maneuver the ship called First Alternative along its course, steering clear of the shoals, and keeping the crew and passengers thriving, is truly a challenge. Thanks to all of you who contribute – staff, farmers, owner-workers, shoppers, and owners.✿

SUSTAINABLE LIVING IDEA!

Choose compost and natural fertilizers rather than chemical fertilizers.

Overuse of chemical fertilizers containing nitrogen contributes to pollution of water by nitrates, harming stream & river habitat.

- 365 Ways to Save the Earth, Philippe Bourseiller



STORE LOCATIONS & HOURS

SOUTH STORE:

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

NORTH STORE:

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

Web site: www.firstalt.coop

Email address: firstalt@firstalt.coop

Editor's email: thymes@firstalt.coop

FA Board's email: faboard@peak.org

VISION STATEMENT

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

MISSION STATEMENT

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

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

THE INTERNATIONAL COOPERATIVE PRINCIPLES

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

WELCOME, NEW CO-OP OWNERS!

In February, 90 new people became Co-op owners, totaling 8285 active owners.*

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



The Benefits of Ownership

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

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

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



our community involvement general manager report



Cindee Lolik,
General Manager

SUSTAINABLE LIVING IDEA!



Recycle paper

Every ton of recycled paper saves 17 trees, 7,000 gallons of water, and the energy equivalent of 380 gallons of oil

- 365 Ways to Save the Earth, Philippe Bourseiller

Choose Your Own Owner Sale Day

All day, any day each month, both stores

Owners save 10% on all purchases!

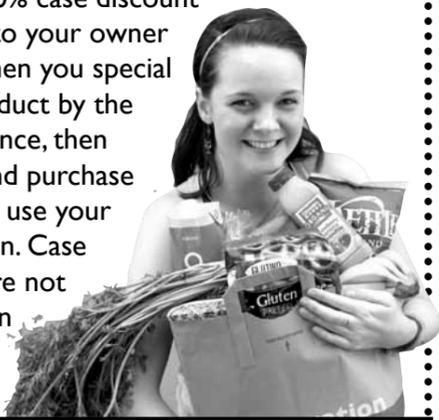
Here's how it works:

1. Get your coupon at any register when you check out. Fill in your name and owner number.

2. Hand your cashier your coupon and your owner card at the beginning of your checkout process. (If you need a replacement card, swing by CS). The cashier will fill in the date used and their initials.

3. You'll get the coupon back because you can use it at both stores for the remainder of your chosen day.

Receive a 10% case discount in addition to your owner discount when you special order a product by the case in advance, then pick it up and purchase it when you use your OSD coupon. Case discounts are not applicable on sale prices.



First off this month, I want to thank all our owners for showing us just how much they appreciate the new Choose-Your-Own Owner Sale Day program that we rolled out in January! Staff are loving the busy feeling in both stores and the happy owners they encounter every day. We've also been signing up new owners at a pretty fast clip since the change and we're happy to be including all of them in the Co-op community.

Speaking of community, I've been involved in a couple of community projects lately that I thought you all might be interested in. I've joined a **Health Impact Assessment Advisory** group that is working on a recommendation about the speed limit and highway design on Highway 99 (Third Street) from the Co-op to potentially the edge of the developed part of Corvallis. The goal is to look at the impact that the highway has on a variety of issues that impact the health of the residents of South Corvallis and to put together a draft report by the end of June for the State to assist with the decision making process. A health assessment study assesses factors that most people don't associate with health such as housing, employment, transportation, access to public and retail services, social cohesion, noise, access to parks and recreation facilities and education. This group has a wide range of members from the Parks & Rec Department, the Tunison Neighborhood Association, the Corvallis Police Department, the Principal of Lincoln Elementary School, local bicycle advisory groups, Corvallis Public Works, ODOT and others. I will be happy to update you all as we progress through all the work.

Additionally, I've officially become a member of the **Economic Vitality Team** of the

Sustainability Coalition.

I've been working with both the Co-op and with **CIBA** (Corvallis Independent Business Alliance) and the Coalition on several of the Team's initiatives – the Business of the Week articles, the Buy Local Brunch and Buy Local First Day, the organization of the Small Change, Big Change: Investing in Our Community – and decided I should join the Team. At the 4th Annual Sustainability Town Hall on March 14, the participants voted to have the Team concentrate efforts on developing local investment opportunities. One model for this is the **LION (Local Investing Opportunities Network)** examples of which can be found in Port Townsend, WA and closer to home in Portland, OR. I look forward to working on this project wearing all of my hats – Co-op, CIBA and Economic Vitality Team as well.

And then there's the Co-op, bustling with new owners and happy shoppers! We just had our first successful **Vendor Demo Day** and will be continuing the practice on the second Saturday of each month so you can come in and taste new and exciting products and enjoy the hustle and bustle. The Owner Relations Committee of the Board also hosted an **Owner Pot Luck** on the second Tuesday of March, while the attendance was only about 18 folks, the food and the company were great – we all hope you can make the next potluck. We will publicize the next date once it's decided upon. I know I will plan on being there. ✨



Jason Blake-Beach,
South Store Manager

bicycle! bicycle! south store manager report



According to the calendar spring is upon us. As we move into the month that brings us Earth Day sustainability will be a subject greater subject of conversation at the Co-op.

One way that this co-op is somewhat unique is the number of shoppers and staff that bicycle to shop or work. What does the Co-op do to support this level ridership currently and furthermore how can we further this trend? I have not seen many other co-ops that offer **alterative transportation discounts and coupons**. I'm not sure how much those discounts actually drive ridership to and from the Co-op but they certainly help folks recognize that it is an issue of importance at the Co-op and at the least they provide positive reinforcement.

We provide **covered bicycle parking** at all three of our primary entrance and exit points on both the north and south side and also on the east side for staff. I recognize that the bicycle parking on the north side of the store

isn't the greatest set-up. The racks are too close together and too close to the column and the parking stops in the area. Also, only half of the racks are covered on that side. In the future the goal for that entrance is to provide a fully covered parking area closer to the entrance that allows for more bicycles with more efficient use of space.

On the south side of the store the bike parking area is fully covered and is spacious enough but takes the majority of what could be a very nice place for shoppers to casually enjoy during the summer months. In the future, the goal is once again to provide a covered bicycle parking area closer to the entrance.

Capturing and reusing rainwater while reducing storm drain run-off has been an ongoing project at the Co-op since the beginning of the Co-op's relationship with the Three Waters Project (see story on page 1). Numerous installations have occurred over the last couple of years across the property to meet the project's goals including rainwater tanks, a bicycle-powered water pump, a living wall and various tap water reduction strategies including a recently installed greywater system. The next



In 2012 the Co-op redeemed over 1472 Alternative Transportation Cards, for a total of \$7,360 in customersavings and 20,608 car-free trips to the store.

fixture proposed in that body of work is a rain garden. The proposed rain garden will likely go into one of two locations on the south side of the store. The goals of the rain garden while being mostly functional: reduce concrete, abate stormwater run-off, provide beauty and serve as an education installation about how to improve permeability and reduce stormwater run-off. I look forward to implementing these and future efforts to keep First Alternative at the forefront of sustainability in our country's consumer cooperatives. ✨



tip of the month
easy, money-saving tips from Donna's kitchen

crispy hash browns, every time

Making hash browns can be tricky. I like mine crisp, but had trouble making that happen until I discovered this trick! Grate your potatoes (I like to grate them with the peel on), put them into a colander and rinse them well with cold water, then let them drain for a couple minutes. Heat olive oil in your skillet and add grated potatoes, spread evenly over the

bottom of the skillet; add salt to taste. Not overloading your skillet is another way to make sure all the potatoes get crisp. When the bottom is browned to your liking, flip them over and brown the second side. Delicious!



**owner shares:
a friendly reminder**

We want to make sure all owners understand the owner share system, including the new Choose Your Own Owner Sale Day program, so that all owners are receiving equitable benefits.

You may use **one Owner Sale Day per month per owner share**; if you are unsure if yours has been used for the month, please contact Customer Service. If another adult in your household would like to purchase an owner share and receive their own Owner Sale Day, please contact Customer Service.

There is **one owner per share**; if any changes need to be made to the address or if you would like to add or delete people who share your household and groceries, the

owner must be the one to make the changes. If you are unsure who the owner is on your share, contact customer service.

Your **owner share must be paid in full or be up to date on payments** in order for you to receive your owner benefits, including your Owner Sale Day discount, voting, doing support work or being an owner-worker in the store. If you are unsure if you are current, please contact Donna T at 541-753-3115 Ext. 328 or email donnax@firstalt.coop.

If you have any questions, please contact Customer Service or Donna T, Marketing Manager. Thanks for shopping and supporting YOUR Co-op! We love our owners!!
-Donna Tarasawa, Marketing Manager

new milk in reusable containers

We have been searching for another Oregon based milk with a reusable container since Lochmead did away with their reusable merlons.

At long last, we found it! We are very happy to have brought in **Garry's Meadow Fresh Milk by Lady Lane Farm** in Mulino, OR. Lady-Lane Farm is a small traditional dairy farm owned and operated by Garry J. Hansen, a third generation dairy farmer. Lady-Lane Farm's purebred Jerseys are recognized as some of the highest quality purebred Jersey cows on the West Coast.

Here is what they say about their practices: "Our ladies are very important to us. We select quality females and strive to produce the best milk possible. The Jersey is the smallest of all the dairy breeds and has less impact on the environment. Simply put, they eat less and produce less waste. Just like you and your diet, we want to be sure that the highest quality foods are available to them. Our cows nourish themselves on our lush pasture during the growing season. They go out as soon as the weather permits it and stay out as long as

it is still safe and beneficial for the cows. A producing cow has very high energy needs. Even in the early spring when the pastures are lush it is important to make sure they get the carbohydrates they need, so a small amount of grain is always offered to our high producing cows. We feed brewers grain from a local brewery. We supplement with local alfalfa hay and in the winter they are fed predominantly grass silage which is harvested on farm. We do not use hormones or rBST.

Antibiotics are not part of our daily routine but if a cow takes ill, which is rare, we do not deny proper care. She is separated and her milk is discarded until she is completely healthy and at the end of her withdrawal period when her milk is once again consumable she is returned to the herd. Our mission is to maintain a healthy, happy environment for everyone and everything here at the farm. The ladies of Lady-Lane Farm are well cared for, very much appreciated and are healthy and fit for producing high quality milk for you to consume."

-Brian Peat, Grocery Manager



renewal in the kitchen

April is a time of renewal and optimism seems to be in abundance. With spring in full swing, it's easy to look forward to great things to come! I feel a sense of rejuvenation and feel like it is reflected in a lot of the changes that we make here at the Co-op, both in the Kitchen and throughout the Co-op.

For the month of April we have **vegan chai cupcakes** on sale at \$2.49 for three. I know a lot of people who love these cupcakes and now there's another reason to enjoy them!

We're bringing in some new

seasonal items, such as **vegan potato salad** and we're bringing back the popular **Thai cabbage salad**. Depending on availability, we might even get **fruit salad** back this month!

While I know that there are rainy days in April, we're just a little bit closer to the sunshine!

-Cam Rudolph, Kitchen Manager



Delicious vegan chai cupcakes on sale in April!

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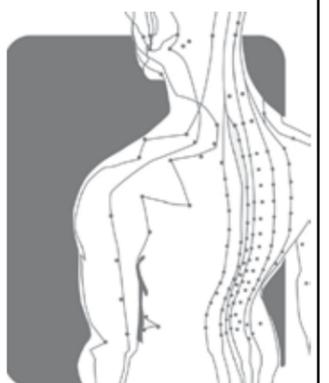
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CHEESE

• We have two new Irish additions to our extensive Cheese Department: **Aged Cheddar with Irish**

Whiskey and Cashel Blue, both from **Kerrygold**. They join two old favorites from Kerrygold—**DUBLINER** and **Vintage Cheddar**—and their **Reduced-Fat**

Aged Cheddar is back on our shelves after a short hiatus.

Try adding the Aged Cheddar with Irish Whiskey to any gourmet party platter, or give it as a special gift. Serve the Cashel Blue with fresh grilled peaches or baked pears for a festive new dessert. Its robust flavor also pairs well with a grilled steak or leafy green salad.

These Kerrygold Irish cheeses come from the greenest dairy land in the world. Their perfect blend of climate, sustainable green pastures, and both traditional and modern farming practices create these high-quality, nutritious and uniquely delicious cheeses. Give them a try and see why they are world famous. They both pair well with a jig and a good Irish Stout!

-Valori George, South Store Deli Assistant

WELLNESS

• **Acure Body Wash!** You love their hair care (which is on sale this month). Now experience full body care! Four new scents to tantalize your morning shower. This body wash



is made with Organic and Fair Trade ingredients for all skin types. Your skin will thank you! On sale in the month of April!

• Also new from Acure are **Sensitive Facial Cleanser and Moisturizer, Sunscreen with an SPF of 30** and **Marula Oil**. Marula Oil is the next best thing for dry, chapped skin, scars, fine lines and reducing skin redness.

• Back on our shelves is **SoTru's Organic Spirulina and Chlorella!** You can get it in tabs, powder or in bulk. It has been gone for a while and we are so glad it is back!

• We have added to our **Garden of Life** line! Raw and **Organic Protein Powder and Meal Replacement in Vanilla!** It is yummy good and available at our Great Values Every Day prices of 20% off! -Jen Luck, Wellness Assistant



PRODUCE

• **Diane Arney's Local Herbs**, \$1.59/ bunch! We are proud to carry Diane's fresh and delicious herbs, grown right here in Corvallis.

• **Local kales** have arrived! They are highly nutritious and super fresh.

• **Baby bunch turnips** have a sweet peppery flavor and are sold with their green tops that are also delicious.

• **Springhill Farm plant starts** will be here early in the month!

-Carli Landucci, Produce Stocker

lamb

100% grass-fed and delicious

Everyone knows the saying "You are what you eat," and for the Co-op meat department, that saying extends to the food that your food eats! We are proud to offer **100% grass-fed lamb** from two different local farms, **Cattail Creek Lamb** of Junction City and **Walker Farms Lamb**, raised in the coast-range town of Silletz. Lamb and sheep are meant to be grass-eaters, and since our lamb farmers are also adept at growing high-quality green grass without

synthetic fertilizers or pesticides ever, you can be sure that these lambs are a healthy, lean, and nutrient dense food for your table. Check out our freezer selection of Walker ground lamb and stew meat, and make sure to stop by the fresh case for super tender cuts of Cattail loin chops, shoulder steaks, cuts for kabobs, and lovely roasts!

-Makenzie Kaiser, Deli Assistant



when one bin door closes, another opens beans in bulk

The news in bulk land is that beginning April 1, 2013, bulk product will no longer be eligible for the W.I.C. (women, infants and children) Program. I'm disappointed people using this program will no longer have the option to reduce their packaging by buying in bulk, but am trying to see the bright side, which is that we will find a couple new beans to replace

the conventional beans that are identical in price or very close in price.

Speaking of beans, due to a Colorado drought, anasazi beans aren't available this year and we'll be looking for something to replace them.

Send your **bean requests** my way!

-Gabe Pallastrini, Bulk Manger

luscious and local produce

With spring finally arriving in the beautiful NW expect to see more and more local produce trickle in throughout the month of April, like **chards, kales, nettles, baby bunch turnips, mustard greens, lettuces** and more. We have been fortunate enough to have some local produce already, such as **spinach, various raabs, arugula, watercress, radishes, green cabbage, dandelion greens, garlic and herbs**. We are very excited to carry **Springhill Farm's plant starts** for the 2nd year now. Expect them early in the month.

On Earth Day we'll be celebrating by bringing all this fantastic local

produce to you at a **10% discount**. A huge thank you to all of our Willamette Valley farmers that have been working hard to bring us the freshest, most beautiful produce in the area. What a great time to get excited about eating delicious vegetables! It is always our first choice to buy our produce from local growers, not only because of the freshness but also to support our local economy and reduce our carbon footprint.

-Carli Landucci, Produce Stocker



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4, 18 Soul Collage 1st and 3rd Thursdays

Thurs. April 4 & 18, 6:30-8:30pm
South Co-op Meeting Room

This is a fun and empowering process using magazine and photo images to make cards that reflect our many-faceted selves. A visual map of the psyche. Materials provided. \$10 community, \$8 Co-op owners. To register, call 541-753-3115, x300. FMI, please contact Lucy (541)704-0135 or lucyjjohnson@comcast.net.

13 Wellness Day Free Entry!

Sat, April 13, 3-8 pm (2nd Sat. every month) South Co-op Meeting Room

Offering Reflexology, Cranial Facial, Reiki, Massage, Readings and more! Please come visit us for a day of relaxation and wellness. FMI Brook, 503-501-6218. FREE ENTRY! \$15 for 20-30 minute service.

10 Controlling Chronic Conditions with Food Free Forum

Weds April 10, 7-9pm S. Co-op Meeting Room

Let's share ideas on alleviating chronic conditions with food. Facilitator Suzie Q Valentine says, "Through personal experience I have learned how to control anxiety, depression and chronic pain by controlling the foods I eat." FREE!

20 Incense Making

Sat., Apr 20, 1-5pm, South Co-op Meeting Room

Join Llewellyn author

Carl Neal for an afternoon of natural incense making. Learn the secrets of turning gifts from nature into amazing incense sticks, cones, and more that are free of synthetic fragrances and ingredients. Everyone will get to make 2 batches of incense to take home - all tools and supplies are included. \$20 community, \$18 owners.

16 NW Wellness Screening

Tues. April 16, 9am-1pm, North Store Co-op

Low cost health screenings provided by certified medical personnel. Check nwwellness.com to see available tests and prices. Most appointments are walk-in. Payment due at time of screening.

27 Beekeeping Fundamentals Understanding Swarms

Sat. April 27, 3-5:30pm. S. Co-op Meeting Room

Taught by Karessa Torgerson. Hives that swarm will probably not put away enough honey for your harvest and they are at greater risk for death in the winter. Learn the factors that trigger swarms and discuss prevention techniques, including early signs (before queen cell construction!). Looking to catch a swarm? This class will be helpful for you, too! Community \$27 or 4 classes for \$95, Owners \$22 or 4 classes for \$75.

30 Personal Finance Free

Tues, April 30, 7-8:30pm, S. Co-op Meeting Room

Anissa Arthenayake from OSU Credit Union will help you take control of your finances. You will be able to help yourself by: learning tactics to help you attain financial wellness, assessing where you are today and creating a plan for tomorrow, managing credit and spending, understanding how credit reports work and how to improve them, and understanding how to create a pay down plan for your debt. FREE!

donations

FEBRUARY 2013

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

GLEANERS

Linn-Benton Food Share 3,532.22

SMALL DONATIONS

OSU Biology Graduate Student Symposium..... \$30
Benton County 4-H..... \$30
Zion School..... \$30
Santiam Christian School..... \$30
March of Dimes..... \$30
Cresent Valley Robotics..... \$30
OSU Dietetics Club..... \$30

February's total donations: \$3,742.22



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

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

April-June Recipients

Community Outreach Heartland Humane Society
Coastal Food Bank Homeless Education

Spotlight: Community Outreach, Inc.

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

Coastal Range Food Bank, Inc.

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

congratulations! Mountain Rose Herbs gift basket winners

North Store: Liz Landers, Kelly Donahue, Mabelle Kennedy, Kim Bush
South Store: Diana Wilson, Avis Gnewuch, Whitney Mitchell

Alternative Transporter of the Month Erin Martin



"I like to walk to the Co-op to enjoy the fresh air and get some exercise. I usually take my Emmet in his stroller, too."

april recipe demo calendar

wed	thu	fri	sat
We're cooking up deliciousness just for you! You'll enjoy recipes from Co-op Deals, Budget Bites, and this issue of the Thymes. Plus we have weekly wine or beer tastings at both stores. Mark your calendar and join us!		Note: our lovely Demo Goddess is away through April 12, so we won't have recipe demos until the week of the 17th. Keep a lookout for department samples and vendors though!	
KEY: North Store Demos South Store Demos	4 N: Beer Tasting 5-7	5 S: Wine Tasting 5-7	6
10	11 N: Wine Tasting 5-7	12 S: Wine Tasting 5-7	13 VENDOR DEMO DAY! Both stores, all day Details page 10
17 S: Recipe Demo 3:30-5pm	18 N: Recipe Demo 3:30-5pm N: Beer Tasting 5-7	19 N: Recipe Demo 4:30-6pm S: Wine Tasting 5-7	20 S: Recipe Demo 5-6:30pm
24 S: Recipe Demo 3:30-5pm	25 N: Recipe Demo 3:30-5pm N: Wine Tasting 5-7	25 N: Recipe Demo 4:30-6pm S: Wine Tasting 5-7	27 S: Recipe Demo 5-6:30pm

BUDGET Bites

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

We're going veg for Earth Day! This issue of Budget Bites cuts out the meat and instead uses beans and alternative proteins. Eating lower on the food chain can help you feel lighter and also lighten your impact on the environment...while saving you money!

-Emily Stimac, Marketing Assistant

Here's a sneak peek:

Chickpea Soup



1 ½ cups dried chickpeas, sorted & rinsed
 2 Tbsp coconut oil, divided
 1 carrot, diced
 ½ onion, diced
 1 Tbsp fresh ginger, minced
 1 tsp cumin seeds
 1 tsp mustard seed
 2 cloves garlic, minced
 1 quart water
 2 tsp veggie broth powder (or to taste)
 ¼ lb. bulk spinach, rinsed and chopped
 Soak chickpeas overnight. Bring to a boil with 1 Tbsp oil and 6 cups water. Cover and cook until tender, about 1 hour by stovetop or 20 minutes in a pressure cooker. Put 2 cups aside for hummus, and enough cooking liquid to cover them. Sauté carrot, onion, ginger and cumin in oil until lightly browned. Add remaining ingredients except greens and gently simmer for 10 minutes. Add greens and serve with hot tortillas or flatbread.

April Menu

- Saturday:** Hearty Green Pasta Sauté
- Sunday:** Chickpea Soup
- Monday:** Tempeh-liscious Burritos
- Tuesday:** Santorini Pizzas
- Wednesday:** Creamy Chard Bake
- Thursday:** Sausage Wrappers

Santorini Pizzas

2 tortillas or flatbread
 ½ cup feta cheese, crumbled
 ½ cup artichoke hearts, chopped
 ½ cup dried tomatoes
 ½ tsp oregano
 Hummus:
 2 cups cooked chickpeas
 Juice of 1 lemon
 2 Tbsp tahini
 2 clove garlic
 1 Tbsp olive oil, divided
 2-4 Tbsp cooking liquid
 Salt to taste
 Boil water in a saucepan and toss in dried tomatoes. Cover and set aside. Combine hummus ingredients in blender and process until light and fluffy, adding water as necessary to achieve your desired consistency. Spread on tortilla or flatbread. Top with feta, artichoke hearts and chopped tomatoes. Sprinkle with oregano. Cook at 350° for 10-15 minutes and enjoy!



FRESH & LOCAL

Spring greens promise lighter fare while packing a hefty nutrient punch!

- Emily Stimac, Marketing Assistant

Prepare to bite into freshness. That's the spring green crunch. And we're pretty sure you're going to like it.

Whether peppery or sweet, tangy or mild, it's time to lighten up and get ready for shorts weather!

Here's what we expect to see from local farms starting in April:

Denison: Salad Mix, Loose Spinach, Bunch Spinach, Collards, Fennel, Red Dandelion, Red Radish, Green Cabbage and some Raabs!

Springhill: Kales, Chards and veggie plant starts at the South store in the beginning of April!

Gathering Together: Watercress, Arugula and Cilantro

Groundwork Organics: Green Garlic, Baby Bok Choy, French Breakfast Radish, Baby Bunch Turnips, Leeks

Roasted Garlic Ranch Dip

This spring use something green and crunchy in place of the fat wafers (aka potato chips). The sweet flavor of roasted garlic balances the crisp crunch of greens perfectly!

1 head local garlic
 2 Tbsp olive oil
 ½ cup Follow Your Heart Veganaise
 ½ cup Nancy's nonfat yogurt
 1 tsp onion powder
 ½ tsp oregano
 ½ tsp dill
 ½ tsp basil
 8 servings spring veggies, rinsed and trimmed

Cut the top off of the garlic down to the top of the cloves and drizzle the entire head with oil. Wrap in foil and bake at 400° for 40 minutes. Once the garlic has cooled enough to touch, squeeze it into a food processor. Add remaining ingredients and blend well. Refrigerate 1 hour and serve with fresh raab, baby bok choy, or fennel.

Spring Superstars:



DANDELION

Abundant in Vitamins A, C and K, and a good source of calcium & potassium-more than spinach! Spring dandelions are sweet and tender. Use in salads, on sandwiches, or add to your green smoothie.



THE RAABS

After a cold winter, lengthening days cause brassica plants to send flower shoots toward the sun. The result: tender and delicious raab. Use as you would broccoli or asparagus.



WATERCRESS

Watercress is a great source of vitamins C, B1, B6, K, E, Iron, Calcium, Magnesium, Manganese, Zinc, and Potassium. Substitute it for spinach in salads, quiches, pilafs, or pizza!

AMERICAN DREAM PIZZA

Gluten Free Crust available Monday & Tuesday!

FREE DELIVERY!

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 DOWNTOWN 753-7373 • 214 SW 2nd
www.adpizza.com

Our letterpress & printmaking studio is open for membership! Join us today at www.themerryinksters.org

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 Lovely space

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www.sweetyoga.net

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

1st & Jackson
 9 AM-1 PM

www.LocallyGrown.org

local color



Special Order Deadline
April 26th

coop deals

Sale Periods &
Special Order Deadlines

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

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

Prices on these pages good
April 3rd - April 30th

good company

share love, life, and good food with friends and family!

WELLNESS

GOLF DISCS

Disc Golf Discs
Get out and PLAY!!

All other disc golf
merchandise sold at
regular price.

15% off



CARLSON

Line Drive

20% off

Save on the entire selection of Carlson
Supplements!

30% off

BOIRON

Select Arnica

Be active, hurt less!

Select Calendula

Soothing for the skin!

Select Allergy

Don't let allergies
get you down!



BULK FOODS

BULK NON GMO
Organic Black
Mission Figs

reg. \$5.49/lb. **SALE \$5.29/lb.**



SUNRIDGE FARMS

Yogurt Pretzels

reg. \$7.19/lb. **SALE \$5.99**



GRIZZLIES LOCAL 6
Karakoram Crunch
Organic Ingredients

reg. \$8.69/lb. **SALE \$6.99/lb.**



SUNRIDGE FARMS NON GMO
Organic Japanese
Crackers

reg. \$17.19/lb.

SALE \$14.69/lb.



LOTUS FOODS NON GMO
Organic Brown Jasmine

reg. \$2.59/lb. **SALE \$2.19/lb.**



BULK NON GMO
Organic Cashews,
Unsalted

reg. \$8.69/lb. **SALE \$7.99/lb.**



BULK NON GMO
Organic Date Pieces

reg. \$4.49/lb. **SALE \$3.59/lb.**



PACIFICA COFFEE NON GMO

Organic Coffee

Peruvian, Sumatran,
French Roast, River Mud

reg. \$10.39-13.19/lb. **SALE \$8.39-\$9.19/lb**



ZAIDALIA NON GMO

Organic Coffee

Firenze, Breakfast Blend,
Spring Blend, French Roast

reg. \$9.59/lb. **SALE \$8.79/lb.**



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Select Items

30% off

Includes KAL, Solaray, Nature's Life

NATURAL FACTORS

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Everything from Salmon Oil
to Vitamin D!

ACURE

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NEW &
oh so wonderful!

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Hair Care

Get lovely locks
with Acure!

20% off



FIRST ALT

Joint Support

Fight inflammation!

15% off



Denison Farm:

Salad Mix, Loose Spinach, Bunch Spinach,
Collards, Fennel, Red Dandelion, Red Radish,
Green Cabbage, Raab!

Groundwork Organics:

Green Garlic, Baby Bok Choy, French
Breakfast Radish, Baby Bunch Turnips, Leeks

Gathering Together Farm:

Watercress, Arugula, Cilantro!

Springhill Farm:

Kales and Chards + vegetable plant starts at
the start of April!

General produce specials run weekly from Wednesday to Tuesday

PRODUCE

Supporting local farms, families, and communities since 1970!

Certified Organic, Grower Direct

Spring into April

in celebration of **Earth Day!**

Our local spotlights during the month of April:

FRESH LOCAL ORGANIC GOOD-FOR-YOU FOOD

CHEESES

PROVVISTA Organic Sharp Cheddar
reg. \$9.49/lb. **SALE \$8.79/lb.**

Pastured Jersey cows give this organic favorite its deep yellow color and yummy flavor.



MONTCHEVRE Chevre Blue
reg. \$15.19/lb. **SALE \$12.99/lb.**

Crumble on salad or into a homemade dressing, or pair with dried fruits and nuts.

K.H. DEJONG Cablanca Goat Gouda
reg. \$14.89/lb. **SALE \$12.99/lb.**

Milder and sweeter than traditional goat's milk cheeses.



EMMI Le Gruyere
reg. \$18.19/lb. **SALE \$17.29/lb.**

Spicy, nutty flavor, perfect for melting.

LA MARIPOSA Chubut
reg. \$14.49/lb. **SALE \$12.29/lb.**

Mild, buttery rich cheese with Argentinian roots! Pairs with local honey or a sweet chutney.



LA MARIPOSA Cinco Esquinas
reg. \$14.49/lb. **SALE \$12.29/lb.**

Full-bodied, tangy flavor with citrusy sub tones



EARTH DAY

APRIL 22 SAVE 10% ON ALL LOCAL 6 PRODUCTS & GROWER DIRECT PRODUCE

FRESH FROM THE **CO-OP KITCHEN**



Vegan Chai Cupcakes

Rich and creamy vegan cupcakes made from scratch!
reg. \$2.99 each

Sale \$2.49/ea.

MEATS



WALKER FARMS Ground Lamb
reg. \$10.19 **SALE \$9.19**

from Siletz, OR!

WALKER FARMS Lamb Stew Meat
reg. \$10.99 **SALE \$9.99**

WALKER FARMS Garlic Pork Sausage
reg. \$7.49 **SALE \$6.79** In our freezer case!



Junction City, OR!

CATTAIL CREEK FARMS

Ground Lamb & Lamb Stew Meat
reg. \$10.99/lb. **SALE \$9.99 & \$9.49**

Try a lamb burger! High in protein and Vitamin B!



DRAPER VALLEY FARMS Free Range Boneless, Skinless Chicken Thighs
reg. \$8.99 **SALE \$7.69**

DRAPER VALLEY FARMS Free Range Chicken Drumsticks
reg. \$3.59 **SALE \$2.59**

GROCERY CHILL & FROZEN

ST. DALFOUR Organic Tea

25 bag reg. \$3.79 **SALE \$2.79**



SWEETLEAF Stevia Packets

35 ct. reg. \$4.19 **SALE \$2.99**
No chemicals, alcohols, or additives



FEVER-TREE Tonic Water

4 pack reg. \$5.69 **SALE \$3.99**

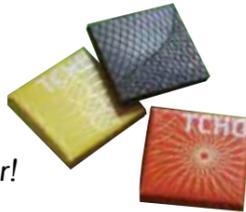
A delicious, natural tonic with a uniquely clean & refreshing taste and aroma.



TCHO Organic Fair Trade Chocolate Bars

2 oz. reg. \$3.99 **SALE \$2.99**

A luxury bean-to-bar chocolate maker with a love for true cacao flavor!



CARMEN'S 10" White Flour Tortillas

20 oz. reg. \$2.49 **SALE \$1.99**



DAGOBA Organic Chocolate Bars

2 oz. reg. \$2.49 **SALE \$1.99**



SWEET CREEK Organic Fruit Spreads

10 oz. reg. \$4.49 **SALE \$3.79**

Made with organic Willamette Valley fruits!



JOVIAL Organic Tomatoes

18.3 oz. reg. \$4.69 **SALE \$3.69**

BPA-FREE glass jars!



NAPA VALLEY NATURALS Organic Balsamic Vinegar

12.7 oz. reg. \$6.29 **SALE \$4.79**

From the Modena District in central Italy. A mellow, sweet and sour essence with a delicately balanced, fruity and full-flavored finish.



COLUMBIA GORGE Organic Apple Cider

64 oz. reg. \$7.59 **SALE \$5.99**

This true cider is pure, unfiltered, & bursting with natural goodness!



GOODBELLY Organic Probiotic Fruit Drink

4pk/2.7oz. reg. \$5.49 **SALE \$3.99**

Packed with billions of belly-balancing bacteria + essential vitamins!



MONTE BENE Pasta Sauce

24 oz. reg. \$5.49 **SALE \$3.99**

No added sugar, gluten free, all natural, low fat!



WILDWOOD Organic Baked Tofu

6 oz. reg. \$4.39 **SALE \$3.29**



TADAH! Falafel Wraps

7-7.5 oz. reg. \$3.99 **SALE \$2.99**

Save 10% by purchasing a case!

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

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



= Certified Organic NON-GMO



= NON-GMO project



= Gluten Free Product

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

idling your car

break the lose/lose fossil fuel cycle

by Dan Crall, Co-op owner since 2009
Owner of Corvallis Pedicab

Let us take a moment to recognize a common menace. While there are no doubt larger-scale wastes of fossil fuels happening around the globe every moment, vehicle idling is a problem with a fairly immediate, local solution. It boils down to educating ourselves, making it a habit to not idle, and yes, encouraging others (graciously) to consider the same. The regular or even occasional practice of needlessly idling most vehicles takes its toll on our pocketbooks, our vehicles, limited resources, but most importantly, the air we all share and breathe. As if the hundreds of billions in annual taxpayer subsidies on top of record profits that oil companies receive isn't enough, it's not abnormal for the average motorist to idle 5 to 10 minutes a day. Some consider the expired myths about warming up the car before driving it, or the idea that one saves gas by leaving the vehicle running while stopped for a period of time, and idle intentionally. Worse though, many drivers simply leave the car or truck running without giving it a second thought.

Public knowledge about idling can be improved, starting with each of us. Idling is a lose/lose scenario. While information about idling is widely available on the Internet for further study, here are 3 points to remember:
* Think of the "20 Second Rule."



If you're stopped for more than 20 seconds, just turn off your vehicle. This may not apply at stop lights or in moving traffic, but being stopped by a train, parked temporarily outside the store, waiting at a drive-through, etc., it's best to turn off the motor.

if you're stopped for more 20 seconds, turn off your vehicle

* **Modern cars are best warmed up by driving them.** For frosted/fogged windows in winter, the best solution is to dump cold water across the surface. Idling is bad for your car's spark plugs, cylinders, and exhaust systems, and can result in decreased gas mileage over time.

* **Oil is a limited, non-renewable resource that pollutes the air, water, and land. For every gallon of gas burned, about 19 pounds of carbon are released into the atmosphere.** Considering the financial and environmental costs as money and resources needlessly go up in smoke, a dedicated personal effort to stop idling only makes sense. Like many communities around the world, and considering Corvallis' current approach to sustainability, it would not be unreasonable for the city to impose a no-idling ordinance to raise awareness and encourage conservation of this expensive, dirty, and temporary resource.
Adapted from an article originally published in the Corvallis Advocate, January 2013 ✨



recycling in Corvallis

by Tom Wilson

We are lucky to live in such a 'recycle friendly' town. There are many opportunities to recycle here, but there are also many questions. Recycling is site specific. What works in Corvallis isn't true in Albany or Philomath. Recycling is always changing, so we need to accept that fact and enjoy the challenge of learning.

reduce reuse recycle

If you recycle a lot, perhaps you can also think about how to better reduce your consumption and reuse everything. What we knew as "the dump" is now a state of the art landfill, lined to prevent seepage, and recapturing and burning methane to make electricity to put back on the grid. This is not the worst possibility considering many 'recycled' plastics are sent to China to be burnt as fuel (with little to no regulation).



how co-mingled gets un-mingled

The paper is first blown off, then the metal is taken out by magnet and then plastics are hand sorted by people. The cleaner you send your items to recycling, the more pleasant it is on the other end. When you are recycling think of the people who will sort and clean your items. Plastics in co-mingled should be TUBS, JUGS, JARS or BOTTLES ...ONLY. NO soft/film plastics, no trays or clamshell containers. No threaded lids! These are a different type of plastic than the containers they go with. These lids along with containers that are not tubs, jugs, jars, or bottles go to First Alternative. **small things can be a big problem: keep them together!** Keep small lids in a container with a

lid on it so they don't get lost on the recycling factory floor. Lids that are made of the same material as the tub they fit can be recycled in co-mingled, along with the container. Put shredded paper in a paper bag so it doesn't blow everywhere. Keep small metal items to be recycled (bottle caps, screws) in a larger metal container. The machines that process the refuse are

when you're recycling, think about the people who sort and clean your items

enormous. Little bottle caps can get in the belts/gears and stop production; it's better to bring them to the Co-op in a container. Think of the trail from your co-mingled bin in your home, to the curb, to the truck, to the factory, thru the conveyer...and think of all the ways the small stuff can get lost, blown out or fall thru the cracks.

container numbers

Numbers on containers give a broad description of the 'type' of plastic, but not much more. The print type is not reliably changed in overseas factories so there is no certainty it is even labeled correctly.

soft plastics

Soft plastic recycling in most locations is for FILM only, which is soft plastic that easily stretches with your fingers. Non-stretchable soft plastics (tortilla chip bags, pasta bags...the stuff that crinkles when you move it) go to First Alternative. Plastics recycled at the Co-op are taken to Agriplas and will be turned back into crude oil with their proprietary system.

aluminum foil

Crumble aluminum foil up into a ball (dirty side in). Dirty foil is not an issue because it gets sorted by magnets and melted down. ✨

vendor demo day

saturday, april 13, 11am-6:30pm

every second saturday at both stores

many rotating vendors at each store; stop by throughout the day to try them all!

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TICKETS: \$12-\$16

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SPRING OPEN HOUSE and MEET OUR SUPPLIERS DAY
APRIL 20 - 10 to 3 & APRIL 21 - noon to 3

Join us in welcoming spring and celebrating our 76th Anniversary. There will be music, educational gardening classes, wine and food for purchase. Our suppliers and experts will be on hand to answer all your gardening questions. And of course, there will be special event savings!

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Staff Favorites

Co-op Kitchen Sprouted Mung Bean Pancakes

"Tasty, versatile and so convenient."
-Dan Shapiro,
Board President



Green & Black's 85% Cacao Bar

"The BEST!"

"I always keep a bar in my desk!"
-Lisa Lindner, HR Assistant



Art at the South Store

You might know Shannon because she is a Customer Service Rep at both our stores! She is sharing some of her favorite outdoor photos of wildlife and from her travels around America's National Parks. Her beautiful photos are taken with a 35 mm film camera and her smart phone. Enjoy Shannon's artwork while you enjoy a meal or snack in the South Store Cafe area.



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

Staff Anniversaries: April

- Blueberry, 1 year:
• *Jacob Wren, Chris Bell*
- Raspberry, 2 years:
• *Makenzie Kaiser, Ebony White, Aleta Carper*
- Blackberry, 4 years:
• *Kyle Campbell, Amber Muckerman*
- Kumquat, 5 years:
• *Carolyn Latierra*
- Strawberry, 6 years:
• *John Roullier, Lisa Lindner, Robert Wilderson*
- Plum, 7 years:
• *Mises Moses*
- Kiwi, 10 years:
• *Sarah Taylor*

ANNIVERSARY FRUITS

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

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

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

**YOU MAKE THE CO-OP A
NATURAL FOODS WONDER!**

Board Spotlight

DAN SHAPIRO

How long have you been a member of the Co-op Board, and what is your position on the Board?

I joined the Board in 2009 and became Board president last July.

What do you like best about being on the Board?

The collaborative, creative energy that 10 dedicated people can generate.

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

The abundant year-round local produce; the bulk department's gluten-free grains, seeds, and nuts; the deli's mung bean pancakes, broccoli salad, and roasted winter squash salad (a good reason to look forward to winter); and Kit's Organic Fruit & Nut Bars, with which I've developed a rather personal relationship.

What do you do for work?

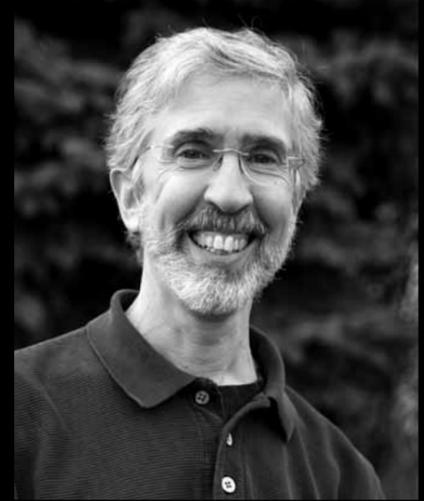
I'm the practice manager and health educator for the integrative chiropractic practice that my wife, Virginia, and I co-own.

What do you like to do outside of work and the Board?

"Outside" is the key word! Virginia and I get outside whenever we can, to the Cascades, the coast (Oswald West!), or just one of our early morning neighborhood walks before we start work.

Where did you grow up/ where have you lived?

I grew up in inner-city Philadelphia, moved to Maine for college, and stayed there for a total of 22 years. I had the good fortune to marry a Minnesotan, and our family moved to Duluth, where we were very active in the local co-op (we still have



our three-digit owner number). In 2007 we helped co-found a new co-housing community on Vancouver Island, BC. When it was time to move back to the States, we chose Oregon.

Tell us something about yourself others might not know:

I worked in radio for 14 years (college and professionally), first as a DJ, then as a local news reporter/director, and finally in management. I'm glad we still have radio—especially public and community stations—to keep us connected amid all of the high-tech distractions that have crept into our lives.

Where are some of your favorite travel destinations?

The San Juan Islands, Vancouver Island, and New England. We also love to visit our sons in Ashland and Portland whenever we can.

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

Almost every genre, from Albinoni to Zappa. But the "desert island" playlist features Van Morrison, John Coltrane, and Mozart.

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

I'd love to see us develop small green spaces with seating, play equipment, and educational gardens around both stores. But first let's retire our debt and fix the roof at the South Store.

Peace Begins Within.
Welcome a New Year, a New You...
I've got the aloe and seaweed you need.
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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.

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Revive the inherent blueprint for health that is naturally yours with this gentle, relaxing hands-on healing modality. Relieve pain, anxiety and stress while increasing vitality and wellness. Introductory special: \$45 or 3 for \$120. Russ Phillips, MA, LMT #11735, RCST® and Beeara Edmonds, LMT #11734, RCST®, 541-752-1997. FMI: www.craniosacraltherapy.org/Whatis.htm

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COMPASSIONATE COMMUNICATION

WEEKEND WORKSHOP with Tina Taylor, RN, MS: Corvallis, April 13 & 14 (Saturday 9 - 1, Sunday 4 - 7). Intensive course in the Nonviolent Communication (NVC) model, used worldwide for transformational personal growth, conflict resolution, and community building. Details at www.tinataylor.co, or call Tina at 541-753-2255.

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

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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.

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

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

I'VE GOT THE ALOE AND SEAWEED you need... Experience what you've been missing. Creating Peace Within, for Peace on Earth. Traci Mc. Merritt, 541.760.8557 Upcoming events at www.radiatelifeorce.com

READINGS BY ANNIE ~ Questions or concerns regarding relationships, career, money.... LIFE? A tarot reading can help guide you through troubled emotions and clouded thoughts by offering a reflection of your past, present and possible future and showing you a fresh perspective on your life. I have 30 years' experience assisting others with readings. Let me help you get in touch with your inner guidance, your best guide when making those difficult choices and decisions. Hour Reading \$40 ~ (816)506-4308.

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

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

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

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3 waters project

continued from page 1

stormwater into the municipal systems, the Corvallis Sustainability Coalition partnered with First Alternative Co-op to initiate the 3 Waters Project. The goal is to reduce tapwater use, wastewater discharge and stormwater discharge (per inch of rainfall) into municipal pipes at the South Co-op by 50% from the 2006-2008 average baselines. The project is funded by grants from the City, the Co-op and the Corvallis League of Women Voters. After two and a half years, we have almost reached our goal of 50% reduction in all three water systems at the South Co-op.

Following are some of the highlights that have helped our success.

0.8 gallons per flush

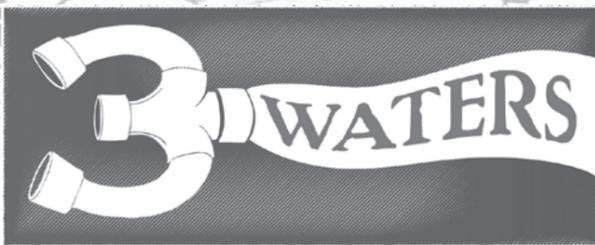
Three of the most efficient water-based toilets available to the public were installed in the store. A flush with the Niagara Stealth Toilets uses about 1/2 the amount of water as most high-efficiency toilets – saving tapwater consumption and wastewater discharge. www.niagaraconservation.com/stealth

City's First Commercial Greywater System

With the help of master plumber Paul Cooke, we installed an on-site water treatment system to collect and clean the water that drains from sinks. Once that water is treated on-site, it is used for flushing toilets. Treating and re-using the water on-site significantly reduces the amount of tapwater used and wastewater discharged. Free classes will be offered at the Co-op. Check future Co-op Thymes for dates. www.greywateraction.org/greywater-recycling

Rainwater Collection

The Co-op has over 14,000-gallons of tank



capacity for collecting rainwater from rooftop runoff. Another 2,000-gallon capacity is on order. Rainwater is used for irrigation and groundwater recharge. Last year, irrigation usage dropped by half. This year all irrigation is expected to be from harvested rain. No municipal tapwater will be used for irrigation. In the rainy season, we use a "catch and release" program. We catch the water when it rains and then release it into the ground on dry days. This way, the 14-16,000-gallon capacity can be refilled many times throughout the rainy season. Rainwater collection saves on both tapwater use and stormwater discharge. Free classes will be offered at the Co-op. Check future Co-op Thymes for dates.



Also check with the OSU Extension Service for advice on re-landscaping with native plants that require little or no irrigation. www.extension.oregonstate.edu/benton

Bosch Washing Machine

The South Co-op uses a washing machine at least four times per day, 360 days per year. The previous machine used about 35 gallons/wash. We installed a Bosch high-efficiency washing machine (manufactured in the United States) that uses only 13 gallons/wash, saving over 30,000 gallons of tapwater use and wastewater discharge every year. www.bosch-home.com/us/products/compact-washers-dryers.html

Water Use/Discharge Awareness

Perhaps the most effective tool is awareness. Co-op employees who were made aware of the importance of efficient water use found the most creative and cost-efficient solutions for water efficiency. Help us all reach the 50% goal at the Co-op, at your business, in your home and throughout our community.

For further information, contact Dave Eckert, facilitator of the 3 Waters Project at deckert@willamettewatershed.com. ❄



Dave Eckert and the first commercial greywater system in Corvallis, located at the South Store of First Alternative Co-op.



Chefs' Show-Off 2013

Sunday, April 7, 2-5pm

Watch chefs up close, taste samples and ask them questions at the Chefs' Show-Off on Sunday, April 7th from 2 to 5 p.m. at Linn-Benton Community College, 6500 SW Pacific Blvd., Albany.

Featured chefs: JC Mersmann of Gathering Together Farm restaurant (brodetto with fresh seafood and veggies), Pati D'Eliseo of A Posto Personal Chef Services in Newport (handmade "stained glass" pasta with herbs and spring vegetables), Mitch Rosenbaum, head chef, Mennonite Village in Albany (blini with cheese and vegetables), and Todd Ketterman, head of LBCC's culinary arts department (sauteed greens, carrot cake and IPA).

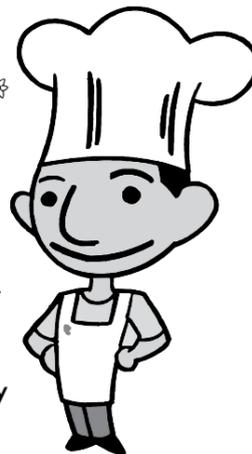
Enjoy Pheasant Court and Tyee wines, Oregon Trail beer and Two Towns cider. \$5 per glass with photo ID.

Chef Matt Bennett of Sybaris (Albany) will teach a 1-hour cooking class to the first eight who sign up in advance: \$45, includes entry to the event.

Tasting workshops (\$5) to learn the complexities of combining certain foods.

Adults \$15, kids 9 and under free. Tickets at Customer Service desk at both First Alternative locations or online.

Details: www.tenriversfoodweb.org. Presented by Ten Rivers Food Web and LBCC Culinary Arts with generous support from Oregon Tilth, Mennonite Village and Stahlbush Island Farms. ❄



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.

On behalf of all of us here at the **Chintimini Wildlife Center**, I want to thank you for your very generous donation of \$585.00. Your gift is greatly appreciated and will help us continue to provide the service of caring for Oregon's injured and orphaned wildlife and educating the public about our local wildlife. Chintimini is dedicated to providing quality services in wildlife rehabilitation and education, and your contributions help make this possible. Thanks folks, for all you do for our community!
-Jeff Picton, Executive Director, Chintimini Wildlife Center, Beans for Bags Recipient

MOM MAGAZINE

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

www.mommag.com

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April Happenings



Earth Day Celebration!

**Monday
April 22nd**

**Celebrate Local 6
goodness with us all
Earth Day long!**

**Free samples, local
vendors, all local 6
products & grower
direct produce 10% off!**

FMI: Donna, 541-753-3115 ext. 328

OWNER SALE DAY

CHOOSE YOUR OWN OSD!

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

Case discount not applicable on sale prices.

CLASSES AT THE CO-OP!

WANT TO HOST A CLASS OR EVENT?

Check out our Outreach page (pg. 6) for our monthly events and classes! Interested in hosting a community event? Have you been itching to teach a class? FMI: donnax@firstalt.coop

WINE & BEER TASTING

with light appetizers



SOUTH STORE: Wine
Every Friday, 5-7 p.m.

NORTH STORE: Wine
1st and 3rd Thursdays, 5-7 p.m.
with live music!

NORTH STORE: Craft Brew
2nd & 4th Thursdays,
5-7 p.m. with live music!



BOARD & COMMITTEE MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday 2nd - 6-8 p.m.
held in the North Store meeting room

FINANCE COMMITTEE

Wednesday 3rd 5:30 - 7 p.m.
held in the North Store meeting room

OWNER RELATIONS COMMITTEE

Tuesday 9th - Noon

BOARD OF DIRECTORS MEETING

Tuesday 16th - 6:30 p.m.

Owner comments welcomed in first 10 minutes.

Co-op owners are welcome to attend. All meetings are held in the South Store Meeting Room, unless otherwise noted.

EVENTS THIS MONTH

ART ABOUT AGRICULTURE 2013 3rd-25th, Giustina Gallery, 26th & Western. The 31st annual exhibition embraces artistic perspectives on the theme, "Bounty and Community - Beginning with Food and Agriculture". It encourages artists to investigate the visual resources of the science and practice that sustains human life: agriculture. FMI: shelley.curtis@oregonstate.edu

OCEAN ACIDIFICATION AND OUR NEAR SHORE ECOSYSTEMS Thursday, April 4th, 7 p.m., Corvallis Public Library. Dr. George Waldbusser of OSU will discuss the impacts of ocean acidification on marine bivalves and how local and global drivers of ocean acidification are affecting organisms that form calcium carbonate. Free. FMI: 541-758-5255

CORVALLIS COMMUNITY RHYTHM CIRCLE Sat., April 6, 7:30-9 p.m. 101 NW 23rd St., All ages and levels of playing ability are welcome. All percussion and acoustic instruments are welcome. Some instruments provided. FMI: drumcircleconnection@gmail.com

BIOLOGICAL SOIL CRUSTS: CHARISMATIC MICROFLORA Mon., April 8, 7:30 p.m. Avery House in Avery Park. Lea Condon, doctoral student at Oregon State University's Department of Botany and Plant Pathology, describes her work on the microflora in the soils of Oregon and the Great Basin. FMI: Alexis 860-878-2049

LIVING WITH CLIMATE CHANGE IN THE PACIFIC NORTHWEST April 9, 7 p.m. Corvallis-Benton County Public Library. Presentation by Richard Waring, Professor Emeritus, OSU College of Forestry. Climate change is accelerating and we will need to adapt. FMI: Nancy Schary, nancyschary@exchangenet.net

AVERY GARDEN WORK PARTY Sat., April 13, 1-4 p.m. Avery House in Avery Park. It's time for some spring cleaning at the native plant garden around the Avery House. Bring work gloves, tools, and water to drink. FMI: Esther at 541-754-0893

YOGA TEACHER TRAINING Q & A April 16 & May 30, 7:30-8:30 p.m., Live Well Studio, 971 Spruce Ave Ste 101. What happens at training? Can I get a job as a yoga teacher? Can I take just part of it? I don't want to teach, just learn more. Sound familiar? Attend this free Q & A session! Facilitated by Lisa Wells, Founder FMI: www.livewellstudio.com, 541-224-6566

SPRING WILDFLOWER HIKE ON THE MARY'S PEAK LOWER NORTH RIDGE TRAIL Sat., April 20, 9 a.m. to mid-afternoon. Meet at the OSU Wilkinson parking lot near 26th & Monroe. Come enjoy the spring wildflowers on the west side of Mary's Peak. It is about 4.5 miles round trip and a gentle climb. Wear clothes & shoes appropriate for the weather. Bring a lunch and water to drink. FMI: Esther, 541-754-0893

OSU EARTH WEEK CELEBRATION April 20-26, times/locations vary. A week of fun, educational activities geared toward raising environmental awareness and engagement, including the Community Fair, Hoo Haa and more. Free and open to the public. FMI: <http://tiny.cc/earthweek> or Andrea.Norris@oregonstate.edu

THE TOLSTOY STORY PLAY Wed. April 24th, 2 p.m. at the Philomath Library & Wed. May 1st, 3:30 p.m. at the Corvallis Library. Cheldelin After School Drama proudly presents this modern version of Russian Folk Tales. Two free public performances. FMI: cyt_info@yahoo.com

MULTICULTURAL EDUCATION OPEN HOUSE Sat., April 27, 10 a.m. - 1 p.m. Corvallis Multicultural Literacy Center, 128 SW Ninth St. Help celebrate the launch of our Culture Exploration Kits program: multicultural, educational & fun portable museums-in-a-box available for loan FREE to any group in Linn-Benton County. Teachers, Scout Leaders, PTA members welcome! FMI: www.cmlc.org

ONGOING EVENTS

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

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

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

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

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

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

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

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

SUNDAY EVENTS

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

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

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

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

FREE INTRODUCTION TO THE SEDONA METHOD Every 3rd Sunday, 2:45 p.m. Mandala Studio, 6227 NE Pettibone Dr. The Sedona Method is a simple and powerful tool which helps you let go of unwanted feelings and behaviors and renews inner peace. RSVP required. FMI: www.mandalawithlynn.com, Fiona@FionaMoore.com

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

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

MONDAY EVENTS

MINDFULNESS MEDITATION Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. Every Monday, 5:30-7p.m. 435 NW 4th St. Five Stones Sangha welcomes visitors. FMI: Ken at 541-760-9760 or Bob at 541-738-2528. www.fivestonessangha.org

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

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

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@vfpccorvallis.org

TUESDAY EVENTS

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

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

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

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

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

WEDNESDAY EVENTS

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

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

LA LECHE LEAGUE SUPPORT meetings for women who are breastfeeding or pregnant and interested in breastfeeding. Call for meeting

times. First Congregational Church, 4515 West Hills, Rm 7. FMI: 541-766-0055

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

THURSDAY EVENTS

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

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

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

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

FRIDAY EVENTS

MERRY INKSTER'S MERRY HOUR Fridays, 4:30-6:30 p.m. Big Gray Barn, 845 1/2 NE Circle Blvd. Tour our letterpress studio, learn how to set type the old way, operate a cast-iron platen press and check out our workshop calendar! FMI: themerryinksters@gmail.com

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

SATURDAY EVENTS

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

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

PLANET BOOGIE, NOTE: April event will be held on April 13th due to date conflict. Otherwise, 3rd Saturdays, Downtown Dance, 223 NW 2nd St. Planet Boogie is a freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. FMI: www.facebook.com/groups/planetboogie

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

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

sustainable profiles

Here at the Co-op, we're proud of our many sustainable practices. The 3 Waters Project, our community recycling center, solar panels at both stores, and choosing local vendors when feasible are just a small sampling of our efforts.

Many of our products are from companies with similar values. We usually use this space to focus on one of the many local 6 companies whose products we carry. In this issue, we're highlighting the sustainable practices of a few of our favorite companies further from home.

-Lisa Yagoda, *Thymes* Editor

HUB: Hopworks Urban Brewery Portland, OR

What the Co-op carries: IPA, 7 Grain Stout, Seasonal brews



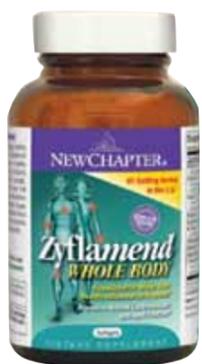
Just outside of the Co-op's Local 6 boundary, Hopworks' mission is to "produce world-class beer and food as sustainably as possible." This means that every decision we make must be good for the environment and the people in our surrounding community, while keeping Hopworks and our suppliers in business for the long haul. In order to do so, we ask three important questions: 1) Does the decision move us toward our mission? 2) Is it clear to customers, employees, and suppliers how this moves us toward our mission? 3) Will this increase our flexibility and/or resilience in the face of changing circumstances?

Just a few of HUB's sustainable practices:

- Reflective membrane roof-74% UV radiation reflected, no heat island, significantly lower operating environment temp for mechanical equipment on roof
- Air conditioner economizers
- 93% efficient gas furnaces, 4 residential furnaces provide zone heating more efficiently than commercial gas packs
- Insulated, low-E window and door upgrades
- Skylights provide natural light to mezzanine
- Hot water recirculation provides hot water on demand-no wasted line purge
- Low flow toilets- 1.28 GPF
- Hand dryers eliminate paper waste- fastest, most energy efficient dryers available
- Plentiful covered and uncovered bike parking
- Bike repair stand at front door

Learn more at: www.hopworksbeer.com

New Chapter Brattleboro, VT



What the Co-op carries: Many supplements, including Zyflamend®, Bone Strength Take Care, Wholemega Salmon Oil, Turmeric Force, Every Man and Woman Vitamins, and more.

At New Chapter our concern for the planet is expressed through our every act of business, whether big or small. We focus on everything from recycled pens and used office furniture to closed loop corrugated cardboard systems, reducing

our carbon footprint and the ethical sourcing of our botanicals. We never forget the hard truth that business, by its very nature, can run counter to the planet's well being. If you're producing products and shipping them you're going to do some harm. That's why we're continually assessing our transporting, packaging, and sourcing practices, and working towards ever-evolving improvements. To us, sustainability begins with intention - and from the start our intention has been to produce the most conscious product possible.

New Chapter's Guiding Principles:

1. To deliver the wisdom of Nature, thus relieving suffering and promoting optimal health.
2. To advance the organic mission, nourishing body and soul with the healing intelligence of pure whole foods and herbal supplements.
3. To nurture and sustain Mother Earth, the source of natural healing.
4. To honor and reward personal growth, for enlightened teamwork depends on the vitality of every member of the New Chapter family.

We use 100% post-consumer recycled stocks for our product boxes, marketing materials, and display units.

We compost, recycle, or reuse 85% or more of the waste we produce — which includes everything from lunch leftovers and office paper to pallets and shrink wrap.

Learn more at: www.newchapter.com

Montchevré Belmont, WI

What the Co-op carries: many goat cheeses including Blue Chevre, several varieties of goat cheese logs, Goat Gouda, Goat Crumbles, Goat Feta, Bucheron, etc.



As a leader in the goat cheese industry,

Montchevré's mission is:

- To grow the goat cheese market by offering outstanding cheeses at the very best value
- To promote sustainable farming for all our milk producers
- To provide a safe and pleasant work environment for all of our employees with fair wages and great benefits
- To respect our environment by investing in renewable energy, reducing waste, and limiting our carbon footprint

...so every milk producer, employee, vendor and customer is proud to be affiliated with Montchevré.

In 2010, Montchevré inaugurated their anaerobic digester, becoming the first goat cheese manufacturer in the United States to use this type of wastewater treatment. Last year, it processed about 50 million pounds of goat milk—from 300 dairy farms throughout Wisconsin, Iowa, southern Minnesota and Missouri—into 8 million pounds of goat cheese.

All that cheese production can produce a significant amount of waste... and Montchevré is turning that waste into electricity that can power more than 200 homes in the area, thanks to anaerobic digester technology. Further, methane from the project is used to generate electricity to power both the digester itself and to help meet up to 80 percent of the company's energy needs! The project is an extremely gratifying opportunity for

Montchevré to do its part in sustainable energy production while giving back to the community. Learn more at: www.montchevre.com

Follow Your Heart Canoga Park, CA

What the Co-op carries: Many products including Vegenaize, Flaxseed-Olive Oil Vegenaize, Grapeseed Oil Vegenaize, Vegan Gourmet Cheese Alternatives, dressings and more.



In 1970, Follow Your Heart® started as a health food store with a small café. The four friends who started it named it Follow Your Heart® because it summed up their business philosophy of staying true to their ideals, even if they ran counter to conventional wisdom.

The store is now quite large and the restaurant seats 72. Follow Your Heart® produces many branded products like the ones First Alternative is proud to carry.

Follow Your Heart® products are made in our own unique, solar-powered manufacturing facility called Earth Island®, located just a few miles north of the original Follow Your Heart® café in Canoga Park, CA. In keeping with our mission and values, every effort was made to incorporate the maximum conservation of resources into the design of Earth Island®, including skylights, recycled carpeting, tank-less hot water, energy efficient lighting systems, and environmentally-friendly refrigeration.

The crowning achievement of this focus however, is the solar panel array, or photovoltaic system, on our building's roof. The rooftop solar energy system is comprised of 756 solar panels, each capable of generating 150 watts, for a total of 113 kW (kilowatts). In addition to shading the building from the scorching Southern California sun (further reducing the need for cooling) the system is designed to supply our manufacturing-dependent electrical energy needs. At times we produce more power on our roof than we use. All of our excess energy goes back into the electrical grid, sending our meter spinning backwards as we become a co-generation facility.

Learn more at: www.followyourheart.com



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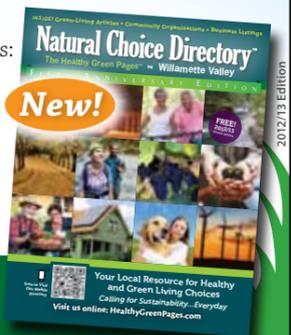
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local + combos

Sometimes with the fast pace of life around us, the thought of making a change in the routine can be daunting. You may want to add more local food to your diet, but you don't know where to start.

Lucky for you, at the Co-op we make choosing local easy! We label products from the six local counties with a Local 6 logo, and Oregon products with an Oregon map. In produce, you can find our grower-direct tags on the price signs. You can also refer to the local product lists both in produce and bulk.

This April, try switching out just one ingredient per day with something local. We think you're going to like the results-eating with the seasons promises new flavors and fresh produce that's never been on a plane, boat or train!

The featured recipes this month do just that: highlight the best local produce in dishes that are easy to make and wonderful to share. Enjoy!

- Emily Stimac, Marketing Assitant



Baby Kale Chips

½ lb baby kale mix
½ cup Oregon Olive Mill olive oil
½ pkg. Nearly Normal's tofu seasoning
In a large bowl, sprinkle kale with olive oil and tofu seasoning and gently toss to coat evenly.

Lay leaves out in a single layer on several baking dishes. Bake at 200° for 40 minutes, turning halfway through. For a lower-heat option, place in food dehydrator at 115° for 6-8 hours.

Join the kale chip craze! With local kale and seasoning from Nearly Normal's you get all the flavor without the packaging!



Local Lamb Curry

Serves 4
1 lb. lamb cut for stew
1 Tbsp oil
2 shallots, halved
1 jar Bombay curry
1 tsp Better Than Bouillon vegetable base
1 lb. fingerling potatoes, cut into large chunks
3 cloves Alan Dong's garlic
¾ cup Oregon Jewel Wild Rice
1 cup Nancy's Honey Whole Milk yogurt
Spectrum Organics pea shoots for garnish

Brown lamb and shallots in oil until well crisped. Add curry, potatoes, and garlic cloves. Fill curry jar with hot water and add bouillon. Shake and pour into pot. Cook, semi-covered, until potatoes are tender.

Meanwhile, mix wild rice with 2 ¼ cups water in a medium saucepan and bring to a boil. Reduce heat and cover. Cook until tender, about 25 minutes, stirring occasionally. Serve curry over rice with a dollop of yogurt.

The bold flavor of the curry plays well with our local lamb, but any protein will work well for this recipe.



Blueberry Tartlets

Makes 12 tartlets
2/3 cup Rose Valley butter, softened
2 Tbsp plus ½ cup sugar, divided
1 ½ cups Greenwillow Grains pastry flour
8 ounces (1 pkg) Nancy's cream cheese
¾ cup confectioner's sugar
½ pint Lochmead whipping cream
2 Tbsp cornstarch
¾ cup cold water
1 meyer lemon
3 cups local blueberries, fresh or frozen

Cream the butter and 2 Tbsp of the sugar. Add flour and mix well. Press onto the bottoms of a greased muffin pan, pressing about ½ inch up the sides. Bake at 350° for 10 minutes, or until set and edges are lightly browned. Cool on a rack and gently remove with a knife.



These tartlets are darling for dinner parties! For potlucks, prepare in a 9x11 pan and slice to 2" squares. Hats off to Judy Forgy for the original recipe.

Meanwhile, add cornstarch and ½ cup sugar to a saucepan and whisk to combine. Add water and the zest and juice of the lemon. Stir in the berries. Bring to a boil; reduce heat and cook, stirring constantly, for about 2 minutes or until thickened. Cool to room temperature.

Beat together the cream cheese and powdered sugar until smooth. Fold in whipped cream and refrigerate until serving.

At dessert time, spoon cream cheese and berries over each crust and serve.



Bachelor's Mac

Serves 1 hearty appetite
1 pkg. macaroni & cheese dinner
3 Tbsp milk
1 Deck Family Farms Smoked Bratwurst, sliced
1 leek, white and light green portions, sliced
¼ lb Mushroomery blue oyster mushrooms, sliced
½ bunch argula, chopped
Freshly cracked pepper
Thai 'n True Sriracha hot sauce

Prepare pasta to taste. Brown brat slightly and add leeks and mushrooms. Cook until brown and caramelized. Stir in argula and remove from heat.

Mix cheese sauce packet with milk in a big cereal bowl (this way you don't lose a drop of the precious stuff!). Add a little portion of noodles and a little sausage sauté and stir. Continue until you have all your macaroni and sauté in the bowl, and eat with lots of Sriracha hot sauce



This is what my husband eats almost every time I have to work at night. With seasonal veggies to add, he never tires of it!



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