



First Alternative
NATURAL FOODS CO-OP

THYME'S

COMMUNITY MARKET MONTHLY



SAFER FOR CHILDREN

10 good reasons to CHOOSE ORGANIC



HELPS RURAL COMMUNITIES



ORGANIC
TASTES GREAT



PRESERVES
PLANT DIVERSITY



PRESERVES
SPECIES DIVERSITY



PRESERVES
WATER RESOURCES



BUILDS HEALTHY SOIL



STRINGENT STANDARDS



CONTAINS MORE NUTRIENTS



USDA
ORGANIC
NO GMOs

FIRST ALTERNATIVE'S EARTH DAY 2016 VENDOR FAIR

CELEBRATE OUR HOME WITH A DAY OF
SAMPLES & DEMOS



11AM-7PM
AT BOTH STORES
April 22nd





from the
**GENERAL
MANAGER**

Cindee Lolik
General Manager

I just read that Earth Day is the largest secular event celebrated in the world. That's a pretty strong endorsement for all those dedicated stewards of the environment—a mantle that the Co-op has taken on since its humble beginnings in 1970, the same year that Earth Day came into being. In fact we have made this clear in the first sentence of our mission statement:

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

April seems like the perfect time to remind Corvallis of the community-wide endeavor

to save energy—not only because Corvallis is in the upper tier of the finalists for the Georgetown Energy prize, but because it's a win for us all whether we win the prize or not. The Georgetown Energy prize has prompted communities from around the country to come up with innovative solutions to decreasing the amount of energy used in residential and municipal buildings.



Visit <https://guep.org/> for more details

What's in it for you?

Here in Corvallis we have been fortunate to have the leadership of the Corvallis Environmental Center (Take Charge Corvallis) to give us encouragement—and free LED lightbulbs if you are a Pacific Power or NW Natural customer! Check out the Corvallis Environmental Center web site to find out how to get your free lightbulbs (they must replace incandescent or halogen bulbs. CFLs are not eligible for upgrade.)

Then there's the possibility that our community will win the grand prize (\$5,000,000) and be able to use the cash to increase our energy efficiency for the future,

and there's even a triple bonus—the fact that the less you spend on your energy bills the more disposable income you have to use in any way you like...like that new bike trailer to take your groceries home.



Please look into what you can do to pitch in and help Corvallis save energy—not only for the grand prize but for all the benefits that using less energy brings. Check out www.communitiestakecharge.org and make your energy saving pledge today! 🐛



from the
**BOARD OF
DIRECTORS**

Melissa Hartley, Board Member
The author in 1969



A New Co-op in the Valley

In Silverton, Oregon, a town of 10,000 citizens about an hour northeast of Corvallis, people are busy creating the future Silverton Food Co-op. Last year, the group was awarded a \$5,000 seed grant from the non-profit Food Co-op Initiative (FCI) to get things rolling. On Saturday, March 5, fellow board member Kathy Berg and I attended a meeting in Silverton showcasing the group's mission and progress toward making the co-op a reality. Members of the community gathered for a lunch provided by local food businesses, listened to short presentations, and asked questions. It was an engaged meeting of farmers, owners, children, and other interested parties.

Several people mentioned that Silverton City Council's survey, Envisioning Silverton 2035, was seeking input for steering the course to the future. Silverton Food Co-op is envisioned by some community leaders as part of that plan—as a means to support local food production, as a resource for nutritious foods for the community, and to create a business that is a source of local economic strength. This will sound familiar to First Alternative Owners.

At the meeting, Stuart Reid, Executive Director of the Food Co-op Initiative, briefly

outlined the history of cooperatives. The cooperative movement traces its origins back to 18th century England. Building on earlier cooperatives, in 1844, the Rochdale Society of Equitable Pioneers, a group of about 30 blacklisted English textile workers and citizens, pooled together one pound sterling each to open a store to buy food and household staples. This group established the Rochdale Principles on which modern cooperative principles are based. The seven principles of cooperation are: voluntary and open membership; democratic member control; member economic participation; autonomy and independence; education, training and information; cooperation among cooperatives; and concern for community.

In the United States, co-ops became popular in the Great Depression, also out of necessity, combining small amounts of personal funds to buy food. By the end of the 1930s, the number of American cooperatives had grown to about 600.

A "second wave" of U.S. food cooperatives began in the 1970s, born out of the resonance between cooperative principles and the counterculture's social ideologies. First Alternative Food Cooperative emerged in this era, and from these small beginnings, it has grown into an important community

institution over the past 45 years, now with two stores employing approximately 160 people.

In the Silverton meeting, Reid said that the Silverton Food Co-op is part of a "third wave" of American food cooperatives, one of approximately 200 food co-ops in various stages of planning in the U.S.. There are currently 300 American food co-ops in existence. If one does the math, America lost around 300 co-ops between the end of The Great Depression and the present. It's a credit to First Alternative's community, staff, and volunteers that First Alternative continues to be relevant and sound, and it's a credit to cooperative principles that this business model endures.

One of the principles of cooperation is "cooperation among cooperatives." And with that in mind, I asked Frank Worrell, our NCG consultant, what advice he has for people who want to start a food co-op. His first comment was, "Raise a lot of money." Many co-ops start out as buying clubs, a less expensive option while membership grows. The Silverton Food Co-op's owner drive is sponsoring events to bring more owners on board, including a Pop-Up Co-op at Seven Brides Brewing the first weekend in April. If you're in the area, these friendly folks would love to meet you. We hope they achieve their goals soon.

Meanwhile back in Corvallis, thinking about the Silverton startup made me wonder about what processes and discussions took

place among the founding owners as First Alternative came into being decades ago. The work of many people, past and present, has gone into making First Alternative. We as Owners have a stake in what happens at the Co-op, and we have opportunities to participate in the governance of this grassroots business. Even though we are 10,000+ strong, in contrast with a small group of 70 owners in Silverton, First Alternative still needs Owners to help run our democratic organization by participating on the Board and committees. And yes, Owners please vote in June!

Regarding the board report for the February meeting, the Board of Directors shared remembrances of Bruce Marbin, a long time co-op owner and retired Board Scribe who recently passed away. We also reviewed management limitations reports for Code of Conduct and Financial Condition. Frank Worrell summarized the very positive fiscal improvements made at First Alternative over the last year. (Hats off to Frank and Cindee!). The Board also clarified what happens regarding worker points if a staff member is elected to the Board—the policy will be revised, finalized, and voted on. Also, a recent bill in the Oregon Legislature to allow the additional option of electronic voting in cooperatives is making its way through that process—stay tuned for further developments. An executive session followed the regular meeting.

Happy Spring, everyone! And thank you for supporting First Alternative. 🐛

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. It can also be viewed online at www.firstalt.coop.
Editors Adam Payson, Joel Gustafson
Design/layout Adam Payson
Photography Adam Payson, Emily Stimac
Illustrations Julia Lont, Stev Ominksi

Board of Directors Committee Meetings Schedule

Owner Relations Committee

The primary conduit for communications and relations between Owners and Board.

Wednesday, April 6th at 11:30am
in the South Store meeting room

Finance Committee

Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, April 13th at 5pm
in the North Store meeting room

Board Recruitment & Elections Committee

Works to enhance Board performance and recruit qualified candidates.

Thursday, April 21st at 6pm
in the North Store meeting room

First Alternative Board of Directors

Comprised of elected Owners, the Board puts cooperative principles into action.

Tuesday, April 26th at 6pm
in the South Store meeting room

STORE LOCATIONS & HOURS

NORTH STORE 2855 NW Grant Ave., Corvallis, OR 97330 • (541) 452-3115

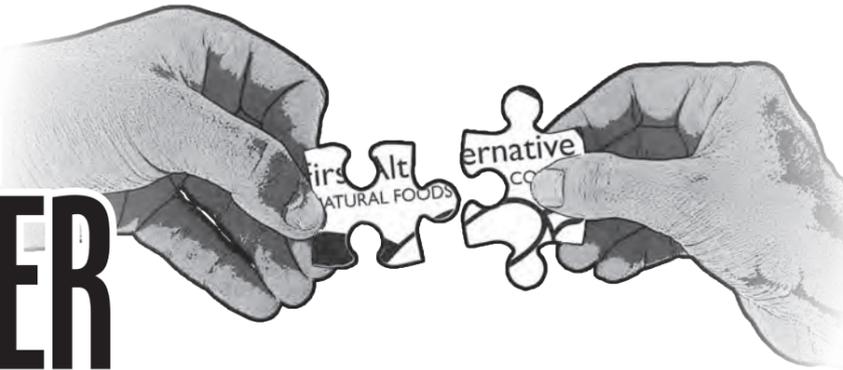
SOUTH STORE: 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115

HOURS: Open 7 days a week, 7am-10pm

Web site: www.firstalt.coop • **Email address:** firstalt@firstalt.coop

Editor's email: thymes@firstalt.coop • **FA Board's email:** faboard@peak.org

STRONGER + TOGETHER



LOOK FOR LABEL CHANGES IN BULK AND PRODUCE

Next time you shop you'll notice a simplified and unified new look in our Bulk and Produce labels. Here's what we've done:

We took blue out because we want to keep our organic distinctions separate from our expanded local distinctions (see page 6 for more about that.)

We took purple out to differentiate between the Co-op Basics and the rest of our labels.

In changing our two organic labels to shades of green we taking advantage of the already prevalent association between organic foods and the color green.

Our Certified Organic labels are dark green connecting them with the nationally used Certified Organic logo.

Light green is now being used to represent

groceries made with organic practices and ingredients but without the USDA Organic Certification.

Finally orange labels now represent our non-organic groceries. This is the largest change, since the orange labels in Produce and Bulk previously meant organic.

We hope inverting the meaning of that color rather than slightly changing it will be easier to remember:

We appreciate all of your understanding and help in the transition. A label change guide is available at both stores and on our website. And remember, if you have any questions at all, please don't hesitate to ask us.



BULK CONTAINER SANITIZING

One thing the Co-op does that sets us apart from other grocery stores is offering sanitized containers to our shoppers.



Sanitized containers waiting in the South store Bulk section

Customers bring us containers, we wash and sanitize them and put them out in the bulk department and in the deli, for shoppers to use in place of a brand new plastic container. This work is done by eighteen Co-op Owners who each do this task for two hours per week.

How can you help make this program successful? Bring clean plastic or glass containers with matching and intact lids, and put them in the collection bins located outside of both stores.



Place your clean, dry containers with matched lids in these baskets

Please keep in mind that we can't sanitize everything. We cannot except the following:

- Narrow necked bottles, as they cannot be properly sanitized
- Containers that will melt in a dishwasher (these are usually clear and noticeably thinner than, say, a Nancy's yogurt container)
- Containers with oily residue in them
- Empty six-pack holders (We offer these to customers for mixed six-packs, but also generate more than enough in-store and end up recycling others that are brought to us)
- Quite as many egg cartons as we receive (While we certainly use some for our bulk eggs, we receive stacks and stacks more than we can hope to redistribute and end up having to recycle them)

The Co-op Owners doing the work love what they are doing. They love helping out the Co-op and the shoppers, by providing this great service. Please help them by bringing useful, clean items for them to work with. Thanks, and keep on recycling!

—Donna Tarasawa, Outreach Coordinator

THE SEVEN COOPERATIVE PRINCIPLES

- 1 Voluntary and Open Membership
- 2 Democratic Member Control
- 3 Member Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training, and Information
- 6 Cooperation Among Co-ops
- 7 Concern for Community

E-RECEIPTS NOW AVAILABLE

One of the best features of our recently upgraded Point of Sale (POS) system is the ability to print receipts only upon request, which is already saving us loads of paper compared to previous system which automatically printed them.

Now we can do one better and send receipts directly to an Owners' email. These email receipts, which arrive within minutes of your purchase, have all of the same information as the printed receipts.

Any Owner (but not household members) may choose to enroll. We just need to know your email address. Fill out the form included below and submit it to any cashier on your next visit, or ask at checkout, and we'll get you setup. We are using the forms to make sure the data is entered correctly, email addresses can be tricky, after all.

Paper copies remain available upon request. Email receipts are currently only available to Co-op Owners.

CHANGE OF OWNER INFO

Only the Owner may change Owner Share info

Name _____

Owner # _____ Date _____

New Name/Address _____

New phone _____

Email _____

Check to join our email list _____ (We will not share your information)

Add emailed receipt Remove emailed receipt

_____ Add Delete

Name of person to add/delete _____

Owner Signature _____

CS: Route to Outreach



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April Anniversaries

- ### Staff Anniversaries
- 2 years:** Bridget Chipman
 - 3 years:** Daniel Waroff
 - 4 years:** Chris Bell
 - 5 years:** Makenzie Kaiser, Ebony White
 - 7 years:** Amber Muckerman
 - 8 years:** Carolyn Latierra
 - 9 years:** Robert Wilderson, John Roullier
 - 10 years:** Moses Moses
- ### Paid Sub Anniversaries
- 1 year:** Bill Verdries
 - 7 years:** Chris Speakman
- ### Owner-Worker Anniversaries
- 13 years:** Carole Kalk

Staff: Staff Members work 8-40 hours per week on a regular schedule.

Paid Sub: Paid Substitutes are trained in various departments to fill in for staff.

Owner-Worker: Co-op Owners who work a 2-hour shift per week in various capacities

Thank you all

for helping make this such a fantastic place to work and shop

TRY LA RIOJANA CO-OP WINES

Fair Trade, Organically-grown, Available Exclusively at Co-ops

The La Rioja Wine Cooperative's history stretches back to the 1940s when Italian immigrants began vineyards in their new home in the La Rioja province in northern Argentina.

Four generations later, the dedicated work of hundreds of families with small-scale growing operations have turned La Rioja into one of the largest, most successful co-ops in Argentina.



As soon as the wines arrive we will be scheduling pourings at both of our stores, giving you an opportunity to try all four varieties. Watch our website for details.



Not able to make the tasting? Here's are some helpful tasting notes and pairing ideas:

MALBEC Tasting notes

This Malbec is a medium bodied, juicy red with soft red fruit aroma and flavours. It is ideal with red meats, pasta with red sauce, or chicken.

CHARDONNAY Tasting notes

This Chardonnay is a vibrant, delicate and exceptional wine with tropical fruit flavours. It is a great match to chicken dishes or lightly spiced Asian cuisine.

To celebrate their cooperative history with La Rioja Co-op Wines have released a special private label available exclusively to cooperatives worldwide. These special La Rioja Co-op Wines will soon be available at both First Alternative locations.

CABERNET SAUVIGNON Tasting notes

This Cabernet Sauvignon is a sophisticated wine with concentrated, succulent fruit, spicy overtones and smooth, firm tannins. Enjoy with pasta, grilled steak or roast beef.

BONARDA-MALBEC Tasting notes

This Red Blend has a smooth, medium bodied taste and is bursting with juicy red berry and ripe plum flavours. A perfect choice for marinated lamb chops, roast beef or tomato based pasta dishes.

Why Fair Trade?

Buying fair trade products promotes global economic equality. It was developed to ensure that smaller producers in developing countries are not taken advantage of. Look for the fair trade logo on products throughout the Co-op.



LA RIOJANA

ARGENTINA

500

FAMILIAS



EXOTIC HANDCRAFTED RICE FROM LOTUS FOODS

Exciting New Varieties Now Available in the Bulk Section

Since 1995 Lotus Foods has been bringing exotic varieties of rice, grown by small family-run farms around the world, to consumers here in the US.

These heirloom rices are each unique, with distinctive tastes, textures, aromas, and nutritional benefits. Without the help of Lotus Foods, many of them would eventually go extinct. Instead, though, you can just mosey right into the Co-op and try them out!

Now we're excited to be offering an expanded selection of these great products. And they're in the bulk section, meaning you can get as little, or as much of them as you'd like. It's the perfect way to try out something new, or to stock up on your favorites.



Lotus Foods packaged rice and ramen, available at the Co-op

Now Available in bulk

Rice: organic forbidden rice, organic forbidden black rice, organic white jasmine rice, organic brown jasmine rice, organic jade pearl rice, and bhutanese rice

Ramen: organic forbidden rice ramen, millet and brown rice ramen

The "More Crop Per Drop" Program

Lotus Rice is set on sustainability, that's why they are moving towards using the System of Rice Intensification (SRI). This alternative method of rice cultivation allows farmers to double and triple their yields using half the water and up to 80-90% less seed than traditional methods.

The development of SRI has been largely grassroots, driven by the marginalized farmers who stand to benefit most. For them, SRI means more available water, more food, more money, and better health.

Read more about SRI at: <http://sri.ciifad.cornell.edu>.

Currently, the Co-op is carrying their "More Crop Per Drop" white and brown organic jasmine rices. We will bring in more of these water-saving wonder grains as they become available to us.

TRUITT BROTHERS GET DOWN TO THE BASICS

Salem, Oregon based Truitt Family Foods have long been a favorite of Co-op shoppers, because of their commitment to wholesome and delicious foods grown right here in the Pacific Northwest. Now they've got a great new look and a new in-store distinction as one of our Co+op Basics!

We reserve the purple Co+op Basics tags for the products that we just can't live without—you know, the basics.

Since you can't live without them, they had better be affordable, and at just \$1.29/ea., these beans sure are.

Fill your pantry with delicious, nutritious whole foods for an incredibly low price with the Co+op Basics.



MIXING IT UP WITH POWELL & MAHONEY

New Mixers Available Now at the North Store

We all know Oregon beers are the best, but one can't live on (liquid) bread alone. Why not shake things up with a cocktail or two?

We'll get you started with these new Powell & Mahoney Vintage Cocktail Mixers, made with only the finest juices, essential oils, and pure cane sugar. These mixers will put the authentic taste of some of the world's best drinks in your glass. Available in: Margarita, Peach Bellini, Bloody Mary, and Chipotle Bloody Mary. Find them near the beer and wine at North.



AMERICAN DREAM PIZZA

Gluten Free Crust available Sunday through Wednesday!

FREE DELIVERY!

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

Nursery Opens April 15th!

Earth Day at the Thyme Garden

Sunday, April 24th 10am-5pm

FREE EVENT!
Fun all day...

Earth Factoid Scavenger Hunt
1:00 Spring Herb Walk, Jaci Guereña
2:00 NIA Dance, Leela Devi
2:30 Live Music, Cassandra Robertson & Wynter Byrns
+ Pick up beautiful herb starts for your garden while you're here!

Celebrate the Earth in Nature!

THYME GARDEN 541-487-8671
thymegarden.com

Food becomes YOU. Be Locally Grown.

CORVALLIS Farmers' Market

1st & Jackson 9 pm-1 pm

Wednesdays & Saturdays

Also Saturdays in downtown Albany!

April 16 - Nov 23

www.LocallyGrown.org

PRINTING & DESIGN WITH THE EARTH IN MIND

element graphics

541.752.0033
250 nw tyler corvallis
katy@element-graphics.com



cheese please

Holly Smith
South Store Deli Assistant Manager

This Earth Day, reduce your carbon footprint without sacrificing taste or quality by supporting these Oregon Creameries.

Ochoa's Queseria Albany, OR

You need not travel far to find the freshest, Mexican cheeses right here in the Willamette Valley. Francisco Ochoa's cheese factory has been producing traditional Mexican cheese since the early 2000s, first in Eugene and now just across the Willamette River in Albany.

They make all their cheeses on site, from pasteurization to packaging, using milk sourced from local dairies. Ochoa's super fresh **Queso Fresco** is pleasantly salty and slightly tangy; try it crumbled over tacos, eggs, or as a filling for chiles rellenos. The **Queso Oaxaca**, mild and creamy like monterey jack or mozzarella, is an ideal melting cheese for quesadillas or pizza. Or for a little more depth of flavor, try grating the firmer **Queso Cotija** over pastas or salads.

Assorted varieties available at both First Alternative Locations. For additional specialty flavors, visit the Queseria and shop at 815 1st Ave E, Ste. B, Albany, OR, Monday-Friday, 9am-6pm.

Willamette Valley Cheese Salem, OR

This family-run creamery brings a tradition of Dutch dairy farming and cheesemaking to the heart of Oregon. Nestled in the countryside just outside of Salem, Willamette Valley Cheese produces an extensive line of farm-to-cheeseplate products, all made with the rich milk from their own Jersey cows. The cows are milked, the milk is pasteurized on-site, and the cheese-making process starts all within the same day, producing the freshest-tasting, highest quality cheese.

Willamette Valley Cheese offers a variety of both traditional and unique specialty cheeses, from **Farmstead Gouda** and **Fontina**, to smoked versions of these classics, to flavored cheeses (**Dill Havarti** and **Pinot Crush Gouda** are particular Co-op favorites), to their very own **French Prairie Brie**. Each cheese perfectly captures the flavors of central Oregon, and are equally at home on a cheese platter as they are for everyday snacking.

Assorted varieties are available at both First Alternative locations, or visit Willamette Valley Cheese's Tasting Room on their farm: 8105 Wallace Road NW, Salem, OR. Open Tuesday-Saturday, 10am-5pm.

Rogue Creamery Central Point, OR

Rogue Creamery has been producing high-quality cheese in Southern Oregon since Tom Vella first opened it over 80 years ago. In the decades since, the creamery has expanded into the internationally recognized institution it is today, producing a wide line of award-winning, specialty cheeses.

In the 1950s, Rogue became the first creamery west of the Missouri River to produce an American blue cheese. Today, their **Oregon Blue**, **Oregonzola**, and **Smokey Blue** (to name just a few) truly capture the flavors of Oregon. The process begins with daily deliveries of milk from their own cows—grazed along the Rogue River—to their cheesemaking facility. The dairy farm and creamery are dedicated to sustainable practices that not only ensure the most delicious milk, but the health of the land, animals, and workers as well.

Find Rogue Creamery Cheeses at the Co-op or visit the Rogue Creamery Cheese Shop at 311 North Front St. (Hwy 99), Central Point, OR, or visit the dairy and farm stand: 6531 Lower River Road, Grants Pass, OR.



SPRING HAS SPRUNG IN PRODUCE

Fresh, Local, Organic Greens Are Taking Root at the Co-op

The roses are red, the sky has turned blue, there's green in the fields, and in the Produce section at the Co-op too. (more, better nature-inspired poetry on pg. 10 —ed.)

Tender and tasty local greens are returning to the Co-op in bunches, hand-delivered by some of our favorite farmers: Denison Farms, Springhill Organic Farm, Groundwork Organics, Sunbow Produce, and more.

Look for raabs, dandelion greens, spinach, salad mixes (loose and helpfully pre-packaged by the Co-op staff), radish and more, all of it organic and lovely.



Loose spinach and prepacked salad from Denison Farms

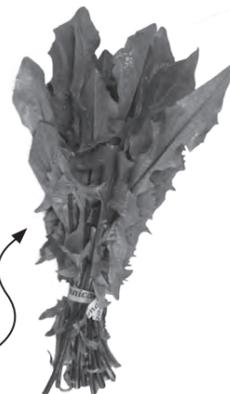
Of course April in Oregon isn't all picnics and sunshine. We've still got some soup-weather to, well, weather. That's why we've included the following recipe from our friend Emily Stimac. This soup will get you through cloudy days and put a fresh green spring in your step.

Dandelion Soup with Fennel and Thyme

Dandelion is a great spring tonic and fennel aids digestion while thyme fend off illness. This wonderfully nourishing soup makes a light dinner perfect with fresh bread. Find everything you need for this recipe in produce, chilled meats and meat substitutes, and the bulk section.

Serves 4

- 1/2 lb seasoned local Italian sausage, or your favorite ground meat substitute
- 1/2 tsp dried fennel
- 1/2 tsp dried thyme
- 1/2 onion, chopped
- 2 carrots, chopped
- 2 cloves garlic, minced
- 2 qts. broth
- 1/2 bunch dandelion, chopped
- Salt & pepper to taste



Sauté sausage, dried fennel, and thyme in a soup pot until brown. If necessary, pour off excess fat. Add onion, carrots and garlic and cook until tender. Pour in broth and bring to a simmer. Add greens, reduce heat to low, and cook 2 minutes. Ladle into bowls and serve with crusty bread.



Find more great springtime recipes from Emily on page 12

Oregon Organic products

We offer: Quality

- ★ Assorted Pickles
- ★ Albacore Tuna
- ★ Fruit Spreads
- ★ Salsa
- ★ Pickled Beets
- ★ Pickled Jalapeños

Thanks for Supporting

Sweet Creek Foods

www.sweetcreekfoods.com
541-935-1615

Sweet Creek Foods is proud to be supporting our local farmers. Our business is family owned & operated. We enjoy what we do, then we bring it to you.

look for us at your Co-op

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(541) 207-6349

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CCB # 183405 Ted Wade - Owner

Pantry Full of Secrets?

USE OUR ONLINE BULK LOOKUP

Go to www.firstalt.coop
Select Products, Bulk, then Bulk Product Lookup from the menu bar and enter your mystery PLU numbers

IN THE KNOW ON THE NEW

Preserve Shave 5 Razors and Refills



We are excited to be carrying the new Shave 5, a razor designed with the earth and all its inhabitants—men and women—in mind.

This unisex razor has five ceramic coated blades and a cocoa butter lubricated strip to help keep you smooth.

The ergonomic handle comes in cool colors and is recyclable.

U-Konserve Stainless Steel Straws and Lunch Containers



Now you can tote your lunch and sip your beverage all without worrying about waste, thanks to these sturdy reusable containers and straws from U-Konserve.

The Honest Kitchen Dehydrated Dog Food and Dog Treats



Good dogs deserve good food, honestly made, and here it is. Made with the best in nutritious whole ingredients, then gently dehydrated to preserve its nutrition, it will have them begging for more. For a treat, try the Bedehydrated Icelandic fish skins.

Oregon Brineworks Pickles, Krauts, Hot Sauce, and Fermented Drinks



Everything is fermented and everything is fabulous from the folks at Oregon Brineworks. They do it all: pickles, sauerkraut, sauerüben, hot sauces, and kvass, a unique fermented beverage. Find them in the chill section.

The Co+op Kitchen's Spring Menu, Now Cooking

The day's are longer, the sky a richer blue, and the Co+op Kitchen is cooking-up springtime favorites, just for you.

What's new: Breakfast Potatoes O'Brien (right), Kalamata Olive Spread, Spinach and Feta Turkey Meatballs, Greek Yogurt Pesto Dip, Jalapeno Hummus, Zucchini and Oat Mini Loaf, Coconut Carrot Cake, Take-and-Bake Vegetable Enchiladas, and more!



Returning favorites: Ramen Cabbage Crunch (left top), Zorba's Greek Pasta, Curry Lime Chicken Salad (left below), Three Bean Salad, and a whole lot more!

Next time you're hungry and in a hurry, think of the Co+op Kitchen, cooking for you—breakfast, lunch, and dinner, every day.

Expanding Local Recognition

- We are expanding how we recognize local groceries.
- We want to give credit to every company we work with inside of Oregon as well as businesses we work with directly.
- Each step towards sustainability should be celebrated.
- Any of our groceries that meet one of these standards will have the corresponding symbol attached to its label.



Groceries that are born and raised in our home state.



Groceries that come straight from the originating business.



Groceries coming from the six counties closest to our home.

EARTH BALL PARTY WITH PURPOSE

APRIL 23 | SKY HIGH ROOFTOP
SATURDAY 6 - 10PM | MUSIC FROM BIG OUTSIDE
WRISTBANDS / \$14 / INCLUDES PINT GLASS

BENEFITING
Corvallis Environmental Center

Celebrate with us this Earth Day!

Wristbands on sale April 1st, kiddos under 12: FREE

www.CorvallisEnvironmentalCenter.org for more info



Smile Photo Booth & Rentals, Medicine Flower Aromatic Apothecary, Corvallis Radiology, Footwise, Hays & Associates, Smith, Davison, & Brasier PC



www.cattailcreek.com • (971) 219-2022 • 95363 Grimes Rd, Junction City, OR

The Cattail Creek Mission: To Bring You the Best Lamb You've Ever Eaten

First Alternative has been proudly selling Cattail Creek's mild, rich, and never gamey lamb since the late 90s. Their commitment to quality and sustainability is apparent in everything they do. An expression of founder John Neumeister's philosophies.

John, who has been in business since 1984, recently told us, "I choose to live my life with the highest integrity and ethics. My business and farm is the way I express it. We're always working to make our farming practices and meat the best possible in every way."

And they're succeeding, thanks in no small part to John's commitment to ecologically sustainable, humane, and socially-responsible practices. According to John, "All [of our] land is either certified organic, or currently in transition to certified organic. We protect our riparian area and enhance wildlife habitat. We analyze and work hard to reduce our carbon footprint."

Cattail Creek lamb spend their lives grazing on pesticide free pastures. They are never confined to a feedlot, never fed grains or feed containing GM ingredients, and never treated with hormones or antibiotics.



They're processed in small batches in a USDA-inspected facility. The meat is never irradiated or gassed, and in order to maximize flavor and tenderness, it is dry-aged for six days before being processed. The results are exquisite.

Find a variety of Cattail Creek cuts at the Co-op. Right now they're freshly processed and available in our chilled meat section. Later in the year you can find them in the freezer.



In recent years John has begun working closely with Farmland LP who, since 2010, have been working to demonstrate that small-scale, sustainably-focused farming methods, in addition to being better for the earth, can actually be more profitable than chemical-dependent commodity agriculture.

With the help of Cattail Creek's John Neumeister and Mac Stewart of Corvallis' Vitality Farms, Farmland LP are forging a new, sustainable future for agriculture. Learn more about them at www.farmlandlp.com.



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First Alternative NATURAL FOODS CO-OP

Hey Ladies!

First Alternative Co-op is hosting a WOMEN'S WELLNESS EVENT Thursday, May 5

- At both store locations
- Wellness demos all day
- Giveaways and samples

Featured Guest Speaker
Dr. Tori Hudson, N.D.
South Store Meeting Room, 7 p.m.

Dr. Hudson, a naturopathic physician, researcher, and owner of Vitanica Supplements will speak on the topic of herbs for women.

APRIL 2016 COMMUNITY CALENDAR

UPCOMING EVENTS

Poetry Writing Workshop

April 5th, 6:30-8pm at the Corvallis-Benton County Public Library (645 NW Monroe Ave.) Poet and OSU faculty member Karen Holmberg, along with students from the MFA program in creative writing, will host a free poetry writing workshop for adults in the library's Main Meeting Room. Registration in advance is required and may be done by contacting the library at askalibrarian@corvallisoregon.gov or (541) 766-6793. FMI: bonnie.brzozowski@corvallisoregon.gov

The HOUR Exchange's 15th Annual Spring Gathering,

April 10th, 12-4pm at the Old World Deli (341 SW 2nd St) Local produce and artisan marketplace, free plant and seed swap. FMI: www.hourexchange.org or call (541) 224-7752

Fixing Broken Dirt : How Soil Can Help Save The World

April 10th, 6:15 PM at First Alternative South store (1007 SE Third St.) An exploration into the role soil plays in climate and how to produce food without sacrificing the future. Matt Slaughter is a soil science professional who began his company Earthfort in 2003. He has developed a line of efficient, easy to use compost tea brewers and designed a stable

biological product for use in biological farming. Free and open to the public.

Plants of Northeastern Oregon

April 11th, 7:30pm at Avery House in Avery Park (1200 SW Avery Park Dr) Phil Hays visited the Willows, Zumwalt Prairie and Hell's Canyon and will share his photos with us. FMI: Esther McEvoy: (541) 754-0893 or estherco@peak.org

Emerging Wilderness in Oregon

April 13th, 7:00-8:30pm at the Corvallis-Benton County Public Library Bridget Callahan of Oregon Wild will discuss new and emerging Wilderness areas in Oregon, with a special focus on two major landscapes currently being considered: Crater Lake Wilderness and Mount Hood Wilderness additions. FMI: Marcia Shapiro (541) 758-5255

Poetry Reading With Pulitzer Prize Winner Rita Dove

April 14th, 7:30 pm at CH2M Hill Alumni Center (725 SW 26th St) Pulitzer Prize-winning poet Rita Dove has been selected as the 2016 recipient of Oregon State University's Stone Award for Lifetime Literary Achievement. Dove served as Poet Laureate of the United States from 1993-95. FMI: University Events, events@oregonstate.edu

Beyond Earth Day at OSU

April 18th-29th, times and locations vary A 2-week celebration with fun and educational events focused on various holistic sustainability issues, put on by groups from both the campus and greater Corvallis community. Free and open to the public. See the full schedule at <http://tiny.cc/earth-calendar>. Contact: Andrea Norris, Andrea.Norris@oregonstate.edu

Healthy Plate, Healthy Planet:

April 22nd, 7pm at the United Methodist Church (1165 NW Monroe Ave) Two short films and discussion with expert panelists: Janice Stanger, PhD, and Bill Ripple, PhD. Q&A after the films. There will be healthy refreshments at this free event FMI: robin.comforto@gmail.com

Mid-Valley Harvest Kickoff

April 23rd, 2-4pm at First Alternative South store (1007 SE Third St.) You're invited to a Harvest Kickoff bringing together community members; representatives from local food banks; food producers; and volunteers and board members from Mid-Valley Harvest to kick off their fundraising campaign and generate excitement for the 2016 harvest season. FMI: visit www.midvalleyharvest.org or contact Russell Standridge (541) 829-0879, russell@midvalleyharvest.org

Earthquake Recovery Benefit

April 23, 7-9pm at the Unitarian Fellowship (2945 NW Circle Blvd) Support the Nepali people in recovery on the anniversary of the 2015 earthquakes. Performance by Portland's Dance Mandala, public lecture on tectonics and earthquakes in the Himalayas and concert by Jason Webley. Admission by donation. Sponsored by Padme Charitable Foundation. FMI: Jan (541) 908-2947

Earth Day at the Thyme Garden

April 24th, 10am-5pm at the Thyme Garden (20546 Alsea Hwy) Celebrate the earth surrounded by nature! Spring herb walk with Jaci Guarena, music by Cassandra Robertson & Wynter Byrnes, seasonal soup for purchase, Earth Factoid Scavenger Hunt...and more. Schedule TBA. FMI: www.thymegarden.com or facebook.com/TheThymeGarden.

Sustainability Coalition Quarterly Gathering

April 26th, noon-1:30pm at the Corvallis-Benton County Public Library Presentations by Coalition partner organizations and action teams. See www.sustainablecorvallis.org for details. FMI: info@sustainablecorvallis.org, (541) 230-1237

ONGOING EVENTS

FREE or by-donation listings only • To submit your free or by-donation event, visit firstalt.coop/community/community-calendar/

FOOD

VEGAN AND VEGETARIAN OSU STUDENTS

Monthly potluck style meeting for vegans, vegetarians, and anyone considering a plant-based lifestyle. Come eat, share recipes, plan campus events, and talk with like-minded people! FMI: vegansandvegetarians@gmail.com to join the listserve or for more info.

CORVALLIS VEG EDUCATION GROUP

Events in Corvallis, including monthly dine-outs. Non-vegetarians welcome. Open to all. FMI: Corvallisveg.org

GLUTEN FREE SUPPORT GROUP

1st Saturdays, 10am-12pm, First Presbyterian Church, Dennis Hall, 9th & Monroe. Learn more about gluten intolerance, share ideas and sample products. FMI: (541) 602-1065

SPIRITUAL

ECKANKAR, RELIGION OF THE LIGHT AND SOUND OF GOD

425 SW Madison, Suite N. 1st Sunday, 10am, join us as we sing HU, an ancient name for God. 4th Sunday, 10am, ECK Worship Service. FMI: www.Eckankar-Oregon.org

PLACE OF TARA

Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. This is a Tibetan Buddhist Meditation group. We offer meditation, instruction on request, and readings from all Buddhist traditions. FMI: <https://placeoftara.wordpress.com/>

BUDDHIST PRACTICE SGI-USA

Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: (541) 753-6170

BAHA'I DEVOTIONAL PROGRAMS

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

CORVALLIS INSIGHT MEDITATION

Come join us for sitting and instruction, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. Email for time/date. FMI: maryleigh.burke@gmail.com

MINDFULNESS MEDITATION

5:30-7 pm, Friends Meeting House, 33rd & Polk. Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. FMI: ken.oefelein@gmail.com

CORVALLIS MEDITATION

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

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

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

founded by Paramahansa Yogananda, author of the spiritual classic *Autobiography of a Yogi*. Join us Sundays for meditation 10-10:45am followed by an inspirational reading service 11am-noon; and Thursdays for meditation 7-8pm. 761 NW Harrison. Enter the lower level in the rear of the building. FMI: corvallismeditation.org or email srfcorvallismeditation@gmail.com

FALUN DAFU GROUP

9-11am. A meditation practice based on principles of Truthfulness-Compassion-Tolerance. FMI: Hong (541) 754-9938

CORVALLIS ZEN CIRCLE weekly meditation. FMI: www.corvalliszencircle.com

WELLNESS

COMPASSIONATE COMMUNICATION PRACTICE GROUP

Every first and third Monday, 7-9 pm, at 2255 NW 25th Street Support in living the model taught by Marshall Rosenberg. Led by Tina Taylor, CC trainer and counselor. Donations appreciated RSVP and FMI: Tina@tinataylor.co, (541)753-2255

AIKIDO OPEN MAT

Thursdays, 6:30 pm 2323 NW 9th (behind Togos.) Aikido, or "the way of harmonious spirit," is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. Wear loose, comfortable clothing. More info at CorvallisAikikai.com

TAI CHI CLASSES

5:30-6:30pm, Oddfellows Hall. Ages 16+. Instructor, Andy Bennett, holds 30 years of martial arts experience. Class fee: commitment to practice. FMI: (541) 760-9328

HEALTH AND HEALTHCARE FORUM

TV Wed. @ 8pm; Thurs. @ 9pm; Sat. @ 1:30pm & Sun. @ 5:30pm. 30-minute program series, Ch. 29. Guests discuss diverse health issues. FMI: rlhall@peak.org, (541) 758-9340

FREE TEEN YOGA

Tuesdays, 4pm, Live Well Studio, 971 Spruce Ave. Yoga just for teens. It's fun and it's good for you too. All teens welcome. FMI: Theresa McLaren, frontdesk@livewellstudio.com, (541) 224-6566

CHAIR YOGA

Tuesdays, 3pm, Live Well Studio, 971 NW Spruce Ave. Chair Yoga provides the benefits of yoga to everyone regardless of injuries, health limitations, or mobility. It is well suited for individuals living with M.S., Parkinson's, Cancer, A.L.S., and physical limitations. Sliding scale donation. FMI: (541) 224-6566

TRADITIONAL SHOTOKAN KARATE

Tuesdays and Thursdays, 7-9pm, Fingerboard

Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, (541) 754-3254

REIKI HEALING CIRCLE

1st Thurs., 7-9:30pm. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, (541) 754-3595

FREE TEEN LAUGHTER YOGA

Wednesdays 4-5pm. FMI: Energy9Studio.com

YOGA FOR RECOVERY

Sundays 12:30-1:45pm, Live Well Studio, 971 NW Spruce St. focused on helping those who are recovering from substance abuse and addiction. This class teaches meditation, breathing practices, yoga poses and movement in a nurturing environment. \$5 suggested donation. FMI: (541) 224-6566

HEART OF THE VALLEY BIRTH

NETWORK Every 3rd Wed. 6-7:30pm, Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: www.valleybirthnetwork.org google.com/site/wutantaichi

MEMORY LOSS SUPPORT GROUP

Every 2nd Tues. 1:30-3pm, for caregivers and family of persons with Alzheimer's or a related disorder. Another group for people with memory loss is held at the same time Free, but registration is required. To register, call (541) 766-6959. FMI: Gene Dannen, (541) 753-1342

PEACE

CORVALLIS SECULAR SOCIETY

3rd Saturdays. Meet 2-4pm, Corl House in Woodland Meadows Park. FMI: (541) 754-2557, CorvallisSecular.org

AMNESTY INT'L WRITERS GROUP

2nd Monday, 7pm, First United Methodist Church, 11th & Monroe Rm #106-B. Write letters to prisoners of conscience. FMI: (541) 619-1379

COMPASSION COMMUNICATION PRACTICE GROUP

Every 1st & 3rd Monday, 7-9pm, 2255 NW 25th St. Support in living the model taught by Marshall Rosenberg, in our daily lives. Led by Tina Taylor, CC trainer and counselor. RSVP & donation appreciated. FMI: Tina@tinataylor.co, (541) 753-2255.

DANCES OF UNIVERSAL PEACE

2nd Thurs, 7-8:30pm, Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Simple, easy-to-learn circle dances honoring spiritual traditions from around the world. \$5-10 donation. FMI: barbwoehle@comcast.net

MUSIC

IMAGINE OPEN MIC every Second Thursday at Imagine Coffee, 5460 SW Philomath

Bld. Classic acoustic coffeehouse variety includes solos-trios, music, poetry/rap, comedy & improv. 7pm, signup at 6:30pm. Optional tips/donation. For info: (541) 760-3069.

CORVALLIS UKULELE CABARET

First Fridays (except July & November) 7-9pm South Co-op Meeting Room, 1007 SE 3rd St. Open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes. FMI: (541) 753-8530

CELTIC JAM

Every Tuesday, 7-9pm, Imagine Coffee. All levels of players are welcome. FMI: (541) 286-4340, imagine.cof@gmail.com

EZ BLUEGRASS JAM

every Sunday 2-4pm, Jam with other beginning and intermediate-level players. Traditional bluegrass and other acoustic songs. We meet in a private home. FMI: Christine, (541) 738-2610

COMMUNITY SINGING LESSONS

Every Thursday, 12-1pm, Gracewinds Music Lesson Loft, 137 SW 3rd St. International singer and expert voice teacher offers FREE group lessons to the community. FMI: Rebecca, (503) 559-5205

PLANET BOOGIE

April 16 and May 21, 7:30-9pm, Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. Facebook: Planet Boogie Corvallis

CORVALLIS COMMUNITY DRUM

CIRCLE 1st Saturdays 7-8pm, 101 NW 23rd St. FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich. FMI: drumcircleconnection@gmail.com

ENVIRONMENT

MARYS RIVER WATERSHED COUNCIL MEETING

Second Tuesdays, 6:30-8pm, Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: coordinator@mrwc.net

OSUSED STORE PUBLIC SALES

Tuesdays 5:30-7:30pm and Fridays 12-3pm. 644 SW 13th St. FMI: <http://fa.oregonstate.edu/surplus>, surplus@oregonstate.edu, (541) 737-7347.

AUDUBON FIELD TRIPS

Every 2nd Saturday. Meet at 7:30am. The trips are great for beginners and birders new to the mid-valley area. We visit local refuges and birding areas. FMI: www.audubon.corvallis.or.us/field_trips.shtml

NATURALIST ADVENTURES

Tracking, wild edibles, native plants, and birding: 3rd Sundays, 9am-12pm. For meeting place, see website. FMI: www.neighborhood-naturalist.com, (541) 753-7689

BOOGIE DOWN AT THE EARTH BALL

Celebrate Another Successful Year of Giving Back

The Corvallis Environmental Center (CEC) supports programming that makes Corvallis a healthier, more sustainable place to live. Since 1994 we have been working to educate, engage, and inspire our community to make that their mission too. We were recently recognized at Celebrate Corvallis as Nonprofit of the Year, and our programs directly benefit over 15,000 people annually through environmental literacy, food and farming education, energy conservation, and climate action.



support the CEC on the night of the event, and afterwards when it will be on tap at Sky High Brewing.

Wristbands are on sale beginning April 1st at www.corvallisenvironmentalcenter.org or at our downtown office on Monroe; cost \$14. You must purchase a wristband in advance to secure your free pint glass and entry into a Mt. Hood door prize. Keep in mind that Sky High is an all ages venue and if you want to bring your kiddos, those under 12 are free. There will be a photo booth, corn-hole, face-painting and even a few surprises! We can't wait to see you there.

Thank you to Pacific Power for generously offsetting the energy used during this event through their Blue Sky renewable energy and our sponsors that have made this benefit possible.



Inspire Sponsors: Sky High Brewing & Special Occasions
Engage Sponsors: Barker Uerlings Insurance, First Alternative Natural Foods Co-op, The Gallagher Childers Wealth Management Group of RBC Wealth Management, Two Towns Ciderhouse
Educate Sponsors: Smile Photo Booth & Rentals, Medicine Flower Aromatic Apothecary, Corvallis Radiology, Footwise, Hays & Associates, Smith, Davison, & Brasier PC.

FMI: www.corvallisenvironmentalcenter.org
 —Samm Newton, Corvallis Environmental Center

We want you to help us celebrate this work. Earth Ball, the Earth Day party you won't want to miss, will be kicking off on the **Sky High Brewing Rooftop on Saturday, April 23rd from 6 to 10PM**—and we want you to join us.

What will Earth Ball be like this year? Imagine the taste of locally brewed Earth Wind and Fire Steinbrau and enjoying the company of good friends, all to the beat of live music from Big Outside, on the rooftop of Sky High Brewing. It's going to be a stellar evening; it is a party with purpose. Earth Ball is a night that brings our community together and it supports the CEC programs that work to make Corvallis a healthier, more sustainable place to live – Avery House Nature Center, Edible Corvallis Initiative and Energize Corvallis.

On Saturday April 23rd, make your way to Sky High at 6PM and get ready for the first rooftop party of the season. Special Occasions will be providing tents to keep everyone comfortable and Big Outside will be providing earth-inspired tunes with the help of Mark Schuman's sound skills. Outcider, an unfiltered hard cider from Two Towns, will be available as well as a delicious beer brewed by Sky High in our honor: Earth, Wind & Fire Steinbrau. Proceeds from the Steinbrau

GRADE B MAPLE SYRUP RECLASSIFIED

Everybody's Favorite Goes to the Head of the Class

Head's up, syrup fans! Your favorite grade of maple syrup may have just changed.

As of March 2015 U.S. Department of Agriculture (USDA) has announced that their classifications for domestically produced maple syrup will now follow the international maple syrup classification system, previously adopted by top domestic maple syrup producing state, Vermont, in 2014.



How have USDA classifications changed?

Where prior USDA classification focused primarily on color as an indicator of grade, international classifications look at color and taste to provide a more descriptive and interpretive label for consumers. These new classifications are in line with the international system, highlighting four color and flavor classes.

Why did USDA make this change?

Grade B maple syrup is a best-selling syrup on the market, and yet the Grade B distinction was thought to "convey inferiority." Additionally, the international maple syrup grading system conveys more information to consumers about the flavor of the product, which is more helpful than a color designation or terms



like "fancy." Perhaps more importantly, the state of Vermont (the largest producer of maple syrup in the U.S.) adopted these new classifications in 2014. In an effort to keep all states on the same system, USDA moved to adopt international standards.

The new classifications are as follows:

Previous USDA Grading	New USDA Grading
Grade A Light Amber/Fancy	Grade A Golden Color, Delicate Taste
Grade A Medium Amber	Grade A Amber Color, Rich Taste
Grade A Dark Amber	Either Grade A Amber Color, Rich Taste; or Grade A Dark Color, Robust Taste
Grade B	Grade A Dark Color, Robust Taste

There is also a "Processing Grade" classification for syrup that does not meet Grade A requirements but can be used in the manufacture of other products.

Processing Grade maple syrup cannot be sold retail, and is now labeled as Grade A Very Dark With Strong Taste.

Look for the new grading to start appearing in April. Besides the grade change, nothing has changed in the way any of the maple syrups we carry at the Co-op are sourced or produced.

A LITTLE BIT O' HONEY

a poem by Merry Clarkster

Get a wide-mouthed jar of honey

Preferably a glass jar, preferably locally-collected honey

The honey should be clear & viscous

Take a teaspoon, dip the first 1/3 of the spoon into the honey

Slowly pull the spoon out of the jar, leveling the spoon as you withdraw it

Watch the honey as it slowly flows into the rest of the spoon

Put the entire spoonful of honey in your mouth

Taste the hot summer day the flowers, the pollen the patient hum of the bees



This poem was inspired by the pure Oregon honey of Corvallis' own Queen Bee Apiaries. Thanks for the great poem, Merry!

SPRING SPECIAL

\$179 for 3 personal **stretching** sessions (reg \$285)



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 Yoga • Pilates 541.224.6566 | livewellstudio.com

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-Andy Dufner, Director, Nestucca Sanctuary

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-Louise Tippens, Director, Environmental Federation of Oregon

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Co-op Classes and Events

APRIL

••••• Classes •••••

Wednesday, April 13th • 9am-1pm

South Co-op Meeting Room

Northwest Wellness Health Screenings

NW Wellness is a federal and state licensed CLIA Waived Laboratory offering low- and no-cost lab tests. Visit www.nwwellness.com for more information on what is offered and prices. Then join us on April 13.

Saturday, April 16th • 11am-12:30pm

South Co-op Meeting Room

Showing Up for Racial Justice: Saturday Dialogues: Red Road White World

Cost: Free

Corvallis resident Ken Runningcrane, a Lakota Sioux, will address the systematic white privilege set up by the US founding fathers. He will also address the resistance of the Paiute tribe to the Malheur occupation. Discussion to follow.

Everyone is welcome. No pre-registration. \$3-\$5 donation (more if you can, less if you can't). Sponsored by the Corvallis chapter of SURJ: Showing Up for Racial Justice. FMI: (541) 609-8420, CorvallisSURJ@google.com.

Sunday, April 17th • 7-9pm

South Co-op Meeting Room

Couples' Compassionate Communication (NVC) Free Peek Seminar

Cost: Free

If you have wondered whether NVC (Nonviolent Communication) could help you in your partner relationship, here's your chance to find out. If you're tired of guilt, anger, confusion and depression, come see if there's something here for you. Used worldwide for transformative personal and professional growth. LGBTQ comfy. Couples and singles welcome! FMI: tinataylor.co.

Saturday, April 23rd • 2-4pm

South Co-op Meeting Room

Mid-Valley Harvest Kickoff

Cost: Free

This event will bring together community members, representatives from local food banks, food producers with backyard trees or farm fields, along with volunteers and board members from Mid-Valley Harvest to kick off their fundraising campaign and generate excitement for the 2016 harvest season.

Mid-Valley Harvest is a nonprofit organization that began in 2014 with the mission of "gathering volunteers to harvest fresh produce to feed our community". In 2015, 133 Mid-Valley Harvest volunteers harvested over 6,800 pounds of fruit that would have otherwise gone to waste in Linn and Benton counties.

If you would like to learn more visit www.midvalleyharvest.org or email Russell@midvalleyharvest.org.

Register online at www.eventbrite.com



••••• Events •••••

Thursday Tastings in April

Every Thursday from 5-7pm at both stores.

Up-to-the-minute information available at firstalt.coop

Date	North	South
April 7th	Two Towns Ciderhouse	Calapooia Brewing

April 14th TBD

April 21st	Sierra Nevada Brewing	Block 15 Brewing
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April 28th TBD

WOMEN'S WELLNESS EVENT MAY 5TH

Featuring Special Guest Speaker Dr. Tori Hudson

First Alternative's Wellness team is organizing a day of demos and samples at both stores, **culminating in a talk by renowned naturopath Dr. Tori Hudson at the South store meeting room at 7pm.**

Stop into either store earlier in the day to learn about—and try—some of the Wellness teams' favorite women's health supplements, from companies like Acure, Healthforce, Megafood, Nordic Naturals, Vitanica and Wish Garden.

Of course, wellness isn't just for women. There's a lot of useful products and information for men as well. The same holds true for Dr. Hudson's talk. Any interested parties are encouraged to attend.

Dr. Hudson is a nationally recognized author, speaker, educator, researcher and clinician who is the medical director of her clinic, A Woman's Time, in Portland, and director of product research and education for Vitanica.



She is also the founder and co-director of Naturopathic Education and Research Consortium, a nonprofit for accredited naturopathic residencies.

She was awarded the 1990 President's Award from the American Association of Naturopathic Physician's for her research in the field of women's health care, the 1999 prestigious Naturopathic Physician of the Year award, the 2003 NCNM Alumni Pioneer Award and the 2009 Natural Products Association NW Pioneer Award.

Join here at the South store, May 5th at 7pm 🐾

www.valleyparentmagazine.com

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KEEPING IT CLEAN AND GREEN IN CORVALLIS

"Green Cleaning" talk and free kits at April 11th event

Find out how to minimize your exposure to hazardous cleaning products and learn safer alternatives at a special program on **Monday, April 11, at 6:30 pm at the Corvallis-Benton County public Library.**



The program will begin with a presentation on "Hazardous Cleaning Products in the Home" by Jen Coleman, Health Outreach Director at Oregon Environmental Council. Audience Q & A will be followed by discussion and distribution of free Green Cleaning Kits by members of the Corvallis Sustainability Coalition's Health and Human Services Action Team.

Each kit contains a spray bottle of all-purpose vinegar/water cleaner, a box of baking soda, and a handy guide with recipes for do-it-yourself cleaning products.



This event marks the launch of a Green Cleaning campaign sponsored by the Health and Human Services Action Team to identify and promote safe alternatives to hazardous products that are regularly used, but that pose a threat to personal and environmental health. Using safer cleaning products not only protects the health of people and the environment. It can save you money!

The April 11th event is free and open to the public. For more information, call (541) 230-1237 or email info@sustainablecorvallis.org.



For further details about the Green Cleaning campaign, visit www.sustainablecorvallis.org.

Beans for Bags

After check-out, take a bean for each shopping bag you brought from home. Drop them in the Bean Towers located next to every exit. Each bean generates a donation to the chosen organizations.

Recipients for April-June 2016

Benton Hospice

Coastal Range Food Bank

Corvallis Environmental Center

Marys River Watershed

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



FEASTS OF SPRING

Emily Stimac (and kids)

Thyme Garden, Co-op Thymes Contributor

With life reawakening around us, the earth is offering up wonderful vitamin rich greens to help revive our bodies after the quiet of winter. This month's recipes were designed to highlight a few of our favorite ways to harness this amazing and delicious energy that, before long, will be sprouting up all over our great valley!

QUINOA WITH KALE AND FRESH HERBS

We serve this quinoa at the Thyme Garden summer luncheons with grilled salmon or chicken roulade and a side of dilly cucumbers. We use a variety of evergreen culinary herbs: thyme, oregano, savory, sage and rosemary. They all overwinter pretty well in our climate and are great to have at your fingertips for use in the kitchen. Try growing some herbs this year for your cooking!

Serves 4

- 1 cup quinoa
- 3 Tbsp butter, separated
- 1 Rapunzel bouillon cube
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1/2 bunch kale, chopped
- Olive oil as needed
- 1 tsp minced fresh herbs: thyme, rosemary, savory, or oregano



Put quinoa in a mesh colander over a bowl and soak in water 1-2 hours before cooking. Rinse and transfer to a cooking pot. Add 1 1/2 cups water, the bouillon cube and the butter and bring to a boil. Reduce heat and cook, stirring occasionally, until water evaporates, about 20 minutes. Meanwhile, sauté onion and herbs in olive oil until translucent and add to quinoa. In the same pan, add kale, garlic, and about 1/4 cup water and sauté until moisture evaporates and kale is tender. Add to cooked quinoa and fluff before serving.

CHICKEN ROULADE

This is another favorite at Thyme Garden luncheons and makes a very impressive main course. You can make it the day before and bake it when your guests arrive.

Serves 4

- 4 boneless, skinless chicken breasts
- 12 asparagus spears
- 8 slices Black Forest ham
- 4 slices provolone cheese
- 12 large basil leaves



BREADING INGREDIENTS

- 1 egg
- 2 tsp water
- 2/3 cup bread crumbs
- 1/3 cup parmesan cheese

The night before

blanch asparagus spears 3-4 minutes. Drain and run under cool water to stop cooking process and set aside.

Butterfly chicken breasts and flatten 1/3" thick with a cast iron skillet or rolling pin. Layer each breast with basil leaves, ham, and cheese. Add three asparagus spears across short side near one end and roll lengthwise, allowing asparagus to stick out the ends. Tuck chicken ends in, transfer to a storage container and refrigerate overnight.

In the morning

Mix egg and water and dredge chicken breasts through it. Combine bread crumbs and parmesan and bread the chicken. Refrigerate until ready to cook.

At cooking time: Preheat oven to 400°. Place chicken seam side down on a parchment lined baking sheet and cook 15 minutes. Turn and cook 10-15 minutes longer, until golden brown and firm to the touch. Slice on a diagonal and serve slightly fanned out so you can see the layers inside. Top with Janet's Killer Mustard Sauce (see below.)

FLOURLESS CHOCOLATE CAKE WITH FRESH STRAWBERRIES AND CREAM

This recipe is from our good friend Charles. It's simple, sumptuous, and the perfect way to highlight the first fresh berries of the season.

Serves 10-12.

- 1/2 lb bittersweet chocolate pieces
- 1/2 stick butter, melted
- 5 eggs, separated
- Pinch of salt
- 2/3 cup sugar, separated
- 2 cups sliced strawberries
- 2 cups whipping cream
- 2 Tbsp confectioner's sugar
- 1/2 tsp vanilla



Preheat oven to 325°. Cut a piece of parchment paper to fit a medium sized springform pan and grease with butter. Combine chocolate and butter in a double boiler and gently heat until melted. Remove from heat. Whisk egg yolks with three tablespoons sugar and slowly add to chocolate mixture. Beat egg whites to soft peaks and add remaining sugar. Continue beating to stiff peaks and the gently fold in the chocolate mixture. Fold into prepared pan and bake 45 minutes, turning every 15 minutes.

Remove from oven, cool slightly, and loosen sides with knife.

Chill until serving. Whip cream with confectioner's sugar and a dash of vanilla. Cut cake, top with berries and a dollop of cream.



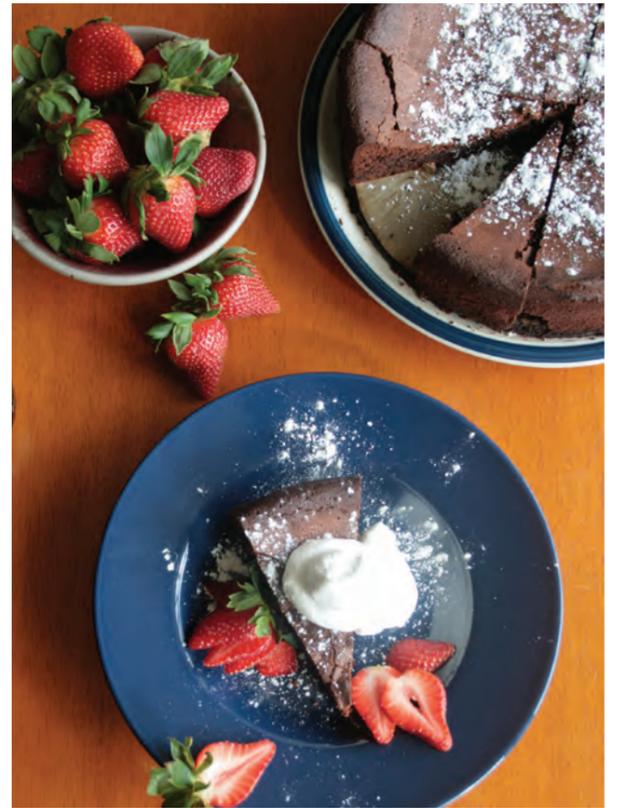
Left: Quinoa with Kale and Fresh Herbs

Right: Chicken Roulade in Mustard Sauce

JANET'S KILLER MUSTARD SAUCE

- 1 1/4 cup mayonnaise
- 1/3 cup yellow mustard
- 2 Tbsp Dijon
- 1/4 cup honey
- 1 Tbsp lemon juice
- 1/2 tsp dried tarragon or dill

Whisk all ingredients and allow to meld at least an hour before serving.



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