

**AUGUST 2016**  
VOLUME 37 • ISSUE 8



First Alternative  
NATURAL FOODS CO-OP

# **THYME**

**COMMUNITY MARKET MONTHLY**

**MARYS PEAK  
PERSEID  
PICNIC**  
**3**

**GATHERING  
TOGETHER  
FARM TOUR**  
**7**

**PICKING THE  
PERFECT  
MELON**  
**10**

**A FRESH  
SUMMERTIME  
FEAST**  
**12**

## **Owner Rendezvous**

# **Pool Party**

**Sunday 8/7, 5:30-8pm**

**OTTER BEACH AT OSBORN  
AQUATIC CENTER**



Free Lifefactory water bottles  
to the first 75 Owners through  
the door (limit one per family)

Co-op Owners and their families are invited to attend this free event. Frolic in the pool or relax pool-side to the jazzy sounds of the Hammered Brass Quintet. There will be food for the whole family, including hot dogs (meat & vegetarian) Kettle Brand chips, fresh fruits & vegetables, and refreshing iced tea. **Meet the new Board members and peruse the 2015 financial report.** RSVP at [Eventbrite.com](http://Eventbrite.com) so we know how many will attend. Visit our events page at [www.firstalt.coop](http://www.firstalt.coop) for more details. See you at the pool!



from the  
**GENERAL  
MANAGER**

Cindee Lolik  
General Manager

Who said that things slowdown in Corvallis in the summertime? Maybe a more accurate statement is that things open up, like parking spaces downtown, tables at your favorite local eatery, and the blossoming of improvements to your co-op.

Summer is the best time to take a look at what needs doing and to do it!

As I mentioned in my article for the June Thymes, we are now in the final stages of our plans to refresh the lower level of the North store, with work set to begin mid-August.

This will include a new coat of paint to match the upper level, new chairs and tables for Deli diners, along with a new high top table along the railing, a new wine case to feature wines

best served chilled, and a reconfiguration of the coffee bar/hot bar/bakery case and other amenities.

Our goal with this reset is to make the seating area more inviting and to open up the area, making it easier for our shoppers to navigate.

The South Deli is planning some new excitement as well but our timetable is a little more wide open.

We have almost finished designing a new hot bar/salad bar/soup station that will be similar to what we currently have at the North store. We're also looking at a new Panini grill that will make that hot sandwich for you in a quarter of the time or less than it now takes!

**First Alternative** Local Products Designations



**Local Oregon**  
Groceries born and raised in Oregon.



**Local Six**  
Groceries from the counties closest to home. (Benton, Linn, Lane, Lincoln, Marion, Polk)



**Local Direct**  
Groceries delivered directly from the producer.

We're hoping to begin movement on these improvements as the summer wanes.

Our Produce departments are in the midst of developing some really exciting convenience products for a fall roll out, since we know that you are as busy as we are and don't always have time to prep your meals ahead of time.

Ideas that have been circulating: pre-peeled and cubed winter squash; a stew pack of prepped potatoes, carrots, onions and celery; a fajita pack of prepped bell peppers, yellow and red onions...and we have more ideas for fresh and easy solutions to that conundrum we all have every day... "what's for dinner?" If you have any suggestions for us, please don't hesitate to fill out a comment card that you

can find on top of the Beans for Bags towers.

Last, but certainly not least, we will be replacing all of our florescent light bulbs with LEDs—and I do mean all. From top to bottom, coolers to back stock areas, even the meeting rooms!

We are taking advantage of the great rebate incentives offered by Energy Trust, which will mean a return on our investment in a little over a year once we've switched out all the lighting. Not only will our energy costs go down with these replacements, but we will no longer have to replace costly light ballasts in the fixtures.

Here at First Alternative, the future sure is looking bright! ☺



from the  
**BOARD OF  
DIRECTORS**

Jim Smith  
Board of Directors

First of all, I would like to congratulate, Joel Hirsch, Jim Mitchell and Phil Hochheiser on their election to the First Alternative Board of Directors. Joel and Jim are returning Board members while Phil is a new Board member. Many thanks to these three for their decision to participate in the governance of the Co-op!

Being a Board member requires dedication and a passion for participating at the next level in our co-op. These positions are unpaid, voluntary, and require anywhere from six to eight hours of time each month. Other than the satisfaction of being an Owner representative, the Board's only compensation is a 15% discount when shopping at the Co-op. The Board consists

of a great group of people, which are a lot of fun. Board meetings are never boring. Each Board member offers unique skill sets and experience that make the Co-op a stronger organization. With the addition of Phil to the Board, I am looking forward to getting his perspectives introduced into the meetings. Phil, don't be shy!

There were 547 votes cast during this year's Board election which represents participation by just 5% of the total Owners. We hope that the new bylaw change to allow for online voting will increase the participation rate of Owners in our election process. We want to hear your voice because your input as an Owner is important to governing the

Co-op. The election process is part of our commitment to democratic governance and, by the way, one of the four pillars of cooperative governance, which are discussed more in the next paragraph.

As Jim Mitchell mentioned in the July Thymes article, the Board is devoting quite a bit of effort into strengthening the "pillars of cooperative governance". There are four pillars: 1) Teaming, 2) Democracy (discussed above), 3) Accountable Empowerment and 4) Strategic Leadership. Teaming covers communication and training and a requirement to work together effectively.

We are now ready to move to the next pillar, which is Accountable Empowerment (AE). We intend on using the review of AE to update and streamline our governance policies to focus on what is important and make Board expectations clear to management. The review of AE will take time

but will pay huge dividends with focused efforts once completed.

The last pillar is Strategic Leadership. As the Board looks at AE, we are also looking ahead. Although it is now just August, the Co-op has started work on the 2017 budget with inputs from the National Cooperative Grocery organization for market trends and guidance. At the same time we are conducting a market study for inputs from our Owners. Between these two inputs we will finalize next year's budget and provide a baseline for our strategic discussions at the October Board offsite meeting. ☺



*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](http://www.firstalt.coop).

Editors . . . . . Adam Payson, Joel Gustafson  
Design/layout . . . . . Adam Payson  
Photography . . . . . Adam Payson, Julia Lont, Emily Stimac  
Illustrations . . . . . Adam Payson

**Board of Directors Committee Meetings Schedule**

**Owner Relations Committee**

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

Wednesday, Aug. 3rd at 11:30am  
in the South Store meeting room

**Board Recruitment & Elections Committee**

Works to enhance Board performance and recruit qualified candidates.

Thursday, Aug. 18th at 6pm  
in the North Store meeting room

**Finance Committee**

Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, Aug. 10th at 5:30pm  
in the North Store meeting room

**First Alternative Board of Directors**

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

Tuesday, Aug. 23rd at 6pm  
in the South Store meeting room

**STORE LOCATIONS & HOURS**

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

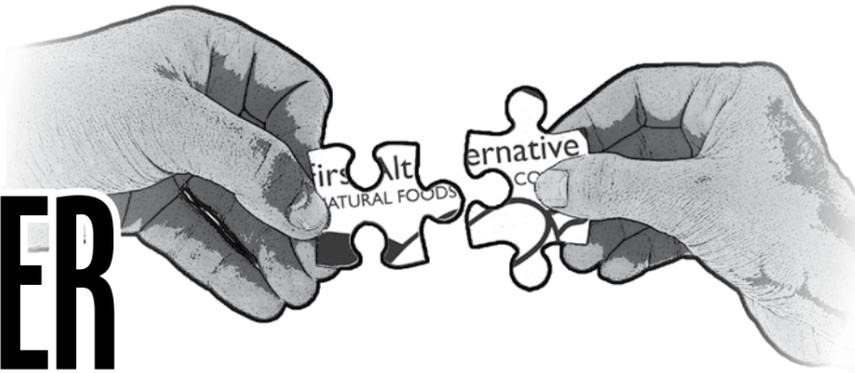
**SOUTH STORE:** 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115

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

**Web site:** [www.firstalt.coop](http://www.firstalt.coop) • **Email address:** [firstalt@firstalt.coop](mailto:firstalt@firstalt.coop)

**Editor's email:** [thymes@firstalt.coop](mailto:thymes@firstalt.coop) • **FA Board's email:** [faboard@peak.org](mailto:faboard@peak.org)

# STRONGER + TOGETHER



## WHAT DOES IT MEAN TO BE A CO-OP OWNER?



First Alternative Co-op is a cooperative-model grocery store, meaning it's community-owned and guided. Started in 1970 by a small group of college students and locals concerned by the lack of local food options, First Alternative now has two locations and over 10,000 Owners—that's a significant portion of this heart-of-the-valley community. We're not content there, though, our mission is to bring high-quality natural products to the entire community, and to serve as a model of sustainability.

We need all the help we can get in this mission. If you're not already an Owner, now is a great time to become one. Just come to the Customer Service desk at either store and fill out a short application. A payment of \$70 buys you a share in First Alternative (see sidebar for payment methods.) You are also welcome to invest up to an additional \$230 in your share, which provides the Co-op with further capital and is also refundable in accordance with our bylaws and withdrawal policy.

Besides a stake in the best grocery store in town, what's an Owner share get you?

**Owner Sale Days** Owners who are current on their share payments, are allowed one 10% discount day of their choosing per month. This discount includes all purchases, with the exception of sale items (which are already discounted on the shelf) and items such as Co-op classes and events, stamps, store supplies, gift cards, etc. Discounts do not stack one on top of another. When using the Owner Sale Day Discount no other discounts will apply, including case discounts, coupons for a percentage off the total, etc. Each Owner Share is entitled to one discount-day per month—a benefit that pays back the cost of your Owner Share before you know it!

**A Vote, A Voice** Each Owner share gets an equal vote. Co-op Owners elect our Board of Directors and Beans for Bags donation recipients. As an Owner, you can run for the Board and help shape the future of the Co-op.

**Owner-Worker Shifts** As positions are available, Owners may choose to work at First Alternative as an opportunity to get involved in the store. Help with the day-to-day operations with a two-hour shift per week. Check with Customer Service for details.

**Patronage Dividends** Get rewarded for your patronage! Determined by the Board and distributed as profitability warrants, these are the return of net annual savings from sales to Co-op owners. Individual dividend amounts vary; the more you shop, the more you get!

### As an Owner of the Co-op you have the right to:

- Ⓞ Receive information about the Co-op through our Owner meetings, Board meetings and personal contact with staff and managers.
- Ⓞ Enjoy Owner benefits including Owner Sale Day discounts and a patronage dividend when given, as long as your Owner Share is in good standing.
- Ⓞ Participate in Co-op leadership and governance by attending Owner meetings or by serving on the Board of Directors or on a board committee.
- Ⓞ Rely on staff and managers to perform their duties in a manner that protects your interests.
- Ⓞ Participate in the Owner-worker programs, when positions are available.
- Ⓞ Shop in a pleasant and clean store that reflects the Co-op's Guiding Principles.
- Ⓞ Be treated with respect and courtesy by staff and other Owners.

### As an Owner, it is your responsibility to:

- Ⓞ Notify us when your contact information changes.
- Ⓞ Vote in Co-op elections.
- Ⓞ Take an interest in, and make use of, the information offered to you by the Co-op.
- Ⓞ Make a minimum \$70.00 investment for an Owner Share, which can be paid using one of our payment plans. Owners may put up to \$300.00 on their share. All share payments are refundable if you choose to discontinue your ownership for any reason, in accordance with our bylaws and withdrawal policy.
- Ⓞ Make good any debts to the Co-op in a prompt manner.
- Ⓞ Support the Co-op with your purchases, shop responsibly, take care of equipment, watch for waste, and behave honestly. Remember, this is your store.

## WAYS TO PAY

### Pay in full

A one-time payment of anywhere between \$70 and \$300 buys your share in full.

### Pay monthly

\$20 down activates your owner share. After that, make five payments of \$10 per month.

### Low income plan

For the limited budget, opt to pay \$10 down and \$5 per month for twelve months. Eligibility is based on Oregon Trail and WIC income guidelines.

And remember, it's refundable!

## Views from the Rendezvous

Fun times at Owner Rendezvous of years prior. We're back at the pool again this year (details on the cover.) Owners and their families are all invited to attend. Come join us, Owners, and make some memories!



## 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

## August Anniversaries

### Staff Anniversaries

- 1 year:** Charity Finley, Julia Lont, Jacob Parsons, Christopher Roberts, Grace Taylor, Sarah Wilson
- 2 years:** David Robinson
- 4 years:** Adam Payson
- 6 years:** Lindsey Patterson
- 7 years:** Nate McGhee
- 9 years:** Valori George
- 15 years:** Tom Ryan
- 16 years:** Kirsten Nugent

### Owner-Worker Anniversaries

- 13 years:** Dianne Henneberger

**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 Owner-Workers 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

Recipes • Digital Thymes  
News • Classes • Events  
and much more

[www.firstalt.coop](http://www.firstalt.coop)

**PRINTING & DESIGN**  
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# BRAND(ED) NEW PRODUCTS

## Everything's Coming Up Co-op With These New Co-op Logo Utensils, Cups, and Ditty Bags

First Alternative Co-op—say it loud and shop it proud, that's what we like to do. Now we're giving everyone else the chance to declare their love of all things cooperative with these smart looking new logo-emblazoned products.

Feel the Local Love with our new bamboo utensil sets from **To Go Ware**. They come in velcro-sealed pouches, available in three colors. Each pouch comes stuffed with a reusable knife, fork, spoon, and as if that weren't enough, chopsticks! That's a cut above. Never worry about losing the Local Love, either, because each pouch has a handy carabiner attached to its back.



**LOCAL LOVE**

**Klean Kanteen** is one of the most trusted names in reusable drinkware, so it's no wonder that when we choose to put our logo on a cup that it's one of theirs. Made from food grade stainless steel, this rugged 16 oz. cup will stay by your side through who knows how many adventures. Yup, just you and your Co-op cup, taking on the world, one pint at a time.

Wherever you (and your trusty cup) go, you're likely to need a bag. Sometimes you just have to carry things! Why not carry things in a recycled "rePETe" bag from **Chico Bags**. They come in cool green and orange colors, and the drawstring closure will keep all your recently purchased Co-op logo cups and bamboo utensils tucked away safely.



# TAKE A HIKE Marys Peak

Joel Gustafson, Brand Manager

At a distance, Marys Peak is the cornerstone of our community's coastal silhouette. For me, it has been a place of refuge, reflection, and enjoyment since I can remember. It is also the place where I proposed to my wife, and for that it is my favorite hike.

Marys Peak itself offers hikers, bikers, and runners a plethora of trails ranging anywhere from a short walk to a colossal hike. It is open year around, but in the winter the gate prevents you from driving all the way to the summit parking lot. Even in rain, many of the trails offer a canopy crafted by old growth forest. If you are lucky, by the time you reach the summit you will find yourself above the clouds with a most spectacular view.

In August, the summit offers front row seats to Oregon's best annual meteor shower: The Perseid Meteor shower occurs over our skies between August 12-13 every year. Even on a clear night, the city lights can obscure the full view. Marys Peak however, provides an unobstructed view of the entire sky. The field next to the summit parking lot provides a great place to lay down a blanket, and the summit is just a quick walk away. Bring a picnic, bring a blanket, and bring your friends. We have assembled two different picnic ideas with this wonderful time and place in mind. Enjoy!

### Trail Information

**Difficulty**  
Easy / Moderate

**Elevation Gain**  
50 - 200 ft.

**Distance**  
1.5 - 2 Miles

**Pet Friendly**  
Yes

### Picnic Idea #1: Charcuterie



Dill Havarti



Volpi Spicy Salami



Ak-Mak Crackers



Honest Tea

### How to Get There

**Main Parking Lot:** Head west on Highway 34 past Philomath. Continue on the road until you see signs for Marys peak. Turn right onto Marys Peak road. Continue on the road until you reach the summit parking lot.

### Picnic Idea #2: Fresh & Fruity



String Cheese



Cherry Tomatoes



Local Cherries



San Pellegrino Soda



# cheese please

## AUGUST IS A GREAT MONTH FOR MOZZARELLA

The Season is Right, the Sale is Great

The season is right for fresh mozzarella, that's why from August 3-30th at the Co-op our prepackaged, bulk, and specialty mozzarellas will all be on sale!

Whether you're making bruschetta, grilled pizza, or a caprese galette (see pg. 12), Galbani—Italy's favorite cheese brand—has the mozzarella that's right for the job. We carry their fresh Ovaline (balls about the size of a mandarin orange) and Ciliegine (bite-sized balls), packaged or bulk, all of it on sale!



Ciliegine mozzarella and cherry tomatoes

And at the North store, we are excited to introduce Ferndale Farmstead artisan mozzarellas made in Washington. Their Fresh Ciliegine, Mozzarella Log, and Scarmoza, a bold alternative to mozzarella, will be on sale August 3-30. Give them a try!



new

New Ferndale Farmstead mozzarellas are currently available only at the North store.



Galbani Ovaline mozzarella in bulk



Galbani Mozzarella, available packaged and in bulk at both Co-op locations, will be on sale from August 3-30.



NOVAK 7-YEAR AGED SHARP CHEDDAR

3rd generation cheese makers in Wisconsin have created this inimitable 7-year aged cheddar. Creamy in texture and studded with crunchy crystals throughout, this cheese is a delight on the tongue. Delicate floral notes that compliment its sharpness make it extremely versatile as either a table cheese or an ingredient. Enjoy it simply, with a crusty, hearty bread such as Big River's Pain de Campagne and generous slices of Volpi Cacciatore salami. Or take advantage of its crumbly texture on top of a burger right off the grill.

—Holly Smith, South Store Deli Assistant Manager

7-year Cheddar currently available only at the South store



## A CO+OP KITCHEN SUMMER

It's a Picnic of Favorites, Old and New

Are you hungry for great food, made fresh, but don't want to subject yourself to the hassle and the heat? Your troubles are over, because the Co+op Kitchen is here, and we're cooking for you.

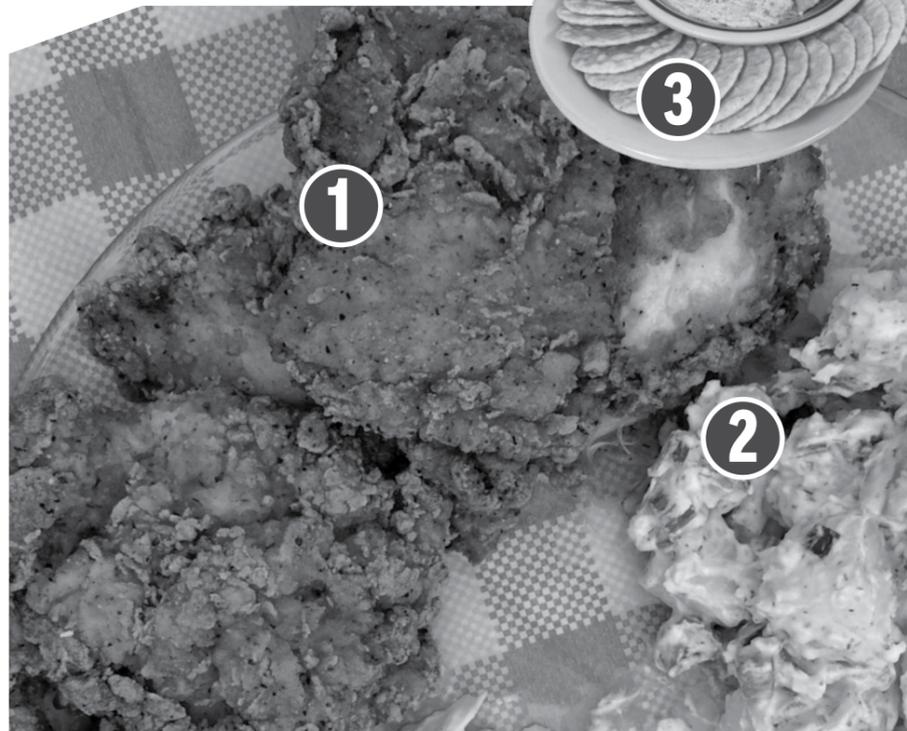
Our Co+op Kitchen Fried Chicken 1 starts with high quality Smart Chicken, soaked overnight in Lochmead buttermilk and then fried to the perfect crispness using our secret wheat-free recipe! Up the ante with our made-in-house Ranch or BBQ sauces, perfect for dipping.

The new Mustard Potato Salad 2 is a Co+op Kitchen twist on an old classic, combining creamy, buttery Yukon Golds, Wilcox eggs, and super yummy (and local) Portland Mustard. It will be the talk of the picnic.

Jalapeño Cashew Spread 3 is the perfect dip for on-the-go hiking, biking, or bumming around the beach. It's creamy and gooey with just a slight bit of spicy kick. Perfect on pretzels, carrot sticks, or anything you can spread or dip! It's even great on toast for a protein packed breakfast.

Wash it all down with some summertime sweetness—Wheat & Dairy Free Yellow Cake for Two with Chocolate Icing. Even if you aren't wheat or dairy free, you won't be able to resist this classic delight!

Don't forget your picnic basket!



1

3

2

## LONELY LANE GROUND BEEF PRICE REDUCTION

New Low Prices Every Day On Regular and Extra Lean Ground Beef



Great news! Lonely Lane Farm, one of the Co-op's favorite providers of free-range, grass-fed beef, has lowered their prices on ground beef. And we're excited to pass these savings on to our shoppers and Owners.



Lonely Lane Farms cows in pasture

Lonely Lane ground beef, regularly \$8.29/lb. is now down to \$7.49/lb., and their lean ground beef, regularly \$8.59/lb. has been reduced to \$7.79/lb.

And remember, all beef that we sell at the Co-op is grass fed. That's the sort of commitment to quality that keeps us a cut above the competition.



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# IN THE KNOW ON THE NEW



## Epic Animal Oils *South store only*

From nose to tail, Epic Provisions is committed to honoring and utilizing all aspects of the animal. These new animal cooking oils are furthering their commitment to bringing animal oils back into the kitchen where they belong! Grass-fed Beef Tallow, Berkshire Pork Lard, and Cage-Free Duck Fat are all available.



## Hampton Creek Just Dressings

The company that revolutionized mayonnaise (and shook up the industry) is doing it again with salad dressings. All Hampton Creek foods are non-GMO, gluten-free, egg-free, and dairy-free. Available in Italian, Goddess, Miso Yuzu, and more. Also keep an eye out for new varieties of Just Mayo, like Truffle and Awesomesauce. Find them all in the chill section.



## Block 15 Gloria! Unfiltered Pilsner



You can't go wrong with a Block 15 beer: Corvallis' premier brewery just keeps getting better. Not only are they always brewing something new, but they are now putting their classic and delightfully crisp, Gloria! Unfiltered Pilsner into cans. That's another delicious Block 15 beer you can enjoy on your couch, in your backyard, or at the end of a long hike. Cheers to that!



## Red Duck Organic BBQ Sauces



Here are some legit new BBQ sauces from Portland, Oregon by way of Kansas City. The Folks at Red Duck couldn't find a decent BBQ sauce on this coast, so they decided they would just have to make one themselves. These sauces have a tomato-base and a real vinegar kick that will live up any dish. Available in Hot Honey Chipotle, Smoked Applewood Molasses, and Sweet Mustard Peppercorn.



## Beeler's Sausage Links

Beeler's brings us quite possibly the best tasting pork on the planet, and these are no exception. Only minimally processed, the pork is from vegetarian fed hogs raised without antibiotics. No nitrates or nitrites are added to Beeler's Sausage Links, except for the naturally occurring nitrates in sea salt and celery powder. Find them in the frozen meats section (and on the hot bar during breakfast hours.)



## Kal L-Theanine Mag Glycinate

Kal's new L-Theanine Magnesium Glycinate ActivMix is a tasty tangerine-flavored powder; great for stirring into your favorite beverages. Its anti-stress formula provides a Free Form amino acid found naturally in green tea, and is intended to provide nutritive support for normal, healthy muscle function and a feeling of relaxation. And unlike other, similar supplements, it does not cause drowsiness.

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**Garden of Life**  
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This is a full spectrum, whole food probiotic formula designed to meet the unique needs of women over 50, to support immune function and maintain healthy cholesterol levels already in the normal range. It delivers probiotic-created vitamins, minerals and prebiotics as well as dairy-digesting enzymes to help break down lactose and casein.

# LOCAL SPOTLIGHT

# GATHERING TOGETHER FARM



The final stop on our farm tour began with lunch at Gathering Together Farm's Restaurant, the ultimate farm-to-table dining experience. Afterward, full on our farm fresh lunch, we met with farmer John Eveland who took us on a tour of GTF's 60-plus acres of Certified Organic fields and row houses. A highlight was our visit to their compost field, where the science of organic farming is on full display, as is the commitment and hard work required in growing fresh, local, organic produce for a community that's hungry for sustainability and honestly grown food.



Cilantro



Farmer John and the Co-op crew



Thyme



Purple potatoes



Bernie drives a tractor (sorta)



The Gathering Together compost fields



Farm restaurant entrance



Row houses in the field



Lettuce starts



Rows, ready to plant



Strawberries, ready to go 🍓

# AUGUST 2016 COMMUNITY CALENDAR

## UPCOMING EVENTS

### Graphic Novel Book Club

August 2nd, 6:30-7:30pm at New Morning Bakery (219 SW 2nd Ave)

Join the Corvallis-Benton County Public Library sponsored Graphic Novel Book Club at New Morning Bakery the first Tuesday of every month. This month we will be discussing Black Science, Volume 1 by Rick Remender. New members always welcome. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Library. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov) (541) 766-6965.

### SAGE Work Parties

August 2nd, 9th, 16th, 23rd, 30th at Bruce Starker Arts Park (4485 SW Country Club Dr.)

Work parties are a great way to get involved at SAGE. Learn about production gardening and help grow food for families in our community who cannot afford fresh vegetables. Tuesday work parties are open to everyone—drop-in anytime

from 3-6pm and help tend the garden.

### SAGE Summer Concerts: Vandfald and Bury the Moon

August 4th, 6-9pm at Bruce Starker Arts Park

The SAGE Summer Concerts are family friendly musical events showcasing local musicians and supported by local businesses. All concert proceeds benefit SAGE, an organic production garden that grows 3 tons of food annually for hunger relief organizations in Corvallis. Suggested donation \$10/family to benefit the SAGE Garden, a community educational organic garden. For more information contact Samm Newton at (541) 753-9211 or [outreach@corvallisenvironmentalcenter.org](mailto:outreach@corvallisenvironmentalcenter.org).

### Film: World Peace and Other Fourth Grade Achievements

August 5th, 7-9pm at Linus Pauling Middle School (1111 NW Cleveland Ave.)

The award-winning film follows teacher John Hunter as he leads his class through an eight-week transformation, from students of a neighborhood school to citizens of the world. The showing will be followed by a signing and panel discussion featuring John Hunter, creator of the World Peace Game, Mary Yates, former ambassador to Burundi and Ghana and Sr. Director for African Affairs in the Obama Administration as well as students and teachers of the game. The panelists will discuss how diplomacy from the World Peace Game meets diplomacy in the real world. The World Peace Game is a four-tiered structure that puts the problems of the world within reach of the students. The game exposes children to systems thinking, critical and creative problem-solving, leadership responsibilities, decision making, negotiation, and much more. The WPG has been played in over 15 countries and over 30 US locations.

### SAGE Summer Concerts: The Crescendo Show

### and Hermano

August 18th, 6-9pm at Bruce Starker Arts Park

The SAGE Summer Concerts are family friendly musical events showcasing local musicians and supported by local businesses. All concert proceeds benefit SAGE, an organic production garden that grows 3 tons of food annually for hunger relief organizations in Corvallis. Suggested donation \$10/family to benefit the SAGE Garden.

### OSUsed Store Summer Clearance Events

August 23rd, 5:30-7:30pm & Aug 26th, noon-3pm at OSUsed Store (644 SW 13th St.)

It's time for the OSUsed Store's annual Summer Clearance Event. Specially marked items 50% or 75% off. The OSUsed Store carries used, low-cost furniture, computers, household items, office supplies and more. For more information contact [surplus@oregonstate.edu](mailto:surplus@oregonstate.edu) or (541) 737-7347.

## ONGOING EVENTS

FREE or by-donation listings only • To submit your free or by-donation event, visit [firstalt.coop/community/community-calendar/](http://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](mailto: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](http://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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](http://corvallismeditation.org) or email [srfcorvallismeditation@gmail.com](mailto: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](http://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](mailto: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](http://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

#### 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](mailto: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

#### WEEKLY LAUGHTER YOGA IN LABYRINTHS FOR HEALING & PEACE

Wednesdays, 7-7:45pm all summer! Hosted by Traci Mc. Merritt, LYL (541) 760-8557 [www.Laugh-in-Labyrinth.com](http://www.Laugh-in-Labyrinth.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](http://www.valleybirthnetwork.org) [google.com/site/wutantaichi](http://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](http://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](mailto: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](mailto:barbwoehle@comcast.net)

### ENTERTAINMENT

#### CORVALLIS BELLY DANCE PERFORMANCE GUILD SHOWCASE

Third Saturdays at Old World Deli. 341 SW Second St. Corvallis. \$5 suggested donation. FMI:

[www.corvallisbellydance.org](http://www.corvallisbellydance.org), (541) 497-4419.

#### GRAPHIC NOVEL BOOK CLUB

first Tuesday of every month at New Morning Bakery, 219 SW 2nd. New members always welcome. Check out a copy of the month's reading selection from the 2nd floor reference desk of the Library. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov) (541) 766-6965

#### 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](mailto: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

#### 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](mailto: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](mailto: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](mailto: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](http://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](http://www.neighborhood-naturalist.com), (541) 753-7689



# TRY THE CLEANSING POWER OF REISHI AND COCONUTS

## Cleaning is Believing

Alaffia, one of the most trusted names in bodycare, measures their success not with profit, but empowerment. It's their goal to see that African resources empower African communities. When you buy Alaffia, not only are you getting the best, you're helping them achieve this goal.

Their latest is an exciting line of products that harness the cleansing powers of coconut and reishi mushrooms. As usual, it's fair trade and sustainably made.

Here's what you can find at the Co-op:

### Deodorant (with Activated Charcoal and Reishi)

Truly natural deodorant. Purifying neem, odor neutralizing charcoal, and nourishing reishi will leave you fresh all day.

### Shampoo (with Henna, Shea, and Reishi)

This shampoo, made with soothing coconut, nourishing reishi, protective shea, and strengthening henna, will gently clean, nourish, and fortify your hair.

### Shower Butter (with Shea, Kpagnan, and Reishi)

Made with soothing coconut, nourishing reishi, protective shea, and moisturizing kpagnan, Alaffia's new Shower Butter will gently clean your skin, leaving it silky smooth.

### Purifying Facial Cleanser (with Shea, and Reishi)

This purifying facial cleanser contains soothing coconut, nourishing reishi, and detoxifying charcoal. It gently cleanses the skin, removes impurities, and is non-stripping, making it ideal for any and all skin types.



# EMILY'S SIMPLE MACARONI SALAD

## A Quick and Easy Take on a Summertime Staple

- ☺ 2 cups elbow macaroni
- ☺ ½ cup mayonnaise (I love Vegenaize...try it!)
- ☺ ¼ cup sour cream
- ☺ 1 medium zucchini, small dice
- ☺ 3 green onions, minced
- ☺ ½ tsp. celery salt
- ☺ ½ tsp. onion powder
- ☺ Salt, pepper, and cayenne to taste

Cook macaroni al dente and rinse with cold water after cooking. Combine remaining ingredients in a bowl and stir well. Add macaroni and refrigerate 2 hours.



Enjoy real mayonnaise taste without the eggs. You'll find world-famous Vegenaize in the cooler.

Emily's got more recipes for our summertime favorites on page 12!

# THE LOST ART OF CHOOSING A MELON

## Picking the Perfect Melon Can be Tricky, But We're Here to Help

We are deep into melon season, so how about a refresher on the care and selection of these most refreshing of fruits?

First, store your melons at room temperature until ready to eat. You can store a very ripe or cut melon in the refrigerator to keep it fresh for several days, but for maximum flavor, it's best eaten at room temperature.

Choosing the melon, that's the tricky part, because each type of melon has its own tricks. Here's what to look for:

### To Select a Watermelon

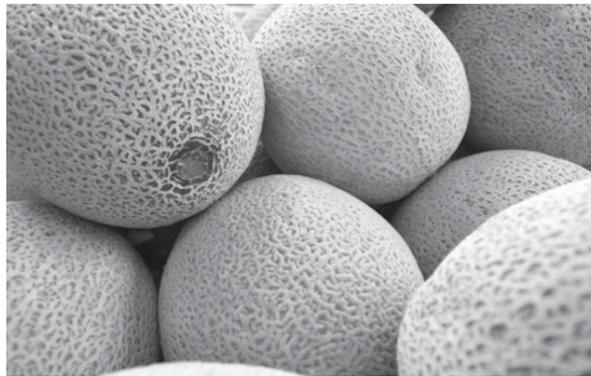
Look for a creamy, butter-yellow spot on one side of the fruit. This is where it rested on the ground in the field. If this spot is white or pale green, the fruit is not yet ripe and will not ripen further. Once you find a watermelon with a creamy yellow patch, knock on the outside gently – the fruit should sound hollow and vibrate like a drum. This means that the flesh inside is still crisp. If it fails to vibrate, it is likely overripe.



### To Select a cantaloupe

Look for fruits that have a primarily tan or yellow "under coloring." This means, underneath the rough "netting" on the outside, you see an even yellow color with no green.

Cantaloupe that is green beneath its net will not be ripe. Finally, press your thumb gently near the stem-end of the fruit. If it has a bit of give, the texture should be perfect!



### To Select a honeydew

Honeydew has a unique property when ripe—the outside skin changes from smooth and hard to velvety and slightly tacky, similar to running your hand on raw (unpolished) silk or suede. This is the sugar content maturing and coming through the skin. Also, the fruits change from a pale, celery green exterior to a warm, yellow-green. It's subtle, but still the best indicator of ripeness for honeydew.



—Article adapted from [strongertogether.coop](http://strongertogether.coop)

[www.valleyparentmagazine.com](http://www.valleyparentmagazine.com)



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# CO-OP CLASSES AUGUST AND BEYOND

**Thursday, August 4th**  
7-8pm at the North Store  
**Better Sleep: Tips based on Traditional Chinese Medicine**

Cost: Free. Register at [www.eventbrite.com](http://www.eventbrite.com)

Would you like to sleep more deeply and wake up feeling refreshed? Quality sleep is very important for maintaining our optimal health and emotional well-being. In this class you will learn breathing techniques, qigong, acupressure points, and lifestyle tips based on Chinese Medicine to help you sleep more peacefully. Instructor: Joe Moceus is a licensed acupuncturist at Life in Balance Acupuncture in Corvallis.



**Tuesday, August 9th**  
6:30-8pm at the South Store  
**Prepared Hiker Toolbox, Part 2**

Cost: \$15 general public / free for JessBFit South Sister team members. Register at [www.jessbfit.com](http://www.jessbfit.com)

Learn about what types of food will sustain you on an all day hike in the mountains. Discover the difference between bars, gels, blocks and summit treats. Learn how much food and water you'll need in different conditions. Tease apart fact from food marketing hype. We'll also talk about strategies you can use to be sure you're well-hydrated throughout the day. And of course, sample some tasty treats in class before you take them into the wilderness.



**Wednesday, August 17th**  
9am-1pm at the North Store  
**NW 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](http://www.nwwellness.com) for more information on services offered and prices.

**Wednesday, August 24th**  
9am-1pm at the South Store  
**NW 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](http://www.nwwellness.com) for more information on services offered and prices.



**Thursday, August 25th**  
7-8pm at the South Store  
**Better Sleep: Tips based on Traditional Chinese Medicine**

Cost: Free. Register at [www.eventbrite.com](http://www.eventbrite.com)

Would you like to sleep more deeply and wake up feeling refreshed? Quality sleep is very important for maintaining our optimal health and emotional well-being. In this class you will learn breathing techniques, qigong, acupressure points, and lifestyle tips based on Chinese Medicine to help you sleep more peacefully. Instructor: Joe Moceus is a licensed acupuncturist at Life in Balance Acupuncture in Corvallis.

**Saturdays, beginning August 27th**  
10:30-11:30am at the South Store  
**Mahasiddah Buddhist Meditation**

Cost: \$10 per week general public; \$8 per week for seniors and Co-op Owners. Register at [www.eventbrite.com](http://www.eventbrite.com)

Enjoy teachings and guided meditations to improve your concentration, mindfulness and good heart. Classes led by Kadampa Buddhist nun Kelsang Milob. Everyone welcome.



**Tuesday, September 6th**  
6:30-8pm at the South Store  
**Prepared Hiker Toolbox, Part 3**

Cost: \$15 general public / free for JessBFit South Sister team members. Register at [www.jessbfit.com](http://www.jessbfit.com)

This comprehensive class focuses on staying safe and staying found in the great outdoors. Learn how to read a map and compass, how to track and plan for changing weather conditions, and how to make good choices when you're on the trail. Then, see how quickly a good day can turn into trouble. Practice your judgment skills in some realistic scenarios. Take home a list of reliable sources of information that will help guide your trip-planning for any adventure. Visit <http://www.jessbfit.com/train-to-climb-south-sister-2016/> for more information

## SUMMER CONCERTS AT SAGE GARDEN

### Two Great Concerts to Catch This August

Summer is here and the weather is perfect for music in the park! The 2016 Starker Arts Garden for Education (SAGE) Concert Series, presented with Oregon State Credit Union, is a set of four family-friendly evenings showcasing local musicians supported by local businesses.

Corvallis Environmental Center and Oregon State Credit Union present:  
**SAGE summer concerts**  
live music • food & drinks • family fun • good feelings

Enjoy a diverse mix of folk, country, rock, bluegrass, and jam music—truly a little something for every taste!

Local merchants are on hand selling food and drinks. Also, alcoholic beverages will be served in a large, all ages (family-friendly) beer garden.

Admission is free, with a suggested donation of \$10 per family. All donations benefit SAGE, the Corvallis Environmental Center's organic garden that produces three tons of food annually for hunger relief organizations in Corvallis.

July saw performances by Chris J Arellano, Meatbomb, Brutal Bridges Band, and All the Apparatus.

Two more concerts remain, Thursday August 4th and Thursday August 18th, from 6pm to 9pm, at the amphitheater in Bruce Starker Arts Park.

Parking is available on site, plus the park is easily accessible to public transit, and by bike via the adjacent bike path.

Grab your family and a picnic blanket, and enjoy an evening of music and fun with your community.

August 4th from 6-9pm  
Vandfald & Bury The Moon



Vanfald

August 18th from 6-9pm  
The Crescendo Show & Hermano



The Crescendo Show (photo by Godofredo Vasquez)

For more details, including a complete list of participating vendors visit: [www.CorvallisEnvironmentalCenter.org](http://www.CorvallisEnvironmentalCenter.org) or the SAGE Concert Series Facebook page.



Thursdays 6 - 9 PM  
Bruce Starker Arts Park

\$10 suggested donation per family  
Supporting SAGE: the Starker Arts Garden for Education



[www.CorvallisEnvironmentalCenter.org](http://www.CorvallisEnvironmentalCenter.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 July-September 2016

Friends of Corvallis Parks & Rec

Grace Center

Linus Pauling Healthy Youth Program

Work Unlimited

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



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Emily Stimac (and kids)  
The Thyme Garden,  
Thymes Contributor

# Summertime Favorites

The height of summertime's bounty makes cooking a tasty meal almost too easy! Fresh food from local farms and your own garden needs very little to make it shine. Here are a few of my go-to recipes this year. Simple to make, easy to alter, and downright devilishly delicious.



## Shoyu Chicken

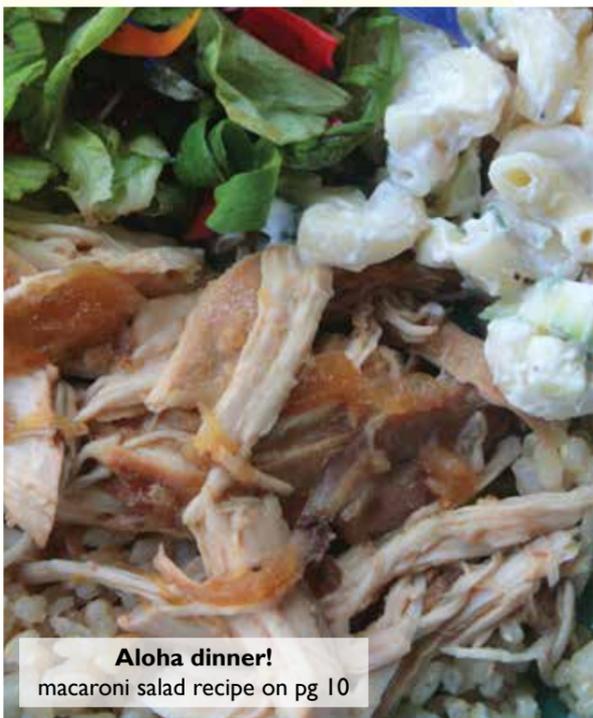
I love to reach for my crock pot during the hottest days of summer. I combine my favorite sauce and a few pieces of chicken and set it out on the back porch to meld all day, keeping the house cool and making dinner easy as a summer breeze. This year, I can't get enough of this Hawaiian-style chicken, which is great on rice with macaroni salad on the side, and also awesome stuffed in burritos for lunches during the rest of the week!

- ★ 1 onion, sliced
- ★ 4 lbs. skinless, boneless chicken (a mix of thighs and breasts is nice)
- ★ ¾ cup pineapple juice
- ★ ½ cup tamari
- ★ ½ cup brown sugar
- ★ ¼ cup red wine vinegar
- ★ 2 cloves garlic, pressed
- ★ 2 Tbsp. fresh ginger, grated

Lay onions and chicken in crock pot. Combine remaining ingredients and pour over chicken, making sure it covers all surfaces. Cook on low 6-8 hours. Gently shred before serving to allow more sauce to soak in. Enjoy!



Shoyu ingredients



Aloha dinner!  
macaroni salad recipe on pg 10

## Lemon Tahini Dressing

This dressing is inspired by the one on the Power Green Salad at HUB in Portland. They serve theirs tossed with mixed greens and topped with pumpkin seeds and mandarins. I did a fresh kale salad with cranberries and sunflower seeds. Any way you make it, it's going to be good.

- ★ ½ cup toasted tahini
- ★ 2 lemons, juice and 1 tsp. zest
- ★ ¼ onion, chopped
- ★ 2 tsp. toasted sesame oil
- ★ 2 cloves garlic
- ★ ¼ cup sesame seeds
- ★ 2 Tbsp. seasoned rice vinegar
- ★ ½ cup water
- ★ 1 tsp. each fresh dill and parsley
- ★ 1 ½ tsp. fresh ground coriander seed
- ★ ½ tsp. cumin
- ★ 2 Tbsp. sugar
- ★ Salt to taste
- ★ ½ cup olive oil

Combine all ingredients except the olive oil in the blender and blend. Add oil slowly through the top and continue to blend until you reach your desired consistency.

Yield: approx. 3 cups



Lemon tahini dressing on kale salad with cranberries and sunflower seeds

## Caprese Galette

This make ahead dough is one of the best gluten-free doughs I've made yet! Flaky, buttery and delicious. You can try a variety of mozzarella cheeses for different flavors.

### Crust

- ★ ½ cup millet flour
- ★ ½ cup brown rice flour
- ★ ½ cup tapioca flour
- ★ 1 tsp. xanthan gum
- ★ 1 tsp. salt
- ★ ½ tsp. sugar
- ★ ½ cup butter, cut into cubes
- ★ ¼ cup cold water

Combine dry ingredients in food processor. Add cubed butter and process to meal texture. Add water by the tablespoon until a dough forms. Transfer to a rectangle of parchment and shape into a ball. Place another piece of parchment on top and press into a flat disk. Refrigerate in a sealed container for at least 2 hours, up to 2 days. Roll out between 2 sheets of parchment to 13 inches round.

### Filling

- ★ 1 zucchini
- ★ Olive oil
- ★ 2 cloves garlic
- ★ 2 cups tomatoes, cubed
- ★ 2 cups mozzarella
- ★ 1 cup fresh basil, chopped
- ★ Salt & pepper to taste
- ★ 1 egg
- ★ 1 tsp. milk

Sauté zucchini in olive oil, pressing garlic into mix just as the zucchini becomes slightly soft. Add tomatoes and stir.

Transfer your prepared crust to a baking sheet. Remove top parchment paper and top with ½ cup cheese, leaving about 2 inches around the border. Spread with ½ veggies, ½ basil, and more cheese. Repeat.

Fold in the sides and press to seal. Beat the egg and milk and brush the crust with egg wash.

Bake at 350° for 40 minutes, turning midway through.

Remove from oven when golden brown and bubbly. 🍴



Uncooked galette



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