

MAY 2016
VOLUME 37 • ISSUE 5



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COMMUNITY MARKET MONTHLY



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Hey Ladies!



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

- Wellness demos 11 a.m. to 7 p.m. at both stores
- Giveaways and samples from Megafood, Nordic Naturals, Vitanica, Healthforce, Acure, Wish Garden, and Nectar Creek
- Free in-store facial using products from Evanhealy (North store only—call ahead to reserve a spot 541-452-3115)

Featured Guest Speaker

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

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



from the GENERAL MANAGER

Cindee Lolik
General Manager

With May comes May Day, Mother's Day, and Memorial Day (lots of alliterative holidays in May!) But did you know that May 26th is National Eat More Fruits and Vegetables Day?

Even though it was established for economic reasons by the Dole Company, it's still a great opportunity to encourage everyone to eat more fruits and vegetables, especially as we come into the bounty of Valley at the end of May.

In recent years there has been a growing push to get folks to eat more fruits and vegetables. According to the Produce for Better Health Foundation—an organization formed in 1991 to co-sponsor, with the National Cancer Institute, the "5 A Day for Better Health" campaign, encouraging people to eat five servings of fruits and vegetables a day—there was a small, steady increase of people doing just that through 2009. In the last five years, though, there has been a decline of 7%.

The decline is tied to two behaviors: a decline in the consumption of vegetables as side dishes

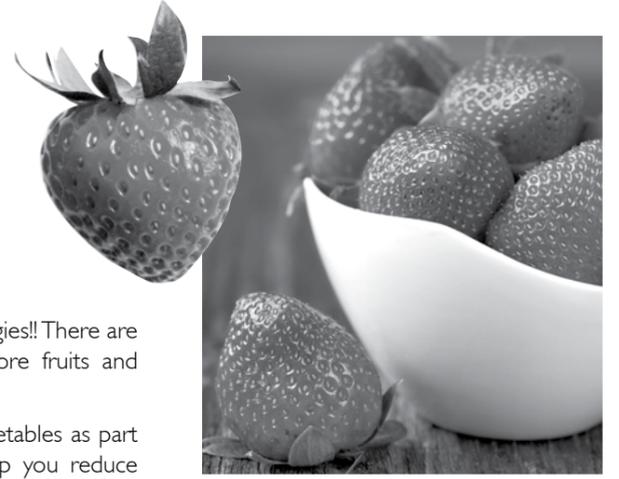
at dinner, and the reduced consumption of fruit juices at breakfast. Staples such as orange juice, lettuce, corn, and green beans have led the decline. Fewer salads being eaten has led to reduced consumption of tomatoes and cucumbers. There has been a slight increase in the consumption of carrots, avocados, spinach and that great Oregon staple, kale—so that is a positive trend.

According to the Center for Disease Control (CDC) only 1 in 10 of us are getting enough fruits and vegetables in our diets. The rise in obesity and diabetes has been dramatic in the last two decades. Let's take Oregon as an example. (By no means the best or the worst state when it comes to these trends.)

In 1994 fewer than 4.5% of Oregonians had been diagnosed with diabetes. In 2013 that had risen to 7.5-8.9%. In 1994 the percentage of obese Oregonians was 14-17.9% and in 2013 that had risen to 22-25.9%. Obesity and the diagnosis of diabetes often go hand in hand. While our trends are not as severe as in other parts of the country, they are still a cause for concern, and a cause for a clarion

call to eat more fruits and veggies!! There are other reasons why eating more fruits and vegetables is a good idea:

- 🍓 Eating more fruits and vegetables as part of a healthy diet may help you reduce your risk of chronic diseases such as heart disease and some forms of cancer.
- 🍓 The fiber in fruits and vegetables may help to lower blood cholesterol levels.
- 🍓 Eating more fruits and vegetables may help reduce your chance of Type 2 diabetes.
- 🍓 Generally, fruits and vegetables are lower in calories than many other foods, so choosing to eat more fruits and vegetables can help to lower your overall calorie intake.
- 🍓 Foods that are rich in potassium like oranges and bananas may help you maintain a healthy blood pressure.
- 🍓 Almost all fruits and many vegetables are low in fat and sodium. Also, fruits and vegetables are naturally cholesterol free.



- 🍓 Eating whole fruits and vegetables adds fiber to your diet. Fiber fills you up. This feeling of fullness may help you maintain your weight.
- 🍓 If you are a woman of childbearing age or in your first trimester of pregnancy, you need folate (folic acid), a nutrient that is found in fruits and vegetables. Folate reduces the risk of birth defects during your baby's development.
- 🍓 Fruits and vegetables contain helpful phytochemicals (plant compounds) that may prevent or delay disease and help you maintain good health.
- 🍓 And finally, another great reason to eat five servings of fruits and vegetables every day—the variety of colors, flavors, and textures that fruits and vegetables bring to meals and snacks. 🍴



from the BOARD OF DIRECTORS

Richard Cunard
Board of Directors

The state has reached a turning point! The great machine of government has expediently given us the right to use twenty-year-old technology when running the Co-op!

As you have likely been informed, the Oregon legislature recently signed into law a bill which permits co-op shareholders to vote by alternate means, including electronically. The news of this took little time to reach the First Alternative Board, and it was met by a resounding mumble of "Yeah, that's nice. We should allow electronic voting in the bylaws." Not exactly an upheaval in your Co-op's leadership, I know, but I feel it deserves mentioning in a larger conversation.

The Co-op will be having a referendum in the coming month to allow for alternate methods of voting, which, if passed, would give us the option of implementing an online voting system at some point in the future.

While we don't have any immediate plans to implement such a system, I think this is a deceptively big step being taken. More and more people are turning towards electronic communication (or possibly fewer and fewer are staying with older methods.) I feel like this could be a step towards a far more active cooperative. Allowing people to vote on their computer, phone, tablet or whatever they're cramming WiFi into this month makes voting just that much easier to do (or harder to ignore.) Whether sending an email or spending five minutes on a polling site is all that much easier than sending a letter may, or may not, be the case, but I guarantee the average person sees it as such.

Despite any snarky comments I might have regarding the subject, I feel the Co-op is doing a rather fine job keeping up with the march of technology. Electronic voting aside, our stores have free WiFi, and during a recent Board

meeting we discussed the potential future prospect of ordering groceries online. I also spoke with Co-op employee Phil Hochheiser about the state of the Co-op with regard to the use of newer tech and electronic services. His response was rather positive, noting that while we don't necessarily have the resources to upgrade our stores as much as major corporate chains, we have been making reasonable progress, including a recent upgrade to our Point of Sale (POS) system (you may have noticed the new card readers at the checkout counters.)

He also thought it worth mentioning that we have recently expanded our IT department, which I am told is a welcome addition, given how much IT work even a small store requires.

When asked what might be worthwhile to expand upon regarding anything from store equipment to social media, he suggested that outlets such as Twitter, Facebook or Instagram could be used to help keep customers informed about upcoming events, sales or community goings on. He also made a point to mention that while the

POS upgrade was much needed, moving to a perpetual inventory (a system which dynamically updates the store inventory at every transaction) would save time and resources (and therefore money) for the Co-op, as well as allow the staff more time on the floor to help customers.

I highly doubt anyone would be surprised that, being the youngest Board member, I am a self-described 'techno-optimist.' I believe that we should, within reason, use whatever tools become available to aid the growth and success of the Co-op, and that an increase in digital media presence, and use of electronic communication would be a significant step in the right direction. You can read more about the proposed changes to our bylaws on the next page, and I'd be interested in hearing any other ideas about what the Co-op could do to improve its digital presence, or what new tools or technology we could be employing. If you have any suggestions, I'd be glad to hear about them. You can email me at RCunard.firstalt@gmail.com. 🍴



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.

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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, May 4th at 11:30am
in the South Store meeting room

Board Recruitment & Elections Committee

Works to enhance Board performance and recruit qualified candidates.

Thursday, May 19th at 6pm
in the North Store meeting room

Finance Committee

Reviews, analyzes, and makes recommendations on financial matters.

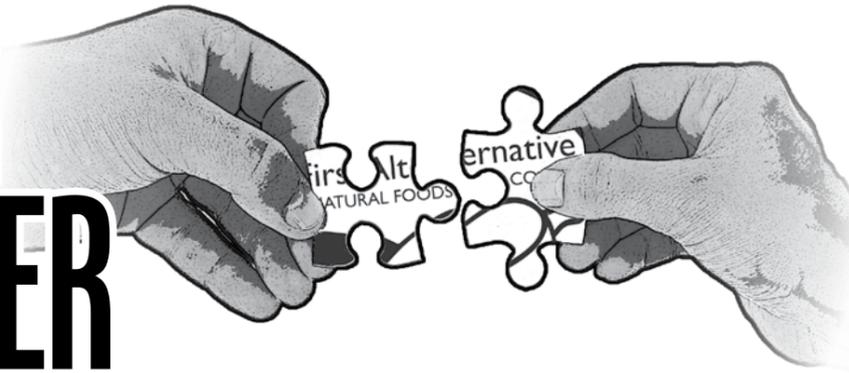
Wednesday, May 11th at 5:30pm
in the North Store meeting room

First Alternative Board of Directors

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

Tuesday, May 24th at 6pm
in the South Store meeting room

STRONGER + TOGETHER



PROPOSED BYLAW CHANGE

To Allow For Alternate Voting Methods, Sections 3.5, 3.6, 3.7 and 4.3 of the Bylaws of First Alternative Cooperative Shall Be Amended as Follows:

Underlined text to be added to the bylaw, crossed-out text to be removed:

Section 3.5—Quorum and voting.

Those owners who properly submit mail ballots shall constitute a quorum for the transaction of business. Except as otherwise set forth in these bylaws, each owner shall have one and only one vote on each issue submitted to a vote of owners. Voting by proxy shall not be permitted. Unless otherwise required by law or by these bylaws, issues shall be decided by a simple majority of votes cast except where one or more choices are to be made from several alternatives, in which case the alternative(s) receiving the most votes shall be considered approved. A committee of the Board shall oversee voting procedures.

Section 3.6—Voting by mail ballots.

Except as otherwise set forth in these bylaws, all binding voting by owners shall be by mail ballots or such other means as are allowed under Oregon State law. The notice of a vote shall include a copy of the issues to be voted upon, together with an explanation of how a

vote may be cast and, when needed, a ballot and a voting envelope. ~~and The notification shall also include of the date by which ballots must be returned received. Ballots must be returned in a sealed envelope which is authenticated by the owner's signature and owner number.~~ Any business conducted at a meeting of owners shall be of an advisory nature only.

Section 3.7—Issues submitted by owners.

Mail ballots shall include any proper issues submitted by petition signed by a minimum two percent of all owners. Petitions must be received at the Co-op not less than ninety days before the first date on which ballots may be mailed.

Section 4.3—Nominations, election and terms.

Directors may be nominated by the Board or by petitions signed by at least twenty owners and submitted to the Co-op at least forty five days before commencement of election of directors. Directors shall be elected by mail ballot of owners. Each owner shall have the number of votes corresponding to the number of director positions to be

filled. No more than one vote may be cast for each director position to be filled. Terms of directors shall be so staggered that one-third of the terms, or as nearly so as may be practicable, shall expire in each year. Directors shall normally be elected for terms of three years. To facilitate staggering of terms, some directors may periodically be elected for one or two year terms. Candidates receiving the greater number of votes shall be assigned the positions with the longer terms. In the event of a tie vote among candidates that would otherwise result in a nonconformity with any provision of these bylaws, the candidates receiving such a tie vote shall determine among themselves who shall fill the available position or term. Directors shall hold office until their successors are elected or until their terms are terminated sooner in accordance with these bylaws.

Look for full Board of Directors Election coverage, including candidate and voting information, in the June edition of the Thymes

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

FIRST ALTERNATIVE'S RECYCLING CENTER

A Community Service of Your Co-op

The First Alternative Recycling Center is something unique. Not many grocery stores would go to the trouble, but we're not like many grocery stores. We're a co-op.

As a Co-op we are committed first and foremost to the community, and this is a community that strives to cut waste. We're here to help.

Our recycling center is open daily from 9am-5pm (staffed from noon-2pm) and accepts a wide range of non-hazardous materials including metal, wood, and glass.

We even accept styrofoam, for a small fee that goes to cover the cost of providing the service. After collection, the styrofoam goes to St. Vincent DePaul in Eugene or Recology in Portland where it's condensed and reused.

Don't use it? Don't trash it! Recycle it, at the Co-op's Recycling Center.



We also have receptacles in our store for unwanted eyeglasses, old cellphones, dead batteries, and even ink-cartridges. We want to make sure these materials stay out of the landfill, and whenever possible, get reused.



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MAY Anniversaries

Staff Anniversaries

- 1 year:** Azure Adornetto, Raewyn Ennis, Jaya Dasa
- 2 years:** Courtney Spaulding
- 3 years:** Jean Marr, Kate Ottersten
- 13 years:** Natalie Lagerquist
- 14 years:** Donna Tarasawa
- 15 years:** Lisa Millbank
- 21 years:** Jonathan Carroll

Paid Sub Anniversaries

- 8 years:** Serena Kapuler
- 11 years:** Jana Seeliger

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

IN THE KNOW ON THE NEW



Color Garden Pure Natural Food Colors

At long last, natural food coloring is available at the Co-op!
Color Garden Pure Natural Food Colors are 100% plant based, which means there's no need to worry about sensitivities to dyes like FD&C Red 40 or FD&C Yellow 5. These colors are bold and bright, but stained clothes (and tongues) will come clean easily. Naturally, it's better. Find them in the baking section.



Deck Farms Uncured Hot Dogs

From **Deck Farms** in Junction City. Hot dogs don't get any better than when they're nitrite-free, made fresh with humanely-raised beef and pork, and hand-delivered by the farmers themselves. Time to fire up the grill and eat some **Deck Dogs!**



Back to Nature Gluten-Free Crackers

Back to Nature makes some of the best crackers out there, without artificial preservatives, colors, or flavors. And all of their products are Non-GMO Project Verified.

Now gluten-free snackers can get in on all the goodness with their new **Sea Salt and Adzuki Bean Crackers** and **Fiesta Lime Black Bean Crackers**.

Top them, dip them, crunch them up plain, no matter how you eat **Back to Nature Crackers**, they're nothing but pure enjoyment.



Liberty Lotion

High CBD Lotions, Balms, and Tinctures

Made with high CBD hemp oil and Arnica Montana, **Liberty Lotion** all natural topical pain reliever employs natural skin penetration technology to deliver long-lasting relief directly to where it's needed.

Freedom from pain, with **Liberty Lotion**, available as a lip balm, tincture, and lotion. Available at the Co-op. Find it in the Wellness aisle.



Biena Chickpea Snacks

Biena is a small company with a big mission—changing how Americans snack, for the better. They're doing it with their new **Chickpea Snacks**, available in 4 delicious flavors: **Sea Salt, Honey Roasted, Barbeque, and Habanero**.

Chickpeas have more protein and fiber than nuts and chips—perfect to fill you up—and less fat. It's a winning proposition. And they come in convenient resealable pouches, perfect for energizing your picnics and hikes.



Kettle Potato Chips and Veggie Chips

First Alternative has a long history with Kettle Chips. Back in the late 70s, when they were known as N.S. Khalsa Co., we sold some of their first products, nut butters. Eventually they began making chips, changed their name to Kettle, and grew into an international innovator in healthful gourmet snack foods.

We're proud to carry them still, and excited about their new **Organic Jalapeno Potato Chips, Vegetable Chips, Baked Potato Chips**, and potato chips cooked in **100% Avocado Oil**. Find your favorite.

LOCAL STRAWBERRIES HAVE ARRIVED

Taste the Succulence of Summer

Welcome to the sweet taste of the berry beginnings of summer: Fresh, local, organic strawberries are now available at the Co-op, delivered direct from the hardworking folks at **Denison Farms**.

Grab a pint and head down the river. Come on back when you're ready for more, because the season is here!



ESSENTIAL OIL DIFFUSERS

New From the Essential Oil Wizards at Aura Cacia,

We have two exciting new essential oil diffusers at the Co-op. The **Aura Cacia Ultrasonic Diffuser** disperses a fine, cool mist of essential oils and water. By not using heat, the natural aroma profile of essential oils is protected. The same is true for the new **Aura Cacia Portable USB Diffuser** which uses a small, quiet fan, perfect for the office. Find the diffusers (and a huge selection of essential oils) in the Wellness aisle



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MAKE IT FRESH, WITH ORGANIC PRODUCE FROM FIRST ALTERNATIVE

Three Salsas and a Guacamole Recipe for All Tomorrow's Fiestas

Summer is quickly approaching and the seasonal bounty is really beginning to roll into the Co-op. There's nothing like fresh, organic produce, and we've got it.

This summer eat fresh, simple, and healthy. You'll save yourself time and money, and feel great while doing it. Here are some easy recipes to get you started. You'll find just about everything you will need in the Produce section. Just don't forget the chips or tortillas!

Guacamole

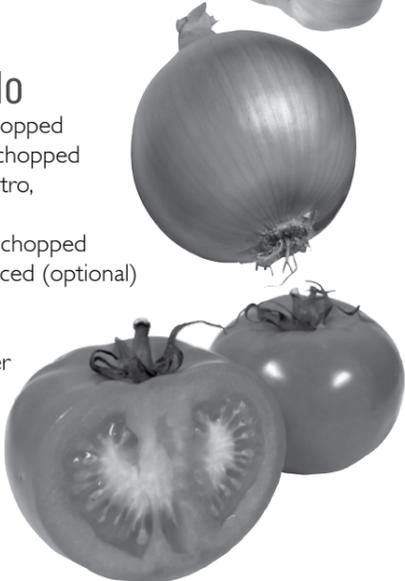
- * 4 avocados
- * 1 small onion, finely chopped
- * 1 clove of garlic, minced
- * 2 tomatoes, chopped
- * Juice of 1 lime
- * 1 jalapeño, minced
- * 1 cup cilantro, finely chopped
- * Salt and pepper to taste



Peel and mash avocados in a medium serving bowl. Stir in remaining ingredients. Chill for half an hour to blend flavors.

Pico de Gallo

- * 4 tomatoes, chopped
- * 1 small onion, chopped
- * 1/2 bunch cilantro, chopped
- * 2 garlic cloves, chopped
- * 1 jalapeño, minced (optional)
- * Juice of 1 lime
- * Dash of cumin
- * Salt and pepper to taste



Combine ingredients in a medium serving bowl, mix and serve immediately.

Tropical Breeze Salsa

- * 2 mangoes, chopped
- * 2 Rio Star grapefruit, chopped
- * 3 green kiwi, chopped
- * 1 bunch cilantro, chopped
- * 1 shallot, minced
- * 4 cloves garlic, minced
- * 1 jalapeño, minced (remove seeds for less spice)
- * Juice of 1 lime
- * Salt to taste



Combine ingredients in a medium serving bowl, mix and serve immediately.

Black-Eyed Pea Salsa

- * 3 cups black-eyed peas
- * Juice of 1 lemon
- * Juice of 1 lime
- * 1/2 yellow onion, chopped
- * 1/2 red onion, chopped
- * 1/2 bunch cilantro, chopped
- * 2 roma tomatoes, chopped
- * 1 red bell pepper, chopped
- * 1 leek, diced (optional)
- * Bulk chili powder (optional)
- * Salt and pepper to taste



Combine ingredients in a medium serving bowl, mix and serve immediately.

FIVE FOR CINCO

Five Great Products Great For Cinco De Mayo and Beyond



Jackson's Honest Tortilla Chips

All of Jackson's Honest Tortilla Chips are organic, and cooked in nutrient-dense coconut oil providing a delicate crunch.



Sweet Creek Foods Organic Enchilada Sauces

These great enchilada sauces from Sweet Creek foods are a local favorite. Just try them to find out why.



Beyond Meat Beyond Beef: Fiery Crumbles

Just what the taco ordered. You'll find this zestily-seasoned meat substitute in the freezer section.



Hot Winter Hot Sauces

Sometimes you need to turn up the heat, even in the summer. When it's time, reach for a jar of Hot Winter hot sauces, where serious heat meets serious flavor.



De Casa Fine Foods Tortillas

Wrapping it all up, we have De Casa Tortillas. Whatever dish it is you're making, we've got the 'tilla for it: taco-sized yellow and white corn, and whole wheat, and flour in taco and burrito sizes.

DOWNLOAD THE FREE CHINOOK BOOK APP AND SAVE AT LOCAL BUSINESSES

Mobile Coupons Redeemable at the Co-op, Footwise, ReStore, and Many More Willamette Valley Locations

The Chinook Book mobile app was launched in 2010 with a mission to use technology to expand the marketplace for sustainable products and services.

The app delivers one-time-use coupons for locally-owned and sustainably-minded businesses in Corvallis and Eugene without all the wasted paper. It's the future of coupons, and with our recent Point of Sale (POS) system upgrade, we're ready for the future!

Every two months we offer ten coupons. Our offerings for May 1-June 30:

75¢ off any **Alter Eco Chocolate Bar**; \$1 off any **Coconut Bliss** product; \$1 off the purchase of two **Honey Mama's Cacao Nectar Bars**; \$1 off any one **King Arthur Flour** product, (2lb or larger); \$1 off any **Made in Nature Organic Dried Fruit**; \$1 off one box of **Numi Organic Tea**; \$1 off any 16oz jar of **Once Again Nut Butter**; 75¢ off one **Probar Meal Replacement Bar**; \$1 off **Schmidt's Deodorant**; and \$1 off any one **Woodstock Frozen Fruit or Vegetable**.

Each of those coupons can be used once during the two-month period. But it's not just us, you'll find coupons and deals from **Laughing Planet, Great Harvest Bread, New Morning Bakery, Soup Cycle**, and even the **Majestic Theatre!**



Select coupons as you shop, then at the register choose 'redeem' and scan them with our phone scanners (pictured on the right)



Students, faculty, or staff at Oregon State University are eligible to receive free coupons from local businesses when creating an account with an oregonstate.edu email

The Chinook Book app is free to download, and available on all major app stores.

Start saving today by downloading the app and setting up an account. You will get free offers good all over the Willamette valley

Want to save more? You can also purchase a Full Access subscription for just \$15/year, which gives you access to hundreds of additional coupons in Portland, Seattle, the San Francisco Bay Area, and more.

The future is here, so stop clipping your coupons and start downloading them, with Chinook Book.



After you hit 'redeem' and the barcode appears (shown on the left), hold the phone's screen in front of the crosshairs on the scanner until you hear the beep. Voila!

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- Local Grocery
- Travel & Recreation
- Wellness



cheese please

The warm weather is getting us excited about the outdoors... and what to eat while we enjoy the sunshine! Try these picnic suggestions from our Deli Department!



Holly Smith
South Store Deli Assistant Manager

Holly loves snacking on Caprese salad while sprawled on a blanket in Willamette Park. "I slice up **fresh mozzarella and tomatoes**, then top with hand-torn leaves of **local basil**, a generous drizzle of **organic olive oil**, and a sprinkle of **kosher salt**. Pile on top of hunks of **Big River baguette** and don't forget the **San Pellegrino!**"



Natalie Lagerquist
South Store Deli Manager

Natalie loves to entertain with a casually elegant backyard picnic. "I top local radishes with **Cypress Grove Ms. Natural chevre** and **Maldon flaked sea salt**, then serve alongside **La Quercia speck or prosciutto** and **Co-op Kitchen Asparagus Quinoa Salad** from our deli. Pair with a bottle of **Clara C Fiori Di Prosecco** for a light and refreshing spring meal!"



Jeannie Holiday
North Store Deli Manager

Jeannie is most content looking out over a body of water, be it the John Day River or the Pacific Ocean. "**Co-op Kitchen Beet & Walnut Salad** goes great with wedge of **Cablanca Goat Gouda**. And I always bring **Loki smoked salmon** and **Back to Nature crackers** to snack on. Don't forget to bring a Citrusy **Block 15 Sticky Hands IPA** to wash it down!"



Ashley Caspell
North Store Deli Assistant Manager

Ashley adores hiking in the Coast Range and exploring Oregon's beautiful, rugged beaches. "Some snacks I like to bring are: **12-month-aged Manchego Cheese**, **Chop Abruzzo Salami**, and **Co-op Kitchen Falafel** from our salad bar! They travel well, keep my energy up on the trail, and pair well with the new **Two Towns Ciderhouse Sun's Out Saison**."





Yadira Ruiz
Sunbow Produce, Thymes contributor

MOTHER'S DAY GIFT GUIDE

This month, Side by Side is veering from our usual product comparisons to think of mom.

Mother's Day is May 8th, the perfect opportunity to show our moms that we're paying attention, and don't want to give them just any little throwaway gift. We want to give a gift that reflects who they are, what they love, and our love for them.

It's impossible to capture every "type" of mom out there, but here's our little attempt, with delightful gift suggestions from our stores. Keep in mind, selection varies depending on which store you frequent so it's worth visiting both. And remember, we also have a great assortment of cards that are blank on the inside so you can wax poetic about how awesome she is. Yes! Do start with a bouquet of local flowers but don't stop there...go the extra mile!

THE LET'S TRY THAT AT HOME MOM

If your mom fits this description, you've doubtlessly seen numerous displays of her "can do" attitude around the house. This is the mom that goes out and buys cake decorating kits and sends you links to her next Pinterest project. It's possible she's done it all but here are our suggestions:

- ✦ **Roll your own sushi kit:** sushi rolling mats, a selection of nori sheets, seasoned rice vinegar, sweet little dipping bowls, a gasket sealed jar from the bulk section filled with sushi rice, a jar of delicious pickled ginger, a bottle of sake (we have a few different varieties) and a hand-written invitation to have a sushi rolling date at home.
- ✦ **Aura Cacia DIY kit:** Everything mom needs to make her own personalized bodycare products. Because a mother always know what's best, especially when it comes to skin care.



THE NATURE LOVER

If it comes from the earth, she's all about it. She probably owns the best gardening stuff and knows all of the best hiking spots already. You can encourage her love of all things green with these gifts

- ✦ A variety of herb starts, seed packets, and a bucket of rich Soilsmith compost from the produce department
- ✦ A Flipside hat, a pair of Blue Planet sunglasses and an awesome Kleen Kanteen water bottle in her favorite color (you can never have too many!)



THE KNICK KNACK COLLECTOR

She loves all things cutesy and collectible, so go ahead, add these things to her collection:

- ✦ **Art Bird Clocks and Trays** come in irresistible designs that compliment many tastes.
- ✦ **Dried herb jars and tins** from the bulk section (yes! Fill them for her!)
- ✦ Lovely **glazed pottery dipping sauce bowls** and an assortment of **seasoned/flavored salts** because dipping bowls are the cool way to put salt on the table.
- ✦ **Alaffia hand woven baskets** are not only beautiful but oh so handy! They come in many designs and sizes.



THE WANTS TO MAKE A DIFFERENCE MOM

She cares deeply about how her actions affect others. She is thoughtful about how she spends her money because she wants to contribute to an economy that builds up communities and individuals.

- ✦ If she isn't already a Co-op Owner, buy her a **Co-op Owner Share** for the ultimate "I give a damn" gift.
- ✦ An **Alaffia basket full of fair trade, community building goodies.** There are hundreds of items throughout the store but here are some ideas to get you started: **Dr. Bronners** foods and body care; **Alaffia** body-care; eye-opening coffee beans with a cause from **Pacifica, Bespoken, and Just Coffee Co-op**; and an assortment of chocolate bars from **Equal Exchange and Endangered Species.**



THE BUSY OFFICE MOM

Her career is booming and doesn't have much time for anything else. Help her make time.

- ✦ She might indulge in a hot soak in the tub at the end of a long week, visit the Wellness aisle and grab a basket full of **scented soaps, lotions, and relaxation inducing goodies...** don't forget the **chocolate!**
- ✦ **Wine!** She might have her favorites but you could expand her horizons with a basket of wines. Choose a red, a white and a rose or a sparkling wine for an assortment she could enjoy over time or with a group of friends.



THE REDISCOVERING HERSELF MOM

- ✦ **Britt West Eco-Prints,** there's a beautiful selection of locally and lovingly made art prints by our very own, Brittney West. Flip through them to find the one that best fits her, or better yet, grab a few to show that you know she has many facets to her personality. Pair it with a "decomposition" journal and a pair of locally-made **Northwest Goods** earrings.



THE WE DON'T SPEND ENOUGH TIME TOGETHER MOM

It's possible all moms fall into this category so it's kind of our failsafe. Grab that mandatory bouquet of locally-grown flowers and...

Put together a basket of crackers, cheese, drinks, fruit and cured meats. Send her an invitation for an outing at a local park, or even your own backyard. Put away your smartphone and other distractions and make it all about her. That's what really makes a mother's day.



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MAY 2016 COMMUNITY CALENDAR

UPCOMING EVENTS

Art in the Garden: Mother's Day Festival

May 7th-8th, 10am-5pm at The Thyme Garden, (20546 Alsea Hwy)

Regional arts, music, free herbal appetizers, food, beer and wine for purchase at The Thyme Garden nursery in the Coast Range Mountains. FMI: www.thymegarden.com, (541) 487-8671.

Natural Areas Celebration Week

May 7th - 15th, at various times and locations around the valley

Join us for our 7th annual Natural Areas Celebration Week and learn more about the incredible natural resources in the Willamette Valley. Kayak the Mary's river; go star gazing on Fitton Green, enjoy wine at Tyee wetlands, or take a guided bike tour of the lost creeks in Corvallis; there's something for everyone! visit sustainablecorvallis.org/action-teams/natural-areas for a list of events. FMI: Caitlyn Reilley (541) 662-8058.

Blackberries in the Willamette Valley

May 9th, 7:30pm at Avery House (1200 SW Avery Park Dr)

Blackberries were introduced into the Willamette Valley and are challenging endemic species. Kim Humer of the National Germplasm Repository will talk about the genetics, ecological challenges and diseases of these alien invaders. Sponsored by Native Plant Society of Oregon. FMI: Esther McEvoy, (541) 754-0893 or Estherco@peak.org.

OSU's Spring Repair Fair

May 11th, 5:30-7:30 pm at OSU Used Store (644 SW 13th St.)

Bring broken items and learn how to fix them for free; attend demos to learn more DIY skills. Visit <http://tiny.cc/repair-fair> to see the specific skills and demos that are being offered. FMI: andrea.normis@oregonstate.edu or (541) 737-5398.

Eye Health with Traditional Chinese Medicine

May 17th, 7pm at First Alternative South Store Meeting Room (1007 SE 3rd st.)

Learn ways to promote eye health using the time-tested ancient wisdom and techniques of Traditional Chinese Medicine in this interactive class. Learn acupressure points, qigong exercises, beneficial herbs and nutrition, and lifestyle tips to support and promote eye health. Instructor Joe Moceus earned a Master of Science in Traditional Oriental Medicine from Pacific College of Oriental Medicine in San Diego and is also a Certified Tai Chi Easy Facilitator by the Institute of Integral Qigong and Tai Chi. Joe recently relocated to Corvallis and is looking forward to accepting new acupuncture patients at Life in Balance Acupuncture very soon. Free event, but registration on www.eventbrite.com is required.

Showing Up for Racial Justice Meeting

May 21st, 10:30am-1pm at First Alternative South Store Meeting Room (1007 SE 3rd st.)

Everyone welcome. Discussions facilitated by members of the Corvallis chapter of SURJ (Showing Up for Racial Justice). SURJ is a national group of white people working in powerful and respectful partnerships with people of color to build a broad-based, multiracial progressive movement for racial, social, environmental and economic justice.

Marys Peak Field trip

May 22nd, 9am at OSU Oceanography parking lot

Explore the wildflowers on Mary's Peak. Wear weather appropriate clothes and bring lunch and water. The group will meet in the OSU Oceanography parking lot, diagonally across the street from the Beanery at 26th and Monroe. Sponsored by Native Plant Society of Oregon. FMI: Esther McEvoy, (541) 754-0893 or Estherco@peak.org.

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

FREE TEEN LAUGHTER YOGA

Wednesdays 4-5pm. FMI: Energy9Studio.com

YOGA FOR RECOVERY

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

HEART OF THE VALLEY BIRTH NETWORK

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

MEMORY LOSS SUPPORT GROUP

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

PEACE

CORVALLIS SECULAR SOCIETY

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

AMNESTY INT'L WRITERS GROUP

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

COMPASSION COMMUNICATION PRACTICE GROUP

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

DANCES OF UNIVERSAL PEACE

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

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

IMAGINE OPEN MIC

every Second Thursday at Imagine Coffee, 5460 SW Philomath

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

CORVALLIS UKULELE CABARET

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

CELTIC JAM

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

EZ BLUEGRASS JAM

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

COMMUNITY SINGING LESSONS

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

PLANET BOOGIE

April 16 and May 21, 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

DRIVE LESS AND WIN MORE WITH GET THERE! 2016

Get Active, Save Money, And You Could Win Prizes

Don't miss the annual Get There! campaign, May 2-22, across Benton, Lincoln, and Linn Counties. Get There! is sponsored by Drive Less Connect, Oregon's secure, easy-to-use online ride-matching tool.



Track your trips by bike, bus, walking, carpool/vanpool and telecommuting at DriveLessConnect.com.

Track just a single trip for your chance to win gift cards and other prizes from local businesses like Cyclotopia, First Alternative Co-op (yay!), Footwise, Schmidt's Garden Center, Sam Fit Gym, Corvallis-Albany Farmers' Market and more.

Track five or more trips to be eligible to win a Kindle Fire or a getaway to Chinook Winds Casino Resort in Lincoln City!

GET There!
Corvallis, May 2-22, 2016

Drive Less! Save Money! Win Prizes!

See the benefits for your wallet, your health and the planet!

Sign up and track your trips at:
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Grand Prizes
(Track 5 trips or more to be eligible)

- Oceanfront stay at Chinook Winds Casino Resort in Lincoln City!
- A Kindle® Fire!

Gift cards and other prizes
(Track just 1 trip to be eligible)

Corvallis Cyclery	Footwise
Cyclotopia	New Morning Bakery
First Alternative Coop	Osborn Aquatic Center
Schmidt's Garden Center	Papa's Pizza Parlor
Enterprise CarShare membership	Woodstock's Pizza
Mo's Seafood Restaurant	Squirrel's Tavern
Corvallis-Albany Farmers Market tokens	Sam Fit gym

Bike, Bus, Carpool/Vanpool, Telecommute or Walk and WIN prizes!

OSU Oregon State University | Chinook Winds CASINO RESORT | Rideshare | vRide | HANDLEBAR

How to track your trips:

- Create your profile at DriveLessConnect.com by clicking "Register Now." (Or sign in if you're already a member.)
- Click "Ridematch" in the top gray bar to create a trip, and "Calendar" to track trips. Track any trips between May 2-22 to be eligible.

FM: Oregon Cascades West Council of Governments, (541) 924-8480 or ridemanager@cwride.org

THE CO-OP IS GIVING AWAY THIS WOODSTOCK WAGON IN MAY

Stop in anytime this month to receive a dollar-off coupon for any Woodstock product, and enter to win this rugged Woodstock wagon!



You can also visit www.teamnongmo.com to win additional prizes, learn about GMOs, share information, and help grow Woodstock's Team Non-GMO!

Concerned about GMOs?

- Choose organic—the use of genetically modified ingredients is prohibited in organic products
- Look for third party verifications such as the Non-GMO Project verified logo
- Visit www.justlabelit.org to learn more

Good luck, entrants, that's one fine looking wagon.

RECYCLING BLOCK CAPTAIN PROGRAM ANNOUNCES RECRUITMENT CAMPAIGN RESULTS

Opportunities To Volunteer And Help Prevent Waste Still Available

The Corvallis Sustainability Coalition's Waste Prevention Action Team (WPAT) has completed its Recycling Block Captain Program recruitment campaign, which began January 1st and ended on March 10th at the Coalition's annual Town Hall. The program now has 90 volunteer captains covering around 4,000 homes in Corvallis.



"While we did not reach our goal of 60 new block captains, we are very pleased with the results," said WPAT Leader Andrea Norris. "Block captain participation in the program has remained steady over the last couple years, so a jump of 39 people and over 1,000 homes in two-and-a-half months is impressive and puts us on track to continuing the growth of this program and its impact on the Corvallis community. We will continue to recruit for the program throughout this year."

The Recycling Block Captain Program, initiated in 2010, is

an innovative outreach program designed to engage Corvallis community members in the process of educating their neighbors about recycling, composting, and waste prevention through the distribution of informational handouts.

Volunteer captains define their own neighborhoods (number of homes and location) and serve as liaisons between their neighbors and the WPAT. Handouts are developed and provided by the WPAT three or four times a year.

Community members were challenged to "Get with the Program!" to share or gain skills, join like-minded people, help Corvallis increase its recycling rate, and make a difference in the community. New captains and those returning were

entered into prize drawings conducted throughout the campaign, with two grand prizes awarded at the close of the campaign.

The WPAT team would like to acknowledge the ongoing commitment of Republic Services to the Corvallis community, through their sponsorship of the program flyers and active engagement with the team of Recycling Education and Outreach Coordinator, Rachel Snyder. Special thanks to American Dream Pizza, Block 15, and Sky High Brewing for their contribution of gift cards towards the prize drawings.

Community members are encouraged to visit the WPAT website to view a complete list of prize winners, to sign up to volunteer, and to learn more about the Recycling Block Captain Program activities, visit <http://tiny.cc/wpatcapt>.

The Corvallis Sustainability Coalition, formed in 2007, is a network of organizations and individual volunteers in Corvallis, Oregon, working together to create a sustainable community. The Community Sustainability Action Plan serves as a framework for action for the Coalition's partner organizations and its 12 action teams. Information about the Coalition is available at <http://sustainablecorvallis.org/>



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"You have brightened my day through your expertise."
-Andy Dufner, Director, Nestucca Sanctuary

"Thanks so much for helping us...I really appreciate it!"
-Louise Tippens, Director, Environmental Federation of Oregon

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A Bicyclist's Guide to Grocery Getting, Coming Soon

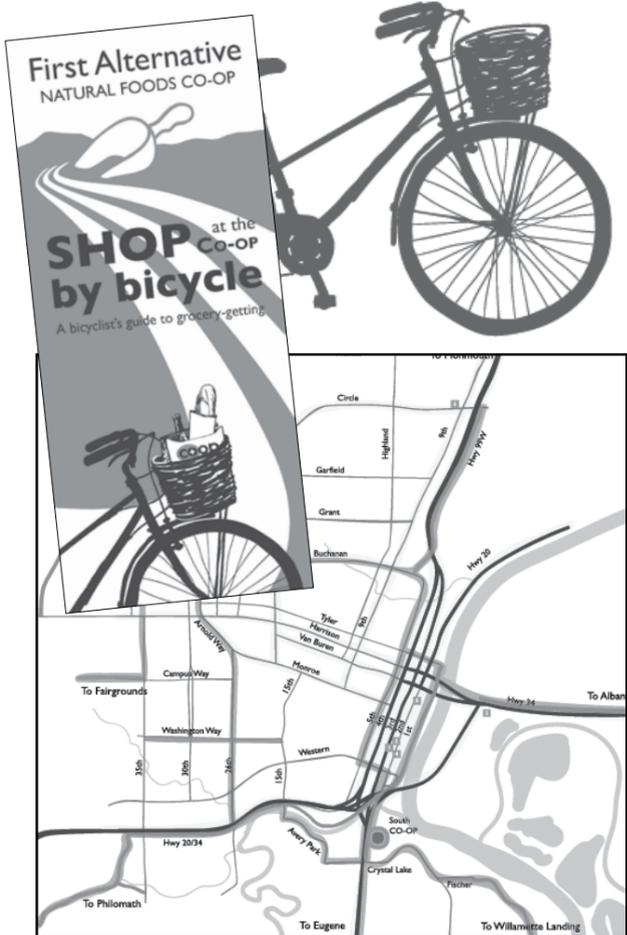
We're all about alternatives here at the Co-op—dairy alternatives, meat alternatives, gluten-free alternatives, even alternative forms of transportation (we do have an electric truck for store transfers, after all.)

To encourage alternative transportation, the Co-op offers a \$5 punch-card voucher, redeemable after 15 visits via alternative transportation to the Co-op while spending at least \$10 per visit.

In 2013, that Alternative Transportation Program saved 18,135 single user vehicle trips to the Co-op! With an average of 4 miles round trip, that would be 72,540 miles saved!

With our new **Shop at the Co-op by Bicycle** pamphlet we hope to empower even more people to leave their car in the garage and use pedal power to get their fresh, local, organic groceries home.

Look inside for a rundown of a biker's cargo carrying-options, local businesses and online resources where you can get the gear and glean the know-how, a bike-oriented map, and most importantly, safety tips. Available soon, at the Co-op!



A biker's map of Corvallis highlighting the best bike routes to both Co-op locations along with the locations of local bike shops and heavily-trafficked roads worth avoiding

Beans for Bags

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

Recipients for April-June 2016

- Benton Hospice
- Coastal Range Food Bank
- Corvallis Environmental Center
- Marys River Watershed

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

FARMERS' MARKETS RETURNS TO DOWNTOWN CORVALLIS AND ALBANY

The Bounty of the Valley is Back Downtown

April 16 marked the start of the 26th season of the Corvallis and Albany Farmers' Markets. These early markets feature spring raab and other greens, potatoes and other storage vegetables, radishes, turnips, carrots, rhubarb, preserved foods, honey, eggs, meat, poultry, and cheese plus nursery plants and cut flowers. They're also a time to catch up with friends, old and new, to hear great music, and to get out into the beautiful mid-valley morning.

Among several new vendors this season are Green Fields Bison Ranch of Dallas, and Hazelton Farms, who raise yak in Kings Valley. Those two, plus new vendor Totum Bonum Family Farm (beef, pork, and poultry) join 10 other local farms raising meat.

Produce growers have also increased in abundance. New farms in this category include Tie Dye Farm, Small Axe Nursery, Rainshine Family Farm, Silvermail Farm and Orchard, plus some expansion from farms that sell on Wednesday in Corvallis or Saturdays in Albany.

Another major development this season will help some families stretch their food dollars further: Corvallis-Albany Farmers' Markets have received funding to offer Double Up Food Bucks (DUFBS) to customers using SNAP benefits on their Oregon Trail cards.

Double Up Food Bucks is 50-percent federally-funded via a grant obtained by the Farmers Market Fund (FMF) in Portland.

FMF gathered additional regional funding, and individual markets sought funds. The Corvallis and Albany markets obtained their local match funds from Samaritan Health Services.

Oregon Trail cardholders can receive up to \$10 per market day in DUFBS as a match to \$10 or more redeemed from their cards, meaning a family can spend twice as much on fresh, local foods. The new currency is a \$2 voucher, so even dollar amounts are matched.

Another great service is Samaritan Cancer Resource Center's That's My Farmer nutrition program, run in cooperation with the markets. Current and recent cancer patients get help from Samaritan dietitians and other staff, plus vouchers to purchase fruits, vegetables, grains, and dried beans.

Other market-related programs that increase access to high quality foods are the Farm Direct Nutrition program coupons for low-income families with children and some seniors, and gleaning

groups who collect perishable produce from vendors and distribute to others in need.

The Corvallis market runs 9am-1pm on a portion of 1st Street and Monroe Ave. The Albany market, at 4th and Ellsworth in downtown Albany, runs the same hours. More information is available online at www.locallygrown.org



Illustration by the Co-op's own Julia Lont

HELP TO IMAGINE CORVALLIS IN 2040

The City of Corvallis is Embarking on a Long Term Visioning Project for Our Community, Called Imagine Corvallis 2040

During the month of March, the City and community partners hosted a series of workshops to explore aspects of the community and our vision for the future. Although the Steering Committee received significant input on the community's vision for the future of Corvallis, it is still committed to reaching every member of the community who wishes to participate.



Benton County Courthouse. Photo: Greg Keene

Here are a few ways you can provide input into the Imagine Corvallis 2040 vision:

- > Pick up informational materials from City Hall about the project, and share them with friends, or download the information here, under Meeting in a Box: www.corvallisoregon.gov/visiongoal.



- > Organize a get together with your networks, affiliates, friends, or neighbors, and talk about the Imagine Corvallis 2040 vision. The City has materials to help you provide feedback.
- > Ask a Steering Committee member to come to an event or function, and take your group through the visioning exercise.

Over the spring and summer the Steering Committee will have materials and comment cards available at various community events and gathering places to spread the word and get input on the project.

We recognize that Corvallis is a diverse community, with lots of activities, social circles, and commitments, and the Steering Committee wants to ensure that the entirety of the community is represented in the emerging long term vision.

If you have questions, comments, or would like to receive the Imagine Corvallis 2040 materials and help assist with gathering input, please contact Sarah Johnson at (541) 766-6574 or sarah.johnson@corvallisoregon.gov. Thank you for your participation as we work together to develop a vision for Imagine Corvallis 2040!

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With warm weather here we are ready to hit the trails and enjoy the great outdoors. That means it's time to make your own trail bars!

These delightfully easy and delicious bars are perfect for hikes, school lunches, or morning snack at your desk while you dream of adventures to come.

Here's to a fun and exciting summer!

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



Rosemary Parmesan Crunch Bars

This is a savory take on the energy bar that's packed with goodness from pumpkins seeds, sesame seeds and super green spirulina. They're great alone and even better with Co-op Kitchen hummus!

- 3/4 cup water
- 1/3 cup chia seeds
- 1 cup cooked, cooled quinoa
- 1/3 cup pepitas (green pumpkin seeds)
- 1/3 cup sesame seeds
- 1/4 tsp fine sea salt
- 2 tsp fresh rosemary, minced
- 2 cloves garlic, pressed
- 1/2 cup parmesan
- 2 Tbsp spirulina*



Line a large baking sheet with parchment and spray with coconut oil. Soak chia seeds in water for 5 minutes. Combine remaining ingredients in a medium-sized bowl and add chia. Stir to mix and pour onto prepared sheet. Moisten hands and gently press to the edges, about 1/8" thick. If you like a crispier finish, you can perforate the surface.

Bake at 325° for 20 minutes. Keeping it on the parchment, flip the whole thing over and cut into 2-inch squares. Bake an additional 20 minutes or to your desired finish.

Cool completely on a rack and enjoy immediately or store in an airtight container. To refresh crispiness, lightly toast in a toaster oven before serving.

*find spirulina in the bulk wellness aisle.



Mango Cherry Raw Bars

These energy packed bars are easy to make and amazing to eat! Feel free to play with other combinations of nuts, seeds and fruit.

- 1 cup raw walnuts
- 1 cup raw sunflower seeds
- 2 cups dried cherries
- 2 cups dates, pitted
- 1/2 tsp salt
- 3-4 slices dried mango, cut into strips



For a nuttier flavor, carefully toast walnuts and sunflower seeds at 350° for 10 minutes or until golden and aromatic. Cool and combine in food processor with remaining ingredients except mango. Pulse until chunky, then continue to process until a ball forms. Skip the toasting for a raw option.

Line a baking sheet with parchment or plastic wrap. Transfer mix to sheet, pressing with a spatula to smooth.

Cover tightly and chill 2 hours. Remove from fridge, cut into bars and place in an airtight container. Store in fridge or freezer.



Chewy Chocolate Chip Almond Bars

These are a tribute to the classic chewy, crunchy bars we all loved as kids (and still do!). Local honey, gluten-free oats and golden flax seeds make them a gluten-free locavore's dream come true!

- cooking spray
- 3 cups toasted oats
- 2 cups puffed millet
- 1/2 cup almond flour
- 2 Tbsp flax seeds
- 1 1/2 cup sliced almonds
- 3/4 cup maple syrup
- 1/4 cup honey
- 1 Tbsp brown sugar
- 1/2 cup coconut oil
- Pinch of salt
- 3/4 cup chocolate chips



Combine oats, millet, almond flour, flax seeds and sliced almonds. Set aside. Gently heat maple syrup, honey, brown sugar, coconut oil and salt. Bring to a simmer and cook 5 minutes. Pour honey mix over dry mix and stir well to combine.

Allow to cool slightly and add chocolate chips. Transfer to a parchment-lined baking dish and press firmly until mixture is flat (you can use buttered hands or a spatula for this step). Bake at 325°. 30-40 minutes for 9x13 or 20 minutes for a cookie tray. The thinner bars will be crispier than the thicker option.



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