

*the*  
**thymes**

First Alternative  
NATURAL FOODS CO-OP

*Fall 2018* Volume 2 • Issue 3  
Sept • Oct • Nov



A Free Publication



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NATURAL FOODS CO-OP

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Fall 2018

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The Co-op Thymes is a free quarterly publication of First Alternative available in our stores and around Corvallis. It can also be viewed at [www.firstalt.coop](http://www.firstalt.coop).



Editor/writer.....Adam Payson  
Design/layout.....Adam Payson  
Illustrations . . . . . Julia Lont, Stev Ominski  
Photos . . . . . A. Payson, J. Lont, Joel Gustafon

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# At First Alternative We Rise to the Fall

Adam Payson, *Thymes* Editor

As the days draw down and the weather cools, one often finds they need more reading material. Well, dear readers, we've got great news—The Thymes is now four pages longer!

Why? Well, we simply needed the space to keep bringing you more and better content, like trips to local farms and businesses, seasonal recipes, money-saving shopping tips, and helpful how-to guides.

This fall, we'll start by taking you behind the curtain at the Majestic, downtown Corvallis' vibrant theatre that takes a boldly local-first approach to entertainment.

After that, we'll head to Mt. Angel for a tour of Lonely Lane Farms, where the Kloft family raise and process amazing 100% grass-fed beef, pork, and lamb.

Closer to home, we're excited to tell you all about an exciting new pilot program by local manufacturer EcNow Tech to create a "closed loop" recycling program that will turn our used compostable cups and utensils directly into new ones.

We've got some big events coming up as well. September 22nd and 23rd, First Alternative will be teaming up with the Corvallis Sustainability Coalition to host a food booth at the annual Corvallis Fall Fest.

Then, from 4-7 pm on October 19th, both Co-op locations will be celebrating Co-op Month with our annual Co-optoberfest, featuring tons of free samples from local vendors, fun activities, and great in-store offers.

This fall, you can count on the Co-op for fresh, local, organic food and fun!



## Become an Owner!

A refundable, one-time purchase of \$70 is all it costs to become a Co-op Owner, giving you a voice and a vote at a community-owned, environmentally- and socially-focused grocery store

### Co-op Ownership Benefits:

- Choose your own monthly "Owner Appreciation Sale Day" and get non-sale items 10% off
- Vote in Co-op Elections
- Run for our Board of Directors
- And more...just ask in the store!

# EAT OUTSIDE

## the box

#eatoutsidethebox  
@firstaltcoop



FOLLOW OUR **INSTAGRAM STORY** AND TAKE ON THE CHALLENGE TO USE **LESS PACKAGING THIS SEPTEMBER!**

**CO-OP**

**toberfest**

COMMUNITY CELEBRATION

OCTOBER 19, 2018

4-7 p.m. at both stores

FOOD • DRINKS • MUSIC • FUN

Background and cover: The orchard at Silvernail Farms, Kings Valley, Oregon

# FROZEN DESSERTS

AT FALL FESTIVAL  
SEPTEMBER 22 & 23

Corvallis Central Park  
[corvallisfallfestival.org](http://corvallisfallfestival.org)

Come by our booth to enjoy some delicious, locally made, gluten-free, and vegan treats! Proceeds from the booth help support the Corvallis Sustainability Coalition.



# STUDENT PRODUCE TUESDAYS



Every Tuesday at the Co-op show your OSU or LBCC student ID to get...

# 15% off all produce!



# The Majestic Theatre

Local theatre remains a community production, onstage and off

Vaudeville was the main attraction in 1913 when The Majestic Theatre first opened its doors to people of Corvallis. Folks could see a film at The Palace Theatre—or, before long, the Whiteside—then walk down the street and catch some live comedy or a burlesque show.

After more than a century of ups and downs, in the community and across the globe—including revolutions in entertainment that prioritized the isolated comforts of the couch over the communal experience of the theatre—something of those simple theatre-going days has returned to downtown Corvallis. This is due in no small part to the recent resurgence of the Majestic Theatre as a local creative hub.

The Corvallis Parks and Recreation department began managing the theatre at the beginning of 2015. In the years prior, the theatre had seen patronage dwindle, ticket sales decrease, and went through more than its share of executive and board turnover. A new community-focused approach was needed.

The Majestic is now, as Theatre Supervisor Jimbo Ivy told us, "owned by the city; run by the community."

After several years of planning, curation, and conversations ticket sales are up and community visibility and involvement have increased.

Performances by larger acts from out of town, like the Portland Cello Project performing Radiohead's album *OK Computer* on the evening of March 8th, are helping support a widening slate of local productions. Famed Chicago improv troupe Second City will be performing on Feb. 12th, and will also be hosting two improv workshops the day before. It's a wonderful opportunity for aspiring comedians to get some hands-on improv experience and professional advice.

After all, as Jimbo explained, the Majestic mission is to, "make as many dreams happen as possible." A sentiment extends from the lobby where old friends dressed up for an evening on the town reconnect, to behind the curtain where local artists and craftspeople volunteer their talents building sets, props, and

costumes, and out onto the stage where local actors, writers, musicians, and dancers entertain their friends, family, and neighbors.

The Majestic is always looking for volunteers to help in a vast array of tasks. If you're interested, visit [www.majestic.org/volunteer/](http://www.majestic.org/volunteer/) to learn more.

Interested in taking the stage? There are opportunities for all experience levels. The Majestic Reader's Theatre Company, where performers work with script in hand is a great entry point to acting. Looking for laughs? The season has lots to offer, like the ever-popular *Improv Smackdown: 2 Towns vs Block 15* on Sept. 22nd and Feb. 23rd. Or, if you just want to see a great show, don't miss *Catch Me If You Can*, running Nov. 2nd - 18th. It's being put together by the same crew that put on the wildly successful 2016 production of *The Full Monty*, and promises to be a blast.

To learn more, including packages, grab a free copy of the Majestic Theatre 2018-19 Season Brochure, available at the theatre box office.

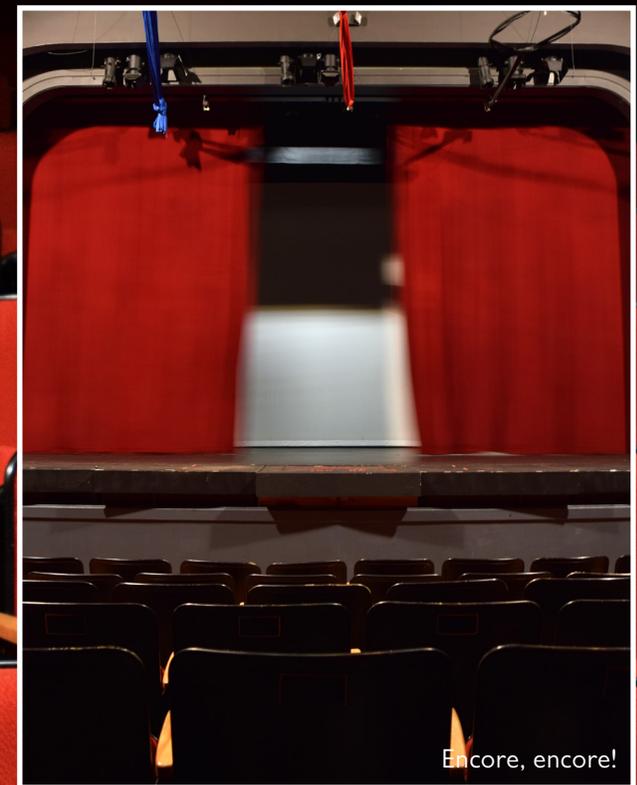


115 SW 2nd Street, Corvallis, OR 97333

Box Office: (541) 738-7469 | Admin Office: (541) 758-7827

Box Office hours: 12 pm - 5 pm, Wed. - Fri., also open 1 hour before every performance

## The community that acts together gets its act together..



**Co-op staff in your community theatre!** Clockwise from left: Starena Sparktacular in Tart of the Valley Burlesque's *Magic Garden*; Mark Tarasawa chuckles during *Annie Get Your Gun* rehearsals; a wacky entrant in the Majestic-hosted staff talent show (in the 90s?); Cindee Lolik and Donna Tarasawa greet partiers at our 2013 Wine Soirée at the Majestic; David Parrish gets wild hosting the *No Offense: Improv Jam*.

After a successful past year, The Majestic Theatre feels more solidly a part of the city than ever before. As Jimbo said, it feels like, "the first year of the future". What does the future hold for The Majestic? It's up to the community. After all, when that big red curtain opens, it's the community that claps, laughs, and cheers, just as it's the community on stage, singing, dancing, acting, and at the end of the night, taking a bow. Give yourself a hand, Corvallis! 🍌

Encore, encore!



# ReStore

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Partner family, The Garcia-Navarros!



Volunteers at work on a new home!

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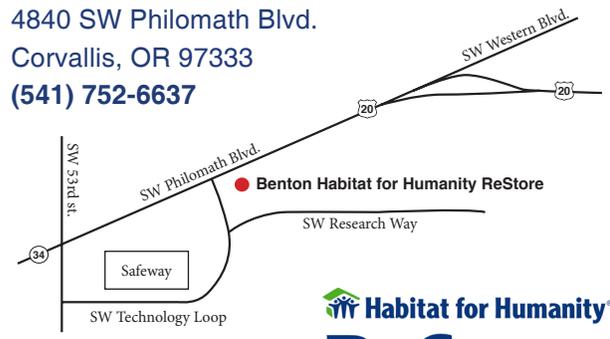
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### What Makes Us A True Community Partner In Benton County?

- Our labor is donated by dedicated volunteers who build new homes & complete critical home repairs.
- Your ReStore Donations fund the material purchases for new homes & home repair projects.
- Benton Habitat for Humanity provides NO INTEREST LOANS to finance the rest for low payments families can afford.

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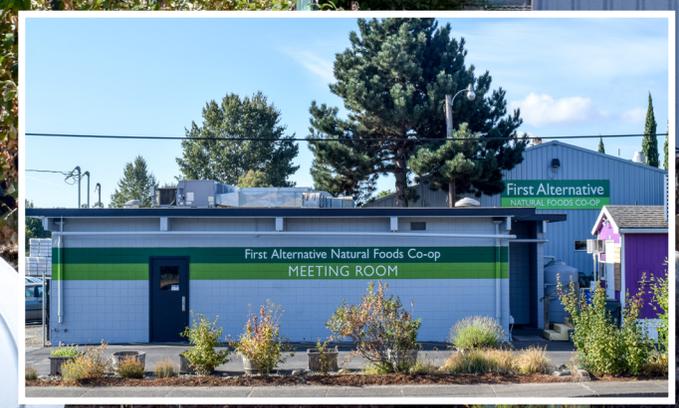
## The Co-op South Store Has a Great New Look

A fresh coat of paint from **Fitzpatrick Painting Inc.** and new signs by **Element Graphics Inc.** lend our South Corvallis location a refreshing new feel

"Same amazing taste, great new packaging!" It's a phrase we see all the time in the grocery aisles here at First Alternative Natural Foods Co-op, and it seems like we've really taken it to heart. The Co-op is here to highlight the green goodness in our community, and that's just what we've done with this new look. We enlisted the help of Fitzpatrick Painting and Element Graphics because we know going local gets you the best. Join us, inside and out, as we shout our message to the world: fresh, local, organic! 🥬



**First Alternative**  
NATURAL FOODS CO-OP



100% of the proceeds from the ReStore go to building new, affordable homes, and performing critical home repairs around Benton County!

North: (541) 452-3115 • South: (541) 753-3115 7

# Lonely Lane Farm Tour

Grass-fed and grass-finished beef delivered direct from Mt. Angel

Lonely Lane Farm combines old-fashioned know-how with forward-thinking ideals to produce some of the best meat available, and we love it. The Co-op was Lonely Lane's first retail location, and they were the very first meat we sold!

Prior to 2001, First Alternative didn't sell meat. When an Owner-introduced referendum to allow meat sales passed, the search for ethically- and naturally-produced meat began. Meanwhile, Mike—the third generation on Lonely Lane—wanted a career on the family farm, but worried it would have to be sold because their wasn't enough market for their meat. Talking to one of his agriculture professors at OSU led to a breakthrough. “The instructor asked me how we were raising our beef,” Mike said, “if we were using hormones and antibiotics: We weren't. We've always cared for our animals to the highest standards, and we use sustainable farming practices. No hormones, no antibiotics, and open environments with plenty of space to graze.” The instructor informed Mike that 100% grass-fed beef was on the cusp of becoming a hot commodity. He suggested a local grocery store that might be interested, and Mike headed to the Co-op.

Lonely Lane is the epitome of the small family farm. Patty and Mike Kloft, whose families have been in the area since the late 19th century currently run the farm. Mike's grandparents began Lonely Lane in 1939, first growing cereals and eventually incorporating livestock. They focused on dairy until the 1980s then transitioned to beef.

Patty's family, the Boschlers, live just 5 miles away on their farm, and raise Lonely Lane's pork. Lonely Lane lamb comes from a good family friend in Dallas (those are both tours for another day).

When young Mike had just started at the farmers' markets and needed assistance it was Patty who volunteered. These two halves later found themselves whole in marriage. Someday it will be their young son John calling the shots. Only 5 years old, he already loves to lead tours of the farm.



Mike, John, and Patty Kloft on the farm

The farm sits on 168 bucolic acres, overlooked by the historic Mt. Angel Abbey and the endless Oregon sky. We watched Hereford cattle peacefully graze as Mike explained that they are hearty enough to weather the Oregon winter, and when grass-fed from start to finish, develop a flavor and marbling second to none. They may take longer to raise than the more typical Angus cattle, and require more care, but the difference is apparent from the first amazing bite.

They raise more than 200 head of cattle per season on their expansive pastures. In addition to the shade from massive oak trees, the cows are free to roam, and can choose to take shelter in a massive covered paddock when the weather turns too wet or hot.

Amazingly, Lonely Lane does 100% of their processing on farm in their own USDA-certified facility. Typically, farmers transport livestock to off-farm facilities for processing. This takes some control away from the farmer, potentially stresses livestock, and puts more trucks on the road. But for small farms the process of running such a facility is typically too expensive. It requires extra staffing—4 to 9 people work in the facility at Lonely Lane, while USDA inspectors are on premises every day—and property must be built and maintained strictly to code. Buildings left from the farm's dairy days were converted to the core of the facility, allowing Patty and Mike to take the leap.

Construction began in 2010, the first processing was done in 2012, and for years, Mike explained, the facility continued expanding. Touring, we moved from one immaculate room to the next, decked head-to-toe in protective gear. One room contained a monolithic computer-controlled smoker. In another, we saw a high-pressure machine that allows them to brine meats like bacon in a fraction of the time. On our way out, we poked our heads into the amazing smelling spice room. Patty mixes all the spice blends—putting together the flavoring in favorites like Oktoberfest Sausage—from recipes developed by Mike.

Something else unique about Lonely Lane: their facility and products are entirely free of the eight major allergens. Mike suffers from most of those himself, so he's made it his mission to produce meats that anyone can eat. That's a mission we at the Co-op completely understand. As we headed out, Patty and Mike also told us about some exciting new products on the horizon, so lookout for more amazing meat from Lonely Lane soon. They'll be easier to spot on the Co-op shelves than ever thanks to colorful new labels. Give them a look next time you're in the Co-op. 🌱



# CLOSED LOOP RECYCLING



**R**ecycling worldwide is in the midst of a crisis. When China terminated the large-scale operations responsible for recycling much of America's plastic and metal scrap, it began upheavals in the recycling industry that we've felt right here in the Valley.

The cost of recycling is on the rise, while its efficiency is in decline. The powers that have, up until recently, ushered the recycling movement forward are faltering.

A major part of the problem is that the largest composting and recycling operations tend to be owned by the same companies that own and operate landfills. Owing to their bottom line, many of these companies are deciding it's cheaper for them to divert materials to their landfills than it is to invest in the more labor-intensive processes of composting and recycling. After all, they can't just ship it off to China anymore.

The need, then, is a way to make waste reduction make financial sense. Time has come for bottom-up reinvigoration of recycling, and our community, where technology and sustainability proudly go hand in hand is uniquely positioned to make a change for the better.

## Enter EcNow Tech

Based in Albany, EcNow Tech is a unique multi-process manufacturing company that specializes in bioplastics and recycled materials manufacturing. Among other things, they manufacture the compostable cups and utensils available in the eating areas at both Co-ops.

Typical manufacturers focus on a specific manufacturing process, then, naturally, seek to maximize their profit within that process. EcNow Tech focuses on multiple processes. Vertical integration allows them more flexibility than the competition and an opportunity to pursue unique solutions that would otherwise be unprofitable.

CEO and founder, Chris Vitello was thinking about the global recycling conundrum when he had a simple realization: the technology and equipment needed for a solution are all there, what's lacking—for corporations—is the need (that is, a means to profit).

With EcNow Tech already in possession of much of the necessary technology, the opportunity to pioneer a small-scale recycling solution that could then be scaled-up was wide open to them. They just needed a test case.

## Piloting the loop

We were asked to participate in a pilot program for an experimental new process in which they would take our used compostable plastics and turn them directly into new ones for us—a closed loop system unlike anything currently in use.

## How it will work

Next time you eat at the Co-op, use EcNow Tech utensils, available next to the hot bar and salad bar at both stores. After you eat, drop them into the collection box in the eating area.

After collection they are sorted, a task that will eventually fall to a machine learning system, eliminating the need for time-consuming human sorting. (Imagine facial recognition software, but for trash.)

The sorted utensils are thoroughly sanitized then ground into uniform chips. At this point the small amount of material that can't be reclaimed is filtered out, already in the ideal form to compost. The rest is melted down, extruded, then pelletized before being reformed into brand new utensils in an injection mold.

The new utensils are delivered to the Co-op, where you use them to eat lunch and close the loop.



**Where do we go from here?** At the Co-op, we'll continue collecting utensils. Meanwhile, EcNow Tech will be hard at work perfecting the technology and refining a business model that can be adopted by other businesses and communities, ultimately looking to get enough investment and commitment to take closed loop recycling to the nation and the world, and begin turning the tide on our global recycling crisis.





# The 7 Cooperative Principles

## October is Co-op Month—A Great Time to Examine What it Means to be a Cooperative

Fresh Local Organic



Cooperatives are as varied as the people comprising them. Whether selling groceries, providing electricity, farm supplies, or financial services, co-ops are owned and controlled by their members. As varied as co-ops are, we share similar sets of beliefs, as illustrated by the "Seven Cooperative Principles". These principles have helped the cooperative movement gather nearly one billion member-owners globally across hundreds of industries. Here's a brief look at the seven principles and how we put them into action here at the Co-op.

### 1. Voluntary & Open Membership



Anyone can shop at the Co-op, and anyone can become an Owner. A one-time payment of \$70 is all it takes. How many people can say they own a grocery store with their friends? In Corvallis, more than 10,000 people! Owners get a monthly Owner Appreciation Sale Day where they get 10% off non-sale products!

### 2. Democratic Member Control



Co-op Owners have a vote and a voice at First Alternative. Owners get the chance to vote annually on our Board of Directors, whose leadership helps guide the future of the Co-op. Owners may also run for the Board of Directors, attend our annual Owner Rendezvous pool party, and vote on Beans for Bags recipients.

### 3. Member Economic Participation



The equitable contributions of our Owners helps keep the doors open and the aisles stocked with fresh, local, organic groceries. Owners can increase their refundable equity up to a total of \$300, further supporting a place were for like-minded folk to meet, shop, chat, learn, and help improve the world.

### 4. Autonomy & Independence

We couldn't do everything we do for our shoppers and our community if we weren't for our freedom. If we were beholden to big business and bigger bucks, we wouldn't be able to work so closely with small farmers and producers, and dedicate ourselves so tirelessly to great community organizations like the Corvallis Sustainability Coalition.



### 5. Education, Training & Information

Knowledge is power, and empowering consumers is what we are all about at the Co-op. We use print and online media to spread the word about good food, offer educational courses at both of our locations, and are constantly learning the latest to pass it on to you, our shoppers.



### 6. Cooperation Among Cooperatives

One co-op is a store; one hundred co-ops are a movement. As a member of the National Cooperative Grocers, a national cooperative of co-ops, we are "stronger together". Membership greatly increases our buying power (lowering prices) and puts us in communication with similar co-ops across the nation.



### 7. Concern For Community

This community built the Co-op, and in turn, we stand for this community. That's why anyone can shop at the Co-op, and everyone saves. We all share this fragile planet, and at First Alternative, we fight for its future knowing we've got this community watching our back.




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THE MAJESTIC THEATRE  
EVENT HIGHLIGHTS

**SHOOK TWINS**  
SEPTEMBER 7

**TEATRO MILAGRO**  
**iCORRE, CORRE!**  
SEPTEMBER 8

**IMPROV SMACKDOWN**  
SEPTEMBER 22

**OSCAR WILDE'S AN IDEAL HUSBAND**  
SEPTEMBER 28 - OCTOBER 7

**OPEN AUDITIONS**  
**COMEDY OF ERRORS**  
OCTOBER 1 & 2

**CORVALLIS COMEDY NIGHT**  
**MATT BRAUNGER**  
OCTOBER 13

**BELLY FULL OF BOB**  
OCTOBER 19

**CATCH ME IF YOU CAN**  
NOVEMBER 2-18

**SPIDERWOMAN THEATRE**  
**MATERIAL WITNESS**  
NOVEMBER 6

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PARKS & RECREATION  
City of Corvallis

# Donna's Kitchen

## Yes We Can!

### Preserve the Harvest



Donna Tarasawa  
Outreach Specialist

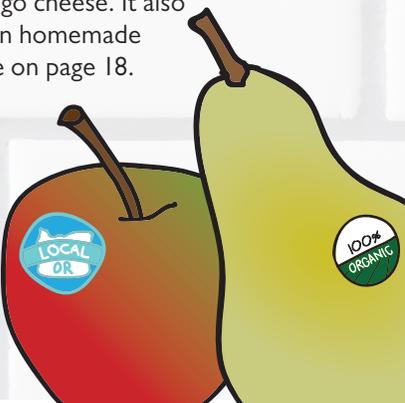
Fall is an ideal time to retreat to the warmth and comfort of the kitchen. It's a good thing too, because for many backyard gardeners and fruit tree owners, there's a lot to do this season in order to preserve the bounty of the harvest.

With that in mind, we've put together a simple guide to keep you eating, for months to come, that good food you helped grow from the ground or watched fall from the tree. Make sure to check out the expanded online edition for links to more helpful resources and recipes.

### Dill Pickles (One Jar at a Time)

The perfect pickle recipe for small harvests, all you need are enough cukes to fill a single quart jar—and a fair bit of patience. It's easy to scale up too, you'll just need a little more space in the pantry.

**Quince Paste** If you're lucky enough to have a backyard quince tree (or know someone that does) try this recipe. Also known as *membrillo* or quince cheese, this luminous Spanish delicacy pairs marvelously with crackers and Manchego cheese. It also tastes great spread on homemade wheat bread—recipe on page 18.



**Canned Pears** You can't go wrong with this canning classic—halved pears in a simple syrup. To core your pears like never before, stop at the craft store and buy a ceramic loop tool. (Kitchen stores often sell the exact same tool as a "pear corer" for more money.)

**Canned Apple Pie Filling** Imagine, apple pie anytime. It's more than just a dream when you unburden neighborhood branches of their excess apples, add some sugar, spice, and a couple other things nice and then get canning. When it's pie time, simply grab a pre-made crust from the Co-op and get baking!

*First time canners, we've included a brief primer below. The recipes will let you know when to prep the jars and lids, and when, and for how long, to process them.*

### Dill Pickles (One Jar at a Time)



### Quince Paste



### Canning Instructions

**Prep Jars:** Wash wide mouth quart jars and rinse in very hot water; set upside down on a towel until filling time.

**Prep Lids:** Place canning seals in a saucepan and cover with water. Bring to a boil then turn heat off; keep seals in water until ready for use.

**Process:** Wipe off rim of jar with paper towel or clean cloth to make sure you get a good seal.

Retrieve sanitized lids from water one at a time and place on jars; secure with a canning ring.

Process in a boiling water bath for 20 minutes or in a pressure canner at 15 lbs. pressure for 0 minutes (i.e. bring canner to 15 lbs. then turn heat off).\*

Remove jars from water and cool completely. Make sure seal is secure, remove rings and store at room temperature.

*\*Processing times are for canned pear and apple pie filling recipes on the following page only. Always check processing times when using other canning recipes. They will vary.*

### Canned Pears



### Canned Apple Pie Filling



## Quince Paste

2 lbs. quince, peeled, cored, and sliced      2 cups granulated sugar (more or less, as needed)

Put quince in a saucepan and cover with water. Bring to boil over med-high heat. Reduce heat and simmer, covered, until quince are tender, about 40 minutes.

Drain in a colander. Purée in a food processor or blender. Measure the purée, return to the saucepan and add an equal amount of sugar.

Cook over medium-low heat, stirring, until the sugar has dissolved, 1-2 minutes. Continue to simmer on low, stirring occasionally, until the purée becomes a very thick paste, 1 ½ - 3 hours.

Heat oven to lowest temperature it will allow. Line 8x8" glass or ceramic baking dish with parchment. Pour the quince paste into the dish and smooth top.

Bake until slightly dried and firm enough to slice, about 1 hour. Let cool to room temperature. Invert onto a cutting board and cut the paste into 2" wide strips. Wrap and refrigerate or freeze.

## Canned Apple Pie Filling

Makes 6-7 quarts

6 lbs. apples, peeled and sliced (Granny Smith and Liberty mix works well)      ¼ tsp. ground nutmeg  
1 cup cornstarch      2 tsp. salt  
2 tsp. cinnamon      10 cups cold water  
4 ½ cups sugar      3 Tbsp. fresh lemon juice

**Prep Jars.** Mix all ingredients, except apples, in a large stockpot. **Prep lids.** Stir until sugar is dissolved. Add apples and stir. Bring to boiling. Ladle filling into clean quart jars and *process*.

**To bake a pie,** prepare a pie crust of your choice. Fill with pie filling, usually 2 quarts to one 9-inch pie. Cover with crust or crumb top and bake at 350°F for 30-45 minutes or until crust is golden brown and filling is bubbly.

See page 14 for instructions on prepping jars & lids, processing

## Dill Pickles (One Jar at a Time)

Cucumbers to fill quart jar      1 large head dill weed  
½ cup white vinegar      1 clove garlic, peeled  
2 Tbsp. non-iodized salt      ¼ tsp. alum granules  
1 tsp. mixed pickling spices

Wash jar and rinse with very hot water. Place dill in jar and add cucumbers (whole or speared). Add remaining ingredients then fill with cold water to shoulder of jar. Place lid on jar (does not need to seal). Shake, then store at room temperature for 3-4 months to allow cucumbers to pickle.

## Canned Pears

5-6 Bartlett pears per one quart jar      8 cups water, divided  
2 Tbsp. - ½ cup sugar, to desired sweetness      ½ tsp. lemon juice

**Prep Jars.** Bring desired amount of sugar and 4 cups water to boil; stir until sugar is dissolved. This will be enough liquid for 3-4 quarts of pears.

Simmer syrup until jar filling time. **Prep lids.** Add lemon juice to 4 cups cold water. Peel pears, cut in half and remove core and string. (Tip: Use a pear-shaped Ceramic Loop Tool for easy coring.) Place cut pears in lemon water to prevent browning.

When all pears are peeled, remove them from the lemon water and place in jar. Pour boiling sugar water over pears to shoulder of jar and *process*.

See page 14 for instructions on prepping jars & lids, processing

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# Light Wheat Bread Recipe

The best thing since sliced bread? Slicing into your own home-baked loaf

**B**aking bread can be a daunting task, even to the most seasoned of cooks. With all the amazing bread that is made in the Willamette Valley and sold at the Co-op, there's certainly easier ways to get freshly-baked bread.

Still, there are few things as fundamentally pleasing as turning a handful of basic ingredients into golden crusted loaves of bread. The aroma of baking bread is intoxicating and transformative, possibly one of life's greatest pleasures, and one everyone deserves.

The following recipe makes two loaves. From start to finish, it will take about four hours, much of which will be spent waiting for the bread to rise, or, once it's hit the oven, standing in the kitchen breathing deeply to take in the amazing smell. First time bakers and loaf-makers, we've included some helpful tips for you.

**Ingredients** It's helpful, but not necessary, to have your ingredients individually measured out and ready to go. It'll just make life a little easier, less messy, and make you feel like you're on a cooking program.

- 5 cups (22.5 oz) unbleached bread flour
- 3 cups (13.5 oz.) whole-wheat flour
- 3 tablespoons (1.5 oz.) granulated sugar
- 3 teaspoons (.76 oz.) salt
- 3 teaspoons (.34 oz.) instant yeast
- 4 tablespoons (2 oz.) extra virgin olive oil
- 1 cup (8 oz.) water, at room temperature
- 1.5 cups (12 oz.) milk, at room temperature



## Directions

- Combine the dry ingredients (flours, sugar, salt, and yeast) in a large mixing bowl, stirring them together with a whisk.
- Make a large "well" in the center of the bowl and add the liquid ingredients (milk, water, and extra virgin olive oil).
- Using a hand mixer with dough hook attachments, gradually mix the wet and dry ingredients together by drawing small amounts of flour from the inside of the well, making sure to fully incorporate it before drawing in more. If you don't have a hand mixer, use a wooden spoon to slowly turn the dry ingredients into the wet.
- Continue mixing until most everything is incorporated into a dough ball that is pulling away from the walls of the bowl. A small amount of clumped flour may remain in the bottom of the bowl. Discard it.
- Transfer the dough to a floured surface and begin hand kneading\*, slowly incorporating more flour until you've made a firm but elastic dough that is slightly tacky but not sticky. Hand kneading will take about 10-15 minutes. The dough should be able to pass the windowpane test†.

†Remove a cherry tomato-sized piece of dough from the ball. Hold it between thumb and forefinger of both hands, gently teasing it apart. If it can be stretched into a thin membrane that light easily shines through, it passes the test!



- Transfer to the oiled bowl. Cover with plastic wrap and let rise in the warmest room of your home for 1.5-2 hr, or until the dough has doubled in size.
- Remove the dough from the bowl to a floured work surface. Divide the dough in half, setting one half aside. With your fingers, flatten and shape the dough into a long rectangle with its short side slightly narrower than the width of your bread pan.
- Beginning from the far, narrow end of the rectangle, start rolling the dough towards yourself with both hands, keeping your thumbs to the inside of the roll and using them to pull the surface tight as you go. (Maintaining high surface tension is important in getting the loaves to rise evenly and fully.)
- Once fully rolled, pinch together the seam and ends of the loaf and place it into a greased or buttered loaf pan, seam side down. Repeat steps to make a second loaf.
- Cover with plastic wrap and rise to double, 60-90 min. Preheat the oven to 350 °F with rack in the middle.
- Insert bread and bake for 30-45 min, until internal temp is 190 °F (remove loaf from pan and insert thermometer into the underside of a loaf to check). Allow the loaves cool at least one hour before slicing. 🍞



**\* Knead a little advice!** With floured hands, press the dough ball out into a loose rectangle, fold it in half towards yourself and using the heel of your hands, press the folded halves firmly together. Rotate the dough 90 degrees and repeat until the dough is ready.

# Susie and Sara



## toss the Trash

Sara and Susie (left to right) asked to be pictured together for conservation's sake



**EAT**  
**OUTSIDE**  
the box

When it comes to cutting single-use plastics out of our environment, there's simply no time to waste. Our Wellness managers are here with some great product recommendations for anyone interested in taking the #eatoutsidethebox Instagram challenge.

### Susie sez:

Chicobag is already on a mission to help humanity bag its single-use habits by providing colorful and strong reusable bags. Now they've created **To-Go Ware**, a convenient way to "reduce your forkprint" that I find super easy to keep in my purse. Available in two sizes, accommodating the whole family, they're made from bamboo and are dishwasher safe. And I love that it includes a set of chopsticks! They come in a variety of colors, and we plan on bringing back Co-op logo sets in the near future.

**Preserve** food storage containers are made in the USA from 100% BPA-free, recycled #5 plastic. They're dishwasher safe, stand up to everyday use, and they've been a staple in my household for years. The 25 oz. size is perfect for leftovers, salads and sandwiches, while I love using the mini 8 oz. container for my children's lunches. I am passionate about using post consumer plastics and this company is too, check out the website on how they are closing the loop on their products' lifespans. [www.preserveproducts.com/recycle](http://www.preserveproducts.com/recycle).

### Sara sez:

At the Co-op by popular demand! Beeswax-based **Meli Wraps** are an excellent way to store food without plastic! I find that they work really well for the odds and end pieces of cheese in my fridge, and containers of yogurt I just can't finish, or that can of pasta sauce that doesn't have a lid. The wax can be molded and formed to any shape you'd like, I've even molded it into a small snack bag for carrying nuts or berries. It's not recommended for storing raw meat, or hot items, and is easily cleaned with cold water and a mild soap. Made in Hawaii and Oregon, they have a great designs that come in a 3-pack of varying sizes.

Break free from throwaway plastic water bottles with a reusable (and nearly indestructible) **Klean Kanteen** bottle. This Certified B Corp.'s new Klean Coat technology not only gives their bottles a more durable finish, it's also earth-friendly, sustainable, and entirely safe for the people making it and using it. As part of 1% for the Planet, they've donated over \$2 million to groups preserving and restoring wild places. 🌿



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# Side by Side

I've been drinking coffee regularly since I was 13, in my family it's not unusual to pour coffee into a child's mug of milk and then teach them to dip their sweet roll into it. I had my first taste at around 5 years. I don't claim to be a sophisticated coffee drinker, but I know what I like, why, and when. Yes, when. At a restaurant, creamer is a must. Breakfast out needs an extra boost, so I add a sugar. At home—when I know it's fresh—black coffee is the way to go.

I was once in a relationship with a man who didn't drink coffee and I joked with him that it would never last. Turns out it didn't! My current partner is an avid coffee drinker and our daily hot cuppa ritual is a sublime start to our day. Yep, it's like that. You either hate it or love it, and folks indifferent to coffee are likely indifferent about many other things too. Let's set all things snobby and anxiety inducing aside and explore the world of coffee in an approachable, basic manner. Experts, you might find your palate experience varies from mine. If you don't drink coffee, let this guide serve you in choosing a gift for someone you love.

**Basics of Coffee Bean Processing**  
Coffee beans come from a fruit surrounded by pulp and a lining of mucilage (imagine the slippery sheath around a peach pit). The fruit is called a cherry.

**Natural Process (dry)** The cherries are dried whole, the pulp surrounding the bean affects the flavor, often resulting in a more full body and added sweetness. The process requires a more time before the bean is extracted, as well as the intensive physical labor of raking the beans to prevent spoiling and uneven drying.

**Washed Process (wet)** The cherries are cleaned of their pulp using machines, water, and fermentation tanks before being dried.

**Semi-washed and "pulp natural"** The cherries are cleaned of their pulp using small amounts of water, or dry mechanical separation. A middle ground between the dry and wet methods.



## What's the Way to Brew for You?

Some factors to consider include: **Volume**—how many cups do you need? **Ease of use**—how much brain power do you have in the morning? **Equipment**—do you have a way to measure the temperature of your water? Do you want to buy filters? Is the beauty of the gadget as important as the taste of the coffee? Budget? Paper filters or re-usable? **Maintenance**—does your brewer need special cleaning supplies? Does it require you to stand over it while it works?

**Beginners**, dip your toes into brewing with a Drip Machine. Sadly, if it's under \$50 new, it'll probably disappoint. The temp. of the brewing water and how much time it spends mingling with the coffee grounds before being released into the pot is crucial. If you plan to go this route, do your research before making a purchase—generally you'll get what you pay for.

**Intermediate** brewers, a basic French Press and coffee grinder will cost around \$50. You could spend more, but there's no need. Note, the coffee from a French Press will be chalky at the bottom...so no tipping your head to down those last drops. This method requires grinding coffee, paying attention to time and temperature, but doesn't use paper filters. It brews full-bodied coffee. (Unless you use pre-ground coffee from a can, in which case I make no promises.)

**Professional** coffee drinkers not into chalky residue, give the Clever Dripper with a reusable filter a go. I recommend the Clever Dripper over a "normal" cone dripper because it allows you to hold the water in the cone to bloom your coffee before releasing it, an essential for a better cup. If you don't mind something higher maintenance, you can also opt for a vacuum/siphon pot with a reusable cloth filter. If you don't mind the paper, look into a Chemex or Aeropress. They are both less maintenance than the vacuum/siphon pots, if you need your maker to be a looker, choose the Chemex. If you like portability, functionality and speed, it's Aeropress all the way, baby.

# Packaged Coffee Taste Test

Brand & Variety	Test scale: 1-5 (low - high)			Aftertaste	Tasting Notes	Brewing Notes
	Body	Acidity	Aroma			
Equal Exchange Mind Body Soul	3	3	5	Sweet	Chocolaty and really sweet, compare to Cafe Mam Mocho Blend	Approachable enough for any brewing method
Equal Exchange French Roast	5	2	5	Intense	Smokey	Try a more coarse grind in your French Press
Cafe Mam French Roast	4	1	5	Resonant and pleasing	Balanced but strong	Try a more coarse grind in your French Press
Cafe Mam Mocho Blend	4	2	5	Lingering and lovely	Balanced	Versatile enough for any brewing method
Holderness The Adventurer	2	1	1	Mellow, lightly acidic	Fruity with earthy notes like a ripe plum	Aeropress with medium grind
Holderness Huehuetenango	2	5	4	Lingering	Winey	Aeropress
Bespoken Las Plantas	3	4	4	Lingering	Bright	Aeropress
Bespoken Forecast	3	3	2	Resonant	Smokey and earthy	Aeropress with medium grind
Bon Mua Oregon Medium Roast	3	2	4	Approachably acidic	Bright	French Press for balance; Aeropress for brightness
Four Sigmatic Decaf Mushroom Enhanced Coffee	3	2	4	Approachably acidic	Dark cherry start, finishes with caramel notes. A surprising delight!	Aeropress, hands down
Laird Superfood Instafuel	4	1	5	Strong and lingering	Built in vegan cream & sweetener makes this a very drinkable, but it leaves a coat on the tongue so have your toothbrush handy	Add hot water and presto!

All varieties brewed at temps between 177° - 190° in an Aeropress or French Press, as those are my personal preferences. Note that many of these brands, especially the local roasters, regularly change up their available varieties. ☘



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