



# THYME

COMMUNITY MARKET MONTHLY



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**FIRST ALTERNATIVE IS PROUD TO OFFER THESE OPTIONS FOR HEALTHY AND HUMANELY RAISED TURKEYS.**

### Walker Farms Turkey Siletz, OR



Walker turkeys are locally pasture-raised in Siletz, OR. They are 100% antibiotic- and hormone-free. These free-range turkeys take up to 50% of their nutrition from the grass—the other 50% is of a combination of spent grain from the Rogue Brewery and a locally custom-milled feed blend.

Whole Turkey . . . . . \$5.19/lb

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

### NO PRE-ORDERS OR HOLDS.

Simply select your bird and purchase it in the store. Birds will be arriving mid-November. Owner sale day discounts cannot be added.

Be sure to check out our deals on locally grown potatoes and squash, as well as turkey-friendly wines, gourmet cheeses and convenient made-ahead pies, salads, and side dishes.

If you have further questions, please feel welcome to ask at Customer Service.

### Mary's Turkey California



Mary's Free-Range Turkeys grow naturally with plenty of open space on a ranch in sunny California.

A humane, stress-free environment leads to a healthier, more flavorful meat. No hormones or antibiotics. 100% vegetarian, non-GMO feed.

#### Turkey options from Mary's:

Non-GMO Whole Turkey . . . \$1.99/lb

Organic Whole Turkey . . . . . \$3.49/lb

Non-GMO Turkey Breast . . . \$4.99/lb

#### Other fowl available from Mary's:

Whole Duck . . . . . \$3.49/lb

Game Hens . . . . . \$4.99/lb

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

## CO-OP FIRST IN ALTERNATIVE FEAST OPTIONS

This holiday season the Co-op is continuing to do what it does best—provide healthful, high-quality food for everyone in the community, regardless of allergies or dietary restrictions.

Whether you (or your guests) are vegetarian, vegan, gluten-free, dairy-free, soy-free, or anything else, the Co-op will have everything you need to put together a feast worth waiting the entire year for.

Looking for entrée alternatives? We'll have some excellent options from trusted names like:



And that's just a taste of the wonderful alternatives we'll have in store. Come check 'em out. If you have any questions or need help, just let us know!



## from the GENERAL MANAGER

Cindee Lolik  
General Manager

November has always made me reflective. With the weather changing and the rains settling in, there is more time to look back on what I am thankful for, and everything that was positive, enlightening, and noteworthy about the year.



One of those noteworthy and positive things is the kick-off of the Community Food Land Trust (CFLT), a new project of Ten Rivers Food Web.

As you'll read in more detail on page 3, this new project will allow our strong farming community to continue to thrive well into the future. I can't help but think about how grateful I already am for all the hard working farmers here in the valley, as well as all the people in the community that understand the importance of supporting them.

The Community Food Land Trust is a great concept based on land trust models from around the country, one that will ensure

that precious food producing land is kept in production in perpetuity.

This project is a win-win all the way around. It's a win for our community that there will continue to be an abundance of great locally grown food; a win for the Co-op that we will be able to continue to supply our community with that abundance; a win for the job security of current and future farmers; and a win for the environment, because farming in a sustainable manner helps to sequester carbon.



This project is truly one for which we can all be grateful this holiday season, and one that the Co-op is proud to promote through our outreach to the community. 🍌

"First Alternative Cooperative is excited to see the Community Farm Land Trust in the Heart of the Valley. We feel it reflects and will further the mission and vision of our Co-op now and into the future."

—First Alternative  
Board of Directors



Who Owns the Co-op?  
**67** new Owners  
in September!  
**YOU!**

## The Co-op's Local Designations



### Local Six

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



### Local Direct

Groceries that are delivered direct to us by their grower or producer.



### Local Oregon

Groceries that are born and raised right here in the great state of Oregon



## from the BOARD OF DIRECTORS

Kathy Berg  
Board of Directors

Thanksgiving is almost here and with it comes all the wonderful fall vegetables. The bounty of fresh, locally-grown produce we have at the Co-op is a great asset to our community. I'm grateful to be able to support local growers and local meat producers by shopping at First Alternative Co-op.



This point was really driven home recently as I was reading a New York Times article about the horrific conditions in large corporate meat processing plants and the lack of

adequate regulations to ensure safe healthy meat; I am sure thankful I can buy meat that's locally raised—and not in factory conditions. At the Co-op, we only sell grass-fed beef, and our buyers do the research needed to ensure that all of the meat we sell was raised humanely.

Speaking of great bounty, the Co-op's recent community celebration, "Co-optoberfest," was well attended with lots of great food to sample. Thanks to everyone who participated, and thanks to all the shoppers who became new Co-op Owners at the event. We are now have more than 10,000 Owners!

The Board has been busy. In addition to reviewing and updating current policies, we reviewed a market study conducted by a location research consultant. The study determined that based upon several factors

including population size, demographics, and experience of other natural food co-ops in similar market situations, there is more sales potential to be realized by the First Alternative.



It appeared that an expansion of the North store would likely generate significantly higher sales; however, there is no space currently available to expand or relocate. The study also evaluated the sales potential for a third store within the Corvallis market. It found that a most favorable location would be in southwest Corvallis. But due to the close



proximity to the other two stores, a third store would likely not be viable.

Other Board work included the Finance Committee's work on a budget for 2017. Factors affecting next year's budget assumptions include bringing the commissary into compliance with new FDA standards, an increase in Oregon's minimum wage (which goes into effect July 1, 2017), and food price deflation, rather than inflation.

Thanks to all our shoppers and Owners and have a great November! 🍌

*The Co-op Thymes* is published on the 1st of each month. Correspondence and submissions are welcome. Send by e-mail or 'snail mail' to addresses listed below. **Deadline for all submissions is the 15th of the prior month.** Opinions expressed in *The Co-op Thymes* are strictly those of the writers and do not represent an endorsement by, or official position of, First Alternative Co-op, its Board, managers, or Owners, unless specifically identified as such. The same is true of claims made by paid advertisers.

*The Co-op Thymes* is a free publication available at First Alternative and at other locations in the Corvallis area. It can also be viewed online at [www.firstalt.coop](http://www.firstalt.coop).

Editors . . . . . Adam Payson, Joel Gustafson

Design/layout . . . . . Adam Payson

Photography . . . . . Adam Payson, Emily Stimac

Illustrations . . . . . Stev Ominski, Julia Lont, 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](http://www.firstalt.coop) • **Email address:** [firstalt@firstalt.coop](mailto:firstalt@firstalt.coop)

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

## Board of Directors Committee Meetings Schedule

### Owner Relations Committee

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

Wednesday, Nov. 2nd at 11:30am  
in the South Store meeting room

### Board Recruitment & Elections Committee

Works to enhance Board performance and recruit qualified candidates.

Thursday, Nov. 17th at 6pm  
in the North Store meeting room

### Finance Committee

Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, Nov. 16th 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, Nov. 29th at 6pm  
in the South Store meeting room

# 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**

# COMMUNITY FOOD LAND TRUST SEEKING INITIAL PROJECT FUNDING

## Start-up Funding Needed to Jumpstart Project

First Alternative Co-op is proud to stand behind Ten Rivers and their Community Food Land Trust program, that's why during the month of November we will be offering Co-op shoppers the opportunity to "Add it Up" at the register.

Customers will have the option to "Add it Up" for the Community Food Land Trust. Those choosing to participate in the donation program will have their purchase rounded up to the nearest dollar with the rounded-up amount being donated to the initial project funding for Land Trust program.

November's "Add It Up" campaign will jumpstart the fundraising efforts toward a goal of \$30,000. Ten Rivers Food Web (TRFW) will seek other individual charitable donations toward this goal through several community outreach events over the next few months, utilizing its 501(c)(3) status allowing tax deductibility of these contributions.

At this time, the broad organizational and legal frameworks and needs of the new

Community Food Land Trust (CFLT) have been identified, and an overall Process Map has been developed to guide the implementation of the Land Trust's vision and mission into 2017 and beyond.

This has been accomplished with the assistance of a small grant from the Lazar Foundation for incidental expenses, including necessary legal and administrative fees and some outreach work to the TRFW regional communities. Aside from that, virtually all of the work to date has been carried out by an all-volunteer Community Food Land Trust Committee of Ten Rivers Food Web. They are now seeking donations totaling \$30,000 to dedicate substantial resources toward this new initiative.

A portion of this amount will provide for a program manager. The remainder will help cover other incidental costs for professional services such as legal fees, real estate consulting and "due diligence" costs on potential parcels, mileage allowance, and other expenses.



**COMMUNITY FOOD LAND TRUST**

A Project of  
**Ten Rivers Food Web**

**P.O. Box 2680  
Corvallis, OR 97339**  
[CommunityFoodLandTrust.org](http://CommunityFoodLandTrust.org)  
[TenRiversFoodWeb.org](http://TenRiversFoodWeb.org)



# November Anniversaries

## Staff Anniversaries

- 1 year:** Jason Dutra, Renae Schmidt
- 3 years:** Bernie Kurten, Jennifer Rivais
- 5 years:** Lindsay Dieckhoff, Brittney West
- 6 years:** Kalon Russell
- 18 years:** Mark Tarasawa

## Paid Sub Anniversaries

- 5 years:** Mary Arp

**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

## Aims of This Initial 2016 Fundraising:

1. To put the CFLT on solid footing in early 2017 by developing and implementing critical organizational processes, developing necessary policies and documents, and establishing community outreach tools.
2. To launch its first Project in April 2017—identifying its first Food Land property for acquisition and a pool of potential Farmer-Owner candidates who could farm it.
3. To undertake a Project-focused fundraising campaign in 2017 to acquire the Food Land property that would subsequently be made available affordably to a qualified Farmer-Owner(s) to run the enterprise.

## Current In-kind Support:

Ten Rivers Food Web provides umbrella organizational support for this Project, in-kind contributions including office space rental, website and other internet services, general administrative support, fundraising and fiscal management.

Ten Rivers Food Web continues to seek grant funding for the Community Food Land Trust to supplement the costs of the expanding new direction of holding land in the public trust.

*Cashiers will be wearing these "Add It Up" buttons during the month of November as a helpful reminder.*

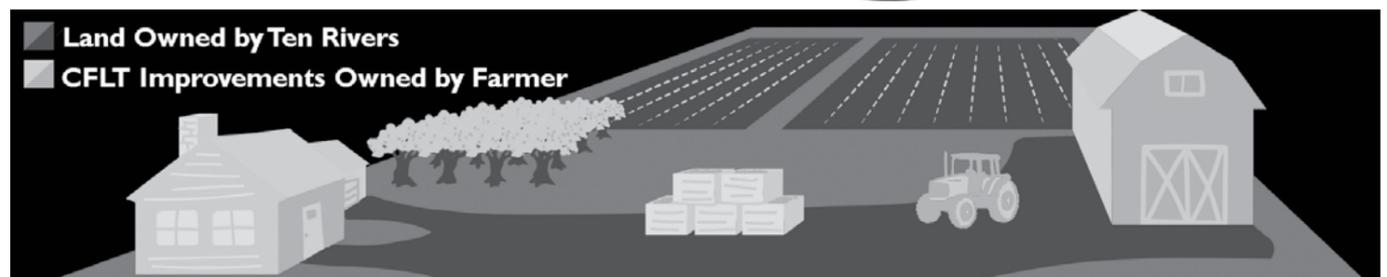


## What Happens After We "Add It Up"?

Among the first tasks to be addressed in the first quarter of 2017 is the identification of available food production properties within the Ten Rivers Food Web region, and selection of the first property to be targeted for acquisition by the Community Food Land Trust.

In parallel, interested farmer-owner candidates will be identified and "pre-qualified" in a pool of Prospective Farmer-Owners.

As the project progresses, Ten Rivers Food Web, the umbrella 501(c)(3), will undertake further project-specific fundraising campaigns to secure sufficient funds for acquiring and holding legal title to the qualifying property.



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[instagram.com/firstaltcoop](http://instagram.com/firstaltcoop)

**PRINTING & DESIGN**  
WITH THE EARTH IN MIND

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

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Food becomes YOU.  
Be LocallyGrown.

**CORVALLIS Farmers' Market**  
1st & Jackson  
9 pm-1 pm  
Wednesdays & Saturdays  
Also Saturdays in downtown Albany!

**ciba** April 16 - Nov 23  
[www.LocallyGrown.org](http://www.LocallyGrown.org)

# Thanksgiving Preparation Schedule

## MON

### 1 Make Cranberry Sauce

2 cups cranberries      ½ cup sugar  
1 Tbsp. water

Mix sugar and water in saucepan. Add cranberries and bring to a boil. Simmer until cranberries pop. Cover and chill.

### 2 Bake Pumpkin Pies

Make 2. For each 9" pie you will need:  
2 eggs                      1 - 15 oz. can pumpkin  
¾ cup sugar              ½ tsp. salt  
1 tsp. cinnamon        ½ tsp. ginger  
¼ tsp. cloves              1 pie crust  
1 - 12 oz. can evaporated milk

Heat oven to 425°. Prepare pastry. Measure all ingredients into mixing bowl and beat until well mixed. Pour into unbaked pie shell. Bake 15 minutes. Reduce oven to 350°. Bake 45 minutes longer or until knife inserted in center comes out clean. Cool. Serve with sweetened whipping cream.

### 3 Freeze Pumpkin Pies

Note: Allow pies to cool before freezing.  
Wrap pies, individually, in plastic wrap and/or freezer paper, seal well and place in deep freezer.

## TUES

### 1 Make Mashed Potatoes

6 lbs. baking potatoes      ½ cup milk  
(peeled & quartered)      2 Tbsp. butter, melted  
1 cup sour cream              1 tsp. paprika  
6 Tbsp. butter                  8 oz. cream cheese, softened  
1 ½ tsp. salt

Cook potatoes in boiling water 15 minutes or until tender; drain & mash in large mixing bowl. Add cream cheese, sour cream, milk, butter and salt; beat at medium speed until smooth. Spoon mixture into a greased 11 x 17 baking dish. Brush with melted butter and sprinkle with paprika. Cover and chill.

### 2 Prepare Yams

4 lbs. garnet yams              ½ cup milk                      ½ cup butter, softened  
½ cup salt                      ½ cup brown sugar  
¼ cup Kahlua (Available at liquor store)

Boil yams until fork tender. Drain, peel and place in mixing bowl. Mash yams, add milk, butter, salt, and brown sugar and beat until smooth. Put into saucepan, add ¼ cup Kahlua and simmer 1 - 1 ½ hours, stirring frequently.

## Short on Time?

Stop by either of our delis for pre-prepared versions of all your holiday favorites.

## WED

### 1 Start Turkey Prep

Remove giblets, neck and tailpiece from turkey; rinse turkey thoroughly under cold running water. Place turkey, breast side up, on a flat wire rack set over a rimmed baking sheet and refrigerate, uncovered, 8-24 hours.

### 2 Make Stuffing

½ cup butter                      1 cup celery, diced  
¾ cup onion, chopped        ½ tsp. salt  
½ tsp. poultry seasoning    ¼ tsp. pepper  
½ tsp. sage                      2 eggs, slightly beaten  
9 cups dried bread cubes    1 cup raisins  
1-2 cups broth

Melt butter in skillet; sauté celery and onion until onion is translucent. Add seasonings then eggs, stirring constantly. Add bread cubes and mix. Add broth until stuffing is of desired consistency. Add raisins to taste. Chill. On Thursday: Bake in greased pan 45 minutes at 350° or stuff into turkey and bake as directed.

### 3 Bake Apple Pie

½ tsp., cinnamon              Crumb topping:  
½ cup sugar                      ½ cup oats  
1 Tbsp. lemon juice          ½ cup butter, softened  
½ tsp. salt                      ¼ cup brown sugar  
3 Tbsp. flour                    ¼ cup sugar  
2 Tbsp. butter, cubed        ½ tsp cinnamon  
10 cups apples,                ½ tsp salt  
sliced/peeled  
1 pie crust (Immaculate Baking Co)

Mix cinnamon, sugar, lemon juice, salt and flour. Add apples, stirring to coat. Set aside. In a medium bowl, mix crumb topping ingredients. Transfer apples to unbaked pie shell and top with butter. Sprinkle with crumb topping. Bake at 425° for 30 min. reduce temp to 300°. Bake 30 min. or until bubbly.

## THUR

### 1 Stuff & Roast Turkey

Stuff turkey with chilled stuffing just before you place it in the oven. Place oven rack in the lowest position and preheat to 325°. Set turkey, breast down, on a rack in roasting pan. Brush or rub turkey skin with olive oil. Cover loosely with lid or tent with foil so the juices run back down into the pan. Roast for one hour. Turn turkey over, basting every 45-60 minutes with olive oil. Remove cover for last 45 minutes of roasting to brown skin. Cook until breast temperature registers 165-170°F, thigh registers 175-180°F and the juices run clear. Begin checking turkey with meat thermometer 45 minutes to an hour before recommended cooking time. Allow to rest 15 minutes before carving.

### 2 Heat Yams + Potatoes

### 3 Cook Green Beans

### 4 Make Gravy

½ - ½ cup turkey drippings (fat)  
½ cup flour  
5 cups water, divided  
sea salt & pepper to taste

Combine flour and 1 cup water in a jar and shake to mix. Whisk into the turkey drippings in a large saucepan until smooth. Add remaining water, ½ cup at a time until desired consistency is reached. Simmer gently for 10 minutes, stirring frequently. Start with about ½ tsp. sea salt, then sprinkle in a tiny bit at a time, stirring and tasting. You'll know when you have the right amount, because the gravy will suddenly come alive with a marvelous meaty flavor.

First Alternative  
NATURAL FOODS CO-OP

## Thanksgiving Shopping List

Check out our Fresh Flyer for great deals on fresh, local, and organic groceries specifically catered for every season.

### BULK

Brown sugar - ¾ cup  
Cinnamon - 3 tsp.  
Cloves - ½ tsp.  
All purpose flour - 1 ¼ cups  
Ginger - 1 tsp.  
Oats - ½ cup  
Olive oil - ½ cup  
Paprika - 1 tsp.  
Poultry seasoning - ½ tsp.  
Rubbed sage - ½ tsp.  
Raisins - 1 cup  
Sea salt - ¼ cup  
Sugar - 2 ¾ cups  
Pepper - 1 tsp.

### DAIRY

Butter - 1 lb.  
Eggs - 6  
Milk - 1 quart  
Sour cream - 1 pint  
Whipping cream - ½ pint

### DELI

Cream cheese - 8 oz.

### MEAT

Turkey - 18 lb.

### PACKAGED GROCERY

Chicken or vegetable broth - 1 qt.  
Dried bread cubes - 9 cups  
Evaporated milk - 2 cans  
Pumpkin - 2 cans  
Immaculate Baking pie crust - 3

### PRODUCE

Apples for pie - 8 large  
Celery - 1 bunch  
Cranberries - 2 cups  
Green beans - 6 cups  
Onion - 1 medium  
Russet or Yukon Gold potatoes - 6 lbs.  
Garnet yams - 4 lbs.  
Lemon - 1

### OTHER

Kahlua (from liquor store)

### Follow Us!

on Facebook or Instagram for holiday recipes using these ingredients, and more, including discounts, deals, and timelines.

## TURKEY TIPS

### How do I store my turkey?

In the fridge or an ice chest at a temperature of 36-40°. It will stay fresh until Thanksgiving. After that date it will need to be frozen.

### May I special-order a turkey to cook?

No special orders. Turkeys are sold on a first come/first served basis. You may purchase sliced roasted Mary's turkey from the deli case. We are not offering whole roasted turkeys for sale.

### Will you hold my turkey either before or after I purchase it?

Turkeys are on a first come/first served basis. Once a turkey has been purchased it will be turned over to your care. We cannot hold it.

### Are the turkeys fresh or frozen?

The turkeys may feel hard on the outside due to the blasting of cold air done at the plant for safe shipping and freshness. They are not frozen.

## TURKEY TIMER

weight	cook time
8-12 lbs.	3 - 5 hrs.
12-14 lbs.	4 - 6 hrs.
14-16 lbs.	5 - 7 hrs.
16-18 lbs.	6 - 8 hrs.
18-20 lbs.	7 - 8 hrs.

Cook turkey in a preheated 325° oven. Add 30 minutes to the cooking time for stuffed birds.

Begin checking your bird an hour before the end of the recommended roasting time. The thickest part of the turkey thigh must reach 165°-170°.

# TURKEY DAY TOASTERS' CHOICE

Celebrate Thanksgiving with One of These Fine Local Beverages

The cooking is at long last complete, the food is on the table, and everyone's gathering around, cheerful and ready to eat. But first, a toast is in order. So what's everyone drinking? Here are a few feast-friendly options from local producers:

### Left Coast Cellars - Cali's Cuvee Pinot Noir

Located in Rickreall, Left Coast specializes in single vineyard wines. The flavors of ripe plum and cherry complement this Pinot noir's peppery body and smooth texture.

### Left Coast Cellars - Left Bank Pinot Blanc

For something a little sweeter try this Pinot blanc. With hints of honeysuckle and beeswax, it makes a bright counterpoint to a rich Thanksgiving feast.

### Left Coast Cellars - The Orchards Pinot Gris

The vines producing this wine straddle the 45th parallel, like so many famous vineyards in Italy. Its fruity and smooth taste pairs particularly well with turkey.

**Left Coast Cellars Tasting**  
Tues, Nov. 22nd, 4-7pm at the North Store

### Block 15 - Cosmic Cold Brew Stout

This rich, nutty stout from right down the street is made with Bespoken Coffee, another local favorite. Its surprisingly effervescent body makes it perfect for toasts!

### 2 Towns Ciderhouse - Nice & Naughty Imperial Cider

Made with crisp apples and festive blend of spices that will put you right into a holiday state of mind, this cider is the perfect way to kick off the season.

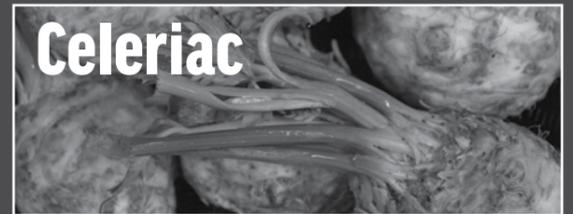
### Rogue - Pumpkin Patch Ale

And finally, if you can't wait for the pumpkin pie, just pop open one of these orange-bottled beauties. The only thing missing is the whipped cream.



# FANTASTIC FALL PRODUCE

Fresh, Local, Organic Faves Available in Fall and Winter



# RECIPES THEN AND NOW: BBQ SAUCE

Donna Tarasawa Takes Another Classic Recipe and Gives it a Tasty, Versatile Update for the Twenty-First Century

Tastes change with the times. Favorite recipes of years gone by may call for a particular ingredient that's no longer available, or that you can't or won't eat. That doesn't mean you need to toss out the recipe, though. Submit your recipes in need to us and we'll revise them to work with your diet using ingredients that can be purchased right here at the Co-op!

If we choose your recipe you'll receive a printed copy of the revised recipe, along with the ingredients to make it (up to a \$10 retail value!)

If we don't choose your recipe for publication, we'll still provide you with an updated one.

This month we've taken a classic BBQ sauce recipe and made some simple changes that give it more depth of flavor: Not your typical autumn faire, this robust sauce is nevertheless great all year long as a marinade or dipping sauce. Give it a try.



### 1990 BBQ Sauce

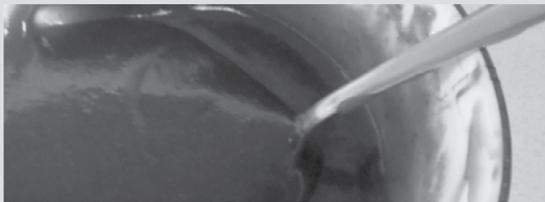
- 1 ¼ cups ketchup
- ¾ cup brown sugar
- ½ cup Heinz Chili Sauce
- 2 Tbsp. cider vinegar
- 2 Tbsp. liquid smoke
- 1 Tbsp. lemon juice

### 2016 BBQ Sauce

- 1 ¾ cups ketchup†
- 2 Tbsp. wheat-free tamarind
- ¼ tsp. garlic powder†
- 2 Tbsp. cider vinegar†
- ¼-½ tsp. Yakima Applewood Smoked Salt†
- 1 Tbsp lemon juice

Combine all ingredients in a saucepan. Cook over medium heat for 10 minutes, stirring occasionally; keep warm. Use to brush on ribs, chicken, tofu and bake or BBQ according to your recipe.

†items available in bulk



Submit your recipes to Donna Tarasawa, at [donnax@firstalt.coop](mailto:donnax@firstalt.coop) or mail them to First Alternative Co-op, Attn: Donna T. 1007 SE 3rd St., Corvallis 97333.



## GIFTS FOR BEEKEEPERS

High Quality Tools  
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541-929-3524



## PANTRY FULL OF SECRETS?

USE OUR ONLINE BULK LOOKUP  
Go to [www.firstalt.coop](http://www.firstalt.coop)

Select Products, Bulk, then Bulk Product Lookup from the menu bar and enter your mystery PLU numbers

# IN THE KNOW ON THE NEW



## La Croix Sparkling Waters

La Croix rhymes with 'enjoy'. One sparkly sip is all it will take for that mnemonic device to sink in. This crisp, refreshing sparkling water is treated using reverse osmosis and deionization, removing additives and impurities. The only thing you'll taste are the great fruit flavors.



## Bilinski's Chicken Sausage

Turkey gets all the attention in November, but let's not forget chicken! These certified organic chicken sausages are made from free range birds fed a 100% vegetarian and antibiotic-free diet, and free of pork, lamb or any other type of casing. Nothing but high quality chicken, exquisitely seasoned.



## Pacha Bulk Soaps

With Pacha, when you buy locally, you are helping create livelihoods globally. More than just soap shops, Pacha sets up clean water initiatives and other sustainable ventures in developing nations. These soaps are environmentally safe, artfully crafted, and come in an array of inviting scents.



## Lotus Foods Heat and Eat Rice Bowls

Lotus Foods understands that rice is one of the globe's most important staple crops, and they're working to make sure it will be sustainably and ethically produced for decades to come. These heat-and-eat rice bowls are a quick and easy way to try some exciting and unique varieties. Rice up!



## Co+op Kitchen Pumpkin Sticky Bun

Put down that pumpkin spice latte and come to where the real holiday flavor is. Freshly-baked in the Co+op Kitchen, these fluffy Pumpkin Sticky Buns are covered in an ooey-goey cinnamon-and-spice frosting and jeweled with crunchy pecans. Warm one up on a cold autumn day.



## 2017 Wall Calendars

What will the next year look like? While we can't control the passage of time, we can dress it up mighty fine. We have tons of calendars, something for everyone—cool, cute, fun, inspirational, beautiful. Whatever you want to make out of 2017, this is a great place to start.

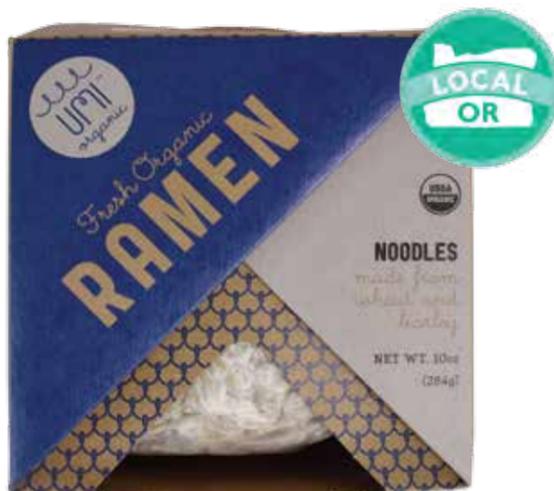


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## Umi Organic Fresh Organic Ramen

You'll soon have a favorite new noodle house—your own! Enjoy restaurant-quality ramen on your own time, with these freshly-made noodles from Portland. The secret is kansui, a blend of mineral salts that lends ramen its springy texture.



## Araz Idiazabal Smoked Sheep Cheese

A wonderfully creamy alternative to Manchego, this Spanish cheese has a smoky, nutty aroma and a texture that goes from grainy to creamy as it melts in your mouth. It will make a great addition to any holiday cheese platter.

# LOCAL SPOTLIGHT

# GROUPHEAD COFFEE



## “A COFFEE PRODUCT THAT CREATES TIME”

An Espresso with the Ease of a Concentrate, by Chris Peterson

There are coffee geeks and there are coffee equipment geeks. Sometimes, when both are present in the same body, a coffee business is born—a roasting business, a coffee shop or a combination of the two.

Corvallis is unusually blessed with such folk, and don't we love it. They supply us with our morning “nectar of the gods.” (Or, make us happy to raise our hands as designated driver when our party is out enjoying the other “nectar of the gods” that may have popped into your mind first.)



Grouphead founder Dan Bruner

### Welcome (Back) Coffee Concentrate

Well, there's new coffee option in town: Grouphead Espresso Concentrate, the brainchild of Corvallis' newest, self-described coffee geek, Dan Bruner. He tapped into some unique Corvallis coffee history to create the only non-cold-brew concentrate on the market. Your perfect cup is now even quicker and easier.

One part concentrate to five parts hot or cold water is recommended, but can be adjusted to suit your taste. You can incorporate it into recipes too: smoothies, brownies, cakes, frosting—just sipping a cup will prompt inspiration.

If you love the taste of coffee but not the caffeine, Grouphead is available in decaf too.

### Brewing Up a Dream

After 15 years as an acupuncturist/applied kinesiologist, Bruner's own body was ready for a career realignment. He'd long thought a coffee business would be next, but was thinking more along the lines of a coffee shop. “Kind of a geeky coffee shop with the pour-over and very precise everything,” he said.

Then one day serendipity intervened at, of all places, a sheet metal shop. The machinist couldn't make what he needed for his '56 metro van, but Bruner, who has every coffee contraption available, noticed a coffee grinder

and just had to ask about it. “You know how in an instant the ground shifts a bit?” he said about what happened next. Turns out he was talking with the fellow who had built the coffee roasters for local coffee legend, the late Mike Sivetz.

For many, the name Sivetz brings memories of the aroma of roasting coffee permeating downtown Corvallis.



Michael Sivetz was a chemical engineer who worked for major coffee companies in Latin America and the U.S. and eventually designed the first coffee roaster relying on hot air instead of a heated drum to roast the beans. Called a fluid-bed roasting system, it was a major change to coffee roasting industry. Upon settling in Corvallis, Sivetz built roasting machines for businesses all over the world. Some are still employed by local roasters. He also sold roasted beans and his own coffee concentrate out of a former church at the corner of 4th and Adams.

Bruner bought an old Sivetz roaster but his roasting method is different. “I temperature profile my roasts to maximize flavor and characteristics of the beans,” he said. That means keeping a close eye on the color of the beans to determine their chemical reaction to heat and modifying the temperature accordingly. Once the beans are sufficiently cooled, he grinds them and brews the concentrate in a unique process where the water flows up, rather than down. Once that's cooled, it's bottled, labeled and delivered to retail stores throughout the valley.

If he could grow the coffee beans himself Bruner would. His family practiced self-sufficiency while homesteading in Walla Walla, Washington before coming to Corvallis. He does the next best thing by buying Fair-Trade organic beans. “My wife and I would love to find and support a women's coffee-growing cooperative in Nicaragua someday,” he said.

### Whence the Name

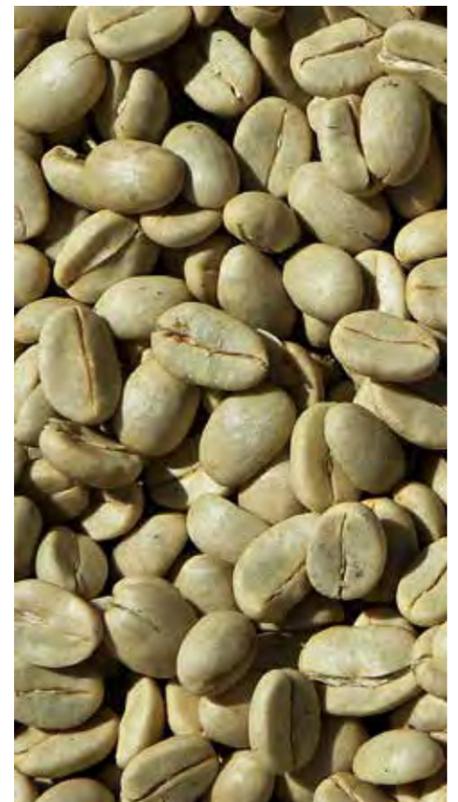
Baristas and coffee contraption geeks know that a grouphead is not a committee chairperson. It's the internal part of an espresso machine that the portafilter (the

disc into which ground coffee is tamped) locks into. “It's the thermal mass of the machine which creates the stability to get a great espresso shot,” Bruner said.



A shiny grouphead

After years of giving his clients pain relief, Bruner now offers a new gift. “I look at the concentrate as a coffee product that creates time,” he said. Isn't that something we all could use more of? This gift of time is wrapped in rich flavor and the perfect amount of caffeine to enjoy each moment. ☘



All Grouphead Stacked Espresso Concentrates will be \$2 off the entire month of November!

Grouphead Stacked Espresso Concentrate  
16oz. | reg. \$15.99/ea

Grouphead Stacked Espresso Concentrate  
8oz. | reg. \$7.99/ea

Grouphead Stacked Espresso Concentrate (Decaf)  
16oz. | reg. \$15.99/ea

Fresh, local, organic lunch in a rush at the

Soup, salad, hot bar, freshly-made sandwiches and a whole lot more...every day at the Co-op

# NOVEMBER 2016 COMMUNITY CALENDAR

## UPCOMING EVENTS

### Daily Peace Vigil

Daily, 5-6 PM at the Benton County Courthouse (120 NW 4th st.)

The Daily Peace Vigil is now in its 16th year. All welcome, for the hour or a few minutes. FMI: Carolyn at (541) 829-3254.

**Walk with the Seasons: Autumn**  
November 1st and 8th, 4-6pm at Unitarian Universalist Fellowship of Corvallis (2945 NW Circle Blvd)

Join us to learn about being in nature in an intentional and intuitive way, and to explore our individual intentions around connecting with the autumn season. Participants are invited to plan on a time between the two sessions, when they can wander alone in a natural area. On the 8th we gather to share our stories and reflect. FMI: Anna Coffman, anna@journey-home.net.

### Dining for Dollars

November 2nd, 11am-9pm at Laughing Planet (127 NW 2nd St.)

Help support the Sustainability Coalition while enjoying fresh, affordable, and delicious fare at Laughing Planet Café. The folks at Laughing Planet have generously agreed to donate 15% of the entire day's sales to the Coalition, so come on down and join the fun!

### Fall Repair Fair

November 2nd, 5:30-7:30pm at OSU Used Store (644 SW 13th St.)

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

### Mushroom Field Trip

Saturday, November 5, 8:00am to 3:30pm at OSU Wilkinson Hall parking

We will be hunting for edible mushrooms in the Coast Range. Wear weather appropriate clothing and bring a lunch and water. Bring a small trowel and bags to hold the fungi. Sponsored by the Native Plant Society of Oregon of Corvallis. FMI: Dan Luoma at luomad@fsl.orst.edu or (541) 752-8860.

### Fill Your Pantry 2016

November 6th from noon-3pm at Guerber Hall at the Fairgrounds

A one-day local food bulk buying event offering bulk quantities of beans, grains, storage crops, and meats from local growers. FMI: Jessie Blume, fillyourpantrycorvallis@gmail.com.

### Annual Family Mushroom Hunt

November 6th, noon-3pm at Beazell Memorial County Forest (37283 Kings Valley Hwy.)

Bring the whole family and join us for an afternoon of mycological magic! Our educators and volunteers will be sharing

the marvelous world of mushrooms and other fungus as you hike through the forest to visit interactive displays and activities. FMI: Janelle Walters, ahnc@corvallisenvironmentalcenter.org.

### 14th Annual Alpine Holiday Festival

November 12th, from 9am-4pm at Monroe Grade School (600 Dragon, Dr. in Monroe)

A precious and charming event with 35+ talented arts/crafts vendors, luscious food, amazing music and entertainment all day. Please join us for this showcase of the best of a small town. FMI: Jeanne Lindsay, jeanne@peak.org.

### Balancing Predators and People: A Look at Predation Management in the West

November 13, 7-8:30pm at Corvallis-Benton Public Library (645 NW Monroe.)

John A. Shivik, PhD, an expert in wildlife management, navigates the technical, biological, and socio-political issues revolving around coyote, wolf, bear, and cougar management. FMI: Randy Comeleo rotyler@peak.org, (541) 753-6520.

### "Superbloom" at Death Valley National Park

November 14th, 7:30pm Avery House (1200 SW Avery Park Drive)

Steve Carpenter will present a slideshow

of the amazing wildflowers encountered in the 2016 "Superbloom" at Death Valley National Park, Ash Valley National Wildlife Refuge and the Mojave National Preserve in early March. Sponsored by the Native Plant Society of Oregon of Corvallis. FMI: judi.sanders@gmail.com, or call Louise at (541) 753-0012.

### Native Rights and the Rights of Nature: An Agenda for the New President.

November 18th, 7 pm at the Whiteside Theater (361 SW Madison St.)

Ten days after the national elections, we welcome Anishinaabekwe activist, writer, and political leader Winona LaDuke to help us understand this moment in history and speak about the some of the many ongoing efforts toward social and environmental justice. FMI: charles.goodrich@oregonstate.edu, (541) 737-6198.

### International Games Day

November 19th, 2-5pm at Main Meeting Room, Corvallis-Benton Public Library

Join over a thousand libraries around the world in celebrating International Games Day. A wide variety of board games, card games, and video games for all ages will be free to play on a first-come, first-served basis. All ages are invited. FMI: bonnie.brzozowski@corvallisoregon.gov.

## ONGOING EVENTS

FREE or by-donation listings only • To submit your free or by-donation event, visit [firstalt.coop/community/community-calendar/](http://firstalt.coop/community/community-calendar/)

## FOOD

### VEGAN AND VEGETARIAN OSU STUDENTS

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

### 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. FMI: corvallismeditation.org or email [srfcorvallismeditation@gmail.com](mailto:srfcorvallismeditation@gmail.com)

### ECKANKAR, RELIGION OF THE LIGHT AND SOUND OF GOD

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

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

**BUDDHIST PRACTICE SGI-USA** Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: (541) 753-6170

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

**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.

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

**CORVALLIS ZEN CIRCLE** weekly meditation. FMI: [www.corvalliszencircle.com](http://www.corvalliszencircle.com)

## WELLNESS

**COMMUNITY YOGA** Saturdays from 4-5pm at Live Well Studios (971 NW Spruce Ave #101) Community Yoga is for everyone! A yoga practice of posture, breathing, and relaxation that improves overall health and well being. Rotating teachers, often from the Live Well Studio teacher training program. \$5, no one turned away for lack of funds.

### 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](http://CorvallisAikikai.com)

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

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

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

**TRADITIONAL SHOTOKAN KARATE** Tuesdays and Thursdays, 7-9pm, Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, (541) 754-3254

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

**WEEKLY LAUGHTER YOGA IN LABYRINTHS FOR HEALING & PEACE** Wednesdays, 7-7:45pm all summer! Hosted by Traci Mc Merritt, LYL (541) 760-8557 [www.Laugh-in-Labyrinth.com](http://www.Laugh-in-Labyrinth.com)

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

**HEART OF THE VALLEY BIRTH NETWORK** Every 3rd Wed. 6-7:30pm, Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: [www.valleybirthnetwork.org](http://www.valleybirthnetwork.org) [google.com/site/wutantaichi](http://google.com/site/wutantaichi)

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

## PEACE

**CORVALLIS SECULAR SOCIETY** 3rd Saturdays. Meet 2-4pm, Corl House in Woodland Meadows Park. FMI: (541) 754-2557, [CorvallisSecular.org](http://CorvallisSecular.org)

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

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

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

## ENTERTAINMENT

**CORVALLIS BELLY DANCE PERFORMANCE GUILD** Third Saturdays, 7pm at Old World Deli. 341 SW Second St. Corvallis. \$5 suggested donation. FMI: [www.corvallisbellydance.org](http://www.corvallisbellydance.org), (541) 497-4419.

**PLANET BOOGIE** September 17th, 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

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

**CORVALLIS UKULELE CABARET** First Fridays (except July & November) 7-9pm South Co-op Meeting Room, 1007 SE 3rd St. Open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes. FMI: (541) 602-5537 or [CorvUkeCab@gmail.com](mailto:CorvUkeCab@gmail.com)

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

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

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

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

## ENVIRONMENT

**MARYS RIVER WATERSHED COUNCIL MEETING** Second Tuesdays, 6:30-8pm, Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: [coordinator@mrwc.net](mailto:coordinator@mrwc.net)

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

**AUDUBON FIELD TRIPS** Every 2nd Saturday. Meet at 7:30am. The trips are great for beginners and birders new to the mid-valley area. We visit local refuges and birding areas. FMI: [www.audubon.corvallis.or.us/field\\_trips.shtml](http://www.audubon.corvallis.or.us/field_trips.shtml)

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



# FESTIVE FIXINGS: THE CO+OP KITCHEN HOLIDAY SPECIAL ORDER GUIDE

Feeling a Little Overwhelmed or Under Motivated in the Kitchen This Year? Why Not Let the Co+op Kitchen Do the Cooking?

The fabulous chefs and bakers in the Co+op Kitchen are here to help you get through the holiday feasting season in the most delicious of manners.

Special Orders are now being accepted for the tasty sides and desserts listed below. Just place your order and pay at Customer Service at either store.

Special Orders can be picked up beginning November 18th. The last day to place a Thanksgiving Special Order will be November 21st, the Monday before Thanksgiving. We require 48 hours notice for all Special Orders.

The Co-op will be closed on Thanksgiving so please make sure to pick up your order no later than the day before, when we will be open regular hours (7am-10pm).

And beginning November 18th, you will be able to purchase smaller quantities of these delicious dishes in our Grab & Go Coolers at both stores. Who says you need to wait until Thanksgiving to have a feast?

**V** Item made with no animal products    **ng** Item made with no gluten ingredients

## Fixings

One order serves 10-15

- Sage Apple Stuffing **V** .....\$28.99
- Holiday Maple Glazed Yams **V ng** .....\$48.99
- Mashers **V ng** .....\$29.99



## Sauce & Gravy

One order serves 10-15

- Traditional Cranberry Sauce **ng** .....\$9.99
- Holiday Gravy .....\$10.99



## Desserts

Pies serve 6-10

Cheesecakes serve 16-20

- Caramel Apple Pie. ....\$12.99
- Pecan Pie. ....\$15.99
- Pumpkin Pie. ....\$9.99
- Tofu Pumpkin Pie **V** .....\$9.99
- Pumpkin Cheesecake .....\$27.99
- Cranberry Cheesecake. ....\$27.99



# LA MANCHA HAZELNUTS: FARM TO YOU



La Mancha Raw Hazelnuts  
12oz. | \$8.99/ea

La Mancha Roasted Hazelnuts  
12oz. | \$10.99/ea

# TEAL GALLERY PREPARES FOR ITS 30TH YEAR

Handmade Gifts from Local Artists Available from Now Through December

Teal began as a small group of local artists looking for a place to sell indoors during the rainy Oregon winter. Every year, the members of Teal transform a vacant store-front into a bright gallery full of local artwork.

Their November opening is greatly anticipated in Corvallis and visiting our gallery has become part of local holiday tradition. We are excited to celebrate our thirtieth year of providing a unique place to find high-quality handcrafted gifts by Willamette Valley artisans.



Teal values giving back to our Corvallis community. Every year, Teal donates a percentage of sales to local organizations in need. This year they will be making a financial contribution to the visual Art Program at Crescent Valley High School.

Previous donations include Linn Benton Food Bank, Chintimini Wildlife Refuge, CARDV, Alsea School, and the visual art programs at Lincoln Elementary, Jefferson Elementary, Cheldelin Middle School, Muddy Creek Elementary, Linus Pauling Middle School, and Corvallis High School.



Teal helps to support local artists and arts education in our community. Their 2016 gallery is open at 328 SW 2nd Street through December 28th.

Recipes • Digital Thymes • News Classes • Events and More

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

Have you talked to **MOM** MAGAZINE lately?

Not all holiday cards are picture-perfect. Like us on Facebook.com/lovemommag and send us the best of your worst family holiday photo cards. We may include your photos in an upcoming issue!



**MOM** MAGAZINE  
editor@mommag.com  
www.mommag.com



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Ted Wade - Owner

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We offer: *Quality*

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

Thanks for Supporting **Sweet Creek Foods**

www.sweetcreekfoods.com 541-935-1615

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

look for us at your Co-op

# CO-OP CLASSES NOVEMBER

**Saturdays in November (No meeting 11/19)  
10:30-11:30am, South Store Meeting Room**

## Mahasiddah Buddhist Meditation

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

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



**Thursday, November 10th**

**7-9pm, South Store Meeting Room**

## Modern Quilting Guild Meeting

Cost: Free and open to the public

The Corvallis Modern Quilt Guild is a small but growing group of modern quilters who love quilting, fabric, and sewing who live in or around Corvallis Oregon! We formed in December 2012 and CMQG is a local guild of the international Modern Quilt Guild. We have monthly sew days the fourth Saturday and meetings the second Thursday as well as special events throughout the year. You can read more about us at <http://corvallismodernquiltguild.blogspot.com/>

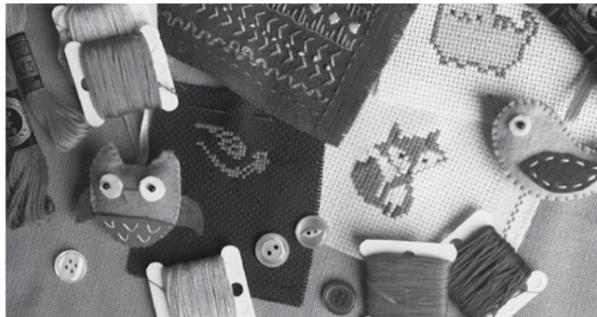


**Saturday, November 5th and 19th  
2-4pm, North Store Meeting Room**

## Willamette Arts and Crafts Guild

Cost: Free and open to the public

A bring your own art project event, the Willamette Arts and Crafts Guild meets every other week in the Co-op's North Store Meeting Room. Come meet artistic people, chat, and discuss possible group projects. For more information, visit [facebook.com/groups/WACGuild/](https://www.facebook.com/groups/WACGuild/) or contact Summer at (541) 282-4867



**Saturday, November 19th  
12:30-2pm, South Store Meeting Room**

## Standing Up for Racial Justice: Responding to Racist Remarks and Actions

Cost: Suggested donation of \$3-\$5  
(more if you can, less if you can't)

Watch or participate in role-playing about responding to racist microaggressions. Everyone is welcome, including children. Light refreshments.

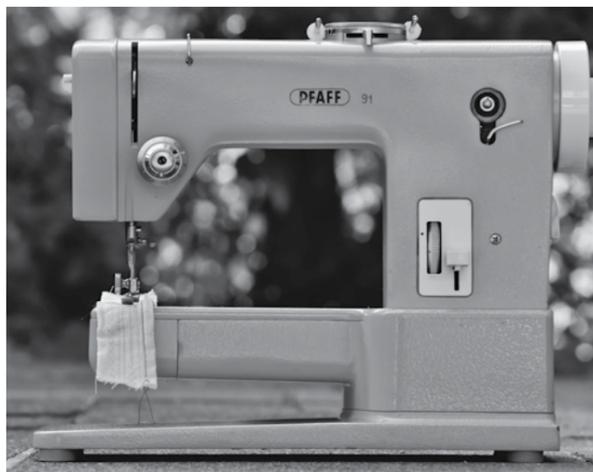


**Saturday, November 26th  
12-5pm, South Store**

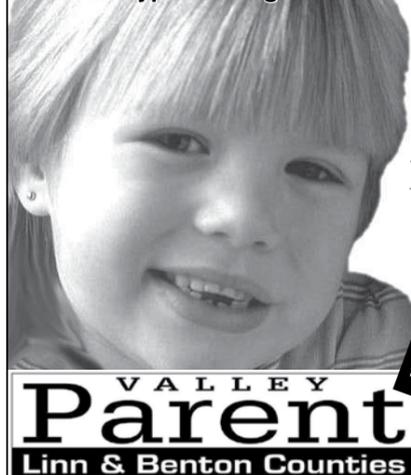
## Modern Quilting Guild Sew Day

Cost: Free and open to the public

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



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Linn & Benton Counties

## A BIG THANKS FROM THE SUSTAINABILITY COALITION

### Fall Fest Food Booth a Scrumptious Success for All

Dear editor,

On behalf of the Corvallis Sustainability Coalition, I would like to express our sincere thanks to First Alternative Co-op for partnering with us on a food booth at Fall Festival. First Alternative has been one of the Coalition's most active and generous supporters for nearly 10 years, and this year's Fall Festival was no exception.



CORVALLIS  
FALL FESTIVAL

Our collaborative efforts at the Fall Festival booth resulted in a donation of \$864 to the Coalition from First Alternative—a substantial gift that will support our efforts to create a sustainable community.

First Alternative staff members Cindee Lolik, Joel Gustafson, and Donna Tarasawa were creative and thorough in planning all the details, and their "can do" spirit prevailed throughout the event. Sustainability Coalition volunteers who helped serve scrumptious Coconut Bliss and So Delicious bowls, sundaes, and bars were ably supported by Co-op staff, and our customers rewarded us all with happy expressions and words of gratitude.

—Annette Mills, Corvallis Sustainability Coalition



## 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 October-December 2016

Center Against Rape and  
Domestic Violence (CARDV)

Co-op Recycling Center

Court Appointed Special  
Advocates (CASA)

Ten Rivers Food Web

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

# EASY STREET MEALS FOR HOLIDAY SURVIVAL



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



Everyone knows the holidays can get hectic. But there's no reason to eat takeout every night. I've put together six of my favorite weeknight meals and a shopping list for you. I guess you're on someone's nice list!

These meal ideas are a great way to get through the busy days of the holidays when you aren't entertaining. They're kid-friendly, adaptable meals that we can all customize without much trouble—the keystone to successful mealtimes with two kids under five years of age. Each one will feed a family of four with leftovers.

My pantry essentials include our favorite veggies, beans, brown rice, tortillas and cheese. Mixing up the type of vegetables and the sauce creates easy, on-the-go meals that don't take all night and please the whole family. When I cook rice, I cook twice as much as I need so that the leftovers can be used later—same with the vegetables. When you get them out, prep all of them and keep them in a container ready to go for the next meal.

Enjoy this holiday season and thank you for choosing fresh, local, organic food from First Alternative, your co-op.

## CHICKEN TURNOVERS

*Delicious with leftover turkey, too!*

- 1 container Co-op Kitchen Feta Spread
- 2 Co-op Kitchen Caesar Chicken Breasts or lemon tempeh, chopped
- 2 stalks celery, minced
- ½ onion, minced
- 1 pkg. Immaculate Baking croissant
- **Side salad:** mixed greens, cranberries and nuts with balsamic vinegar and oil

Combine feta spread, chicken breasts or tempeh, celery, and onion in a bowl. Roll out croissant dough on a floured surface and cut into four squares. Divide filling between each square and brush edges with water. Fold in half on a diagonal and make a small score on the top.

Brush with milk or egg wash and bake at 325° for 25-30 minutes. Serve with side salad.



## PIZZADILLAS

- 1 cup shredded cheese
- 1 cup marinara sauce
- 1 cup spinach, finely chopped
- ½ cup olives, sliced
- 8 slices pepperoni, diced

Heat a griddle as you assemble 4 pizzadillas: layer one half of a large tortilla with cheese, sauce, spinach, olives, pepperoni and more cheese. Cook on each side until hot and melty in the middle and serve with a side of mixed greens.

## SANTA FE BURRITOS

- 4 tortillas
- 2 cups cooked brown rice
- 1 cup corn
- 1 can Truitt Brothers black beans
- 1 cup shredded white cheddar
- 1 cup DeCasa Green Salsa
- **Garnish:** mixed salad greens, yogurt, avocado

Spread out your tortillas on a workspace and top with all ingredients except garnishes. Roll up and heat over low heat in your skillet, turning once, until warm and golden. Top with greens, yogurt and avocado and enjoy!

## SEOUL BOWLS

- 2 cups brown rice
- 2 cups shelled edamame
- 2 cups salad greens
- Yumm sauce
- 1 red pepper, diced
- 1 avocado, diced
- ½ cup daikon, diced
- Kimchi and seaweed flakes to taste

Prepare the brown rice and steam the edamame. Divide greens and rice into bowls and spoon on Yumm! Sauce. Top with edamame, red pepper, avocado and daikon and finish with a sprinkle of kim chee and seaweed flakes.



## SICILIAN WONDERPASTA

*A one-pot wonder! Cooking the pasta in the sauce yields an amazingly flavorful meal.*

- ½ onion, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 1 cup Sweet Creek marinara sauce
- 4 cups hot water
- 1 Rapunzel bouillon cube
- 8 oz. pasta
- ½ Tbsp. dried Italian herb blend
- 1 small zucchini, diced
- 2 cups fresh spinach, chopped
- Parmesan and sliced olives for garnish

Combine all ingredients except parmesan and olives in a pot. Cover and bring to a boil over high heat. Remove lid and reduce heat to medium. Cook, stirring occasionally, until pasta is tender (about 15 minutes). Serve over chopped spinach, topped with olives and parmesan.



## QUICK THAI PEANUT NOODLES

- ½ pkg. organic rice noodles
- 1 Tbsp. oil (a mix of coconut and sesame is nice)
- 1 block tofu, cubed
- ½ bell pepper, sliced
- 1 carrot, sliced
- ½ onion, sliced
- Tamari
- 1 cup Thai & True Peanut Sauce
- Brown sugar or peanut butter to taste
- 2 cups cabbage, shredded
- Cilantro, lime and roasted peanuts for garnish

Prepare the rice noodles according to package. Heat oil in pan over medium heat and add tofu. Cook until lightly browned and add peppers, carrots and onions. Turn up heat to high and quickly brown the veggies, sprinkling on a little tamari as you go.

Reduce heat to low, add sauce and noodles and stir to combine. Adjust flavors by adding a little tamari, peanut butter or brown sugar. Squeeze the whole lime on top, and toss with cabbage. Serve topped with cilantro and crushed peanuts. 🥗



## SHOPPING LIST

\*Oregon or Local 6 products!

### BULK

- 1 block tofu\*
- 2 cups brown rice
- 1 cup roasted salted peanuts
- ½ lb. penne pasta
- ½ Tbsp. Italian seasoning
- 1 cup Stahlbush corn\*

### PRODUCE

- 2 red peppers\*
- 1 small daikon\*
- 2 avocados
- 1 lb. salad greens\*
- 2 onion\*
- 1 carrot\*
- ½ cabbage\*
- 1 bunch cilantro\*
- 1 lime
- 1 bunch spinach\*
- 1 head garlic
- 1 zucchini\*
- 2 stalks celery

### FREEZER/CHILL

- 1 pkg. edamame
- 1 jar Yumm! Sauce\*
- 1 jar Grateful Harvest Kimchi\*
- 1 block mozzarella
- 1 block Tillamook White Cheddar\*
- 1 pkg. pepperoni
- ½ cup parmesan
- 1 pkg. croissant dough
- Co-op Kitchen Feta Spread\*
- 2 Co-op Kitchen Caesar Chicken Breasts\*
- 1 pkg DeCasa large whole wheat tortillas\*
- 1 DeCasa Green Salsa\*

### GROCERY

- Seaweed Flakes
- Rice noodles
- Thai & true peanut sauce\*
- Sweet Creek marinara sauce\*
- 1 can olives
- 1 can Truitt Bros. pinto or black beans\*

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Tony Frankel, Stage and Cinema, 2015

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