

co-op board candidate bios inside!

First Alternative
NATURAL FOODS CO-OP



FA THYMES

MAY 2013
VOLUME 34 • ISSUE 5

Community Monthly

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every time you make a purchase, you make a choice.

**MAY
WITH**



**world fair
trade day**



Top: Olowon'djo visits a school house. Above: Aichatou Fati and her happy Alaffia baby boy, Tikolado, Togo. Bottom: A few of the proud bicycle recipients.



Alaffia celebrates 10 years of community empowerment

- Olowon'djo Tchala, Alaffia Founder

This year marks the 10th year since the creation of the Alaffia cooperative, and for the past 10 years, I have visited our cooperatives and families in Togo. Each visit provides me with energy and vivid reasons why I must continue to tackle the many obstacles that arise for the sake of empowering my communities against all odds. This was especially true with last month's visit [December 2012], and it is difficult for me to convey the emotional impact of the past five weeks in words. There is no tangible way to express the sense of responsibility of being welcomed by over 3,000 women and children who lined up to present their gratitude for the opportunities Alaffia has brought them. And, while I grew up in Togo, I am still shaken by the level of human condition that exists in villages that we work in. What troubles my heart is not that these

women work up to 12 hours a day in the hot sun to feed their families, but that they live in unthinkable poverty because of life circumstances beyond their control.

During this trip I spent a great deal of time visiting with the women that Alaffia supported during their pregnancy and birthing through our Maternal Health Project. Three of these women touched my heart profoundly. The first was a mother who gifted me with her newborn during the welcome home ceremony. During her welcome speech, this mother stated that it is because of Alaffia funding her prenatal care and birthing that she is alive today. Her gesture brought tears to my eyes for the first time in eight years. It is a sobering fact that if Alaffia had not funded prenatal care for 700 women last year, at least 44 mothers would have died.

- continued on page 7

owner potluck!

share | enjoy
Tuesday, May 28
details p. 6

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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 & Emily Stimac*

Design/layout: *Emily Stimac & Jessica Brothers*

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STORE LOCATIONS & HOURS

SOUTH STORE:

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

NORTH STORE:

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

Web site: www.firstalt.coop

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VISION STATEMENT

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

MISSION STATEMENT

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

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

THE INTERNATIONAL COOPERATIVE PRINCIPLES

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



Joel Hirsh,
Board Member

interest of our owners and the community at large. With many challenging decisions, most of which are financial, you will want your store to be in capable hands.

These capable hands will be responsible for balancing Co-op fiscal health and our product selection guidelines. In addition to offering you a shopping experience that is far more pleasant than your average retail establishment, our commitment to organics and other healthy and ethical preferences sometimes means not selling certain things that could otherwise bring us a profit. We are not willing to sacrifice the mission and values that brought you here for the sake of making money.

Another challenge will be financing an imperative upgrade to First Alternative Co-op's point of sale system (POS). The POS is the network of cash registers and the software to track merchandise, inventory, and all manner of statistical data. It is essential for a business to run efficiently and successfully. A new POS system is very expensive.

Looking for refinancing for the loans we took to fund the North Store expansion is another item that our new board will be looking at. At the time of the expansion, interest rates were much higher; and because we are not a regular old for-profit corporation, we have extra hurdles when it comes to business loans and refinancing.

As the Board considers how best to meet these and other financial challenges ahead, there is also good news. The success of the "Choose Your Own Owner Sale Day" experiment has been tremendous! Our owners love it and owner share sales have increased too, meaning more people are investing in our store. OMG! How great is that? I should responsibly add that it is also very expensive for the Co-op to maintain this program, but for now: WOO-HOO!

We have seen an unprecedented increase in new owners for the last few months. The number of people becoming members of First Alternative has essentially doubled for several months in a row. In part we can assume that this is because the First Alternative owner share value is only \$70. Do you know that this is less than half of most other food co-ops around the country? Another financial consideration for the new board is how best to start the discussion with owners about adjusting the owner share value to fit our current and future economy. You can be sure that the Board wants to know what you think, and know that you will have opportunities to weigh in. One time will be this year's Owner Rendezvous.

the board's month in review

With the elections for the First Alternative Co-op Board upon us, it's time to flex your democratic muscles and vote! The Board of Directors elected by you will represent the

The 2013 Owner Rendezvous is on June 22 from 5-8:30, preceded by a drum circle facilitated by Dave Chiller from 4 to 5pm. This year's event will feature a Barbeque Sauce competition and lots of yummy food to enjoy!

It's time to flex your democratic muscles and vote! Ballots arrive in mailboxes late May.

Your First Alternative Co-op Board of Directors has their work cut out for them with huge financial considerations looming, but we have a fantastic management team with a wonderful committed staff.

Although we face challenges, there are solutions. It is my pleasure to work with my fellow First Alternative Co-op

Board of Directors members to try and craft the solutions to those challenges. We will miss outgoing board members Bettina and Chris a ton, but we will welcome the new members to the Board with open arms and know that we are in good hands.

Choose Your Own Owner Sale Day

All day, any day each month, both stores **Owners save 10% on all purchases!**

1. Scan your owner card at the register.
2. Let the cashier know you are doing your owner shop.
3. Save 10% on all purchases, the remainder of the 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**



WELCOME, NEW CO-OP OWNERS!

In March, **79** new people became Co-op owners, totaling **8369** 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.

introducing rainforest alliance general manager report

Greetings Co-operators!

I recently had the pleasure of speaking with Alex Morgan, Senior Manager, Sustainable Value Chains, and Sustainable Agriculture for the Rainforest Alliance (RA), about the stringent certification processes that Rainforest Alliance uses for the products that bear their certification logo. Alex came to the Alliance six years ago and is based in Seattle, WA. His previous experience was with the Audubon Society working in consumer education.

Rainforest Alliance is a not-for-profit agency that works to conserve biodiversity and ensure sustainable livelihoods by transforming land-use practices, business practices and consumer behavior. Rainforest Alliance has a 26 year track record beginning with the certification of bananas and coffee and now certifying coffee, cacao, tea and spices.

The Rainforest Alliance centers their work in three main areas: environmental protection, social equity and economic viability. All three of these over-arching criteria are used in their certification process. Each farm that they certify goes through a rigorous annual audit process and products, including cacao, are traced through the supply chain from their origin on the farm to the final product. This means that not only are the farms vetted for the working conditions of the laborers but each organization involved in the production of the final product is vetted as well. RA uses the standards created by the Sustainable Agriculture Network (SAN) for their audit/inspection process. The standards are based upon Ten Principles

- 
- Ten Principles of Rainforest Alliance Certification**
1. Social and Environmental Management Systems
 2. Ecosystem Conservation
 3. Wildlife Protection
 4. Water Conservation
 5. Fair Treatment and Good Working Conditions for Workers
 6. Occupational Health and Safety
 7. Community Relations
 8. Integrated Crop Management
 9. Soil Management and Conservation
 10. Integrated Waste Management

(seed sidebar)

For more detail on the criteria and the principles you can visit the SAN website at www.sanstandards.org and click on Our Standards. There you will find, in detail, the criteria and standards that must be met

for Rainforest Alliance certification. Additionally, I will be placing a hard copy of these standards in both the Cacao Binders at the Customer Service desk in our stores.

Rainforest Alliance auditors go through a lengthy process of education and testing before they can become even an observer of the auditing/inspection process. After their stint at observation is concluded they complete a specified number of audits as an Assistant Auditor working with a Lead Auditor in the field. Some may become Lead Auditors in time. Rainforest Alliance's goal is to have local auditors/inspectors who know the area, know the farmers and speak the language.

After speaking directly with Alex and reading through the materials myself, I am directing our buyers to accept Rainforest Alliance certification in keeping with our Product Selection Guidelines.

As Alex said to me in our conversation, "Buying a Rainforest Alliance certified product is a simple way to impact, on the ground, the environmental and social conditions of the workers that grow, harvest and produce that product."

Cheers for the little frog logo and all that it means! You'll find Rainforest Alliance Certified chocolate, snack bars, and more on our shelves in May.



Cindee Lolik,
General Manager

This year's
competition:
**BBQ SAUCE
SHOWDOWN**



annual CO-OP OWNER rendezvous

June 22, 5-8:30pm
Thompson Shelter, Avery Park
Co-op Owners & Guests

JOIN US FOR FOOD & FUN!

- Drum Circle at 4pm
- BBQ Sauce Contest
- BBQ dinner provided
- Manager reports



Evelyn Hall,
North Store Manager

fond farewells & heartfelt hellos north store manager report

This month we will say a fond farewell to our South Store Manager, Jason. Over the past year and a half Jason has been my partner in cooperation. When he arrived at our co-op I put him right to work on our North Store reset. He jumped right in and saved the day many times with his product knowledge, retail instincts, and easy smile. Shortly after the successful completion of the reset Jason and I took on the task of leading our Retail Management Team. As a team we completed several major projects and made positive changes that have benefited our staff and owners. Together we have cultivated a highly functioning team dynamic among the hardest working managers in town. I will miss having Jason as my counterpart and wish him and

his lovely wife, Natasha, safe travels and good luck on their next adventure.

The month of May brings an opportunity for you to participate in the governance of your cooperative. Annual Board Elections will be held May 24th to June 14th. You are being asked to choose the next set of Co-op leaders and make a decision about changing the section of our bylaws that addresses how many owners must sign a petition for the issue to go to a vote of the owners. I hope that you take advantage of the chance to engage in one of your rights as a Co-op owner. You can find more information about the election right here in the Thymes and at the stores.

The ballots are mailed to the addresses we have on file for each one of our 8,285 owners. There will be additional ballots available in the stores during the election, so come on in and pick one up if you don't receive yours in the mail. You can also update your

mailing address while you are in. Having your correct address on file saves us money and resources, so don't put it off any longer! Customer service is standing by ready to help.

There are always a million great reasons to visit the Co-op. This month local flower bouquets will make an excellent addition to the Mother's Day presents of local food and artisan gifts.

I hope to see you at the store soon. As always, thank you for your support of the Co-op and if you ever have ideas for the store, a request or would like to share feedback about your Co-op experience, please email me at evelyn@firstalt.coop.



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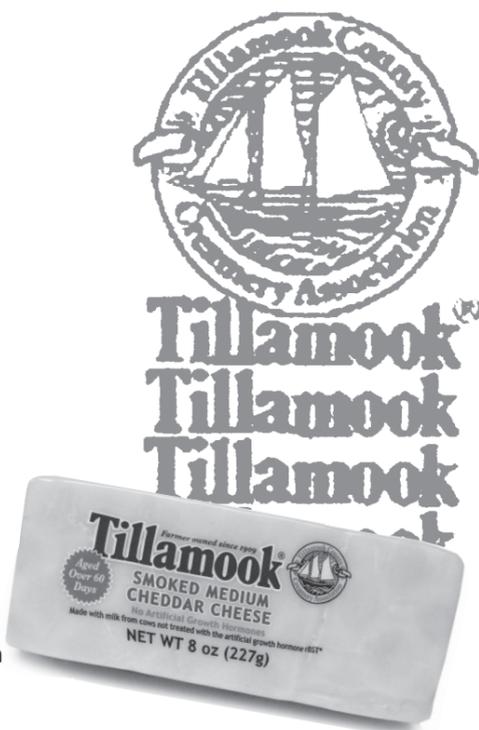
A tale of two cheeses...

Oregon has become a land of delicious cheese, and this month we are celebrating with great sales to make enjoying this delicious food even easier.

TILLAMOOK CHEESE

Over 100 years ago, small creameries in Tillamook County teamed up to form a dairy cooperative, the Tillamook County Creamery Association (TCCA). Today more than 100 dairy farm families own TCCA, and their Tillamook brand can be found from coast to coast. They still use the same cheddar cheese recipe, now more than 100 years old.

In May we are offering three medium cheddar cheeses from Tillamook at an even greater than usual price—Smoked, Kosher and Reduced-Fat. All three are versatile—just right on a cheese and fruit platter, on a sandwich or in your favorite recipe.



April Showers bring May—well in Oregon, they bring field after field of lush pastures! After all, here in the Willamette Valley we are lucky to live in the grass seed capital of the world (as those of us with seasonal allergies well know!).

These spring rains allow Oregon the ability to grow the best quality grass fed meats on the market, and the Co-op is proud to bring you a variety of locally raised grass fed options.

This month we are offering local bison from our friends at **Rainshadow El Rancho at 10% off.** We have stew meat, ground burger and burger patties on sale in our freezer section, and you won't want to miss out!

Joe and Karen at Rainshadow take great pride in raising healthy animals using organic practices, and consider themselves stewards of the land they live on. They have recently incorporated a "New Zealand Style" fencing system, which allows their buffalo 50 acres of land to roam, while keeping them safe and contained.

Rainshadow bison is processed locally in Mt. Angel, limiting their travel distance and carbon footprint, and they are pleased to offer fulltime work in the local economy to five employees.

Bison is a tasty, super lean, nutritious alternative to beef, so try substituting it in recipes or throwing some bison burgers on the grill! However you enjoy it, take pride knowing that it was raised for you on local Western Oregon pasture.

Also on sale in the Co-op meat department is **Deck Family Farms Summer Sausage.** Certified organic and 100% grass fed, this is a sausage for the locavore meat lover. Take it on the go for a protein rich snack, or serve it as an appetizer at your spring get-togethers! And any way you slice it, it goes down easier when paired with one of our delicious local cheddars from Tillamook or Full Circle Creamery, and a full flavored Pacific Northwest IPA.

- Makenzie Kaiser, Deli Assistant



Save 10% on Rainshadow El Rancho Bison in May!



FULL CIRCLE CREAMERY

In 2010, cheesemaker Brian Humiston, along with his wife Kate, started Full Circle Creamery. They were among the first to take advantage of OSU's innovative pilot program, which allows aspiring cheesemakers to use college facilities as they start out.

Now in their third year, Full Circle Creamery has moved their production to an organic dairy farm in Crabtree, near Scio, and offer an impressive variety of cheeses from Fresh Mozzarella to Raw Smoked Cheddar.

On sale this month are Full Circle's Curds—Cheddar, Garlic Lover's, Chipotle, and Sun-dried Tomato.

They make a yummy, high-protein snack. Give each flavor a try and see!

- Valori George, Deli Assistant



DONNA'S KITCHEN easy, money-saving tips

Soften butter...fast!

There are so many times when I decide to make cookies or some other food that needs softened butter, but haven't planned ahead. Did you know you can grate butter to soften it quickly? I do this directly into my mixing bowl, let it sit a few minutes and it's ready to cream with sugar. - Donna T.



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



YUMMY FOR YOUR BODY!

- **Mineral Fusion Nail Polish** is here, just in time for flip-flop weather! This fantastic company has come out with some amazing colors for your fingers and toes.

Their long lasting, chip resistant formula is free of formaldehyde, toluene, camphor and dibutyl phthalate. The brushes are extra thick for flawless application, and the colors are absolutely sassy!

Come and check it out! Great colors and none of the yucky stuff!

- **Goddess Garden Sunscreen** is your natural sunscreen solution. With formulas for every day use, kids and babies, they have you covered! Keep an eye out of a new non-aerosol spray-on sunscreen. Go Out and Play!

- **Alaffia** has done it again! Their Everyday line just keeps on growing. Take a moment to check out the new face care line by Everyday Coconut. Face Wash, Toner, Face lotion and Night Cream all in 12oz pump bottles! An everyday value that is Fair Trade Certified!

- Jen Luck - Wellness Assistant Manager



PRODUCE WELCOMES THE GREENS

- As the weather warms and everything seems to be growing and blooming, what could be more satisfying than enjoying the bounty of spring with meals loaded with local greens and spring veggies? So many local greens are available this time of year, I don't have space to list them all; try a new one in 2013! The fresh onions and garlic are at their peak—juicy, sweet and flavorful! For a special seasonal treat; try a grilled salad of spring onions, fennel, garlic spears and baby turnips!

- Also coming in to tempt your palate are the first of summer fruits such as cherries, grapes, melons, apricots, nectarines, peaches and if the weather is helpful, local strawberries!

- Sarah Booth, Produce



PALEO IN THE FREEZER

- Julian Bakery Almond Paleo Bread is now available in the freezer! Paleo Bread is a great way to enjoy a healthy meal or snack with added flavor and health benefits. This delicious bread is free of gluten, grain, yeast, soy and GMOs, while being high protein and low carb.

The Almond Paleo Bread loaf contains six simple ingredients: purified water, blanched almonds, egg whites, psyllium, organic apple cider vinegar, and a pinch of baking soda. Add it to your next lunch for a nutritional boost that tastes great!

- Brian Peat, Grocery Manager

Spring Cleaning Guide

It's not too late to get a fresh start!

Summer may be just around the corner, but it's not too late to do some spring cleaning! Our spring cleaning guide is your place to start.

The goal of spring cleaning is to freshen up your kitchen, get organized, and make it easier for you to plan your meals. Spring is also a great time to clean out the fridge and toss that old mustard and barbeque sauce you haven't used since last summer!

Begin by clearing the counter completely. Place items normally on the countertops in a box off to the side.

Now mix a nice warm bowl of your favorite surface cleaner, like Mrs. Meyer's all purpose cleaner, and have 4 towels handy.

Empty your entire cupboard and sort items as you go into three sections:

1. **Expired:** these items need to be composted
2. **Use soon/donate:** you can add these to your week's meal plan or donate to the Linn-Benton Food Share next time you are in the store. Keep a list of meals you can make with the items and post it in your cupboard after you are done.
3. **Good food:** food or spices you use often which have a long pull date.

Look up mystery bulk items on our website at: firstalt.coop/bulk-search/

Next wipe the cupboards down with a wet towel, starting from the top. Allow the shelves to dry and restock with the "Good food" first.

It's a great opportunity to take stock of what you use and what you don't, and also ask whether your shelves are working for you. Do you have your most popular items on the shelves that are easiest to reach? Do your jars fit your shelving well? Take this chance to make cooking easier by creating a kitchen that works for you.

Continue this process for each cupboard. When you're done, empty the compost, replace the items on your counters, and load your food for donation into your car for your next trip to the Co-op.

Clean kitchen = happy cooker!



how'd you get it so clean?!

Cleanwell's botanical disinfectant cleaners and surface wipes are "A Better Way to Clean™." On sale this month for \$2.49, you get a great product that uses thyme to clean, disinfect and deodorize and whose entire package is recyclable, including the all-plastic trigger spray.

Reach for **Earth Friendly Parsley Plus All Surface Cleaner** during this spring cleaning season. Tired of the same old citrus scent? This product (on sale this month for \$2.99) provides a refreshing alternative while remaining free of chlorine, ammonia, glycol and harsh fumes or vapors.

- Brian Peat, Grocery Manager



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may events & classes

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Transportation Options

Benefits for your planet, your health, and your wallet

May 14 • 7pm

Join us to learn about a FREE program called Drive Less Connect (DriveLessConnect.com). Find carpools for your commute or one-time trips, and track your trips by bike/bus/teleworking/walking, etc. to win great prizes like local gift cards or an iPad! To get started, simply go to DriveLessConnect.com and click "Register Now." Members in Corvallis have reduced 372,076 pounds of CO2 in just the past year!

Cost: Free

Soul Collage

May 2 & 16 • 6:30-8:30 PM

1st and 3rd Thursdays monthly.

Experience this fun and empowering process using magazine and photo images. We make cards that reflect our many-faceted selves in surprising and delightful ways. A visual map of the psyche. Materials provided.

Cost: \$10 for community, \$8 for Co-op owners

FMI: Lucy, (541)704-0135 or lucyjjohnson@comcast.net.

Wellness Day

May 11 • 3-8pm

Come join us for a day of relaxation and wellness. Many practitioners offering a wide variety of holistic modalities such as Reiki, reflexology, massage and more. FMI: Brook, 503-501-6218.

Cost: FREE ENTRY; \$15 for 20-30 minute treatments.

Beekeeping Fundamentals

Reading Your Frame with Karess Torgerson of Nectar Bee Supply

May 18 • 3-5:30pm

Are your bees giving you a cryptic message? After this class, you will be able to decode it. Learn how to evaluate the quality of your queen, discern whether your bees are planning to swarm, identify hassles before they become problems, diagnose diseases, and observe whether the colony is preparing for winter or is still in summer mode.

Cost: \$27 for community, \$22 for Co-op owners

Controlling Chronic Conditions with Food

May 28 • 3:30-5:30

Suzie Q's Discussion Group - Naturally alleviate chronic conditions using wholesome foods. Facilitator Suzie Q. Valentine says, "Through personal experience, years of research and determination to heal myself I have personally learned how to feel better than I have in more than a decade. I can help you transform your health and wellness as well." Please join me for this FREE discussion.

Owner Potluck

May 28 • 6:30pm

Meet other food enthusiasts and share your love of cooking at our bi-monthly Owner Potluck. All Co-op owners and their families are welcome.

Celebrate seasonal, healthy eating! Please bring a list of your ingredients or a copy of your recipe, along with a dish to share, own plate, fork and cup.

FREE with owner share!



co-op donations

MARCH 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\$2914.00

SMALL DONATIONS

Habitat for Humanity \$30.00
Mr/Ms CV (Crescent Valley High School) \$30.00
Department of Human Services (DHS) \$30.00
Kings Valley Charter School \$30.00
Jefferson Parents & Teachers \$30.00
OSU Public Health Club \$30.00
OSU Empty Bowls \$30.00
Franklin School PTA \$30.00
Zeitgeist Northwest \$30.00
CV Cheer Gala Auction and Dinner \$30.00

BEANS FOR BAGS

First quarter recipient totals

Habitat for Humanity \$471.74
Ten Rivers Food Web \$446.10
Senior Dog Rescue \$769.08
Corvallis Environmental Center \$313.08

March's total donations: \$5214.00



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

Heartland Humane Society
Homeless Education Program
Community Outreach
Coastal Food Bank

may recipe demo calendar

KEY:
North Store Demos
South Store Demos

wed	thu	fri	sat
1 S: Co-op Deals Recipe Demo 3:30-5pm	2 N: Co-op Deals Recipe Demo 3:30-5pm N: Beer Tasting 5-7	3 N: Thymes Recipe Demo 3:30-5pm S: Wine Tasting 5-7	4 S: Thymes Recipe Demo 3:30-5pm
8 S: Co-op Deals Recipe Demo 3:30-5pm	9 N: Co-op Deals Recipe Demo 3:30-5pm N: Wine Tasting 5-7	10 N: Budget Bites Recipe Demo 3:30-5pm S: Wine Tasting 5-7	11
15 S: Co-op Deals Recipe Demo 3:30-5pm	16 N: Co-op Deals Recipe Demo 3:30-5pm N: Beer Tasting 5-7	17 N: Thymes Recipe Demo 3:30-5pm S: Wine Tasting 5-7	18 S: Thymes Recipe Demo 3:30-5pm
22 S: Co-op Deals Recipe Demo 3:30-5pm	23 N: Co-op Deals Recipe Demo 3:30-5pm N: Wine Tasting 5-7	24 N: Budget Bites Recipe Demo 3:30-5pm S: Wine Tasting 5-7	25 S: Budget Bites Recipe Demo 3:30-5pm
29 S: Thymes Recipe Demo 3:30-5pm	30 N: Thymes Recipe Demo 3:30-5pm N: Wine Tasting 5-7	31 N: Budget Bites Recipe Demo 3:30-5pm S: Wine Tasting 5-7	June S: Budget Bites Recipe Demo 3:30-5pm

Blood Drive

Thursday, May 2, 12:30-5:30

Also the first Thursdays of July, September and November.

To schedule, call 541-753-3115 x0.

Alternative Transporter of the Month



Mark Boyd & Charlyn Ellis



"Walking or biking is not our 'alternative' mode of transport-- it is our mode of choice. Why drive when you can enjoy the pleasure of using your own two feet?"



Alaffia: 10 years of empowerment

continued from page 1

The second is a mother from the Bassar region, where we supported 300 women last year, most of whom underwent excision (genital mutilation) as children. Hodalo Katakouna and her husband are farmers with four children. They have a tiny two-room house made of mud bricks; Hodalo shares one room with her husband and children, her elderly mother lives in the second room. Hodalo's firstborn was paralyzed during birth. Hodalo lives 30 km from the nearest health clinic, and with only a bicycle she was not able to reach the clinic in time for a safe birth. Similarly, her second child is mentally disabled due to lack of oxygen during birth. Last year, Hodalo participated in the Alaffia maternal health program, and now has a healthy baby girl. What touched my heart is not just her healthy Alaffia baby, her smile, and her many expressions of gratitude despite her life conditions. It was also her story of how because she had to save all available money to pay for her previous pregnancies, she had only one set of clothing which she wore to the farm and market and washed at night. With Alaffia supporting this pregnancy, she was able to pay for a second outfit for the first time in five years.

On the same day I visited Hodalo, we headed further east to Manga. All 80 women that Alaffia supported in Manga have undergone excision, including Aichatou Fatou, who lives in the small village of Tikolado six miles from Manga. There is no road to Tikolado, and even with motorcycles it is difficult getting there. There is no well, and water from the river is two miles away. Aichatou lives in an eight-foot square mud hut with her husband and new baby. During my visit, she told me that she underwent excision at age five, and would have died during childbirth if Alaffia had not supported her. The extreme poverty of this family is not unique to Tikolado or the Manga area. What is painful to my soul is the clear evidence of malnutrition among all the children here - reddish, straight hair instead of healthy dark curls, extended bellies, visible ribs.

I left Manga with the knowledge that these stunted children have already missed their opportunity to be fully productive members of society, and that poverty will continue in this area for many generations to come. This knowledge brings me a heavy feeling of helplessness. However, you know that not all my encounters in Togo are of a negative nature, and we can find happiness and joy in most every situation. A highly positive part of my trip was spending time with my mother. In the ten years since the creation of Alaffia, devoting time to family was not possible. This trip, my mother and seventeen sisters and cousins traveled with me to the many places I had to be, and it brought much comfort seeing them every morning and catching up on lost time. I should tell that you that I did put on a few extra pounds due to my

mother's cooking.

Another encouraging element was the direct positive words we heard from people who have been touched by Alaffia. The following are excerpts from the speeches of the president of an Alaffia shea nut collective, a student who received a bicycle and her mother, and a high school student body representative.

"Before coming to buy shea nuts, Alaffia invited us to give the market price, then Alaffia added 20% to this price. In the past, we got paid little by little for each bowl that we had. Today, the buying process is organized, and everyone gets their whole payment at once. I thank you and I plead you to continue your support in our village in order to reduce poverty. This year, thanks to the 20%, every one of us has paid the school fees for our children. We thank you very much for the support you have given to the women of Bowouda. You will be blessed for your efforts" - Amama Amadou, president of the Alaffia women's shea nut collective of Bowouda

"Now that I have been given a bike, I am free. When I did not have a bike, I was always late to school. Now, I am free. I get up, I sweep the yard, I wash the dishes before leaving for school, but I am still on time." - Tiekoua Lare, student

We can continue to bring brightness and hope to Togolese individuals, families and communities, but our ability to do this depends on an uncertain market. It brings pain to my heart to see the faces of those who are so grateful and so desperately in need when I cannot promise the help we provide will always be there. The only things that are certain is that my life will forever be sacrificed for the empowerment of all disadvantaged people, and that even if Alaffia was to disappear today from the face of the earth, the support and the opportunities that each and everyone one of you have given us in the past ten years has profoundly impacted my communities for generations to come. With all my heart, I thank you for all you have done in the support of Alaffia.

- Humbly Yours, Olowo-n'djo Tchala



World Fair Trade Day is May 11, 2013. We're marking the day with promotions on favorite products from Alaffia, Alter Eco, Divine Chocolate, Dr. Bronner's, Equal Exchange, Farmer Direct Cooperative, and Maggie's Organics!

For information about the principles of fair trade and the chance to win a Fair Trade Adventure for Two to Peru, visit: fairworldproject.org/sweepstakes.

Alaffia Empowerment Bike Drive

Coming June 22!

South Co-op | 11-3pm

PRIZES! SAMPLES!

- Bring in your old bikes & parts to donate
- Meet Alaffia Founder Olowo-n'djo Tchala!

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MONTHLY SPECIALS



SALE DATES:
Special Order Deadline

May 26th 

Sale Periods &
Special Order Deadlines

Flyer A: May 1st-May 21st
S.O. deadline: May 17th

Flyer B: May 22nd-June 4th
S.O. deadline: May 31st

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Get outside and PLAY!!

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It is ALL on sale and it's ALL Good!



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Elbows, Rotelle, or Pagodas
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BULK 

Organic Chili Beans, Small Red
reg. \$1.79 **SALE \$1.29/lb.**

BULK 

Organic French Green Lentils
reg. \$2.19 **SALE \$1.99/lb.**

GRAINMILLERS 

Organic Rolled Oats
reg. \$1.29 **SALE 99¢/lb.**

PASTARISO 

Organic Brown Rice Pasta
Spaghetti or Penne
reg. \$3.89 **SALE \$3.49/lb.**

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Cinn-Nut Granola
with organic ingredients 
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SUNRIDGE FARMS

Organic Cranberry Harvest
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SUNRIDGE FARMS

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SUNRIDGE FARMS

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 1/3 less fat than regular cheddar



Smoked Medium Cheddar
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 Distinctive smoky richness, perfect for appetizers and burgers.

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SALE \$2.99

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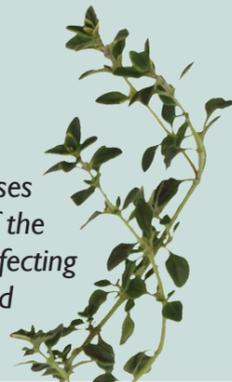
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Find more specials in our Co-op Deals flyer insert and throughout the store. We have many more specials than we can list here!

BUDGET Bites

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

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 or find 4 years of archives on line at firstalt.coop

-Emily Stimac, Marketing Assistant

**Sneek peek of month's recipes:
Portabella Sizzle**

- 2 portabella mushrooms, stemmed
- ½ onion, cut into strips
- 2 cloves garlic, cut into spears
- salt & pepper
- 1 Tbsp Worcestershire sauce
- 1 Tbsp butter
- ½ cup broth
- 1 Tbsp balsamic vinegar
- ¼ tsp marjoram

Rub mushrooms, onion and garlic with Worcestershire, salt and pepper. Marinate 20 minutes.

Heat the butter in a pan and cook mushrooms, onion and garlic over medium high heat until browned. Allow to rest while you heat the broth, vinegar and marjoram in the same pan. Bring to a simmer and reduce slightly. Slice mushrooms into thin strips and serve over polenta, drizzled with reduction.

Creamy Polenta

- 1 ¼ cups broth
- 1 cup milk
- 1 cup water
- ¾ cup polenta
- 1 Tbsp butter
- Salt & pepper



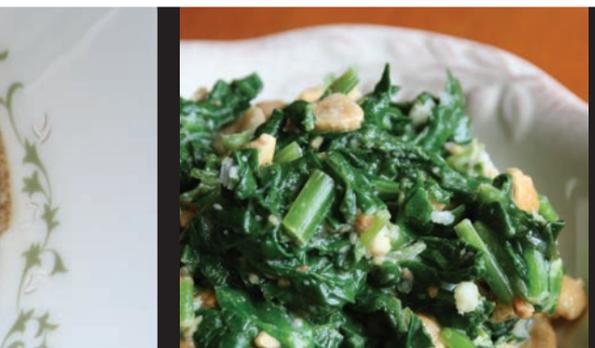
May Menu	
Pork and Green Chile Stew	Mushroom Swiss Quiche
Portabella Sizzle	Polenta Pesto Torte
Cannellini Bean Burgers	Chile Verde Hot Pockets

Bring broth, milk and water to a boil. Slowly add polenta, stirring constantly. Cook over low heat, stirring often, for 20-30 minutes or until softened. Stir in butter. Season with salt and pepper. Smooth 1 cup cooked polenta into a bread pan and reserve for Torte. Serve with Portabella Steaks.

Tahini Spinach Salad

- 1 bunch spinach
- Juice of ½ lemon
- 1 clove garlic
- 1 ½ Tbsp tahini
- ¼ cup crushed peanuts
- 1 Tbsp agave
- 1 Tbsp rice wine vinegar

Blanch the spinach and squeeze out excess water. Whisk remaining ingredients in a bowl. Finely chop spinach and add to bowl. Stir well and serve.



rice: amazing grain

- Kris Downing, Bulk

Rice is the seed of the monocot plant *Oryza Sativa* (Asian Rice). Genetic evidence shows that rice was domesticated 8,200 - 13,500 years ago in China. As a cereal grain it is the most widely consumed staple food for a large part of the human population world wide. The seeds of the rice plant are first milled using a huller to remove the chaff (the outer husks of the grain). At this point in the process the rice becomes what we know as brown rice. The milling may be continued removing the bran and germ creating white rice. This last milling process causes the white rice to lose some of the nutrients with the removal of the germ and bran.

Rice is one of the most versatile of grains and there are hundreds of varieties grown around the world. In general, all rice falls into the categories of long-grain or medium-short grain. The long grain contains a larger amount of a firmer, more absorbent starch and requires more water to cook than short grain which has a more sticky starch.

We have an amazing variety of rice in our bulk department. Rice is very versatile and can be combined with legumes, vegetables and meats to make a variety of healthy dishes. It can be a main dish or side, and it's great in soups, and can become a fantastic dessert.

One of my favorites is Arborio Rice Pudding with Dried Blueberries.

Arborio Rice Pudding with Dried Blueberries

- 4 ¾ cups milk or soy milk, divided
- ¼ cup granulated sugar
- ½ teaspoon salt
- ½ vanilla bean, split and scraped
- ⅔ cup Arborio Rice
- 1 large egg, beaten
- 3 Tbsp mascarpone or cream cheese
- 4 tsp orange or lemon zest
- ½ cup dried blueberries, cherries, or strawberries
- Fresh berries and powdered sugar for garnish



In a 3-quart pan, combine 4 cups of the milk, the sugar, salt and the vanilla bean and its scrapings. Warm over low heat until it begins to steam; steep for 15 minutes. Remove the vanilla bean and stir in the rice. Cook, stirring occasionally, over medium heat for 15- 20 minutes, or until rice is tender. Whisk a small portion of the hot rice into the egg, then mix egg back into rice mixture and cook for 2 minutes. Stir in the remaining ¾ milk, cheese and zest. Remove from heat and cool slightly. Fold in the dried fruit and transfer to a serving dish to cool completely.

Serve with fresh blueberries and a dusting of powdered sugar.



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ALL GOOD LIPS
Organic Lip Balm

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-Emily Stimac



Co-op Deli
SALAD BAR

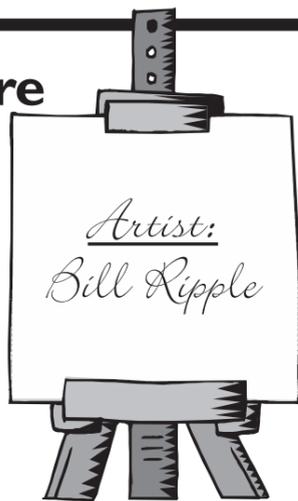
"I enjoy the Co-op salad bar just about every day! Everything is so colorful, full of nutrients, and it always satisfies my hunger!"

-Jessica Brothers



Art at the South Store

Take in artwork by local artist Bill Ripple 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 in May

Blueberry, 1 year: Naomi Jeffries

Raspberry, 2 years: Shane McFarland

Plum 7 years: Joe Smiley

Apricot, 8 years: Jennifer Luck

Kiwi, 10 years: Natalie Lagerquist

Lime, 11 years: Donna Tarasawa

Tangerine, 12 years: Lisa Millbank

Grapefruit, 18 years: Jonathan Carroll

Watermelon PLUS! 26 years: Michele Adams

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!

Staff Spotlight

JAKE WREN

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

I work in grocery. April 19th marked one year I've been here!

What brought you to the Co-op?

Absolute hatred of my last job, and a desire to work somewhere smaller with a larger state of mind.

What do you like best about your job?

My beautiful, wonderful, incredible co-workers! Each and every person has made me feel welcome, and made the Co-op feel like home.

How has working at the Coop affected your life?

I think the Co-op has turned my life around. I've never been a drug addict or homeless, but I was in a very unhappy place in my life when I came to work here. Being surrounded by people with such soul and such love in their hearts has been overwhelmingly awesome. This includes customers! I've met the most intriguing and honest people in the last year.

What is your favorite product at the Co-op?

Watch out for the date bars in bulk! They're addicting.

What do you like to do outside of work?

I'm young yet, so I'm still finding hobbies and passions. I watch a lot of movies and listen to as much music as possible. Hopefully by this time next year, film school awaits me!

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

Oregonian born and raised, doesn't the beard tell you?! I spent the first half of my life in a small town in Eastern Oregon, then when 5th grade rolled around we headed west and I've lived in Corvallis since.

Tell us something about yourself others might not know

I could listen to blues music to the grave, specifically slide. The more gritty and southern, the better!



If you had three wishes...

- 1) I want to go to school anywhere in the world, with no restrictions on money or time.
- 2) A small house in Denmark to retire in with a beautiful Danish bride.
- 3) A fancy DSLR to bring with me around the world.

Where are some of your favorite travel destinations?

Of where I've been in my lifetime? The Dominican Republic was BEAUTIFUL but I want to make a trip back for less touristy sights. I haven't really been many places yet so this list needs to grow still.

Where do you see yourself in 10 years?

Hopefully with a way cooler beard! Traveling, lots of traveling. I want to learn as much real life knowledge as I can; I think being able to travel the world will take care of that.

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

Lots and lots and lots of hiphop. AbSoul, Schoolboy Q, Kendrick Lamar. Some Danny Brown is always good, he's a goofy dude. Bits and pieces of music I've picked up over the years; The Black Keys, Queens of the Stone Age, Kings of Leon. Lots of electronic recently; XXYYXX, skywlkr, Odesza, Nujabes. I try to keep an open mind!

What are your top 5 favorite things about Corvallis?

Living here for an extended amount of time without choice has given me a sour opinion of the city that I don't believe it deserves. Corvallis is a wonderful place with wonderful people!

What is one thing you would change at the Coop?

Let's educate everyone on the brands they buy! Some companies prefer money over honesty.

Co-cycle 2013
EMPOWER • UNITE
CYCLISTS • CO-OPS

A cross country journey of cooperation and inspiration!

Co-Cycle 2013 rides out of Seattle WA in early June for a cross-country bicycle journey of cooperation and inspiration that ends 80 days later in Boston, MA. Co-cycle provides emerging leaders with the opportunity to learn hands-on about the cooperative movement while traveling cross country on bicycles. Co-cycle has a mission to strengthen co-op networks and builds awareness of and support for the cooperative movement and its capacity to catalyze social change. Interested in being involved or supporting the tour? **FMI: www.co-cycle.coop**

health services guide

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NATURAL VISION IMPROVEMENT

Bodywork for the Eyes. Learn methods to release chronic tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybets Sinclair, LMT, certified vision improvement coach at 541-753-8374 or www.marybettsinclair.com

HELPING DOGS FEEL BETTER

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

BIODYNAMIC CRANIOSACRAL THERAPY

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 Beera Edmonds, LMT #11734, RCST®, 541-752-1997. FMI: www.craniosacraltherapy.org/Whatis.htm

BOWENWORK®

an extremely gentle, yet very powerful, hands-on modality. It promotes healing and well-being on all levels. Bowenwork can be helpful for pain and many ailments including musculoskeletal, respiratory, and digestive issues. Appropriate for all ages and conditions. Gift certificates available! Renée Goodson LMT LLC, #15518 (541) 908-4952. FMI: www.BowenworkAcademyUSA.com

CAN HYPNOSIS HELP?

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

MARCIA A. LIBERATORE, MD PC, OF CORVALLIS INTEGRAL MEDICINE

offers general medical care with an interest in Functional Medicine and Medical Acupuncture, with over 30 years of medical experience. We now have licensed massage therapists offering therapeutic massage. For appointments, please call (541) 753-1172, www.drintegral.com.

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(AKA Whole Health Clinic) Dean Johnson L.Ac. - I can help you get rid of your pain without drugs or surgery. I can improve your quality of life by finding and correcting imbalances. 541-753-5152 www.wholehealthclinic.com Serving Corvallis for over 20 years.

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Past life intuitive readings with integrative mediumship. All religions and spirituality addressed and respected. Aura readings, crystal readings & therapy, and many other forms of holistic healing offered. Call, email or text for a quote and consultation. rsharpe30@gmail.com, 541-543-0915, www.behealthy.upweb.com

FOR SALE: NORDITRAK TREADMILL-like new, \$300. Cheri, 541-929-5782, sunbow@peak.org

RELOCATING TO CORVALLIS. Looking for a clean 2 br. house. Vegetarian, quiet and happy. Would like a place near jogging trail and bike path. Chuck at 541-673-4873.

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

NONVIOLENT / COMPASSIONATE COMMUNICATION (NVC) Facilitated practice group classes: every first and third Monday, 7 - 9 pm. Deepening theory, and guidance for your real-life applications. Drop-in \$10, or 4 for \$35. Call to confirm, 541-753-2255; details at www.tinataylor.co.

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

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

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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.

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

RABBIT MANURE THE BEST STUFF for your garden. \$15 a load, you load yourself. Delivery available. \$70 locally. Call Julia 541-424-2233.

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

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

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

OVERNITE PET SITTER rarely at home would like to rent your guest room when not pet sitting. I would pay for the days I stay at your house. Plus, you get all the FREE pet sitting you need whenever you need it. Call my voice mail at 541-750-0006. Let me know when is a good time to reach you. Kori the Spoiler.

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

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

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China calls halt to plastic imports; collections limited at Co-op Recycling Center

This March First Alternative Co-op received a letter from Agriplas, our local plastic collectors, informing us that they could no longer accept plastic from us. They have been our reliable plastic collectors for at least six years, and have certainly been a huge help in our waste management efforts.

Agriplas has accepted hard plastics, soft film plastic, and agricultural plastics from us since approximately 2005. After being collected and processed at their facility in Salem, the majority of the plastic is sent to China, where it is melted down and reformed into its next life. Unfortunately, this manufacturing is being done without regard to its environmental impacts.

Recently, however, the Chinese government has begun implementing new environmental standards and has found it necessary to halt the import of plastic for recycling to help bring these manufacturers in line with their standards.

"Reading the reports and statements from their regulatory bodies and watch dog groups I can't help but agree with these new regulations," said Custodial Manager Anthony Mattos, "In my research I have

discovered that 99% of the plastic recycling companies in China are non-compliant in their current practices according to these new regulations."

"Here at the Co-op we recycle as much as we can because we want to be responsible stewards of the environment and if the end users of the recyclable materials are in fact not following safe and responsible practices we in turn are just kicking the proverbial can down the street...and in this case to another continent," said Mattos.

In the past two months Anthony has been looking for new buyers for our plastic and has come up with very few options. It is our hope that either Agriplas or another new vendor will be able to help us facilitate our need for plastic recycling in an ecologically sound way.

As of now and until further notice we will not be able to accept plastic recycling other than what is accepted in the co-mingled bins supplied by what is now Republic Services.

For more information, please contact Custodial Manager Anthony Mattos, anthony@firstalt.coop

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.

Dear Friends,

Your recent donation is an important contribution in Benton Habitat for Humanity's mission to make affordable housing and homeownership a reality for more families in Benton County.

Building affordable homes is as relevant as ever. As we move forward as a nation and world through the mortgage crisis and work on finding housing solutions for the many that have been affected by foreclosures, we are more determined than ever to make the Habitat model of homeownership a reality for more families. We have seen it work - here, in the rest of the U.S. and worldwide - with more than 500,000 homes built to date. It is not just the financial side that works (a thorough family selection process and affordable 0% loans). More important is the human side, our partnership with the families, our sharing of hands and hearts in a ministry that picks up the hammer and reaches across differences in beliefs, backgrounds and skills, our shared sense of community as we work in paid and volunteer roles towards our mission, the friendships that often last for many years. Together, we build homes and build hope!

Thank you for giving more families in Benton County hope for a brighter and better future.

Bettina Schempf, Executive Director, Habitat for Humanity

Compost Your Spring Away



Sean Gettings,
Co-op Owner

Most of us have heard of the three R's, Reduce, Reuse and Recycle. Every day we try to use less plastic, bring our own coffee cup to the Co-op and reuse those glass jars for our bulk food. We would never think of throwing away a wine bottle or soda can. As Oregonians, we have led the way in waste management since the 1970's.

My passion has always been reducing what ends up in the landfill. A simple and fun solution is to compost food waste at home and at the curb. We have a great program here in Corvallis that allows city residents to put all food scraps into the yard debris roll carts. Including your coffee grounds, potato peels, fruits, veggies, meats, bones, dairy and even pizza boxes is a great way to reduce your household trash. I have a small container with a lid on it to scrape all food waste into after each meal. Also, having strainers in your kitchen sink will help catch food particles and reduce the need for a garbage disposal. At the end of each day I dump the container full of food scraps into our yard debris roll cart. This material is picked up once a week and hauled to the Pacific Region Compost Facility (PRC) just north of Corvallis. The organic material is heated in large piles until it breaks down into beautiful, rich compost. The product is sold across several states in the Pacific Northwest and can also be picked up at the facility.

Another way to reduce your household trash is to compost your eggshells, fruits, veggies and table scraps in your own backyard compost bin. This produces

great organic compost for your flowers and garden and reduces the impact of hauling it away to the PRC. Both ways have a great impact of reducing waste and will help lower your carbon footprint.

Recently, I started a composting program at Hoover Elementary School in Corvallis. We set up a bin to collect all left over cafeteria food including salad bar, outdated fruits and veggies and even food waste in the teacher lounge. Our plan is to increase the composting by collecting leftover food from the lunches that are brought to school, therefore decreasing our impact on the landfill. Other schools in Corvallis including Cheldelin Middle School and Corvallis High School also compost food waste from the cafeteria.

If you don't already, I would encourage you to give composting a try; whether for your garden, for the curb or both. I think you will find that along with reducing, reusing, recycling and now composting, your weekly trash amount will drop considerably. Our family of four, with 2 cats and a dog, only landfills half of a bag of trash each week. It's a fun family challenge to see how much you can decrease your household trash-and save on your trash bill by switching to a smaller bin!

Take the challenge and start composting today.

FMI: seangettings@gmail.com



You can put kitchen scraps into your yard waste bin!

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May Happenings



Everything Edibles Garden Day Sunday May 5th

A day with free classes to educate and inspire you to grow your own food or learn a new homestead trade!

Lunch available at the First Alternative food booth from 11am-3pm!
Garland Nursery
5470 NE Highway 20
for more details, call 541-753-6601

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 COOP

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: yadira@firstalt.coop

facilitated by Lisa Wells, Founder. Come be your curious self. FMI: www.livewellstudio.com

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 7th - 6-8 p.m.
held in the North Store meeting room

FINANCE COMMITTEE
Wednesday 8th 5:30 - 7 p.m.
held in the North Store meeting room

OWNER RELATIONS COMMITTEE
Tuesday 14th - Noon

BOARD OF DIRECTORS MEETING
Tuesday 21st - 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

CORVALLIS COMMUNITY DRUM CIRCLE Sat., May 4th 8-9 p.m. 101 NW 23rd St. All ages and levels of playing ability are welcome. All drums, percussion and acoustic instruments, singing and dancing are welcome. Some instruments provided. FMI: drumcircleconnection@gmail.com

WORK PARTY AT FINLEY WILDLIFE REFUGE Sat. May 4th, 10 am, Meet at Fiechter House, Finley Wildlife Refuge: South on 99W to mile marker 93; follow signs for Finley Refuge. Volunteers will sweep out the 1910 barn and gather owl pellets, or vacuum the 1850s Fiechter House and clean the windows. This is the annual fluff 'n buff to prepare the space for Finley's Open House. FMI: 541-757-7236

26TH ANNUAL SPRING GARDEN FESTIVAL Sun., May 5th. 9 a.m.-4 p.m. Art Center Plaza, 7th & Madison Ave. Garden sales, Master Gardeners' plant clinic, edible landscapes, plant management, family entertainment, Tour of Trees, and much more! FMI: www.madisonavenuetaskforce.org

COHOUSING COMMUNITY TOURS Sun., May 5th. Take a "day in May" to explore cohousing options at both CoHo Ecovillage in Corvallis and Oakleigh Meadow Cohousing in Eugene. Tours offered at 10:30 a.m. in Corvallis and 3 p.m. in Eugene. To register: cohoecovillage.org or oakleighmeadow.org. FMI: 541-908-3325 or cohocontact@cohoecovillage.org

GRAPHIC NOVEL BOOK CLUB Tues. May 7, 6 p.m. Matt's Comics, 2075 NW Buchanan Ave. Join the brand new Graphic Novel Book Club! Meetings held the first Tuesday of every month from 6-7 p.m. May 7th: Discussing Locke & Key, Vol. 1: Welcome to Lovecraft by Joe Hill. FMI: bonnie.brzozowski@corvallisoregon.gov

TYEE WINE CELLARS BONFIRE AND WINE TASTING Friday, May 10th, 6-8 p.m., 26335 Greenberry Rd. Come enjoy an evening at Buchanan Century Farm, home of Tyee Wine Cellars. This unique landscape is being actively restored to historic wetlands and marshes by the landowner. Bring a picnic and stay after an evening of wine tasting, and storytelling around the bonfire. FMI: www.tyeevine.com

CORVALLIS CITIZEN'S CLIMATE LOBBY WORKSHOP Sat., May 11th, 10 a.m.-1 p.m., First Alternative Co-op Meeting Room, 1007 SE 3rd St. Come learn about positive, results-oriented actions you can take to build support for effective climate legislation and a national carbon tax. Free. FMI: Carla, carla476@gmail.com

AFTER THE ASH FALLS: PLANT RESPONSES TO VOLCANIC TEPHRA Mon., May 13th, 7:30 p.m. Avery House in Avery Park Retired OSU professor, Don Zobel will review the variety of volcanic effects on forests at Mt St Helens during the 33 years since the 1980 eruption. Sponsored by Native Plant Society of Oregon. FMI: Alexis at 860-878-2049 or Kevin, 208-921-0827

FREE LECTURES @ DIET AND OPTIMAL HEALTH CONFERENCE May 18, OSU campus. On behalf of the Linus Pauling Institute, come enjoy free lectures emphasizing dietary and lifestyle approaches to improving human health and preventing or treating disease, including dietary supplements, micronutrients, and antioxidants. FMI: lpi@oregonstate.edu

YOGA TEACHING TRAINING Q&A Thurs., May 30th, 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

ONGOING EVENTS

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

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

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

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

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

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. We draw from this 2600 year old tradition, though you do not need to be buddhist. Moslem, Christian, Jewish, Agnostic, etc...are all welcome. FMI: Ken, ken.oefelein@gmail.com

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

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

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

OSUSED STORE PUBLIC SALES Every Wednesday 5:30-7:30 p.m. on 1st Wed.; 12-3 p.m. on all other Weds. OSUsed Store, 644 SW 13th St. We carry used, low-cost items including computers, furniture, household items, bikes and much more. Special Dot sale on May 22! FMI: surplus.oregonstate.edu, 541-737-7347

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 Ukes 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

Grower Direct

Adaptive Seeds

Sarah Kleeger & Andrew Still
Sweet Home - Brownsville area



Host Katelyn Banta and one of her chickens, Bardy.

Cooped Up in Corvallis

5th annual tour of chicken & duck coops, May 19th, 12-4pm

- Chris McKim, Corvallis Environmental Center

Before the chicken or the egg, there is a lot to consider when getting started with your own backyard flock of fowl. With countless breeds to decide on, neighbors to be mindful of, space limitations to work within and coop designs to look over, it is easy to be intimidated by the idea of raising chickens and ducks at your home. But whether you're just getting started or already have a flock of your own, the 2013 Cooped Up In Corvallis tour is likely to inspire you with new ideas and fresh approaches to housing some fine feathered friends.

As the practice of keeping urban fowl grows in popularity throughout Corvallis, so do the approaches to the hobby. May is a great month to get out and see the possibilities. The Edible Corvallis Initiative has organized its 5th annual Cooped Up in Corvallis self-guided tour of backyard chicken and duck coops on Sunday, May 19th, from 12-4 p.m. The tour is an opportunity to tap into the ingenuity and expertise of our community and decide what could work best for you. Come see a range of coops from magnificent mansions to traveling tractors.

This year's tour showcases a dozen new coops of local fowl enthusiasts. Start the day at SAGE, the Starker Arts Garden for Education, and enjoy workshops on starting chicks and gardening with chickens, as well as activities for kids and a raffle. Tickets are \$7 in advance (kids under 12 free) and are available on our website or at both First Alternative stores and the Corvallis Environmental Center's downtown office (214 SW Monroe). Proceeds from the event benefit the educational programs at SAGE. While you're there, check out our summer line up of workshops, concerts and food adventure camps!

To find out more and to purchase tickets visit:
www.corvallisenvironmentalcenter.org



Hannah McIntosh Photography

"At Adaptive Seeds, we believe that a resilient and durable food system requires diverse and locally adapted seeds. We are motivated to Bring Biodiversity Back."

How long have you been in business? Since 2010

Acreage farmed: About 10 acres. 1 - 2 in seed production, the balance in dry beans and small grains, marketed as Open Oak Farm

What do you grow? Diverse seed crops, heritage dry beans, small grains, polenta corn, strawberries, blueberries, garlic.

What does the Co-op buy from you? Packaged seeds at the South Co-op.

How long have you sold to the Co-op? Beginning in Spring of 2013.

What products do you use to control weeds, pests and pathogens? Weeds: hoes and hands. Pests: hands and exclusion via row covers, occasional sluggo in the greenhouse. Pathogens: Hands - removal of diseased foliage.

the adaptive seeds story »

Adaptive Seeds grew organically out of The Seed Ambassadors Project, which began as a 4 month seed sharing and collecting trip that we took in 2006-2007. We visited 9 countries in Northern and Eastern Europe, and collected over 800 varieties of garden seeds—the vast majority of which were not available commercially in the US or Europe. When we returned to Oregon, we began to grow out these seeds to evaluate for suitability to our climate and tastes. We distributed seeds through seed swaps and the Seed Savers exchange, and quickly realized the seeds weren't getting into the hands of enough gardeners. So, in 2009 we started Adaptive Seeds, to help more people get access to these unique and delicious varieties. Since then we have also added many varieties that were bred right here in Oregon by some of the best public domain open pollinated plant breeders around. We also conduct our own on-farm breeding.

Garden Time!

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fresh from the nest

- Emily Stimac, Marketing Assistant
Choosing fresh, local eggs is a great way to make any meal better!
These fun and simple recipes all feature our breakfast superstar: the incredible, edible egg.



Almond French Toast Casserole

This make-ahead casserole is a great way to start your day when guests are visiting!

Serves 12
1 loaf Bread Stop baguette, sliced into 1" slices
2 pints raspberry
8 large eggs
1 cup Nancy's vanilla yogurt
2 cups milk
2 tablespoons granulated sugar
2 teaspoons almond extract
Dash salt

Almond Crumb Topping

1/2 cup butter, softened
2/3 cup sugar
1 cup flour
1 cup slivered almonds

The evening before, grease a 9 x 13 pan with butter and arrange bread slices in two rows.

Beat eggs with yogurt, milk, sugar, almond extract and salt until smooth. Pour over the sliced bread as evenly as possible. Cover with foil and refrigerate until morning.

The next morning, combine butter, 2/3 cup sugar, and 1 cup flour in food processor. Pulse until combined. Stir in almonds and sprinkle over egg-soaked bread.

Bake at 350° for 40 minutes or until golden brown and bubbly.

Teff Waffles with fresh fruit

These nutty and crisp waffles are delicious with fresh berries or warm compote. Leftovers make an easy breakfast with nut butter and banana.

Yield: 10-12 4" waffles

2 pints fresh strawberries
2 Tbsp grade B maple syrup
1/2 cup gluten free flour
3/4 cup potato starch
1/2 cup teff flour
1 Tbsp baking powder
1 Tbsp sugar
1/2 tsp salt
1/4 cup butter, melted
3 eggs

1 1/2 cups milk
1 tsp vanilla

Slice strawberries into a bowl and drizzle with maple syrup. Stir and set aside.

Whip cream to soft peaks and add confectioner's sugar. Set aside.

Mix dry ingredients in a medium bowl. In a small bowl, beat eggs with milk and butter. Make a well in the center of the dry ingredients and pour in wet ingredients. Stir to mix.

To bake, scoop 1/2 cup of batter onto the center of a heated iron and cook to desired finish. Serve with fruit and whipped cream.



Eggs Emmy

Serves 2

4 eggs
2 tsp rice vinegar
2 English muffins
12 asparagus spears
6 oz. deli sliced ham
fresh tarragon or fennel for garnish
Steam asparagus and brown ham in a skillet. Butter muffins and toast in skillet.

Poach eggs and assemble: muffin, ham, asparagus, egg and Tarragon Sauce. Garnish with fresh tarragon or fennel.

Light and Creamy Tarragon Sauce

This festive sauce has the zip of hollandaise with 1/3 of the butter.
2 egg yolks
2 Tbsp butter
1/8 tsp Dijon
1/2 tsp dried tarragon (or 1 tsp fresh)
1/2 Tbsp white wine
1/2 tsp honey
pinch of salt
2 Tbsp yogurt

Combine yolks, butter, wine, dijon, tarragon, honey and salt in a double boiler and gently warm, whisking to melt butter. Cook 2 minutes, whisking constantly. Remove from heat and stir in yogurt. Cover and keep warm until ready to serve.

taste the pastured difference!

Grass-fed/pastured hens are raised on pasture, as opposed to being kept in confinement and fed primarily grains. Eggs from pastured hens contain up to 20 times more healthy omega-3 fatty acids than those of their less fortunate cousins, factory hens.

Pastured hens' diets are naturally complemented with bugs, earthworms, and other such critters that give their eggs a huge nutritious oomph. Although not necessarily organic, pastured hens are usually much healthier and happier than their space-restricted and antibiotic-pumped industrial cousins.

Pasturing is the traditional method of raising egg-laying hens and other poultry. It is ecologically sustainable, humane, and produces the tastiest, most nutritious eggs.

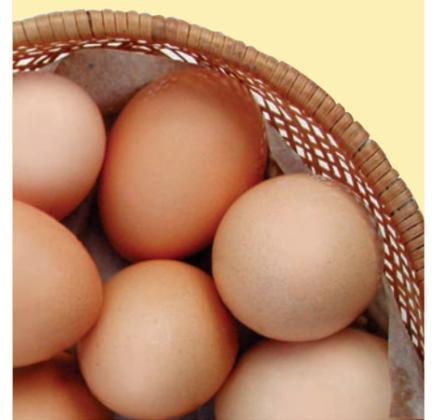
Pastured eggs also have 10 percent less fat, 40 percent more vitamin A, and 34 percent less cholesterol than eggs obtained from factory farms.

- LocalHarvest.com

supporting our local egg-economy

Choose from these delicious locally raised eggs for egg-cellent flavor and nutrition!

- Deck Family Farm Organic
- Provenance
- Lorain's Golden Egg
- Oak Valley





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MAY 1- JUNE 4

