

the
thymes

First Alternative
NATURAL FOODS CO-OP

Winter 2018-19

December • January • February
Volume 2 • Issue 4



A Free Publication



the thymes

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NATURAL FOODS CO-OP
Winter 2018-19

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The Co-op Thymes is a free quarterly publication of First Alternative available in our stores and around Corvallis. It can also be viewed at www.firstalt.coop.



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Winter Thymes Brings Cooperation into Focus

Adam Payson, *Thymes Editor*

Welcome to the Winter Thymes, where we bid a fond farewell to the year past and take a look towards our cooperative future.

What a year it's been here at the Co-op! We've been out in the community educating and advocating for fresh food and equality for all. We've been at local farms, building close relationships. We've been on campus, teaching students that the bounty of the Willamette Valley is theirs for the taking—at a discount on Tuesdays. And we've been in the aisles of our two stores, stocking the best natural and organic products, answering your questions, and dropping prices.

As if that weren't enough, we've been busy sprucing the place up. The South Store got a sleek new look that proudly proclaims "fresh, local, organic," while North got welcoming new signs.

Speaking of welcoming, we've invited our staff to wear new "Everyone Welcome" buttons to make it clear that the Co-op is

for all types of people—all sizes, colors, cultures, genders, beliefs, religions, and ages.

Just as everyone is welcome to shop at the Co-op, everyone is welcome to become an Owner. Co-op Owners vote to elect our Board of Directors and Beans for Bags donation recipients, receive a monthly 10% Owner Sale Day discount, and get access to our new Co-op Community social and community service events—which you can read more about on page 7.

Elsewhere in this wintry issue, we explore our seasonal squash and citrus selections, share some amazing holiday recipes, and take a visit to the gorgeous Historic Carousel & Museum in Albany, which is a great winter day activity and an example of what communities are capable of when they cooperate.

We hope the Winter Thymes will educate and entertain you in the last cold days of 2018 and into a fresh, local, organic new year. Wait until you see what we've got in store (and in-store) for you in 2019. 🥒



First Alternative
NATURAL FOODS CO-OP

Citrus Sprees

Coming in January

This January, we'll be celebrating citrus season with a week of huge discounts on organic citrus culminating in a citrus tasting event!

For more details follow @firstaltcoop

First Alternative
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Fresh Local Organic

Feed your head with the Co-op's Student Produce Tuesdays

Every Tuesday, show your OSU or LBCC Student ID to get **15% off** all produce!

@firstaltcoop

Covers: La Mancha Ranch and Orchard roasted hazelnuts (front) and fresh harvested in-shell hazelnuts (back)

First Alternative Co-op WINTER WINE SOIRÉE

FEBRUARY 15
5:30-9 P.M. at The Vue
\$15 in advance/\$20 at the door

Winter and wine are meant for each other, but here in Oregon—home to some of the best wines and wineries in the world—the simple task of selecting a bottle of red or white to accompany dinner can quickly become overwhelming.

At First Alternative Co-op, where we put local first, we're always glad to help shoppers find the perfect bottle for any occasion. To help keep our customers informed, we regularly host in-store tastings featuring various local wineries. To truly capture the breadth of Oregon wines, though, a larger event is in order. That's where our annual Winter Wine Soirée comes in!

Join us for a night on the town, Saturday, Feb. 15th from 5:30-9pm at the luxurious Vue in downtown Corvallis. Your Co-op, along with a number of our favorite Oregon wineries will be there dressed to the nines, serving fresh local organic hors d'oeuvres and pouring tastes of some of the best wines Oregon has to offer.

Your price of admission includes four drink tickets and all the snacks you can eat. Taste something you love? We'll be selling all the wines on offer that evening in our special pop up store right there in the Vue. Join us for great conversations, the best view in town, and some of the best wine in the world.

SUPPORTING GOOD SAMARITAN HOSPITAL FOUNDATION CARDIAC REHABILITATION SCHOLARSHIPS

At the Co-op, we believe a healthy community begins with healthy people. That's why we are proud to donate five dollars from every Wine Soirée ticket to the Samaritan Health Services Cardiac/Pulmonary Rehab Fund. This program provides people with the support to recover from heart and pulmonary events, as well as the knowledge and culture to improve their overall lifestyle.

The Cardiac/Pulmonary Rehab Program provides patients with motivation and education on improving heart and lung fitness while reducing disease risk.

Recovering from heart problems is challenging. Samaritan Cardiac Rehabilitation helps patients overcome those challenges by tailoring programs to the needs of each patient. With the support and friendship of others in rehab, they learn how to eat better, exercise safely, and deal with stress.

At this year's Winter Wine Soirée at the Vue in downtown Corvallis, join us in raising a glass to the recovered, recovering, and all of those helping them along the way. Here's to our hearts! 🍷



Find a Samaritan Cardiac Rehab Program Near You:

Good Samaritan Regional Medical Center, Corvallis:
(541) 768-5323 or (541) 768-6285

Samaritan Albany General Hospital:
(541) 812-5441



LOCAL WINERIES HAVE A NIGHT ON THE TOWN

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TERRITORIAL VINEYARDS
TYEE CELLARS
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- Chocolate





ReStore

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Volunteers at work on a new home!

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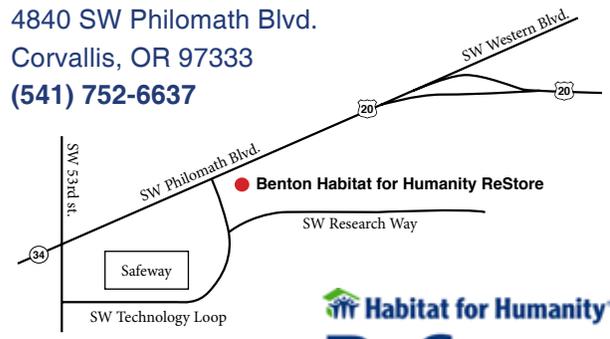
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We even pick up large items for free! Call (541) 752-6637 to schedule pick ups

Start your next project at the ReStore!



Open Monday-Saturday 9am-6pm
 (donations accepted until 5pm)
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 Corvallis, OR 97333
 (541) 752-6637



Donate at BentonHabitat.org/Donate



What Makes Us A True Community Partner In Benton County?

- Our labor is donated by dedicated volunteers who build new homes & complete critical home repairs.
- Your ReStore Donations fund the material purchases for new homes & home repair projects.
- Benton Habitat for Humanity provides NO INTEREST LOANS to finance the rest for low payments families can afford.

25% off any purchase of more than \$10

Valid only at Benton Habitat for Humanity ReStore. Coupon may not be used with any other coupon, prior purchase, exchange or refund. Limit one per customer. Reproduction or alteration of coupon prohibited. Expiration: 3/1/19

100% of the proceeds from the ReStore go to building new, affordable homes, and performing critical home repairs around Benton County!

CO-OP COMMUNITY

Co-op Community is on a mission to connect Co-op Owners with each other, with staff, and with the Board of Directors in social and community service.

Co-op Community activities kicked off with our Cart Brigade during the recent Corvallis Holiday Parade. Future activities will be scheduled quarterly and include such things as field trips to local farms or businesses, community service activities with the Sustainability Coalition, potluck picnics, etc.

For our next Co-op Community event we're planning something special with Block 15. Co-op Owners, keep an eye on your email for further information.

Participants will receive commemorative Co-op Community patches and stickers and have a chance to receive special prizes and promotions.



Fresh Local Organic

10,800 Owners

CORVALLIS TOTAL POPULATION 57,110

A refundable, one-time purchase of \$70 is all it costs to become a Co-op Owner.

Ownership Benefits:

- Choose your own monthly "Owner Appreciation Sale Day" and get non-sale items 10% off!
- Vote in Co-op Elections
- Run for our Board of Directors
- Opportunities to join fun, free Co-op Community events
- And more...just ask!

Owners have a voice and a vote in a community-owned, environmentally- and socially-focused grocery store.

Payment plans are available.

Become an Owner today and join the Co-op Community

North: (541) 452-3115 • South: (541) 753-3115 7

Local Winter Squash AKA Cucurbit Tidbits



Squash originated in the Americas, where it was a staple of native diets. After 4,000 years of cultivation, a staggering number of varieties have been developed across the globe. Hard skinned winter squash provide a wintertime source of vitamins A and C, potassium, and dietary fiber, but the wide variety (and downright strange look of some of them) can make it hard to choose. This primer will help you explore the wide and wild world of winter squash.

Delicata are a small to medium squash that are easier to prepare than most thanks to a thin skin that's easy to slice and edible when cooked. The flesh is firm, not stringy and when roasted has a texture similar to sweet potato. Popular preparations involve slicing one in half lengthwise and stuffing its seed cavity with a mix of grains, greens, meats, or cheeses and roasting it.



Acorn squash have a tapered silhouette resembling an acorn. The skin is easy to slice, compared with other winter varieties, and edible when cooked. Its flesh has a nutty and mildly sweet flavor. Like delicata, roasted acorn squash "boats" stuffed with hearty fillings are a common preparation.



Spaghetti squash are the only squash likely to be mistaken for a melon, owing to their vibrant yellow skin. Once cooked, its flesh can be shredded with a fork to produce long, noodle-like strands that work well as a pasta substitute. The flesh has a mild flavor that easily integrates with red or white pasta sauces or typical stir fry ingredients.



Butternut squash was initially developed for easy commercial distribution, replacing crookneck winter squash that weren't as compact and stackable. Its orange colored flesh is dense and flavorful, while a compact seed cavity gives it a very high flesh to seed ratio. Popular preparations include roasting, soups, and as a pasta filling.



Kabocha are a small to medium in size squash, typically squat with a flat top and bottom. Dark green and red-orange colored varieties are both common. Their thick, hard flesh can be difficult to cut. To make it easier, poke holes around the skin for steam to vent and microwave for several minutes. Kabocha has a sweet and nutty flavor similar to sweet potato or pumpkin.



Buttercup are a compact squash with dark green skin, light stripes, and a distinct light green cap. They typically contain a large number of seeds (great for roasting). They have a taste and texture similar to sweet potato. In fact, buttercup was bred for that purpose after being discovered at North Dakota State University—a climate where sweet potatoes are difficult to grow.



Tetsukabuto squash have a knobby skin that's dark green enough to sometimes appear black. They have a firm, yellow-gold flesh and contain few seeds. Relative to other squash, they have a low moisture content, giving the flesh a firmer texture when cooked. They have a mild flavor that complements both sweet and savory preparations.



Black Futsu squash are a small heirloom breed from Japan. Their bumpy skin, gray-green in color with patches of orange, is edible and surprisingly thin. The seed cavity takes up a large portion of the interior. When cooked, the orange flesh of a black futsu has buttery, pumpkin-like flavor. Common preparations are similar to delicata—sliced into rings and roasted, or halved and stuffed with grains, greens, and meats.



Sweet Meat are a large heirloom squash breed from the Pacific Northwest. They have a wide rounded shape and unique grayish-blue skin. Their smooth gold-orange flesh is very sweet, making them perfect for pies and other sweet preparations.



That's just a taste of our local squash. Check the produce section at the Co-op location for more! 🥬

Citrus Season is Here Fruits for an Orange Town

What we modern shoppers recognize as an orange was hybridized centuries ago in Asia, possibly by crossing pomelos with tangerines. This new-fangled orange—or *orange*, as the common spelling went—arrived in Europe around the 13th century. People were so enamored by the fruit that the color referred to as "yellow-red" (or *geolured* in Old English) was, from then on, "orange". Oranges and other citrus fruits continued to spread, reaching Florida by the 16th century, and being cultivated in California by the 18th. Now in 2019, oranges are at the Co-op, shining like the sun winter is so keen on denying us.

Beyond the C... One orange can supply more than 100% of your daily vitamin C requirement, but that's not all they can do. Citrus is a great source of vitamin A, folate, potassium, manganese, and a good source of dietary fiber, thiamin, niacin, vitamin B6, iron, phosphorus and copper.

Oranges Varieties: The 600-plus varieties of oranges fall into two main types—sweet and bitter. Sweet oranges are what you will commonly find at the Co-op. These include thin-skinned and seedless, **Valencia** oranges, the world's most important commercial variety. **Navel** oranges are seedless with thick, easy-to-remove peels and segments that separate easily. **Cara cara** oranges are a honey sweet navel with rosy colored flesh. **Blood oranges** are smaller and so named for a deep maroon flesh, a color that sometimes also appears on the rind.



From left: blood orange, cara cara navel, and valencia

Mandarins are small sweet oranges with loose, easy-to-peel skin. **Clementines** are a type of seedless mandarins. We'll have a variety of both through the season, including **pixie**, **gold nugget** (right), and **satsuma**.



Bitter oranges are less common. Many are grown for their oils, which are used in cosmetics, toiletries, and as tea flavoring. The most common bitter orange, the lumpy-rinded **Seville** (right), primarily used in making marmalade, can often be found at the Co-op.



Between bitter and sweet is **grapefruit** (the name refers to the grape-like way the fruit grows in bunches on the tree.) Originally called "forbidden fruit", they're believed to be a hybridization of a sweet orange and a pomelo or shaddock. Look for **rio star** (right), **oro blanco**, **melogold**, and **honeygold** at the Co-op.



Sweet limes are an extremely mild relative of lemons (they're yellow despite being called limes.) **Kumquats** (right) are another unique citrus. Bite size and eaten whole, a kumquat's bitter rind and sweet interior meld together into a delightful flavor.



Selecting Citrus: Choose oranges that are firm and heavy for their size. These will be juicier than light, spongy oranges. Avoid fruit with soft spots and traces of mold. Smaller oranges are usually juicier than larger ones, and those with thinner skins are usually juicier than thick-skinned.

Select navel oranges with small-sized navels; larger navels indicate the orange was overripe when harvested. When choosing Valencia oranges, keep in mind that the green tinge near the stem doesn't mean the fruit is immature.

If you plan to eat your oranges in a day or two, store them at room temperature. Otherwise, they'll keep in the refrigerator for a week or two. Don't store them in plastic bags, which may encourage moisture and mold; let them gently roll around the crisper. 🥬



Historic Carousel & Museum, Albany

A community carousel run by the heart and soul of volunteers

For a vision of what communities can achieve when they work together, look to the Historic Carousel & Museum in downtown Albany.

Stepping from a wet fall day into the museum on a recent visit was a joyous experience. The band organ pumped out a jaunty tune as riders preschool to retirement age wheeled past, smiling. We'd come for a tour and history lesson courtesy of founder and board president Wendy Kirby and operations director Jenifer Weinmaster.

When the doors opened in August of 2017, it was the culmination of fifteen years of hard work by a group of dedicated volunteers, dreamers, artists, architects, hobbyists, and city officials.

It all began in 2002 when Wendy visited a hand-carved carousel in Missoula, Montana. She was inspired. Back home in Albany, city officials were putting together an urban renewal plan called the Central Albany Revitalization Area (CARA). They were looking for their linchpin; a recreation center, library, or museum—something community-focused that the revitalization efforts could center around.

Wendy knew it had to be a carousel and began gathering support from

local people and businesses. By the end of 2002, a board of directors and thirty volunteers were hard at work. Less than a year later, planning and design were underway at their studio, and community members were making generous donations to “adopt” the envisioned menagerie of hand-carved animals. In 2006 the museum purchased the property adjacent to the studio with the help of a \$300,000 contribution from CARA.

When the carousel finally opened, thirty hand-carved figures were ready. Many young riders grew up watching these sculptures take form in the downtown Albany studio or admiring them in local shop windows, Wendy said, and the chance to finally take them for a ride was very emotional for them. Fully compliant with the Americans with Disabilities Act, it's truly meant for the entire community.

Today there are thirty figures, from horses and dogs to dragons and salmon, and two chariots. Ultimately there will be fifty figures—one for every pole on the platform.

In the painting studio, we learned that each figure takes around 700 hours to paint. We met animals in various stages of the process: primer-coated Yun Hsiang the Dragon waited patiently for color, Geno the Orca was getting a first coat of gray, and Sampson the Rooster stood imperiously awaiting his finishing touch—three layers of durable automotive clear coat.

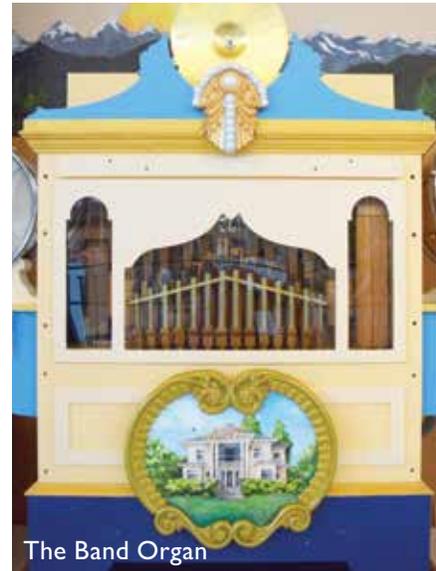
Durability is crucial considering that in little over a year the museum has seen more than 250,000 visitors and counted over 160,000 rides!

On our way to the carving studio we paused to learn about the carousel mechanism, itself a piece of art and history built by a titan of the field, Gustav Dentzel. When he emigrated from Germany in 1864 he brought along what's believed to be America's first carousel. Gustav's final carousel was built in 1909 and operated for years in Point Pleasant, New Jersey before being donated to the National Carousel Museum. Parts of this very same carousel were later gifted to the Albany Carousel and painstakingly restored over the course of ten years. Various historical figures from the Dentzel collection dot the museum.

Downstairs in the carving studio, we met head carver Jack Giles, who's been volunteering his steady hand for sixteen years. Carving a figure from hollow blocks of basswood—the lightest hardwood—takes up to 1,500 hours. The hollow figures sometimes become time capsules. Tucked away in Neal the racing dog is the collar of the real Neal, a rescue dog who inspired the design.

As special as our tour was, it wasn't exclusive; Wendy said they average 2-3 per day. We recommend it to anyone. Take in some history and view some amazing artwork, then take a ride on the carousel!

Everyone should ride at least once to experience what a simple, timeless joy it can be. A ride costs \$2, and it's worth so much more. Who knows, you might like it enough to become a regular volunteer. After all, it's the seven staff members and more than three hundred and fifty volunteers that really make this place go around.



The Band Organ



Glorious carved decor



Munchie the Lhasa Apso



Yun Hsiang the Dragon



Geno the Orca



Sampson the Rooster



Historic Carousel & Museum
503 W 1st Ave, Albany, OR
Open Wednesday - Monday, 10 am - 6 pm
www.albanycarousel.com



Neal the Greyhound



Grizzly Bear in progress

Gift Guide

DIY or buy? Either way, the Co-op has some great ideas in store for you!

Homemade gifts are a great way to show the people in your life that you really care. Here at the Co-op, we've got lots of great DIY gift ideas, particularly in our Wellness aisles, where we've got everything a gift giver needs to become a gift maker.

Blood Orange and Frankincense Coconut Oil Scrub

This aromatic scrub makes a wonderful gift for anyone who likes good smells and loves great skin.

- 4 oz. wide mouth Jar
- 3 ½ Tbsp. Coconut Oil
- 24 drops *Aura Cacia* Organic Blood Orange Essential Oil
- 24 drops *Aura Cacia* Organic Frankincense Essential Oil
- 4 ½ Tbsp. granulated sugar

In a mixing bowl, combine all ingredients. With wire whisk, stir until well blended. Transfer to jar.

To use, apply to damp skin and scrub gently, rinse with warm water and pat dry.

Almond Oil Super Soothing Salve

This homemade salve is good for up to six months of amazing moisture. It works great on dry winter hands and lips, and helps burns heal quickly.

- ½ cup almond oil
- ¼ cup coconut oil
- ¼ cup beeswax
- 8 oz. gift jar (plus a slightly larger glass jar for melting ingredients)

Fill a medium saucepan with a couple inches of water and place over medium heat.

Combine ingredients in the larger glass jar. Put a lid on the jar loosely and place in the pan with the water.

As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely incorporated, pour into gift jar.

Everything you'll need to make this gift ready to give—single mason jars, lids, elegant labels, and gift bags too!



Aura Cacia organic essential oils and a 4 oz. writable jar for giving your gift!

Gift Buy-deas

No time to do it yourself? No worries. We've got great gift ideas from right next door or around the globe.



Pictured above: Locally-crafted *Plant Posse* jewelry, ethically-produced *Matr Boomie* jewelry from India, rechargeable Co-op Gift Cards in the amount of your choosing, locally-designed greeting cards, fair trade baskets from *Alaffia*, and fair trade woolens from *Andes Gifts*.

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Donna's Kitchen



Donna Tarasawa
Outreach Specialist



Another holiday season has arrived, bringing family and friends together in kitchens and across tables all over the Willamette Valley. After great company, it's good food that makes the holidays so special. For the best foods—the fresh, the local, the organic—trust First Alternative Natural Foods Co-op. We've got the ingredients every holiday needs. We've got some great seasonal recipes we'd like to share with you too. We think you'll love them!

Maple Bacon Brussels Sprouts Brussels sprouts get a bad rap—possibly from people who've never had them fresh. Old sprouts can taste funky, but there's nothing better than the hearty, rich taste of fresh Brussels sprouts, except maybe fresh sprouts cooked in maple syrup and bacon. These will make a sprout lover out of just about anyone.



Prime Rib Roast This is a marvelous preparation for an amazing cut of beef. Serve it over the Maple Bacon Brussels Sprouts and slathered in wine gravy.



Wassail In its earliest incarnations, wassail was made from warmed mead and roasted crabapples and referred to (adorably) as lambswool. This is a family-friendly (read: alcohol free) variation on the ages old yuletide beverage. Made with sugar, spice, and everything nice, it will have the whole family singing, *here we come a-wassailing!*



Chocolate Eclair This decadent dessert is so light and airy that it tastes like flying through a frosted sugar cloud. You're not having that dream again though, this eclair is really happening, and if you're not quick, the guests are going to finish it off before you can have another slice and you'll be stuck waiting for next year!



Maple Bacon Brussels Sprouts



Prime Rib Roast



Wassail



Chocolate Eclair Cake



Prime Rib Roast

Fresh ground black pepper
1 Tbsp. wheat-free tamari
1 Tbsp. Worcestershire sauce
1 ½ tsp. dry mustard
2 ½ - 3 lb. beef rib roast, bone in

1 yellow onion, peeled and sliced 1/8" thick
Wine Gravy:
2 ½ cups beef broth
½ cup dry red wine
¼ cup butter
¼ cup flour

Grind pepper over roast; press into meat. Mix tamari, Worcestershire sauce and dry mustard. Spread mixture over roast. Pack sliced onion on roast; hold in place with toothpicks, if needed. Place roast on rack in roasting pan. Roast at 450°F for 20 min. Reduce oven temperature to 325°F and roast 20 min. Reduce heat to 300°F and roast 20 min. more or until beef registers 115°F for rare in the center. Remove from oven, allow to stand 15 min. Slice and serve with Wine Gravy.

Gravy: Bring beef stock and wine to boil in saucepan. Simmer, uncovered, until reduced to 2 cups. Add any pan drippings from rib roast, stir. Melt butter; stir flour into butter and cook 1 minute, or until bubbly. Add roux to broth, cooking and stirring until thickened. Add broth or water, as needed to reach desired consistency.

Chocolate Eclair Cake

Base: ½ cup butter
1 cup water
1 cup Baker's Choice flour
4 eggs

½ pt. whipping cream
2 tsp. vanilla

Icing: 4 Tbsp. butter
¼ cup dark chocolate chips

Filling: 2 cups milk
1 3.5 oz. pkg. vanilla pudding
1 egg yolk

1 cup powdered sugar
1 tsp. vanilla
2 Tbsp. milk

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

Filling: Cook pudding according to package. Place in a bowl; cover with plastic wrap that touches entire surface to prevent film from forming, place in fridge until cool. Whip cream with electric mixer until soft peaks form. Add vanilla, whip to form stiffer peaks. Fold into pudding. Chill 30 min.

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

Spread chilled pudding mixture over puffed pastry. Drizzle with chocolate icing. Refrigerate until serving (best served within 2 hours); refrigerate leftovers.

Maple Bacon Brussels Sprouts

1 ½ lb. Brussels sprouts
12 oz. bacon

¼ cup maple syrup

Dice bacon; cook 3 minutes and set aside. Halve Brussels sprouts. Mix sprouts, bacon and maple syrup. Place mixture in a single layer in a casserole dish and bake at 350°F for 15 minutes or until sprouts are tender-crisp.

Wassail

2 apples
8 cups apple cider
2 cups orange juice
⅓ cup lemon juice
4 cinnamon sticks
16 whole cloves or
½ tsp. ground cloves

¼ tsp. ground ginger
¼ tsp. ground nutmeg
1 Tbsp. light or dark brown sugar

Stick 8 cloves into each apple, circling the apple. Add all ingredients, including the apples, to a large pot over medium low heat. Simmer for 30-45 minutes. Remove apples and whole cloves and serve.



Follow First Alternative for special offers, giveaways, recipes, and lots more!



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EVENT HIGHLIGHTS

HOLIDAY SPECTACULAR
ANNUAL FUNDRAISER & VARIETY SHOW
DECEMBER 15



PARKS & RECREATION
City of Corvallis

2018 Cooperative Year in Review



The year began with a citrus tasting and flash sale, because everyone needs a little zest in the new year.



In late January, we were a proud sponsor of the Corvallis Women's March. WE RISE stickers are still available at the registers. Every one sold equals a \$1 donation to CARDV!



Come February we headed downtown to the Vue with some of our favorite local wineries and had a great night to benefit the Samaritan Cardiac Rehabilitation Program.



The Corvallis Sustainability Coalition's event of the year! We were proud to sponsor, and happy to be there to help spread the word.



This past Earth Day, we teamed up with the Corvallis Environmental Center for their rooftop party at Sky High Brewing and our in-store celebration at your Co-op.



We love to encourage bike riding at the Co-op, that's why we offer an awesome Shop by Bicycle guide and give bikers discounts with our Alternative Transportation punch card. On Bike To Work Day, May 19th, we gave out double punches and had an awesome bike gear and road snack giveaway!



We kept pedaling into June with our Alaffia Bike Drive, where customers donate bikes to young students in need in Togo, West Africa.



We took you out to the ballgame with Corvallis Knights baseball ticket giveaways, and hit a home run with the Co-op Kitchen's new Corvallis Knights Raspberry Chocolate Chip Cookies, available at the Co-op and at Knights home games.



It was a hot one at the first SAGE Summer Concert of the season. We were there to help you enjoy dinner amidst all that dancing. And 75% of our sales went to benefit the Corvallis Environmental Center!



The South Store got a new coat of paint and some fantastic new signs courtesy of Fitzpatrick Painting and Element Graphics. It looks amazing!



Our annual Co-op Owners pool party was a success! The weather was great for a swim, financial news from the Board was stellar, and EcNow Tech gave a presentation on the new Closed Loop Recycling program they are developing with help from our caring community.



In late August, miles of local streets closed for a special sustainability-focused community block party. No way were we missing out on that!



North Store had some summertime sign work of its own. Fores Signs made and installed these beauties.



We have more than 30,000 students in the Corvallis area, all of whom deserve to eat fresh, local, organic produce. When they returned to school in September, we aimed to make it a little more affordable for them by offering 15% off all produce every Tuesday. Just show your OSU or LBCC student ID to save.



Corvallis Fall Festival is one of the biggest community events of the year, and we're always excited to be there. We teamed up with the Corvallis Sustainability Coalition to serve dairy-free frozen treats, and benefit their community mission.



October is Co-op Month and to celebrate we threw a party where everything was 15% off! It was a perfect opportunity to premiere our #coops4kindness floor vinyls.



We had an unprecedented number of candidates for our community charity program this year. Thanks to everyone who voted! You matter!



Our new Owner engagement program (See page 7) kicked off with a festive cart march in the downtown Corvallis holiday parade!

Susie & Brie *versus the Winter Blahs*

Wintertime can be rough, and while hibernating is an appealing idea, employers tend to frown on it. Wellness Managers Susie and Brie are here with some stay-healthy solutions that are easy, effective, and employer approved.



Susie sez:

Wishgarden Deep Stress: With the onset of the holiday season and the change in weather, I grab something to not just keep my immunity up, but also keep my stress levels down, which ultimately keeps my immune levels up!

Deep Stress works by supporting your adrenal glands, which produce and regulate the stress hormone cortisol. Chronic stress can suppress your adrenal glands causing them to release insufficient amounts of cortisol. Your immune system responds by slowing down, which can decrease vitality and suppress immune function. Deep Stress' herbal blend offers nourishing nervines, such as Skullcap and Holy Basil, to buffer and lessen the effects of stress.



For long-term, deeply nutritive support over time, Wishgarden suggests "The Tonic Strategy": use 6-8 pumps or 3-4 droppers full 1-3 times a day, typically for a minimum of 3 weeks or up to 2-6 months.

MegaFood Acute Defense: Some brave customers may remember Acute Defense from a couple years ago. The highly effective formula came in a convenient, no sugar added powder. It worked incredibly well, but most people also thought it tasted terrible. Megafood eventually pulled the product.

Now it's back by popular demand, and this time it's in a convenient (and better tasting) tab! MegaFood Acute Defense is made with Vitamin C, Zinc and Black Elderberry, together with phytonutrient-rich herbs, including echinacea and extra bitter andrographis. When you feel the onset of a cold, take 2 tablets 3 times per day for 5 days. Your immune system will thank you for the support. I've also been taking two a day for preventative reinforcement.



Brie sez:

Mickleberry Gardens Fireside Honey Tonic:

This is an excellent option to promote a healthy immune response for folks who prefer liquids to tablets or capsules. Or for those who relish a fiery jump start to their day!

Mickleberry's take on this traditional folk remedy contains apple cider vinegar, raw Pacific Northwest honey, and an abundance of invigorating ingredients like horseradish, garlic, chili peppers, ginger, and turmeric.



I take a teaspoonful every day to fortify my immune system against seasonal challenges. For a nourishing kick, add it to dressings, soups, or sauces. The apple cider vinegar and bitter herbs really help light the digestive fire, which is especially important as we head into a season of indulgence!

Pranarōm Warming Muscle Oil: With the cooler weather, we find our muscles and joints a bit crankier than usual. On these brisk days, Pranarōm Warming Muscle Oil is my favorite topical to combat the chill.

A soothing blend of organic essential oils in a base of easily absorbed sesame seed oil provide warmth and moisture. I apply it to achy muscles and stiff joints directly after showering, or even shortly after waking for that extra motivation to leave a warm, cozy bed.



Formulated with arnica flower extract along with essential oils of eucalyptus, wintergreen, basil, rosemary, ylang ylang, and bay laurel, Warming Muscle Oil is also great for after workout aches. I keep the 4 oz. bottle bedside and carry the 1 oz. bottle in my pack to use throughout the day!

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Side by Side

Doing the dishes can be such a drag. It's demoralizing to walk into the kitchen and face a mountain of dirty dishes, especially if you've been feasting with friends or family. First off, you get split from the group! Dishes can feel like a bucket of cold water tossed on your warm post-meal afterglow.

Some households have traditions — if you cook, you don't have to clean up and do dishes, for example. Growing up, my mom did it all and didn't even ask for help. The first time my partner tried to help with clean up at her place, she gave him the side-eye, wondering if he was pulling her leg. In his family, the women would cook and the men would do the clean up.

Being farmers, small business owners, and living where we work, we often end up talking shop over meals. Recently I've noticed that we tend to shoot the breeze when we tackle kitchen clean-up. We get through the mundane task without so much as a deep sigh because we are enjoying chatting. Yes folks, I'm asserting that doing the dishes together is good for your relationship! And during your holidays, if more folks pitch in, the party moves to the kitchen and it gets cleaned a lot faster!

The first step to clean dishes is established: the more hands, the merrier. The next step is finding the dish soap that works for your household. Some things to consider: Do you have sensitive skin? Are you bothered by fragrances? Is there a strict SLS (sodium lauryl sulfate) ban in your house? Are you off the grid, feeding grey water to your plants? Are suds important? Are you vegan? (Yup, some have animal-derived ingredients).

The Straight Dope on Soap:

Soap is an agent that binds to oil molecules making them removable in water, in its purest form it is made of fatty acids combined with an alkaline substance, for example, plant or animal fats with ash like they used in the "olden days"

The dirty truth? Most of the products on the shelf are technically not soap but detergent, because they



Yadira Ruiz, Sunbow Produce

contain surfactants, such as SLS, which are often made with petroleum byproducts. Some companies opt for a plant-derived SLS which doesn't bioaccumulate.

The USDA created a voluntary labeling for companies participating in the BioPreferred initiative, which encourages use of renewable plant-based ingredients over petroleum. The label lists the percentage of ingredients in the product that are plant based.



Your skin is more likely to be irritated if you use hot water over an extended period of time.

Fragrances and dyes makes no difference in how well your dishes get cleaned but sometimes pretty colors and scents make us feel good...and sometimes they make us feel sick. Do what's best for your needs.

Hard water generally increases detergents' effectiveness.



So how do all the dish soaps at First Alternative stack up against your stacks of dishes? Here's my take:

Soapy Gold Medal Winners...

I found little difference between the following soaps, they all cleaned our dishes without any undue fuss:

- Ecover Zero
- Bio Pac Concentrated (in bulk)
- Biokleen Hand Moisturizing
- Seventh Generation Free & Clear
- Ecos Free & Clear



Get the Dish on Dish Soaps

Our Sudsy Silver Medalists...

I found the following soaps to be okay but didn't love them because I'm a suds-a-holic and they don't keep their suds as consistently as some of the others

- Field Day Free & Clear
- Planet Ultra Free & Clear
- Mrs. Meyers Clean Day Rosemary Scent



And the Soapy Bronze Goes Too...

My farmer hands are sensitive from spending so much time in the Earth and washing containers. These liquids dried my hands out, but they will be fine for folks who aren't overly exposed to skin-drying elements.

- Homesolv Valencia Orange
- Seventh Generation Ultra Power Plus



Product Name	Fragrance Free	Dye Free	Non-toxic/ Biodegradable	Dermatologist Tested/ Hypoallergenic	Plant-Based Info
Ecover Zero	X	X	X	X	SLS fact sheet available by request
Bio Pac Concentrated	X	X	X		Safe for grey water
Biokleen Hand Moisturizing		X	X		All Biokleen products are plant-based
Seventh Generation Free & Clear	X	X	X	X	95% USDA certified biobased
Ecos Free & Clear	X	X	X	X	"Saferchoice" info on website
Field Day Free & Clear	X	X	X	X	Hard to track down
Planet Ultra Free & Clear	X	X	Certified	X	Uses some plant based ingredients
Mrs. Meyers Clean Day Rosemary	X	No info available	X		97% plant-derived, safe for grey water
Homesolv Valencia Orange			X		100% USDA certified biobased, safe for septic systems
Seventh Generation Ultra Power Plus		X	X		95% USDA certified biobased

Good luck with your holidays (and holiday cleaning) from all of us here at the Co-op Thymes. We'll see you next year!

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