

JULY 2016
VOLUME 37 • ISSUE 7



First Alternative
NATURAL FOODS CO-OP

THYMES

COMMUNITY MARKET MONTHLY

Fresh, local, organic groceries for everybody, every day.

We've got locally-grown organic produce, local beer, a huge bulk selection, supplements, pastas, 100% grass-fed beef, vitamins, meat-alternatives, essential oils, salad bar, cheeses, garden supplies, deli, hot bar, fresh baked goods, fair trade chocolates, bread, wine, fair trade coffee, cereals, frozen meals, ciders, chips, crackers, non-dairy cheeses, kombuchas, juices, yogurts, eggs, milk, gluten-free bread, and that's just a taste of what's in store...

North Corvallis Open daily South Corvallis
29th & Grant 7am-10pm 1007 SE 3rd



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from the GENERAL MANAGER

Cindee Lolik
General Manager

A happy Independence Day, and happy Independents Week to everyone!

We all know the significance of Independence Day, July 4th, goes well beyond fireworks and backyard barbecues, but do you know about Independents Week and its significance?

Independents Week is about taking time to recognize the Corvallis community's local, independent businesses and the values they embody—the spirit of entrepreneurship, individuality, uniqueness, and character.

In addition to just providing goods and services, local business owners give us their time and talents, enriching us all. Their closeness to the community means local businesses are best suited to understanding

and fulfilling the community's needs.

Independents Week is also about recognizing and celebrating the independence of our citizenry—their ability to think and act for themselves, and willingness to embrace their part in shaping the future of Corvallis and our local area.

This year, Independents Week is July 1st-7th. It's a great time to take the Indie Challenge—to try and fulfill all of one's needs at local, independent businesses for an entire week. It's a great way to celebrate our Independents!

We have an incredibly diverse group of independent businesses to choose from in our community—which makes taking the challenge a breeze. From hiking to biking,

books to breweries, pet supplies to party supplies, banking to bookkeeping, therapeutic massage to eye care, greenhouses to galleries—you can find an independent business for just about any need you may have.

Don't forget that the Co-op is an independent business as well!

Owned by over 10,000 community members, we are about as local as it gets, and we're stocked and ready for the 4th of July, and for all your summer celebrations and getaways!

Look for local designations on our products to help you with the Indie Challenge—from Local Six to Local Direct to Local Oregon, you can find it all here! 🐾

Independents week JULY 1-7



Local Six

Groceries from the counties closest to home
Benton, Linn, Lane, Lincoln, Marion, and Polk counties



Local Direct

Groceries delivered direct from the producer.



Local Oregon

Groceries born and raised in Oregon



from the BOARD OF DIRECTORS

Jim Mitchell
Vice President

Hello from the Board. By the time you read this, we will officially be in summer. There are many aspects I love about this time of year: the summer vacations with family and friends, camping, hiking, water sports, the shift in the intensity of energy in the community post-graduations, the beautiful weather in Oregon and the increased access to local foods. I especially enjoy the fresh, local produce we get this time of year.

As the fantastic local strawberries fade past their peak, the cherries, blueberries, and cane berries are coming onto theirs! The abundance of fresh, local vegetables grows both in variety and volume. What a great time of year to shop at First Alternative!

Since the Board retreat last fall, the Board has been working on the first two "pillars of cooperative governance": Team and Accountable Empowerment. Specifically, the Board has been working on strengthening

the Team aspect of our board. The Board adopted a protocol for communications between the directors on the Board, between the Board and the General Manager, and the Board and staff. This new protocol will be included in the Board Manual and used as part of new director orientation. The Board is now working on reviewing and refining Board development to enhance our ability to guide the Co-op into the future. Next, we will start an in-depth review of Board and management policies to ensure they are still what is needed and, in as much as possible, simplify and streamline the reporting on the policies.

As was mentioned last month, the Board reviewed last year's final financial report.

Overall, we're doing much better and our financial condition continues to improve.

First Alternative ended the year with a positive net income, but when the tax return was completed the net taxable income was \$0.00 using a net loss carry-forward from previous years. Because the Owner patronage is calculated as a return to the Owners based on the

portion of net taxable income resulting from their purchases, there will not be an Owner patronage from last year. As we continue to strengthen our financial position, however, it is likely there will be patronage dividends in the future.

Also, the Board authorized entering into a contract to have a Market Study performed. The study will look at the markets for both stores, make recommendations on changes to better meet the market demands and help the Board and Management plan for future major capital investments. The study will include evaluating the competition and

demographics affecting our stores, optimal store locations/modifications and whether opening a third store is advisable. We anticipate having the results of the study in time for our retreat this fall. Both the Board and Management are eagerly looking forward to getting the results from this study.

Forgive me for going a bit geeky here, but another action taken by the Board was to change the fiscal year from a calendar year to a 52/53 week year starting January 2017. This change was authorized by a vote of the Owners last year approving the change in the bylaws. This change will simplify accounting, reporting and tracking our financial health. We expect this change to help management by simplifying the system and the Board through better and more consistent reporting.

Last, but not least, the Owner Relations Committee reported that planning is under way for this summer's Owner Rendezvous. It will be at the Osborn Aquatic Center again in August. Stay tuned for more on this family fun event and a chance to mingle with other Owners, Co-op staff, and the Board. Enjoy the summer and please plan to attend the Owner Rendezvous. 🐾



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, Julia Lont, Emily Stimac

Illustrations Adam Payson

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

Board of Directors Committee Meetings Schedule

Owner Relations Committee

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

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

Board Recruitment & Elections Committee

Works to enhance Board performance and recruit qualified candidates.

BREC will not be meeting in July. Meetings will resume in August.

Finance Committee

Reviews, analyzes, and makes recommendations on financial matters.

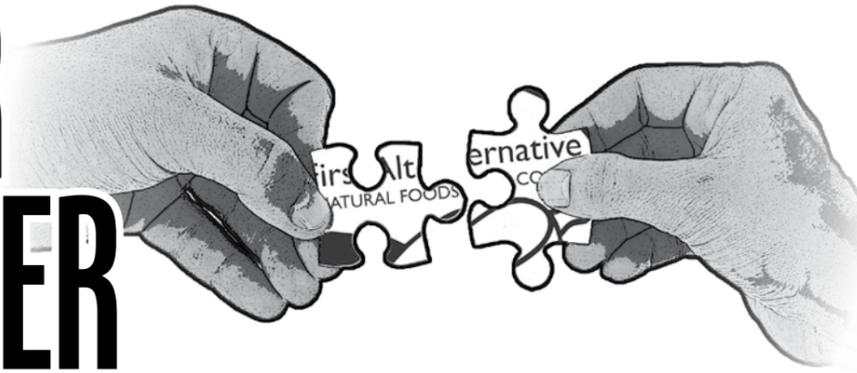
Wednesday, July 13th at 5:30pm
in the North Store meeting room

First Alternative Board of Directors

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

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

STRONGER + TOGETHER



2016 BOARD OF DIRECTORS ELECTION RESULTS

The Votes Have Been Talled and the Here are the Results

The Board Recruitment and Elections Committee is reporting that with 547 votes cast, all three candidates have been elected, and a referendum changing the wording of a bylaw to allow for the possibility of online voting in the future easily passed.

A huge thanks to everyone who cast their votes, in-store and by mail. It's your participation that keeps the First Alternative Co-op cooperating. We couldn't run these stores without you.



Congratulations to the candidates! (left to right): Joel Hirsch, Phil Hochheiser, Jim Mitchell 🍷

THE BEERS OF SUMMER

Out in the Cooler Today I Saw A Deadhead Sticker on a Six-Pack

Summer is officially underway, which means it's time for barbecues, baseball, camping, hiking trips, poolside lounging, rafting retreats, and anything else that suits your summer fun-time fancies.

It's the season to enjoy life. At the Co-op, we're here to help however we can. Fresh, local, organic produce is just the start. We also have an amazing selection of chilled beer and cider at both of our stores.



Before your next outdoor adventure or indoor lounge-fest, stop in and stock up. Here's a brief guide to some of the sunniest summer beers we have on offer. There's a lot more in store, so just consider this a taste.



Trad. and True

If your tastes run more to the traditional, you've got plenty of options as well. From **Sierra Nevada**—the brewery that taught a lot of people what craft beer is in the first place—comes **Summerfest** lager. Over the mountains, in Bend, **Goodlife** is brewing up their delightful **Sweet As**, an eye-opening ale, while **Caldera's Lawnmower Lager** is light, refreshing, and perfect for yardwork.

The Wildcards

Then there's everything else! **Block 15's Anthem of the Sun** is a thirst-quenching sour ale, dry-hopped and brewed with citrus peels. Put on a record (may I recommend, perhaps, "Anthem of the Sun" by the Grateful Dead) and relax with a glass of gold. You could think way outside the beer box with **Dalila's Vinho Verde**, a wonderfully light and effervescent Portuguese wine, perfect for sipping on the porch. Still in a fruity mood? Try a **Stiegl Radler**—half Stiegl Goldbräu, half grapefruit juice, it's entirely delicious.

Yes, Co-op shoppers, summertime is here and so is the summer beer. Huzzah! 🍷



Hot for Hops

It wouldn't be Oregon beer without a generous—some may say absurd—amount of hops. **Caldera IPA**, from Ashland, is a typically delicious west-coast style IPA, which is to say it's boldly-hopped. For a more traditional hop-malt balance, try **Plough Monday's Organic Imperial IPA** (North store only). And true hop-ficionados can't go wrong with anything brewed by Eugene's **Ninkasi**, whose **Maiden the Shade** is basically summer sun and hops crammed into a bottle.



Gluten-Free Zone

Gluten-free doesn't have to mean fun-free. **Sun's Out Saison** from **2 Towns Ciderhouse** is just one of their delicious, totally GF ciders. Portland-based **Ground Breaker** offers a tasty GF Pale Ale and **Omission** has a whole line of tasty beers, crafted to remove gluten.

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

July Anniversaries

Staff Anniversaries

- 1 year:** Giana Bernardini, Ashlynn Hendricks, Rob Marquez
- 2 years:** Jim Beeler, Justin Mitzlaff
- 3 years:** Allison Burr, Stan Horsey
- 6 years:** Phil Hochheiser

Paid Sub Anniversaries

- 1 year:** Ann Santich

Owner-Worker Anniversaries

- 8 years:** Breanna Fraser-Hevlin
- 10 years:** Robert Smith

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

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For many, summertime is travel season. No matter how far from home those travels take you, and whether you go by plane, train, automobile, bike, or hike, the Co-op will help make sure you've got everything you need to stay clean, healthy, and comfortable.

Check out our travel-sized product section in the Wellness aisle at both our stores. Just because you need to pack light, or meet airline liquid restrictions, doesn't mean you can't bring along the products you know and trust.



This summer, lighten your load with travel-sized health and body care products at First Alternative



Sleep aids, body lotions, toothpastes, deodorants, soaps, motion sickness relief, and refillable travel-size containers



Yadira Ruiz
Sunbow Produce, Thymes contributor

SUNSCREEN COMPARISON

We're having such a mild summer so far that it might be a bit off your radar to stock up on sunscreen. Don't let the clouds and mild temps fool you, though—sunscreen isn't just for the beach or floating-down-the-river days. It should be applied anytime you're planning on being outside during peak sun intensity hours (between 10am and 2pm) or really, for any prolonged amount of time outdoors.

My criteria for this Side by Side were dictated by my job and my skin type. I'm a farmer by day so I try to use a daily sunscreen that doesn't leave my face feeling gritty or attract insects (some of the sweet smelling sunscreens have that unfortunate side effect.) I also need something that will stand up to moisture (sweat and water) and won't look strange on my complexion, which in the summer month, is "olive"-ish.

I avoided the spray-on types because the thought of inhaling sunscreen doesn't appeal to me. I tried two stick-types (solid forms that you can control more easily than a lotion) and four lotion-types.

I made sure that at least a few of them specified that they are meant for use on the face, because that's where I need it the most (long sleeves and pants are great for sun protection.)

My selections may be too limiting for those of you with completely different skin and activity preferences, so please, head to the First Alternative nearest you and browse the sunscreen section, it's pretty vast.

Brie, at the South Store helped with my selections and offered to package up samples to boot! That's right folks, you can try samples (of most brands) before you buy. She also made sure to note that she has personally tried *all* of the sunscreens available and Think Sport is her hands-down favorite.

Brand/type	SPF/active ingredient	Ingredients	Odor	Texture/skin-feel	Effectiveness	Other Notes
Acure Face and Body Sunscreen 1	SPF 30 20% Zinc Oxide	Mostly organic inactive ingredients	Noticeable scent, despite being unscented	Absorbed well into face, left light residue	It works! Not sweat or waterproof but it lasted a good while.	Contains sunflower oil and I'm personally not a fan of that as a skin care ingredient
Elemental Herbs ALL good Sunstick 2	SPF 30 20% Zinc Oxide	Organic inactive ingredients, Non-GMO Vitamin E	Comes in unscented or light coconut	Absorbs well, leaves light but clear residue on skin	It works but isn't sweat or waterproof	Coral reef safe, recommended for children. Great for precise applications.
Badger Daily Face and Body lotion 3	SPF 25 14% Zinc Oxide	Some organic, some non-organic inactive ingredients. Not gluten-free.	Unscented	Takes a long time to absorb and leaves a noticeable film on dark skin	Once absorbed, it worked really well but the gritty factor was there. Not sweat or waterproof but it lasted a good while.	Non-GMO, cruelty free
MyChelle Sun Shield Clear Stick 4	SPF 50 17% Zinc Oxide	Non-GMO	Barely noticeable	Absorbs quickly, leaves light residue on skin	Water and sweatproof for up to 80 minutes. Does its job well	The stick form is great for precise application such as protecting tattoos and passing the "liquid" test in airports.
MyChelle Sun Shield Lotion for normal skin 5	SPF 28 11.6% Zinc Oxide	Reef Safe but has many inactive ingredients	Unscented	Absorbs well enough, left light residue.	Waterproof and sweat proof for 80 minutes	Not a fan of the numerous non-active ingredients. Vegan and non-GMO.
Thinksport Sunscreen lotion 6	SPF 50 20% Zinc Oxide	Top rated by EWG (Environmental Working Group)	Pleasant but sweet	Thicker lotion but absorbs quickly. Leaves a noticeable but light residue on skin	Water and sweatproof. Does its job well.	Too thick for facial use, but they have ethics I can get down with—they fired webhost GoDaddy for animal cruelty by their CEO.



PANTRY FULL OF SECRETS?

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

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★ Albacore Tuna
★ Fruit Spreads
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★ Pickled Jalapeños

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Ted Wade - Owner



Joel Gustafson, Brand Manager

TAKE A HIKE Bald Hill Park

Trail Information

	Difficulty Easy / Moderate		Distance 1.5 - 3 Miles
	Elevation Gain 50 - 261 ft.		Pet Friendly Yes

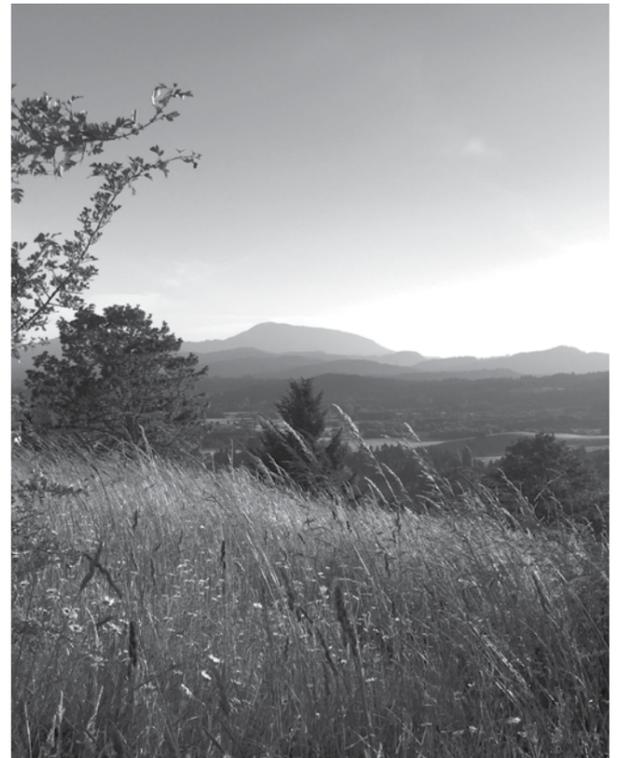
How to Get There

North Parking Lot: Head west on Harrison Blvd. Continue straight on Oak Creek Road. Parking will be on the left.

South Parking Lot: Coming from Harrison, head South on 53rd St. Turn right on Reservoir Rd. Parking will be on right.

Snack Ideas

Boom Chicka Pop Tazo Tea Blueberries



The best thing about Bald Hill is its accessibility. The park can be reached by a variety of roads and bike paths, and is in close proximity to OSU Campus. Once inside the park, visitors can select from a variety of paved, gravel, and single track trails. All of these attributes make for a beautiful area to explore at whatever pace and intensity you feel.

One unique feature about this park is its Off Leash dog area. It is located about a quarter-mile from the North entrance of the park. This area has a blend of forested single-track, and open field for your dogs to explore and play. There are trash cans located on either side of the area, so make sure and clean up after your dog.

The summit can be reached from roughly three different trails. Each trail varies in steepness and terrain. The back side is the most gradual incline, while the south side offers the quickest ascent at the greatest steepness. The summit offers panoramic views of Corvallis and Philomath, with one of the best views of Marys Peak in the region.

SMOOTHIE BOOSTERS

From the Republic of Tea

New in the North store's refrigerated smoothie section, each pouch of these new Super Tea Boosters contains 90 servings of finely-ground premium tea, herbs, and healthful fruits.

It's a low-calorie, quick, and easy way to get a daily boost of antioxidants. Simply stir 1/2 teaspoon into your yogurt, applesauce, or a smoothie, and enjoy the extra energy!



cheese please

Holly Smith
South Store Deli Assistant Manager

ELOTES ELATION

Here's a quick and easy recipe for traditional Mexican street corn, often just referred to as elote. (pronounced e-lo-tay).

- 1/2 cup Nancy's Cultured Sour Cream
- Juice of 2 limes
- 1 cup finely crumbled Don Froylan Queso Cotija, divided into 4 parts
- 1/2 teaspoon bulk cayenne powder
- 4 ears corn, shucked

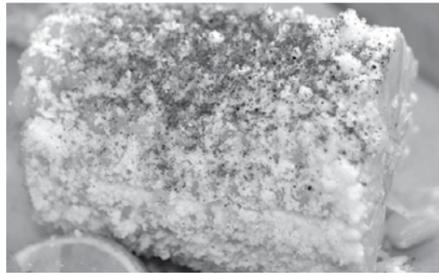
Place corn (still in husk) on grill, directly over coals and cook, rotating occasionally until cooked-through and charred in spots, about 8 minutes total. Let cool until it can be husked. (On rainy days, turn your oven up to its highest temperature, lightly butter husked corn, wrap in tinfoil, and place on center rack. Cook 15-20 minutes, rotating occasionally.)

While corn cooks, vigorously stir sour cream and lime juice together in a medium bowl.

Using a plastic spatula, thoroughly cover cooked corn with sour cream and lime mix

Spread 1/4 of the crumbled cheese evenly on a plate or cutting board, rolling corn to thoroughly coat. Set aside and repeat with remaining ears.

Sprinkle corn with cayenne powder and serve immediately.



Elote ingredients (clockwise from top): Corn on the cob, cayenne, lime, Nancy's Cultured Sour Cream, Don Froylan Cotija



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IN THE KNOW ON THE NEW



Kleen Kanteen Stainless Steel Cups (4 pack)

Easy to both carry and clean, this quartet of 10 oz. stainless steel cups is perfect for camping, picnics, or backyard barbecues. Their durability also makes them perfect for you little sippers—there may be spills, but there won't be breaks!



Ancient Nutrition Bone Broth Protein

A breakthrough in protein supplementation that delivers the benefits of homemade bone broth in a convenient, easy-to-mix form. Bone Broth Protein comes in delicious, ready-to-mix flavors. They're gluten-free, dairy-free, and paleo-friendly. Also check out Dr. Axe's book, "Bone Broth Breakthrough" available in Wellness.



Annie's Homegrown Organic Cereals

The cereals of your youth made new, with an organic twist. **Berry Bunnies**, **Cocoa Bunnies**, and **Frosted Oat Flakes**—breakfast cereals, made with goodness, ready to be enjoyed. A pairing suggestion: Saturday morning cartoons.



Sweet Creek Foods Organic Apricot Fruit Spread

Fresh, local, and organic, it's like everything we stand for, in a jar. Oh, I forgot to mention delicious. That's still us! We're proud to have Sweet Creek products on our shelves. Then we get home, and we're proud to have them in our pantries.



Eliot's Adult Nut Butters

New savory nut butters, made in small batches in Portland's Eliot neighborhood. These bold flavor mixes are unlike anything you've ever eaten. **Garam Masala Peanut Butter**, **Harissa Cashew Butter**, and **Honey Chipotle Peanut Butter** will bring an exciting new range of flavors to the same old sandwiches.

Available at North store only



Nancy's Sweet Cream Yogurt

New from Eugene's own Nancy's Creamery, these yogurts are rich and decadent, not to mention loaded with billions of live probiotics. Do your tummy, and tastebuds, a favor and try it out. It just may be your new favorite. Flavors include **Honey**, **Cherry & Lime**, **Blueberry & Pomegranate**, **Strawberry & Lemon**, **Blackberry & Plum**. Yum!

Sierra Nevada Cheese Company

Old Fashioned Cream Cheeses

If these cream cheeses are old fashioned, then put me in suspenders and pants that go up to my chest, because that's what I want to be too! Light and creamy, they're a delight to spread on crackers or bread, and taste delicious. Available in **Original Plain** and **Garlic & Herbs**. Bagels everywhere are begging for this cream cheese. Do it for them.



Badge Bomb Patches and Pins

Portland-based Badge Bomb partners with international artists and designers to create fun, original buttons, magnets, pins, patches, stickers and more. Come check out all our fun new pins and patches, they make great little gifts.

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LOCAL SPOTLIGHT



DENISON FARMS

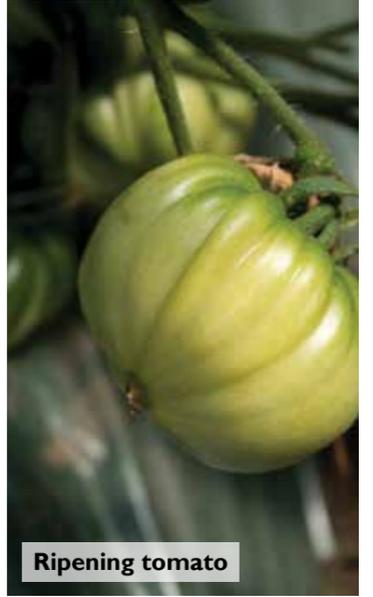
Our farm tour rolls on with a visit to Denison Farms. Want to talk long histories with the Co-op—in 1969 Tom Denison's father, Professor William Denison, advised and assisted the small group of OSU students who first had the notion to create a cooperative grocery store. The community embraced the idea, and the Co-op was born. Before long, Tom was selling us his superb produce, and he's never stopped, even as Denison Farms exploded in popularity. Now farming 40 organically-certified acres, Denison sells wholesale to the Organically Grown Company, offers a 26-week CSA, and has weekly booths at six local Farmers' Markets, but he's always willing and able to make a special delivery of fresh, local, organic produce to First Alternative.



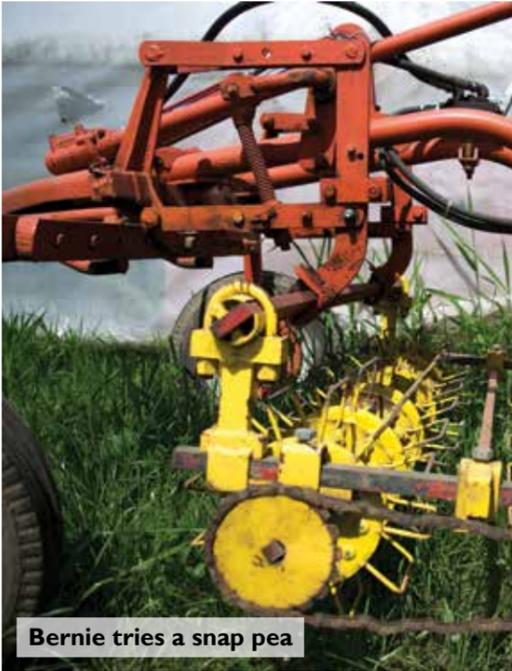
Tom Denison and his tomatoes



Grape vines



Ripening tomato



Weeding tractor



Pollinator at work



Ginger starts



Tayberries ripening



Zucchini growing



Beautiful basil



Nopales



Ripe and ripening strawberries



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JULY 2016 COMMUNITY CALENDAR

UPCOMING EVENTS

Independents Week

July 1st-7th, all day every day at local, independent businesses

Every time you choose to spend your dollars at a local independent business, you are supporting the strength and vitality of our community. Celebrate Independents Week by stopping by our booth at the Corvallis Farmers' Market on Saturday, July 2nd. Sponsored by the Corvallis Sustainability Coalition & Community Independent Business Alliance (CIBA). FMI: www.corvallisiba.org

Gentle Pilates

July 7th, 14th, 21st, 28th, 1:15pm at Live Well Yoga (971 NW Spruce Ave #101)

Gentle Pilates is an adaptation of the classic

Pilates core-strengthening exercises to make these exercises safe and beneficial for a wide range of bodies. The core Pilates principles of precision, balance, stability, and grace are central to the movements we explore. Gentle Pilates is appropriate for those new to Pilates, those practicing at a slower pace, and those who are finding ways to move with injuries or limitations. Students will be guided to access and build deep core strength and overall flexibility while moving safely to prevent injury and working within each person's unique physical abilities. FMI: Rachel (541) 224-6566

Field trip to Iron Mountain and Cone Peak

July 9th, 8am-late afternoon, meet at OSU Wilkinson Hall

parking lot southwest of the Beantry at 26th and Monroe.

Hike the Iron Mountain Cone Peak loop, identifying wildflowers in this botanical hotspot. We will return in the late afternoon. Bring a lunch and water, dress for the weather, and wear sturdy shoes. Sponsored by the Native Plant Society of Oregon. FMI: Dan: (541) 752-8860, or luomad@fsl.orst.edu

Corvallis Belly Dance Performance Guild Showcase

July 16th, 7pm at Old World Deli (341 SW Second Street)

Come one come all to a fabulous event held by the Corvallis Belly Dance Performance Guild! We are a great venue

for all forms of belly dance. We gladly welcome tribal, Egyptian, cabaret, folk, belly dance based alternative styles, and as always family friendly! Every third Saturday of the month! \$5 suggested donation. FMI: www.corvallisbellydance.org, (541) 497-4419.

Sustainability Coalition Quarterly Gathering

July 29th, noon-1:30pm at the Corvallis-Benton County Public Library (645 NW Monroe Ave.)

Presentations by Coalition partners and action teams. Networking and light refreshments. Sponsored by the Corvallis Sustainability Coalition. See www.sustainablecorvallis.org or call (541) 230-1237 for details.

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 Dafa 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

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

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

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

ENTERTAINMENT

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 (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

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

July 18 and Aug. 15, 8-9:30pm, 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

SUMMER AT THE SAGE GARDEN

The Starker Arts Garden for Education (SAGE) has Another Fun and Educational Summer Planned



The SAGE Garden is a one acre garden located in the Bruce Starker Arts Park. All the food grown at SAGE (over three tons, annually) is donated to local food banks and soup kitchens,

bringing healthful food to families in the community who have trouble affording them. The garden is tended by community volunteers, more than 500 of them every year.

SAGE is also a place to learn. In addition to the community events happening almost year-round, there are great summer workshops on variety of gardening-related topics.

Learn new skills and dig deeper into your garden with the help of some of the great gardeners in our community!

Upcoming workshops include:

Saturday, July 16 • 10am-12pm

Sunflower Stalk Ladybug Houses

Spend the morning learning how to harvest and craft sunflower stalks into homes for these beneficial garden insects. Everyone will get to make their own sunflower stalk ladybug house to take home.

Saturday, August 27 • 10am-12pm

Painting with Natural Pigments

Learn to make pigments from plants. This class will cover what plants to grow in order to make pigments of many colors, what plant parts to use, and show the pigment-making process via demonstration and practice. Participants will make pigments for watercolors to create cards to take home.

Saturday, September 3 • 10am-12pm

DIY Raised Garden Box Building

Learn how to build a raised garden bed in this hands-on

demonstration workshop that covers lumber and hardware selection, required tools, and construction tips. All participants will take home a detailed instruction packet, and the raised bed constructed during the class will be raffled off at the end of the workshop.

Saturday, September 10 • 10am-12pm

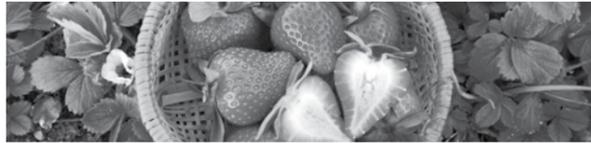
DIY Rainwater Harvesting

Learn how to build an inexpensive rainwater harvesting system at home in this second workshop in the Bountiful Backyard series. This hands-on demonstration workshop will cover rain barrel selection, required tools, construction tips, and available resources. All participants will receive an instruction packet and the rain barrel constructed during class will be raffled off at the end of the workshop.

Saturday, September 24 • 10am-12pm

Seed Saving

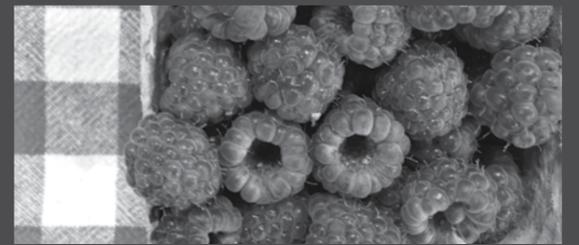
Learn to save seeds and money while increasing crop biodiversity and your own food security! You'll learn the why and how of saving seed from plant breeder Lyle Wallace. He'll cover the basics as well as go in-depth on how to save common crop families. Many hands-on examples will be used to highlight different techniques and crops. After the discussion, participants will have a chance to take home seeds to grow and save.



To learn more about these classes, and register to attend, visit: <http://www.corvallisenvironmentalcenter.org/eci/events/>.

And mark your calendars for the annual **Supper at SAGE, September 17th**. A magical evening of food, music, and art in the garden. Dinner will be prepared by Chef JC of Gathering Together Farm Restaurant. This event raises funds for the Garden's core programs.

IT'S A BERRY GOOD SEASON



Rich, red raspberries, direct from Denison Farms. (There's a lot more Denison Farms produce on pg 7.)



Sweet, ripe blueberries, brought to us from Berkey's Blueberries, right up the way in Sweet Home.



Another taste from the folks at Denison Farms, this time it's blackberries—juicy, delicate blackberries.



Not berries, but boy are they delicious. Have a LaMancha Rainier Cherry on top—okay, on bottom.

COMMUNITY BIKESHARE COMES TO CORVALLIS

Pedal Corvallis is Here to Get You Where You're Going, the Healthy Way

The Oregon Cascades West Council of Governments (OCWCOG), through a targeted pilot program funded by the InterCommunity Health Network Coordinated Care Organization (IHN-CCO) and in partnership with the City and sponsoring organizations, is launching a community bikeshare program in Corvallis.

Called **Pedal Corvallis**, the program is intended to help Medicaid members access medical appointments and personal trips; it also is open to all community members age 18 and older and seeks to increase health indicators and promote healthy transportation options in the community.

How you can bikeshare: An annual bikeshare membership costs \$25. For more information, visit www.OCWCOG.org and follow the registration instructions.

Pedal Corvallis bikes can be found at:

- Downtown Transit Station, SW 5th St. and Monroe Ave.
- Oregon State Credit Union, 1980 NW 9th St.
- Lincoln Health Center, 121 SE Viewmont Ave.
- Benton County Health Department, 530 NW 27th St.
- Osborn Aquatic Center, 1940 NW Highlight Drive
- SamFit/Samaritan Square, 777 NW 9th St. #310

All six Pedal Corvallis stations are within two blocks of a Corvallis Transit stop or closer.

According to the bikeshare vendor, Zagster, biking just 30 minutes per day can reduce the risk of heart disease by 82% and the risk of diabetes by up to 58%.

Zagster estimates that 16% of bikeshare users would not have taken their trip if bikeshare was not available.

From the perspective of economic development, bikeshare fosters community connectivity and neighborhood engagement.

Pedal Corvallis Partners and Sponsors

"We are excited to be part of this visionary partnership with the IHN-CCO, City, and sponsors," said Fred Abovseleman, Executive Director, OCWCOG. "Bikeshare is a healthy

and affordable way to meet the transportation needs of our Medicaid members and greater community. We also look forward to working with our pioneering partners and sponsors, and when successful, working with IHN-CCO and our member jurisdictions to grow the program across the region."

Pedal Corvallis' initial financial sponsors are Sam Fit, Linn-Benton Community College, First Alternative Co-op, and Woodstocks Pizza.

The Pedal Corvallis program is operated by Zagster, which also operates bikeshare programs in 130 other locations across the country including in Fort Collins, CO; Albuquerque, NM; and Jackson County, OR.

To learn more call (541) 924-8480 or visit Pedal Corvallis' website at www.OCWCOG.org/pedal.



InterCommunity Health Network CCO

YES! The OSUsed Store is open over summer!

Tuesdays 5:30-7:30 pm
Fridays 12:00-3:00 pm
at 644 SW 13th St, Corvallis



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CO-OP CLASSES JULY AND BEYOND

Tuesday, July 12 • 6:30-8pm
South Store Meeting Room

Prepared Hiker Toolbox, Part 1

Cost: \$15 general public / free for JessBFit South Sister team members

Learn how to pack and what to wear for an all day hike or mountain climb. We'll cover the ten essentials and deconstruct a prepared hiker from head to toe. You'll have the opportunity to talk about and see a variety of technical clothing, equipment, shoes and backpacks. After this workshop you'll have a sense of what items in your closet are trail-worthy and what you'll need to buy or borrow. Participants will get more information about joining a South Sister hike in September or be inspired to plan their own trips. FMI: www.jessbfit.com/train-to-climb-south-sister-2016/
Register on Eventbrite.

Tuesday, August 9 • 6:30-8pm

South Store Meeting Room

Prepared Hiker Toolbox, Part 2

Cost: \$15 general public / free for JessBFit South Sister team members

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. **Register on Eventbrite.**

Tuesday, September 6 • 6:30-8pm

South Store Meeting Room

Prepared Hiker Toolbox, Part 3

Cost: \$15 general public / free for JessBFit South Sister team members

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. **Register on Eventbrite.**

AUTHOR READINGS AND SIGNINGS IN JULY AT GRASSROOTS BOOKSTORE

Meet the Authors, Hear Their Work, Get Their Autograph

Grass Roots Books & Music is a locally-owned, independent bookstore in downtown Corvallis that carries an extensive and carefully-curated range of fiction and nonfiction, books compact discs, greeting cards, stationery, and magazines.

It's a bookstore with real roots in the community. In fact, Grass Roots founder Jack Wolcott was an important figure in the earliest days of the Co-op. It was on a run to Salem to get goods for the store that the idea for Grass Roots was born. At the time there wasn't a local source for "alternative" literature like the groundbreaking Whole Earth Catalogue. Empowered by their experiences in the early-goings of First Alternative, Jack and co-founder Mike Nesson decided to try their hands at a bookstore. The rest is history.



First Alternative file photo: young Jack Wolcott with books

Wednesday, July 20th at 7pm

David Baker's "Vintage"

Join Corvallis author David Baker for an entertaining evening to celebrate the paperback release of *Vintage* his humorous and evocative debut novel.

Vintage follows a food journalist's desperate attempt to save his career—and possibly his marriage—by tracking an extremely valuable bottle of wine stolen by the Nazis over half a century ago.

David Baker is no stranger to the winemaking process. He has spent time working in commercial vineyards and has been known to make a passable Pinot noir in his garage. In addition to sharing readings from the book (and signing copies) he will be talking about the changing wine industry, on a global and local scale, and his research and the writing process.



David Baker's "Vintage" is now available in paperback at Grass Roots Books

Wednesday, July 27th at 7pm

Ellen Jackson & Trudy Toliver talk "Portland Farmers Market: 700 Seasonal Recipes and Stories that Celebrate Local Food and People"

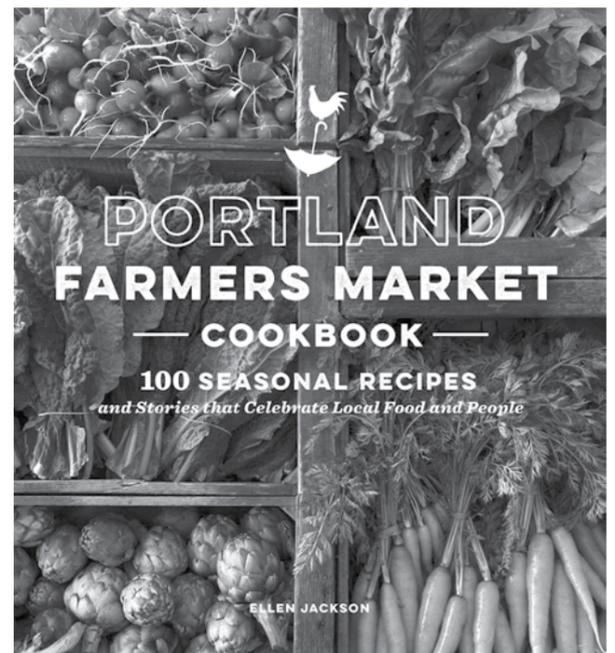
Portland Farmers Market operates seven vibrant farmers' markets in Portland, Oregon, including a year-round farmers' market consistently named among North America's top ten.

This cookbook is a tribute to the farmers, chefs, and shoppers who embrace their world-class markets like no other. With 100 seasonally-organized recipes for every meal of the day, stories of the market's farmers and producers, shopping and cooking tips, and glorious color photography, the Portland Farmers Market Cookbook is a celebration of a place and its people, who are proud to share their bounty with the Portland community and beyond.

This event is co-sponsored by Grass Roots Books and the Corvallis Farmers Market

Ellen Jackson is a cookbook author, food writer, food stylist, and recipe developer who was a Portland Farmers Market board member from 2009-2015.

Trudy Toliver is a life-long Oregonian, environmentalist, and leader. She worked in roles focused on sustainability before joining Portland Farmers Market as executive director. Trudy believes that eating healthy food changes peoples' lives.



"The Portland Farmers Market Cookbook" is available in at Grass Roots Books



Grass Root books is located at 227 SW 2nd Street in downtown Corvallis. It's open every day of the week.

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

ICE CREAM WEATHER

Nothing beats a cool, creamy dessert on a hot summer night. Smooth and sultry, light and lemony, or rich and chocolaty, there are a rainbow of possibilities when it comes to cold treats. I've explored a few ideas this month to get you started.

Consider these recipes as a starting place for you to play with your own favorite flavors and ingredients and make use of some of the Co-op's fantastic selection of seasonal fruit, local dairy, and awesome bulk selection.

VANILLA BEAN ICE CREAM WITH PEACHES



Any ripe fruit will work great for this recipe, but peaches were our favorite growing up. This recipe—and the coconut rocky road recipe—require an ice cream maker.

- 🥄 1 ½ cup sugar
- 🥄 ½ tsp salt
- 🥄 10 egg yolks
- 🥄 2 vanilla beans
- 🥄 1 quart half-n-half
- 🥄 1 pint heavy cream
- 🥄 10 ripe peaches, peeled and pitted*
- 🥄 ½ tsp almond extract

In a large mixing bowl mix sugar, salt and egg yolks and set aside. Split vanilla beans lengthwise and scrape them into a large pot. Add pods, half-n-half, and cream, bring to a simmer. Remove from heat and gradually stir one cup of warm cream into egg mixture, stirring constantly. Add the tempered eggs back into the pot and heat over low until thickened, about 170° on a thermometer.

Remove pods and transfer to your ice cream container base and cool 30 minutes, until temperature reaches 40°. Peel, pit, and dice peaches. Puree 4 peaches until very smooth and add, with almond extract, to ice cream maker. Process according to manufacturer's instructions.

When ice cream reaches 20°, add remaining diced peaches and transfer to a freezer container. Freeze at least 2 hours, or eat as soft serve if you just can't wait!

*To easily peel peaches, gently drop into boiling water for approx. 1 minute. Remove and peel.



Scraping vanilla from pods



Ice Cream Maker



COCONUT ROCKY ROAD



This dairy-free, vegan frozen dessert is almost too good to be true! The base of coconut milk gives it a velvety texture, while rich chocolate flavor and yummy marshmallows are complemented by ribbons of chocolate syrup and hints of salty walnuts. For a S'mores version, substitute chopped graham crackers for walnuts. Yum!

- 🥄 1 pkg. coconut cream
- 🥄 1 cup semisweet chocolate chips
- 🥄 2 cans coconut milk
- 🥄 1 cup agave
- 🥄 ¼ tsp salt
- 🥄 2 Tbsp soy lecithin
- 🥄 3 tsp vanilla
- 🥄 1 cup Dandies mini marshmallows
- 🥄 ½ cup walnuts, chopped
- 🥄 ½ cup chocolate syrup, plus more for garnish

In a double boiler, melt coconut cream and chocolate chips. Transfer to the base of ice cream maker and add coconut milk, agave, salt and soy lecithin, stirring well to combine. Cool to room temperature and refrigerate until mixture reaches 40°. Transfer to an ice cream maker and process according to manufacturer's instructions.

Spoon ⅓ mix into a freezer container; then add ⅓ marshmallows, walnuts and syrup. Stir in slightly and repeat with remaining mix.

Freeze until solid and allow to sit at room temperature for 10 minutes before scooping.



RASPBERRY LEMON VERBENA SORBET



This is a great option for folks that don't have an ice cream maker. Simply transfer finished mixture to popsicle molds or a freezer container and freeze until solid. Allow to sit at room temperature about 10 minutes before scooping.

- 🥄 1 cup sugar
- 🥄 1 cup water
- 🥄 1 bunch fresh lemon verbena leaves
- 🥄 6 cups raspberries
- 🥄 1 tsp pectin
- 🥄 2 Tbsp lemon juice

Bring sugar and water to a boil in a saucepan and add lemon verbena, crushing leaves as you add them to release flavor. Cover and allow to steep for 20 minutes. Strain and set aside.

Purée raspberries in food processor and transfer to a mesh strainer to drain, pressing to extract juices. Discard solids and combine juice with syrup mixture, pectin, and lemon juice and place in blender. Blend until thoroughly mixed, then transfer to popsicle molds or a freezer container. Freeze until solid and enjoy! 🍷



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raw honey chocolate LOVE

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