



First Alternative
NATURAL FOODS CO-OP

THYMES

COMMUNITY MARKET MONTHLY

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DONATE SCHOOL SUPPLIES



Empower a life.

Only 23% of children in West Africa who enter school actually finish 6th grade. The main reasons are a lack of basic supplies and transportation. Your donation will empower children and communities by providing the necessary tools to further their education.

Purchase these school supplies during the month of September and place them in the box marked for donations at the end of the register. Alaffia will distribute them to students in West Africa.

- Pencils \$1.50
- Pens \$2.99
- Chalk \$1.50
- Protractors 50¢
- Lined Paper \$2.50

SUPPLY KITS ONLY \$5.99

Kit includes pencil, pen, paper, and protractor.

HELP CHILDREN IN WEST AFRICA, HELP THE WORLD

Alaffia's Annual School Supply Drive Helps Give Children the Tools They Need to Learn

To Co-op shoppers, Alaffia is a trusted name in bodycare and beauty. To many in Togo, West Africa, the name means a lot more. A common greeting originating from central Togo, alaffia means a state of peace, health, and well-being.

Alaffia was founded with a vision of African communities using African resources. They measure success not in profits, but empowerment.

Their aim is to eliminate poverty and encourage gender equality amongst Togalese communities. Their empowerment projects include reforestation, eyeglass collection, maternal health, and a number of education-based projects.

Since building their first school in 2011, Alaffia has built 10 schools and donated

school supplies to over 20,000 students in Togo. With your support, they can provide thousands more students with the supplies they need to get an education.

Throughout September, the Co-op will be collecting your school supply donations. To make it easy, we'll even have all the needed items available for purchase, separately and as a package. Just take your purchased donations to the collection boxes, located at Customer Service in both stores. Thank you, your donations will help empower lives.





from the GENERAL MANAGER

Cindee Lolik
General Manager

September is one of my favorite times here in the Heart of the Valley because the harvest is in full swing. Our local farmers are deep into the process of harvesting their carefully tilled and nurtured crops; kitchens, both home and commercial, are bustling with canning and preserving all those riches, and we can't seem to get enough sweet corn on the cob to satisfy us until next year.

There isn't a better time of year to celebrate the abundance of our local producers, and how fortunate we are to live amongst such incredible local bounty.

Our buyers keep in close touch with local farmers to help them pass along the freshest and most delectable fruits and vegetables, not only at the height of harvest but year round. Did you know that our salad mix, also known as mesclun, is



local year round? We get it from Gathering Together Farms in the summer and fall and from Denison Farms in the winter and spring—that's why you'll notice that the mix changes seasonally, with heartier greens in colder weather, including a great variety of tender kale. We carry it in bulk so you can get as much or as little as you need, and we also bag it here at the store as a convenience to folks who need to grab it and go.

I find that a great quick meal after a long day is a bag of our local greens and a package of our Co+op Kitchen Chicken Caesar from the Deli Grab & Go case augmented by some sliced tomatoes and cucumbers.

Our Produce Departments are currently working out the details of providing some other convenient grab and go produce items, like winter squash cut into halves, pre-

peeled garlic, and mirepoix, which is a mixture of cut onion, carrots, and celery that will add aroma and flavor to your favorite stock or soup or even make a quick stir fry.

Don't forget to put some of those local melons in your cart while they're in the stores...there's pure sunshine packed into those cantaloupes and melons. There's nothing sweeter or more satisfying than a ripe juicy melon for dessert or as an afternoon snack.

Have you ever tried throwing some cantaloupe slices on the grill? Pure bliss. If you are so inclined, wrap some prosciutto around the grilled slices for a real taste sensation.

At the Co-op you can choose between a great prosciutto made in Iowa by La Quercia, a company which just won the 2016 Good Food Award for their Speck Americano prosciutto, or one from Fiorucci Foods, a 160 year old company based in Italy and producing in the US. You can't go wrong.

Bon appétit! 🍴



from the BOARD OF DIRECTORS

Blanche Sommers
Board of Directors

Happy September. This is such a beautiful time of year in the Willamette Valley. There is so much wonderful fresh local produce available. The variety builds over the early summer and peaks at this time of year. Our co-op is a great place to buy local produce and other local products.

The Co-op sources much of its produce from a number of local farms to bring you the bounty of the season. In addition to produce, there are many other locally-sourced products in the stores including dairy products like milk, yogurt, and ice cream. Meat is another product that is often locally-sourced. Some of these local producers include: Peoria Gardens, Big River, Gathering Together Farms, Springhill Farms, New Morning Bakery, Denison Farms, Lonely Lane Farms, April Showers soaps, Lotus pads, Earth Rising, Lydia's Organics, Stahlbush Island Farms, Golden Temple, Bellfountain

and Tye Vineyards, Great Harvest Bread, and dozens more.

As many of you may know, in 2007 the Co-op began a program called Local 6 to identify products from local producers.

The Co-op defines Local 6 as a product grown, made or processed by a business owned and located within the six counties touching and including Benton County (Benton, Linn, Lincoln, Lane, Marion, and Polk). These products are identified with Local 6 shelf tags so shoppers will know when they are supporting local farmers and producers.

More from the Rendezvous on pg 7



Local 6
Groceries from the counties closest to home
Benton, Linn, Lane, Lincoln, Marion, and Polk counties

Local Direct
Groceries delivered direct from the producer

Local Oregon
Groceries born and raised in Oregon

This year the Co-op has refined this designation somewhat to provide even more information to shoppers about where their food comes from.

Our two new product designations, Local Oregon and Local Direct, complement Local 6.

In addition to being a great time to taste that wonderful local produce, summer is when the Co-op hosts its annual Owner Rendezvous.

Last month it was again held at the Osborn Aquatic Center with 224 people attending, which is a record for recent years. I hope you were able to attend. If not, there is always next year and I look forward to seeing you there. The Board hosts this annual event to get the chance to meet and talk to Owners and provide feedback on the Co-op's

progress, including providing a copy of the annual report. As a side benefit, everyone was able to swim or just enjoy an evening by the pool on a nice summer day. While this event is hosted by the Board, there are many people who work hard to make it a success. On behalf of the Board I would like to thank all of those many staff and volunteers who pitched in to help. Special mention has to go to Donna Tarasawa who organizes and really takes responsibility for this event and many others that the Co-op hosts. We all rely on her energy and expertise to make these events successful. Thanks Donna!

This is also the time of year when new officers are elected by the Board. The officers for this year are Jim Mitchell, president; Jim Smith, Vice President; Erik Rose, Treasurer; and continuing as Secretary, Robert Williams. These officers make up the executive committee and are the drivers behind the Board's work. They are responsible for setting our agendas and ensuring the Board gets its work done. I'm sure the rest of the Board will join me in expressing our gratitude for their willingness to serve our co-op in this way. 🍴

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

The Co-op Thymes is a free publication available at First Alternative and at other locations in the Corvallis area. It can also be viewed online at www.firstalt.coop.

Editors Adam Payson, Donna Tarasawa
 Design/layout Adam Payson
 Photography Adam Payson, Emily Stimac
 Illustrations Adam Payson, Julia Lont, Stev Ominski

Board of Directors Committee Meetings Schedule

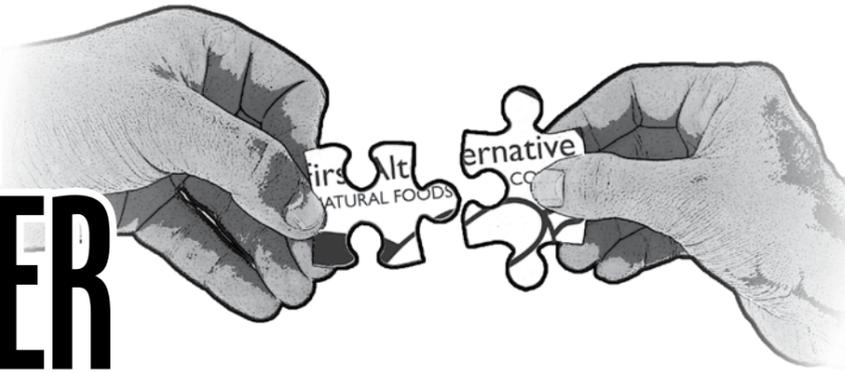
<div style="background-color: #333; color: white; padding: 5px; text-align: center; font-weight: bold;">Owner Relations Committee</div> <p><i>The primary conduit for communications and relations between Owners and Board.</i></p> <p>No Meeting in September. Meetings will resume in October</p> <div style="background-color: #333; color: white; padding: 5px; text-align: center; font-weight: bold;">Board Recruitment & Elections Committee</div> <p><i>Works to enhance Board performance and recruit qualified candidates.</i></p> <p>Thursday, Sept. 15th at 6pm in the North Store meeting room</p>	<div style="background-color: #333; color: white; padding: 5px; text-align: center; font-weight: bold;">Finance Committee</div> <p><i>Reviews, analyzes, and makes recommendations on financial matters.</i></p> <p>Wednesday, Sept. 14th at 5:30pm in the North Store meeting room</p> <div style="background-color: #333; color: white; padding: 5px; text-align: center; font-weight: bold;">First Alternative Board of Directors</div> <p><i>Comprised of elected Owners, the Board puts cooperative principles into action.</i></p> <p>Tuesday, Sept. 27th at 6pm in the South Store meeting room</p>
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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

STRONGER + TOGETHER



CHECKING IN WITH CAMPAIGN 230

First Alternative's Campaign to Let Owners Know That They Can Invest Up to \$300 in Equity on Their Owner Shares

If you are one of the 10,000-plus Owners of First Alternative Co-op, you have dedicated \$70 of your own money to a local institution dedicated to creating a sustainable community and a just world.

All the great work we've done towards these goals simply wouldn't have been possible without you.

You continue your support of our stores, and our mission, with your grocery dollars and by spreading the word about our products and programs. In return, we maintain our commitment to provide you with the highest quality food and products possible, while cultivating programs to enable healthy lifestyles for our friends and neighbors.

It's been a long journey since 1970 when the Co-op was founded by a group of OSU students and Corvallis residents looking to make natural and organic foods available to everyone at a fair price.



The house where it all began

Along the way there have been bumps in the road. There always will be. And while we

always save what we can for those rainy days, like any business, we regularly encounter unexpected, but necessary, expenses, like repairing leaking roofs or faltering freezers, and upgrading our Co-op Kitchen facilities to meet increasing demand.

That's why we in 2013 we started the 230 Campaign, to make you aware of one more way in which you can help your store!

CAMPAIGN 230

Did you know that your \$70 owner share has been a crucial contribution to the financial well being of the Co-op? But that doesn't mean you have to stop there! Oregon law allows each of our Owners to invest up to \$300 in equity on their share—an additional \$230 over your share price.

This additional equity in First Alternative can be made all at once or over time.

Increasing the value of your Owner share may not bring you any tangible benefits, but it is very beneficial to your Co-op—the only

independent, community-Owned grocery in Corvallis!

Whether you have \$5 or \$300 equity in your share, it is refundable to you whenever you request it, in accordance with our bylaws and withdrawal policy. That's a win-win situation for everyone!

Ways To Help Keep First Alternative Strong:

- Contribute additional equity, up to a total of \$300, on your share
- Pay off any remaining balance on the \$70 purchase of your share
- Purchase a share for each adult (18 or older) in your household. Each shareholder will receive one Owner Sale Day per month
- Continue to support us with your shopping dollars

If you would like to participate in this campaign and increase the value of your share, let one of our cashiers know. All you will need to do is give them your Owner number, and tell them how much equity you wish to add. That's all there is to it. We encourage you to do it today—together we can take First Alternative to the next level. Thank you for continuing to support your local Co-op!

'230 WORDS OR LESS' REDUX

We Asked Owners Who Increased Their Equity to Tell Us Why

These quotes from Co-op Owners who increased their equity originally appeared in the *First Alternative Thymes* between March and August 2015.

I increased my investment in the Co-op because I value supporting an independent grocer that shares my values of sustainability and environmental justice.

—Tara Rodden Robinson, Co-op Owner

The Co-op is very important to me and always a great investment, so of course I would want to invest more into such an important part of my life!

—Darlene Santich, Co-op Owner

Jim and I love our little local stores. They connect us to the community here in Corvallis. We chose to move here because there was a Co-op and are so happy it is still going strong.

—Michelle Adams, Co-op Owner, Paid Sub, Former GM

I have been a member of cooperatives

(grocery store, bookstore, and cinema) for more than 40 years and know well that they can use a little extra working capital.

—Mark McClees, Co-op Owner

Our community-centered co-op continues to seek nourishing high-quality food while maintaining a very welcoming ambience. Who wouldn't want to support all that?

—Thomas Schmidt, Co-op Owner

Our community's treasures, including First Alternative, deserve and need our support.

—Martha Anderson Co-op Owner

Having joined the co-op as a volunteer in June of 1974, I have never ceased appreciating its two primary impacts on our community: its wonderful food and its progressive voice.

—Roberta Hall, Co-op Owner

**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

AMERICAN DREAM PIZZA

FREE DELIVERY!

CAMPUS 757-1713 • 2525 NW Monroe
DOWNTOWN 753-7373 • 214 SW 2nd
www.adpizza.com

Gluten Free Crust available Sunday through Wednesday!

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

September Anniversaries

Staff Anniversaries

- 1 year:** Casey Gold, James Shook, Hannah Murley, Frazier Thurman
- 2 years:** Chad Lucero, Sophie Thompson
- 3 years:** Nate Shapiro
- 4 years:** Clayton Marion
- 5 years:** Marcy Monasky
- 6 years:** Maria Herrera Barrera
- 8 years:** Carli Landucci, Susie Willis

Owner-Worker Anniversaries

- 13 years:** Juanita Gomez

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

PRINTING & DESIGN
WITH THE EARTH IN MIND

element graphics

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

SEPTEMBER IS WHOLE GRAINS MONTH

For Once, a Celebration That Will Leave Your Body Happy

In the simplest of terms, whole grains are grains with all their parts. Besides having a pleasurable full and nutty taste, whole grains have a variety of health benefits. In fact, researchers are still uncovering new benefits.

We've long known that the fiber in whole grains is a great aid to digestion—for a long time that was thought to be the extent of their benefits. Studies done more recently, though, indicate that a diet rich in whole grains also lowers the risk of heart disease, cancer, and diabetes, and may lower triglycerides, improve insulin control, help manage body weight, and slow the buildup of arterial plaque. That's a whole lot of benefits from such a small package!

Let's take a look at the parts of a grain:

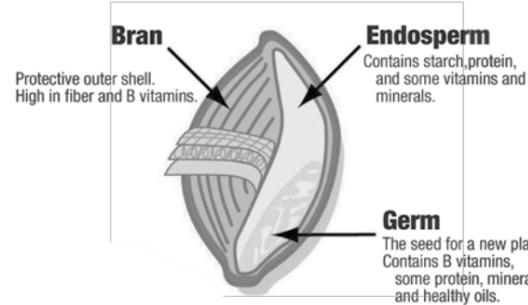


Image courtesy of Bob's Red Mill

Every grain starts out whole, and processing doesn't necessarily change this. If the fiber-rich bran, the starchy endosperm, and the vitamin-loaded germ are all present in their original proportions after milling, then the grain is still whole.

The 2010 Dietary Guidelines (available to view and download at www.health.gov/dietaryguidelines/2010) recommends that

Americans make "half their grains whole," which translates to at least three or more serving of whole grains each day.

A single serving is defined as one slice of 100% whole grain bread, a cup of 100% whole grain cereal, or 1/2 cup 100% whole grain hot cereal.

How to identify whole grains

At the Co-op, we've got a huge selection of whole grains and whole grain products, too many to provide a comprehensive list here. So how can you identify a whole grain?



On packaged grocery products, look for the Whole Grain Council label (pictured above) The two iterations of this label let you know how many grams are contained in a serving of the product (8 grams or more per serving, or 16 grams or more per serving in products with the 100% Whole Grain label.)

We also have an enormous selection of whole grains in bulk, some with gluten and some that are gluten-free. Some of the most popular whole grains we have in bulk include **whole wheat** and some of its varieties like **spelt, bulgur, and rye**, all of which contain gluten.

If you're looking for gluten-free whole grains, check out **amaranth, corn, buckwheat, oats** (provided they were processed in a gluten-free facility) and the ever-popular **teff**.

Looking for more options or cooking suggestions? Just ask. We'll help you get the whole story on whole grains.

HAIR TODAY, HAIR TOMORROW

With New John Masters Organics Hair Care Products

Feel good about looking good, with John Masters Organics hair care products, new to the Co-op.

For over 20 years, John Masters has been creating luxury beauty products that recognize and strive to preserve the beauty of our planet while they make you look your best.

Sustainably-produced with certified organic ingredients and never tested on animals, these products are top of the line. And they'll be on sale all through September at the Co-op. It's the perfect opportunity to try them out for yourself.

We have their **Zinc & Sage Shampoo with Conditioner, Sea Mist Sea Salt Spray with Lavender, Evening Primrose Shampoo for Dry Hair, Rosemary & Peppermint Detangler, Lavender & Avocado Intensive Conditioner**, and a whole lot more. Give them a try!



PEDALPALOOZA AND CAR FREE COMMUTER APPRECIATION

Leave the Car at Home and Celebrate Pedal Power in September

Get ready to bike, stroll, or roll to Riverfront Park on Sunday, September 18, from 1 to 4 pm for "Pedalpalooza: A Pedal-powered Party". This free and open to the public event will feature a variety of pedal-powered gizmos, along with music, food, games, and exhibits.



Time to get on your bikes and ride, Corvallis

Festivities kick off at 1pm on 1st Street, between Monroe and Jackson, with a wide range of activities, including a bike carousel, smoothies made by pedal-powered blender, and a chance to try out electric-assist bikes. Concurrently, a special Pedalpalooza Storytime will be held just down the street at Central Park, giving kids a chance to decorate their bikes and to be part of a bike parade down Monroe Avenue to Riverfront Park.

Festival attendees will delight to the sounds of Gumbo and the dances of Fiesta Mexicana. Team Dirt will be back with their skills course for kids, and there will be a demonstration of bike polo, as well as skating skills by the Sick Town Derby Dames. The ever-popular "Slow Race" will challenge bicyclists young and old to see who will be last to the finish line. There will be exhibits featuring hands-on activities by more than 25 community groups, and food will be available for purchase from McWeenie's, Burnheimer's, and Francesco's.

On Thursday, September 22, people all over the globe will participate in World Car Free Day. Here in Corvallis, community members are encouraged to leave their cars at home and to walk, bike, or ride the bus to work, school, shopping, and other activities. Participants are invited to stop by one of the following Commuter Appreciation sites between 7 and 9am:

- Downtown Corvallis Skate Park
- Downtown Transit Center
- OSU - Weatherford Hall (26th & Jefferson Way)
- First Alternative Co-op (North store at 29th & Grant)

Each site will offer free breakfast snacks, bike safety check, and information about transportation options.

To take the Car Free Day pledge or to learn more about what's planned, go to www.sustainablecorvallis.org or call (541) 230-1237.



Joel Gustafson, Brand Manager

TAKE A HIKE Dimple Hill

Although the summit of Dimple Hill can be reached from a variety of trails, the most direct route to the top is from the Saddle. The fact that this option is on a forest road allows for comfortable year around hiking. During the ascent, there are multiple opportunities for alternate loops, views, and adventures. If you want to reach the summit, just make sure that you take a left at the multi-path intersection near the top.

During the hike you will have the opportunity to see forests in a variety of ages, and smaller flora that change throughout the seasons. Keep an eye out for deer and owls as they tend to enjoy that area as well. The forest canopy makes it an enjoyable fall/winter hike with shelter close by.

The summit offers one of the best views of Corvallis and the Coast Range in town. On a clear day, even the Cascades are visible. There are two benches and many other grassy knolls to take in the view and get rested for the hike back to your car.

Trail Information

 Difficulty Moderate	 Distance 3+ Miles
 Elevation Gain 800+ ft.	 Pet Friendly Yes

How to Get There

Main Parking Area: Head north on NW Highland Dr. toward Crescent Valley High School. Turn left on NW Lewisburg Ave. Turn right onto NW Sulphur Springs Road. After about 2 miles you will see parking on either side of the road. Dimple Hill is the trail to the right.

Snack Ideas





cheese please

Holly Smith
South Store Deli Assistant Manager

Montchevre Goat Cheddar Singles

These deceptively simple looking cheese sticks bring the subtle complexity of goat cheese to your lunch or snack. Mildly tangy with medium cheddar bite, they make a great alternative to traditional string cheeses. Particularly delicious with grapes or fresh stone fruit.

Montchevre Mini Cabrie At just over 4 ounces, this charming little brie-style goat cheese is just the right size for a cheese-lover's lunch. Cut into its bright white rind to reveal the silky smooth interior. It is light and mild when young, developing more complex earthy flavors as it ages. All this cheese needs to make a quick meal is a baguette and a dollop of jam.

Volpi Roltinis We can't get enough of these cheese and meat snacks from Volpi, one of our favorite salami makers. Choose from Volpi's delicious and high quality Prosciutto or Spicy Salami wrapped around Mozzarella cheese. These Roltinis make a satisfying, protein-rich snack on the go, or can be sliced into small rounds and topped with fresh basil and olive oil for a quick and easy summer appetizer.

Marin French Petite Camembert

Marin has been making European-inspired cheeses in California's Marin County for over a century, resulting in a selection of time-tested, artisan-crafted, and internationally-recognized cheeses. Their Petite Camembert is smooth in texture, with a thin rind, and has a more robust flavor than brie with savory mushroom notes. This petite round can easily be consumed in one sitting atop simple water crackers. Sweet slices of fresh apple or pear bring a lovely balance to the earthiness of the cheese.

TAKE YOUR LUNCH BOX TO THE NEXT LEVEL WITH THESE TASTY AND UNIQUE SINGLE SERVING CHEESES.



GET THE SCOOP AT FALL FEST

Celebrate the Season with Great Art, Music, and Food

Join in at the 44th annual Corvallis Fall Festival, coming to Central Park Saturday, September 24th from 10am-6pm and Sunday, September 25th from 10am-5pm.

The mission of this not-for-profit event—the area's largest celebration of local art, food, and music—is to help build and sustain a market for local arts and crafts while serving, supporting, and showcasing our fabulous community.



CORVALLIS FALL FESTIVAL

Once again First Alternative is teaming up with the Corvallis Sustainability Coalition to operate a food booth. This year we'll be bringing you delicious, dairy-free frozen treats from Coconut Bliss and So Delicious Cashew Milk Desserts! We will be serving bowls, sundaes, and ice cream bars both days of the festival.

Don't forget the toppings! We'll have chocolate and caramel sauce, nuts, and more.



50¢ off

Your tasty purchase at the Sustainability Coalition & First Alternative Frozen Treats Booth.

CORVALLIS FALL FESTIVAL no cash value | one per customer

DONNA'S RECIPE REPLACEMENTS

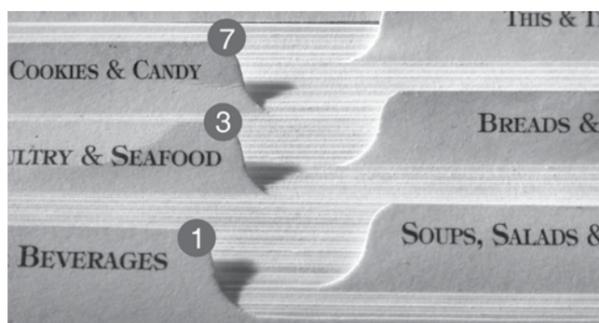
Let Us Help You Adapt Your Favorite Recipes to Fit Your Lifestyle

Are you new to cooking with natural foods? Or perhaps new to having to avoid an allergen? You probably have recipes in your collection that call for some of these items you either can't have, or simply don't want, in your diet anymore. You probably don't want to give up those recipes, either, but you're not sure what to do next.

Don't worry, We're here to help!

Submit your recipes in need to me, Donna Tarasawa, at donnax@firstalt.coop or mail them to First Alternative Co-op, Attn: Donna T, 1007 SE 3rd St., Corvallis 97333.

I will revise them to make them work for your needs, with ingredients that can be purchased at the Co-op!



Looks like your recipes have some pending updates

In each issue of the Thymes we will print a selected recipe. If we choose yours, you will receive a printed copy of your revised recipe, along with the ingredients to make the dish (up to a \$10 retail value.) If your recipe is not chosen, you will still receive a reply with an updated recipe. Start looking through your recipes and sending them in for your chance to win!

For this first month, I've pulled out a Chocolate Éclair Cake recipe I have from the 90s. It uses some products made by companies I no longer wish to support, so with just a couple easy substitutions (available at the Co-op) I've made it better than ever!

—Donna Tarasawa, Outreach Specialist

Chocolate Éclair Cake

Cake

- ½ cup butter
- 1 cup water
- 1 cup flour
- 4 eggs

Filling

- 2 ½ cups milk
- 2 small pkg. Jell-O Instant Vanilla Pudding
- ★ 1 pkg. Organics Vanilla Pudding
- 8 oz. carton Cool Whip
- ★ ½ pt Lochmead Whipping Cream
- 2 tsp. vanilla

Icing

- 4 Tbsp butter
- ¼ cup chocolate chips
- 1 cup powdered sugar
- 1 tsp. vanilla
- 2 Tbsp. milk

In a saucepan, bring butter and water to a boil. Remove from heat; add flour and mix. Add eggs, one at a time, mixing well after each addition. Spread on greased cookie sheet (11 x 17). Bake at 400°F for 30-40 minutes until golden brown.

Filling: Beat milk with pudding, Cool Whip and vanilla, with mixer. Chill 30 minutes.

Filling: Cook pudding according to package directions, using 2 cups milk. Cover and chill well. Beat cream until soft peaks form. Add vanilla and beat to combine. Gently mix pudding with whipped cream. Chill 30 minutes.

Icing: Melt butter and chocolate chips. Remove from heat, add powdered sugar, vanilla and milk.

Spread chilled pudding mixture over baked pastry. Drizzle with chocolate icing. Keep chilled. Best served same day.



new column



Look for Organics Vanilla Pudding in the grocery aisles, and Lochmead Heavy Whipping Cream in the dairy cooler.



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

Oregon Organic products

We offer: Quality

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

Thanks for Supporting



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.

Sweet Creek Foods

www.sweetcreekfoods.com 541-935-1615

look for us at your Co-op

IN THE KNOW ON THE NEW



Paqui Tortilla Chips

Paqui, an ancient Aztec word meaning 'to be happy', and you will be when you're crunching these handmade chips. They're gluten-free and Non-GMO Project verified. Try Nacho Cheese Especial, Roasted Jalapeño, and Very Verde flavors.



Whole Flower Farms Oatmeal Chocolate Chip Cookies

Available in our Deli Bakery Cases, these fresh, locally-made cookies are a soft chewy delight. With a texture this perfect you may have a hard time believing that they are gluten-free and vegan. But trust us, they are!



Pamela's Gluten-free Pancake Mix

Get a gluten-free and nutritious jump on your day way with these new pancake mixes. Sprouted Grain and Grain-Free mixes mean that regardless of dietary restrictions, you can still have yourself a hearty, delicious flap-jack stack.



Lotus Foods Arare Rice Crackers

Using rice sourced from farms using sustainable "More Crop Per Drop" methods, these crackers are baked, not fried, then flavored with zesty blends of traditional spices like salty Shoyu, spicy Sriracha, and Sweet & Savory Thai. Yum!



Coffee Blocks Better Butter Coffee

Every little pouch contains the makings of one rich, delicious cup of butter coffee, all you need to do is add the water. The combination of grass-fed butter, organic coconut oil, and coffee will give you a long-lasting boost of energy.



Suzie's Organic Mustards

No family should be without mustard, the condiment that complements! These mustards are 100% organic and made in Pendleton. What's your favorite? Dijon, Spicy Brown, or the old reliable Yellow Mustard? Let Suzie help you decide.



Tasty Bite Spice & Simmer Kits

These delicious simmer sauces, marinades, and spices will bring a world of authentic flavor to your table, fast. Choose from Teriyaki, Szechuan, and Thai Green Curry, each with their own unique flavor. Your vegetables will love it!



Three Twins Sundae Cones

Quick, while it's still hot enough, eat more ice cream! The summer's fading fast, and as lovely as fall is, it's not as conducive to ice cream eating. Have a quick cone on the go with this organic take on a classic summertime treat.



Simple Mills Gluten-Free Crackers and Mixes

Almond flour power is the simple secret behind these new crackers and mixes. Enjoy a light, airy cracker snack, or bake up some gluten-free delights, like pancakes, breads, and more. Available only at the North store

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FIRST ALTERNATIVE'S OWNER RENDEZVOUS 2016

PHOTO ROUNDUP

Once a year the Co-op holds its Annual Owner Meeting, as required by our by-laws. Over the years this meeting has taken on many forms. Sometimes just a meeting; in recent years we've been making a party of it, because that's what our fantastic Owners deserve.

Several years ago, to better communicate the fun atmosphere, we began referring to the meeting as our Owner Rendezvous. The past two years we've held the Rendezvous at the Osborn Aquatic Center, where it has drawn great crowds.

Past Owner meetings had been attended by as few as nine Owners. Last year's event (the first at the pool) brought about 125 Owners and their families, and this year we had attendance of 224! A record breaking number and record breaking fun!

People had plenty of pool time and fun, dinner and dessert was served to all, and entertainment was provided by the Hammered Brass Quintet. Please join us at the pool for the Owner Rendezvous in August 2017!



FUN WITH FRUIT!

FIND THE WORD!

F	V	O	W	R	G	B
R	V	R	W	B	R	A
U	B	A	A	R	A	N
I	E	N	P	R	P	A
T	R	G	X	P	E	N
H	R	E	G	R	L	A
K	Y	M	R	M	L	E

Key:
 Apple • Fruit
 Banana • Grape
 Berry • Orange

IT'S COLORING TIME AT THE CO-OP

With New Kids' Activities Mats

Parents, we've got a fun new way to help keep the littlest shoppers cooperative. Our new Kids' Activity Mats give youngsters a chance to color tasty fruits, scout a path through an apple-y maze, and go on a tasty word search.

Find them in our newly expanded eating area at the North store. (Coming soon to the South store.)

Also new in the North store eating area—fun, safe, Green Toys, purchased from the Toy Factory in downtown Corvallis.

Green Toys are made in the USA using 100% recycled materials. Made mostly of recycled milk jugs and yogurt containers, it's fun to think that today's nutritious purchases may become tomorrow's educational toys.



The new Green Toys Recycling Truck

SEPTEMBER 2016 COMMUNITY CALENDAR

UPCOMING EVENTS

Nick Jaina Presents Get It While You Can

September 1st, 7-8:30pm at Corvallis-Benton County Public Library (645 NW Monroe Ave)

Portland author Nick Jaina will perform music and read from his 2016 Oregon Book Award nominated impressionistic memoir, *Get It While You Can*. Jaina's live performance is like an audio scrapbook. He loops together guitar melodies and found sounds and reads passages of his book over them. Potent words hang in the air as a guitar figure echoes out, leaving you time to digest the sentiment. In the middle of this sea of ideas and emotion, Nick breaks the tension by playing a song. FMI: bonnie.brzozowski@corvallisoregon.gov.

Kidsathletic Club Open House September 9th, 1:30-4:30pm at Kidsathletic Club (324 SW 2nd Street)

Come in to explore and play in our awesome facility absolutely free! Meet our staff, play on our custom equipment, enjoy demo classes, and take advantage of early enrollment special. Perfect for children 3 months through 14 years. FMI: info@kidsathletics.com, (541) 740-4408.

Benton County Big Sit

September 17th, 6:35am-7:35pm at Cabell Marsh in the Finley Wildlife Refuge

A big sit is a stationery bird count and fundraiser to aid bird conservation organizations. We will be sitting in the Cabell Marsh blind counting birds for 13 hours! The money we raise will be equally divided between 4 bird conservation organizations. If you want a downloadable pledge sheet or more information, please email Kai Frueh and Isaac Denzer at BentonCountyBigSit@gmail.com.

Pedalpalooza:

A Pedal-Powered Party

September 18th, 1-4pm at Riverfront Park between Monroe and Jackson

Ride a pedal-powered carousel, drink smoothies created by a pedal-powered blender, and see other amazing pedal-powered gizmos! Enjoy music by Gumbo, dancing by Fiesta Mexicana, food, games, exhibits, bike parade and more. See www.sustainablecorvallis.org for details.

FMI: info@sustainablecorvallis.org, (541) 230-1237.

Storytime & Parade Celebrating Pedalpalooza

September 18th, 12:30pm at the Arts Center Plaza in Central Park (700 SW Madison Ave)

A special car-free themed storytime and celebratory parade to Pedalpalooza, a Car-Free Festival, in Riverfront Park. Families are invited to bike, walk, skate, and/or scoot to Pedalpalooza with a parade lead by the library's book bike following alternative transportation themed stories and songs. All ages are welcome and no registration is required. Little ones with trikes, scooters, etc. are encouraged. Helmets are required for participants 16 years of age and younger. FMI: bonnie.brzozowski@corvallisoregon.gov, (541) 766-6965.

Car Free Day in Corvallis

September 22nd, all day

at various locations

Stop by a Commuter Appreciation Site for free breakfast snacks, bike safety checks and more on your way to work or school (7-9am). Take the pledge and find the site nearest you at www.sustainablecorvallis.org. FMI: info@sustainablecorvallis.org, (541) 230-1237.

Corvallis Bicycle Collective's 6th Annual Bike Swap

September 24th, 9am-5pm at 500 SW Madison Ave

Our biggest fundraiser of the year directly supports our mission to get people on bikes. Whether you have bikes you don't need or need bicycles you don't have, or both, this event is for you. Starting September 17th sellers can bring consignment bicycles to our shop at 707 NW 11th or bring them during the event. Last year we sold nearly 100 bicycles and raised over \$4,000 for cycling in Corvallis. Contact: info@corvallisbikes.org (541) 224-6885. Details: <http://bit.ly/cbcBikeSwap>. Volunteer: <http://signup.com/go/dbiE79>.

The HOUR Exchange Autumn Marketplace

October 2nd, noon-4pm at Old World Deli (341 SW 2nd St)

The HOUR Exchange presents their annual Autumn Marketplace featuring local crafts, produce, art and live music. HOURS and US currency are accepted. FMI: Cheryl Good, hourexchange@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 DAFU GROUP

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

CORVALLIS ZEN CIRCLE

weekly meditation. FMI: www.corvalliszencircle.com

WELLNESS

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

TAI CHI CLASSES

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

FREE TEEN YOGA

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

CHAIR YOGA

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

TRADITIONAL SHOTOKAN KARATE

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

REIKI HEALING CIRCLE

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

WEEKLY LAUGHTER YOGA IN LABYRINTHS FOR HEALING & PEACE

Wednesdays, 7-7:45pm all summer! Hosted by Traci Mc. Merritt, LYL (541) 760-8557 www.Laugh-in-Labyrinth.com

YOGA FOR RECOVERY

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

HEART OF THE VALLEY BIRTH NETWORK

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

MEMORY LOSS SUPPORT GROUP

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

PEACE

CORVALLIS SECULAR SOCIETY

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

AMNESTY INT'L WRITERS GROUP

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

COMPASSION COMMUNICATION PRACTICE GROUP

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

DANCES OF UNIVERSAL PEACE

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

ENTERTAINMENT

CORVALLIS BELLY DANCE PERFORMANCE GUILD SHOWCASE

Third Saturdays at Old World Deli. 341 SW Second St. Corvallis. \$5 suggested donation. FMI: 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 (541) 766-6965

CORVALLIS UKULELE CABARET

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

CELTIC JAM

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

EZ BLUEGRASS JAM

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

COMMUNITY SINGING LESSONS

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

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

OSU Used 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

CORVALLIS BICYCLE COLLECTIVE LOOKS TO CONNECT RIDERS WITH BIKES

Bike Swap on September 24th to Raise Funds for CBC Programs and Services

The Corvallis Bicycle Collective (CBC) is a local non-profit organization whose mission is to enhance safety, sustainability and happiness through bicycling. The Collective started modestly enough in a garage in 2007. Since then they've cycled through a number of locations, most recently the Flomatcher building east of the Van Buren bridge. But the highway-side location was less than ideal for cyclists. That's changed this summer with their relocation to the easily bike-able Northwest 11th Street.



Come check out the new shop, open Tuesday-Saturday

The Collective offers free work space and the use of their tools to repair bicycles, and has new and used bicycles and parts available for purchase. The shop also sells locally-produced parts and accessories. No specialized skills are necessary to use the CBC shop, as staff and volunteers are available to assist with repairs and answer questions.

Sixth Annual Bike Swap

Community members are invited to donate or consign their underutilized or outgrown bicycles at CBC's Bike Swap on

Saturday, September 24. The event runs from 9am-5pm in the parking lot at 500 SW Madison, across from City Hall. A portion of proceeds from each sale benefit CBC's community DIY bike shop and bicycle education programs.

"The Bike Swap is a great way for us to engage the community in our work to get more bikes under more people," said Bobby Mauger, CBC Chair. "Making affordable bikes available to potential riders and putting a little cash in a seller's pocket while furthering our mission is a win/win/win for the bicycling community."



Demonstrations help keep our community biking safely

Participants may bring bicycles and tricycles of all sizes and in working order to the event. Wheeled accessories, such as trailers, tricycles, and ride-alongs may also be accepted. Staff and volunteers at CBC will be available to help participants assess the condition and value of their items. An Ask-a-Wrench repair station will also be available at the event. Donated bicycles may be brought to the CBC shop during open hours on Tuesdays through Sundays, from noon to 4pm or Thursdays until 8 pm. Consignments will be accepted at the shop beginning September 17th and at the event.

City of Corvallis will be at the Bike Swap to help register bicycles via 529 Garage, a digital bike registration service that helps bicycle owners and law enforcement recover and return stolen bikes.

Funds raised at the Bike Swap will support ongoing bicycle education and programs in the community and at the CBC shop.



Recent CBC projects include free bike education classes offered in Spanish, the installation of public DIY bike repair stands at both First Alternative Co-op stores, and Empowerment Bucks.

Distributed in partnership with Jackson Street Youth Services and Corvallis Drop-in Center, Empowerment Bucks are vouchers for people with limited means to use for purchasing bicycles or bike parts at the CBC shop.

The Corvallis Bicycle Collective is a nonprofit community bike shop located at 707 NW 11th Street. They are open Tuesday-Saturday, noon-4pm. The bike swap takes place Saturday, September 24th from 9am-5pm at 500 SW Madison (across from City Hall). For more information call (541) 224-6885 or visit www.corvallisbikes.org.



PRESERVING YOUR ORGANIC HARVEST

Enjoy Fresh, Local, Organic Food All Year Long With These Simple Preservation Methods

Want to enjoy the most healthful food—like local, organic fruits and vegetables—year round? Preserve the bounty you've grown yourself or purchased here at the Co-op or our local farmers' markets.

Simple food preservation techniques lock in flavor, help maximize food dollars, support local farmers, and give you a chance to really get to know the food you eat.

Canning isn't all there is to food preservation. Other simple ways to preserve local and seasonal foods include drying, freezing, curing, pickling and even cellaring. For beginners, dehydrating and freezing foods are a snap—and no special equipment is required.

Freezing

When it comes to nutritious preserved foods, freezing is second only to fresh foods. While freezing can affect the texture of some foods, most vegetables, fruits, meats, soups, and even herbs can easily be frozen in airtight containers for use all year long. The key is to start with cold foods so that the time it takes for them to freeze is very short. This minimizes ice crystals and preserves the color, texture, and taste of your foods.

Try freezing cold berries or chopped vegetables in a single layer on a baking sheet. Once frozen, transfer to a freezer bag or Mason jar for storage. You'll be able to pluck a single berry or measure 2 cups worth from the container without defrosting the entire batch.

Fresh herbs, like basil, thyme, mint, and chives, can be snipped into measured teaspoons or tablespoons and frozen in ice-cube trays topped up with water. Stored in a bag in your freezer, they're recipe-ready almost instantly.

And remember: a full freezer is an efficient freezer, so don't be shy about filling it up!

Did you know? Nuts, seeds, and whole grains can be stored in the freezer to extend their shelf life and prevent spoilage.

Drying

Dehydrating foods is a simple and easy way to keep vegetables, fruits, and even meats stored away until you are ready to use them. Drying preserves foods by taking all the moisture away; without moisture, bacteria cannot grow and your foods stay delicious for months—even years. While there are plenty of dehydrators available, many recipes are possible using a

regular home oven.

Fresh herbs can be dried in a microwave or just hanging from your ceiling! The best thing about drying is that it uses very little energy, and the preserved foods are lightweight—easy to store and transport (perfect for camping!).

Did you know? Dipping fruit slices in pineapple or citrus juice before drying can preserve their color and prevent browning. It's delicious, too!

Canning

Home cooks have been preserving food in jars for centuries, and these days we have plenty of resources to do so safely and with confidence. Canning does require some special equipment, available at many co-ops and hardware stores, and recipes designed and tested for safety. After the initial investment in jars, a canner, and a few accessories, the expenses are minimal and the results can be phenomenal. Canned goods go far beyond the usual tomatoes and green beans. Modern canning recipes allow you to create unique and memorable foods for gifting or for enjoying yourself.

Did you know? Home-canned goods should be used within a year for optimal quality, but are safe for much longer, as long as safe canning methods were used.



Fermenting

Fermentation brings us some of our favorite foods: cheese, yogurt, beer, wine, pickles, and even chocolate. Nearly every culture in the world makes use of the natural preservative effects of fermentation. Fermentation works by transforming the natural sugars in foods into tart and flavorful foods that tend to resist spoilage at cool temperatures.

Fermentation is made possible by the action of beneficial

bacteria—the same bacteria that keep our immune and digestive systems healthy. So fermented foods are not only practical, they also deliver a healthy dose of probiotics. Another benefit of fermentation is that no special equipment is required. You can get started with as little as a knife, a cabbage, and some sea salt, and couple of weeks later you'll be enjoying sauerkraut!

Did you know? Every ferment is unique because of the bacteria and yeasts that are naturally present in the air and foods in that region. The same recipe can taste different across the globe!

Want to learn more?

The Canning Across America and National Center for Home Food Preservation websites contain a wealth of information. Also, your local agricultural extension agent and neighborhood co-op are good sources for written information and classes to help you can, cure, freeze, pickle and dry this season's abundance.



References

The Ball Complete Book of Home Food Preserving Judi Kingry and Lauren Devine, Robert Rose, 2006

Wild Fermentation: The Flavor, Nutrition and Craft of Live-Culture Foods Sandor Ellix Katz, Chelsea Green Publishing, 2003

The Big Book of Preserving the Harvest: 150 Recipes for Freezing, Canning, Drying and Pickling Fruits and Vegetables Carol W. Costenbader, Storey Publishing, 2002

The Joy of Pickling: 250 Flavor-Packed Recipes for Vegetables and More from Garden or Market (Revised Edition) Linda Ziedrich, Harvard Common Press, 2009

—Adapted from strongertogether.coop

CO-OP CLASSES SEPTEMBER AND BEYOND

Saturdays in September

10:30-11:30am, South Store

Mahasiddah Buddhist Meditation

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

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



Tuesday, September 6th

6:30-8pm, South Store

Prepared Hiker Toolbox, Part 3

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

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

More information about this series at:

<http://www.jessbfit.com/train-to-climb-south-sister-2016/>



Thursday, September 8th

7-9pm, South Store

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/>



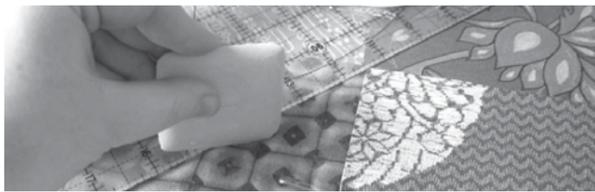
Saturday, September 24th

12-5pm, South Store

Modern Quilting Guild Sew Day

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/>



HAVE SUPPER AT SAGE, SEPT 17

Benefiting the SAGE Garden and Corvallis Farm to School

Join the Corvallis Environmental Center for an evening of local food, music, and art at Bruce Starker Arts Park and Pavilion.

The event begins in the SAGE garden with wood-fired garden pizzas and samplings of farm-fresh produce accompanied by live music, artists painting *en plein air*, and garden tours. Complimentary wine from Spindrift Cellars, and free tastings from Vivacity Spirits. A local, seasonal supper prepared by celebrated chef JC Mersmann of Gathering Together Farm follows.

SAGE produces 3 tons of organic produce each year that



is donated to local hunger relief agencies, and offers workshops, camps, internships, and volunteer and service learning programs.

Corvallis Farm to School works with the Corvallis School District to bring more local, farm-fresh food into our schools, encouraging better eating choices and supporting regional farmers.

Tickets are \$75 and can be purchased online at www.corvallisenvironmentalcenter.org or by contacting the Corvallis Environmental Center, located at 214 SW Monroe Ave., by phone at (541) 753-9211.

www.valleyparentmagazine.com



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MOM MAGAZINE REAL | LOCAL | MOMS

CO-OPS GROW COMMUNITIES Let's All Celebrate Together

From October 5-18, First Alternative will proudly join with food co-ops around the country in celebrating Co-op Month. At the same time, companies like Alaffia, Dr. Bronner's, and Equal Exchange are making donations matched by our partners in the National Cooperative Grocers. Our aim, to raise \$80,000 for the La Riojana Co-op, an Argentinian producer of wine and olive oil.

Through their cooperative business model, La Riojana has been able to significantly improve the well-being of their member communities. With the funds raised, La Riojana Co-op can obtain organic certification for almost two villages, which equates to 80-95 growers. For more details on La Riojana, Co-op Month, and how cooperatives worldwide are helping to grow communities, visit www.strongertogether.coop

And join us on October 7th from 4-7pm for our very own Co-optoberfest Co-op Community Celebration.

Both stores will be featuring live music, tasty food from local producers, including grilled brats from Deck Farms and grilled produce from local farms. Wash it all down with local beer and cider samples.

Join us for a
Co-op Community Celebration!

October 7th

4-7pm at the
North and South Stores

Music • Food • Drink

Deck Farms Brats, Grilled Local Produce, Block 15 Beer, 2 Towns Cider, Coconut Bliss and more!

Beans for Bags

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

Recipients for July-September 2016

Friends of Corvallis Parks & Rec

Grace Center

Linus Pauling Healthy Youth Program

Work Unlimited

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



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

LATE SUMMER LOCAL

On the cusp of fall, the riches of our local harvest begin to truly shine with a rainbow of colors and flavors. It's also a busy month as we head away from the lazy days of summer. Each of these recipes is simple to prepare and even easier to enjoy—and plentiful enough that you can take them to lunch with you the next day! Happy fall, Friends!

CHILE CORN CHOWDER

This corn chowder is light enough to serve on a warm day, and just gets better the longer you let the flavors meld.

- ⊗ 8 chili peppers (an assortment of your seasonal favorites)
- ⊗ ½ cup onion, chopped
- ⊗ 1 carrot, chopped
- ⊗ 2 cloves garlic
- ⊗ 2 tsp. oil
- ⊗ 8 ears corn
- ⊗ 6 cups water
- ⊗ 2 tsp. smoked salt
- ⊗ 1 Tbsp. Better Than Bouillon
- ⊗ ½ tsp. crushed red pepper
- ⊗ 1 lime, halved
- ⊗ 1 cup half-n-half
- ⊗ Cilantro, for garnish

Roast the peppers either on the grill or under the broiler in your oven or toaster oven. Sauté the onion, carrots, and garlic in oil until lightly browned. Cut corn off of cob and add both to pot. Chop peppers and remove seeds and stems. Add water, salt, bouillon, and crushed red pepper. Bring to a boil and simmer for 40 minutes, until flavors have melded and the soup has thickened. Carefully remove cobs and take off heat. Squeeze in lime and drop the peel in too. Stir in half-n-half and allow to sit 5 minutes. Serve garnished with cilantro.



SUMMER RAINBOW NORI ROLLS

The corn in this roll pops just like giant, juicy caviar. Thank you summer! We love you!

Makes approx 6-7 rolls

- ⊗ 2 cups sushi rice
- ⊗ 4 cups water
- ⊗ ½ tsp. salt
- ⊗ 1 tsp. sugar
- ⊗ 1 Tbsp. seasoned rice vinegar
- ⊗ 1 cup fresh corn (about 1 ear)
- ⊗ 1 red pepper, thinly sliced
- ⊗ 1 cucumber, thinly sliced
- ⊗ 1 jar Sweet Creek Tuna
- ⊗ 1 pkg. Nancy's Cream Cheese
- ⊗ 6-7 nori rolls (available in bulk!)
- ⊗ Condiments: chili sauce, wasabi mayo*, tamari

Rinse sushi rice until water runs clear (about 5 times). Combine with 4 cups water in a pot and bring to a boil. Cover and reduce heat to low. Cook 15 minutes. Toss with salt, sugar, and vinegar. Set aside to cool. Meanwhile, prepare filling ingredients. When the rice is cool enough to work with, moisten hands and press out ½ cup sushi rice firmly onto the sheet of nori, leaving about 1" at the far side to use as a seal. Place a small amount of fillings in the center of rice and gently roll. Brush exposed nori with water and seal. Set aside until all rolls are complete. Cut with a very sharp knife and serve immediately with condiments.



Ready to roll

*Wasabi Mayo

- ⊗ ½ cup mayonnaise
- ⊗ 2 Tbsp. wasabi
- ⊗ 2 tsp. prepared horseradish

Whip together and refrigerate, covered, until serving.



Grating zucchini

ZUCCHINI PASTA WITH FRESH ALMOND PESTO

Pure veggie noodles can be such a fun alternative! Serve chilled with a glass of Pinot Gris or Vinho Verde.

- ⊗ 4 medium zucchini
- ⊗ 1 cup sundried tomatoes, soaked in hot water
- ⊗ 2 cups kalamata olives, chopped

Slice zucchini into long thin strips using a serrated peeler (available at the Inkwel). Toss in a bowl with pesto, tomatoes and kalamata olives. Refrigerate, uncovered, 1-2 hours before serving.

Almond Pesto

Yield: 3 cups (freeze 2, use 1)

- ⊗ 1 bunch basil (about 6 cups)
- ⊗ 1 clove garlic
- ⊗ 1 cup shredded parmesan
- ⊗ ½ cup almonds
- ⊗ 1½ cup olive oil
- ⊗ 1 tsp. salt

Clean and stem basil, reserving a few sprigs of basil for garnish. Combine pesto ingredients in a food processor and blend until smooth. Set aside.



POACHED PEARS WITH CARAMEL

This dessert is simple, yet sophisticated. Enjoy it with ripe, local pears and a scoop of your favorite ice cream.

- ⊗ 4 pears
- ⊗ ¼ cup butter
- ⊗ ⅓ cup brown sugar
- ⊗ Ice cream

Peel and core pears. Melt butter in a large pan and stir in brown sugar. Place pears face down in pan and cook over medium low heat. Cover and wait patiently for about 10 minutes. (If you peek, I found out, you let out the steam and they don't cook as fast.) Remove from pan and top with vanilla ice cream. Drizzle with caramel from pan.



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