



the
thymes

First Alternative
NATURAL FOODS CO-OP

Summer 2019

June • July • August
Volume 3 • Issue 2



First Alternative
NATURAL FOODS CO-OP

A Free Publication



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the **thymes**
Summer 2019

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

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Opinions expressed herein are strictly those of the writers and are not an endorsement by, or official position of First Alternative Co-op, its Board, managers, or Owners, unless identified as such. The same is true for claims made by advertisers.



Ready for our Thymes in the Sun

Adam Payson, *Thymes Editor*

There's no season where the bounty of the Valley is on better display than the summer, and no better place to take it all in than here at your Co-op.

Our doors are open from 7 am - 10 pm every day of the week, and the shelves are packed with savings for everyone.

On Wednesdays, our Fresh Flyer rounds up fresh, local, organic produce sales and other discounts. Find more sales with the twice-monthly Co-op Deals—look for Co-op Deals tags on discounted items throughout the store.

It doesn't need to be on sale to cost less, thanks to Co-op Basics. Get every day low prices on staples like breakfast

cereals, cooking oils, condiments, crackers, and more. And every Co-op Basic meets our product purchasing guidelines. The only thing that's been cut are prices.

A commitment to helping the community save is just one of the reasons we're approaching our 50th anniversary (pg. 4).

Advocacy for alternative means of transportation (pg. 9), our commitment to education in-store and in the community (pg. 11), and partnerships with like-minded local businesses (pg. 12) have all helped us thrive.

But nothing's been as important to us as you—the Owners and shoppers of today, yesterday, and tomorrow. After all, cooperation is something we do together.

Fresh Local Organic
Savings every day

coop deals JUNE 5 - JUNE 18, 2019

coop basics

FRESH FLYER Weekly Specials May 15-21

DELICIOUS DIPPERS For your next picnic, whip up a batch of homemade salsa with locally-grown produce from the co-op! Tangy tomatoes, jalapeños, onions and cilantro team up to make the perfect sauce with just the right kick. Cook a couple of bags of Late July Carrots and you're ready to go!

2/\$5 CANTINA Late July Snacks Organic Corvallis Dippers 8 in. selected varieties

2/\$7 Mary's Come Cookery Organic Corvallis Dippers 8 in. selected varieties

3.99 Mary's Come Cookery Organic Corvallis Dippers 8 in. selected varieties

Spring Hill Farm Parsley, Italian & Curly \$1.29/ea

Cucumber 99¢/lb

Carrots, Bunched 2/\$4

Orange, Yellow, Red Sweet Bell Peppers \$1.29/ea

Tomatoes \$1.29/ea

Open Daily 7am-10pm

First Alternative NATURAL FOODS CO-OP

OWNER RENDEZVOUS

POOL PARTY

Sunday, July 28 at Osborn Aquatic Center

Co-op Owners and their families are invited for fun at the pool, great food, and the upbeat music of **Ancient Ways Marimba Ensemble**

Corvallis Environmental Center

Summer at SAGE
Summer Concert Series Kickoff

Thursday July 11th 6-9pm
Bruce Starker Arts Park

music, drinks dancing & fun in the sun with food from First Alternative NATURAL FOODS CO-OP

75% off our profits will be donated to: **Corvallis Environmental Center**

We'll be scoopin' up...

FROZEN DESSERTS

SEPT. 28 & 29
Monroe near Central Park

Corvallis FALL FESTIVAL

Your First Alternative for Almost 50 Years

As the 60s drew to a close, a small group of OSU students, with the help of faculty advisor and associate professor of botany William Denison (father to Tom Denison of Denison Farms), set out to create a place for foods they couldn't find at other local stores, particularly whole grains and bulk foods.

Papers of incorporation for First Alternative Inc. (as it was initially called) were filed on March 10, 1970, listing an address on Kings Blvd. Meanwhile, interested locals were joining the effort, scouting out supplies, and looking for a permanent home.

It wasn't just about the food. As Joanne Myers, one of the founders, said in the November 16, 1970 edition of the Gazette Times, First Alternative would be "for people who are seeking an alternative to

the society we live in today—an alternative based on cooperation, not competition." Myers was explaining the idea behind the store to attendees of a meeting of the Focus Club, "an organization of Benton County residents...seeking betterment of Benton County and Corvallis."

Soon after, on Monday, November 23, 1970, First Alternative opened for business in a small house located at 634 NW 4th Street. The store was renovated, staffed, and stocked entirely by volunteers.

Funding was piecemeal at first. Some charitable donations helped cover rent. Shoppers were asked to pay for a month's groceries in advance, if they could. There wasn't much to buy, either. Distributors weren't interested in making deliveries to some tiny upstart. Instead, volunteers would hit the road (in their own vehicles) to purchase goods from around the valley and beyond.

First Alternative caught on quick. The environment may have been funky, and there might not have been much to buy, but there was a sense of community and an exuberance that couldn't be contained by that tiny little house.

One offshoot of this exuberance was Grass Roots Books, founded

in 1971 by Jack Wolcott and Mike Nesson, two of the Co-op's earliest volunteers who decided to take what they'd learned starting an alternatively-focused business and use it to open a bookstore with the same against the grain mentality.

Back at the Co-op, more space was needed, and in early 1972 it was found—a former burger joint called Keenan's Drive-In on the corner of SE 3rd Street and Crystal Lake Drive. (In 1985, Crystal Lake was rerouted and the cross street became Chapman Place.)

Once again, volunteers set about renovating and expanding the new store, stocking products—still mostly bulk goods—and working the cash registers.

Soon, Eco Alliance, a local non-profit organization operated by ecology students at OSU opened a recycling center next door to the newly relocated Co-op. Years later, the Eco Alliance would leave First Alternative in charge of the Recycling Center.



South Store

50 years of cooperation and community

In 1974 managers became the Co-op's first paid staff. While the all-volunteer staff fostered connections between store and community, it also meant that on some days no one would show up for work and the store wouldn't be able to open for business.

What produce we sold in those early days was mostly from overflowing local gardens, making for a spotty selection. This changed in 1975 when a group of community members started the Willamette Growers' Association (WGA), and opened a small produce stand called Growers' Market outside the store's north entrance.

After several successful years, the WGA switched their focus to a new project that would become the Albany and Corvallis Farmers' Markets. First Alternative integrated the produce stand into the store.

More paid staff were added in the 80s, this time on the sales floor which helped ease scheduling and improve shoppers' experiences.

Operational volunteers remained until 1996, and other volunteers remained in support positions until 1999. Meanwhile, continual remodels increased our capacity for goods

and strengthened our position as a trusted, community-owned alternative to big box food chains.

In 1999, with the approval of the Board of Directors and a unanimous vote by members, the Co-op at last became a true cooperative, as we'd always been in our hearts.

A massive expansion completed in 2001 doubled retail square footage, then an even bigger change came in May of 2003—we opened a second location at the corner of 29th Street and Grant Avenue, in what had previously been a Dari Mart.

Now, as our 50th anniversary approaches, we're making plans to celebrate and cooperate with the community that fostered us. We're working on big plans with other local businesses, and setting out to make it a golden anniversary for the ages.

Stay tuned for more details as 2020 draws near, and keep cooperating. We'll be here for you at the Co-op, and right there with you out in the community for 50 more years and beyond. 🥬

Open Call for Co-op History

We're looking for

Photos
Films
Stories
Memories

from days of
Co-op past

From current
& former Co-op
staff, shoppers,
members, owners,
volunteers or
anyone else

Contact us at:
thymes@firstalt.coop
or call Adam at
(541) 230-3187



A picture from opening day in 1970

OPENED TODAY was First Alternative, Inc., a food cooperative for the public, at 634 NW Fourth, Corvallis. Pictured with initial shelf-stacking process are volunteer workers, from left, Mike Nesson, Marjorie Murphy and Jack Wolcott. They are unpacking such staple items as wheat germ, unbleached flour, tea, cheddar, rice, unroasted walnuts and cashews, bulk peanut butter, many varieties of beans, dried milk and honey. Store hours will be from 10 a.m. until 8 p.m., Mondays through Saturdays. Other food staples and perishables will be added to the initial stock. This is a non-profit venture, hoped to be of community service.

First Alternative Natural Foods Co-op



Doing the Math on Reusable Containers

Ditch single-use plastics to save money and help the planet

Plastic is forever. That's a hard truth that the entire planet is slowly waking up to, and across the globe, people are beginning to act.

In 2013, here in Corvallis, we joined a burgeoning global movement and banned the use of "single-use plastic carryout bags" in stores.

Pushing for our cities, states, and nations to take action like that

brings real results, but those actions alone won't be enough.

Smaller, personal changes are also crucial, but they don't need to come at a cost. In fact, they can be a great way to save money. Ditching single-use plastics wherever you can makes sense for the health of both the planet and your pocketbook!

On the chalkboards below, we've compared the long-term costs

of buying single-use plastics with the costs of purchasing reusable containers. As you can see, by choosing reusable alternatives, you'll reduce waste and save money!

Here at First Alternative Co-op, we offer a wide range of reusable alternatives to typically disposable items like food storage containers, to-go cups, utensils, straws and snack bags. Check out these and other great brands to save you money and help the planet.

Choose to reuse to keep the oceans clean

Do the math...

1 week of school lunches = 15 bags
 36 weeks of school = 540 bags
 times 60,000 citizens of Corvallis =
32,400,000 bags yearly
 540 single-use bags =
Total Cost \$37

Reusable alternatives

individual reusable containers can be reused for **multiple years!**
 2 reusable sandwich containers, about \$8
 add 2 small snack containers, about \$4 =
Total Cost \$12

Choose hard plastic or metal containers instead of single-use plastic bags.

Waxed cloth wraps, metal straws and bamboo utensils can replace single-use plastic ones.

Insulated steel flasks have the added benefit of keeping liquids hot or cold for longer.

Reusable bags come in a variety of materials, sizes, and colors.



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Easy Campfire Cookery with the Co-op

When sleeping in tents, don't plan any meals too intense

Fireside Squash

What food travels better than winter squash? No fancy protective packaging (it grew in that!) or temperature control is required, just grab some of your storage squash and toss it in with your gear. *Voilà!*

Ingredients:

- 1 sweet squash, like acorn or butternut
- sugar and butter, to taste

Preparation: Put the squash in (but off to the side) of your campfire and let the squash cook for a little more than an hour, rotating it occasionally. Squash is ready when a sharp knife penetrates easily into the center. Remove the squash from the campfire and let it rest until it's cool enough to handle. Cut in half and add sugar and butter, if desired.

Campfire Nachos

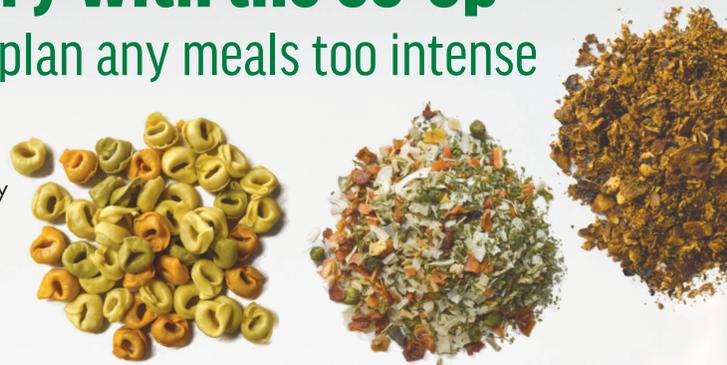
Like a campfire, nachos are meant to be gathered around and enjoyed communally. After an exhausting day of hiking in the mountains, or riding waves on the coast, these nachos are quick, fun, and easy to assemble, and even easier to eat.

Ingredients:

- 1 bag *Carmen's* Tortilla Chips
- 1 can *Field Day* Beans (Black, Pinto, or Refried)
- 1 bag *Organic Valley* Grated Cheese or vegan *Daiya* Shreds,
- 1 can *Field Day* Sliced Olives
- 1 package *Co-op Kitchen* Pico de Gallo
- 1 avocado, sliced
- 1 package *Organic Valley* Sour Cream or vegan *Tofutti* Better Than Sour Cream

Preparation: Layer chips with beans and cheese in cast iron pot or on tinfoil. Put over campfire—or to the side if using tinfoil—and wait for cheese to melt. Remove from campfire, add olives, Pico, sliced avocado, sour cream, and any other toppings you like—these are nachos, and you're out in the wild, feel free to go crazy!

Thanks to our HR Assistant Manager Heather Breen for these recipes!



Instant Options!

If you're heading out for a long-haul hike, every ounce matters. Head to the Bulk department for lightweight heat-and-eat meals with big flavor.

Pictured above, from left to right: instant tortellini, dehydrated vegetable soup, and dehydrated black beans.

Don't Forget Snacks!



Trail mixes, dried fruits, sweet treats, nuts, and more, available in bulk!

PARK(ing) Day at the Co-op North Store

September 20 from 3 - 5 pm

PARK(ing) Day was launched in 2005 by REBAR, a San Francisco-based arts and activism collective. For one day they converted a single parking space into a miniature park to explore way cities could be improved by organizing around humans instead of vehicles. Since then, it has grown into a grassroots movement.

This year, the Sustainability Coalition's Transportation Action Team is bringing the tradition to our North Store parking lot, along with other Corvallis locations.

Friday, September 20 from 3 - 5 pm, stop by for what promises to be a fun and educational installation, and see how even a single parking place can be turned into a magical cooperative space.



PARK(ing) Day Corvallis, 2018. Photo: Jim Day, Gazette Times

Get Your Alternative Transportation Card

Get paid to save gas

To encourage our shoppers to leave their cars at home and take pollution-lessening alternative transit to the stores instead, we offer our Alternative Transportation Card.

For every trip to the Co-op using an alternative form of transportation—specifically biking, walking, or taking public transit—where you spend \$10 or more, you will get a punch. Once you have 15 punches, the card is redeemable for \$5 off your next purchase.

And that's not all! Every month we select one redeemed card at random to win a free bicycle tune-up from PNW Mobile Bike Repair. Winners are announced monthly in *The Scoop*, our in-store newsletter. Make sure you include your name and phone number on your card when redeeming it for your chance to win.

In 2018, our Alternative Transportation Program saved 16,320 single user vehicle trips to the Co-op! With an average of 4 miles round trip, that would be 65,280 miles saved! Ask for your card at any register and start saving.



Tennis Everyone?

Fitness and fun for anyone

By: Hunter Lipscomb, *Director of Tennis Operations,*
Timberhill Tennis Club

Tennis—it's been around your whole life, no matter who you are. Maybe you bike or drive by the tennis courts at Cloverland Park and notice people playing. Maybe someone in your family played, or maybe you even played some in high school.

One of the cool things to observe the next time you pass by the courts are the different types of people playing tennis.

You'll notice people young and old, of all shapes and sizes, and with differing degrees of athleticism. However different they may appear, each of these people have one thing in common: by participating in tennis regularly, they are all improving their wellness.

There have been countless studies done over the last couple of decades to measure some of the long term benefits of the sport. Picking up a racket might be the best thing you could do for yourself this summer!

The Physical Benefits of Tennis

- Burn calories: an hour of singles can burn 580 to 870 calories, depending upon your weight (according to a Mayo Clinic study).
- Keep your heart healthy: middle-aged men who play tennis as their primary activity have a lower incidence of cardiovascular disease as they age (according to a John Hopkins University study)
- Increase bone strength and density (according to an NIH study).
- Improve flexibility, balance, coordination, and reaction time.

The Mental Benefits of Tennis

- Generate new connections between nerves in the brain, promoting a lifetime of continuing brain development (according to a study by Univ. Illinois).
- Develop self-discipline and problem-solving, and learn to manage and reduce stress.

The Social Benefits of Tennis

- Develops social skills and teamwork: play alone, with a partner, or on a league team—all great ways to make friends and expand your social network.



- Tennis time is great family time: tennis is an activity the whole family can enjoy together!
- Improve your self-image: tennis players scored higher in vigor, optimism, and self-esteem while scoring lower in depression, anger, confusion, anxiety, and tension than other athletes or non-athletes (Southern Connecticut State University).

There are lots of ways to get started playing tennis. It is free to use any of the Corvallis public outdoor courts--all you need is a racquet and some tennis balls! You can find this equipment at most sporting good stores, or you can visit the pro shop at Timberhill Tennis Club.

If you've never played before or it's been a while since you've picked up a racquet, summer is a great time to learn—the Corvallis Parks and Recreation Department runs both adult and junior tennis classes for beginning and intermediate players. These classes will not only provide you with trained instructors, but also connect you with other players around your level that are looking to get involved.

If you want to play year-round, come visit Timberhill Tennis Club. We have six indoor courts and run instructional programs for adults and kids all year. See you on the courts! 🎾



Shopping at the Co-op Can Really Pay

Eligible Owners will be receiving dividends soon

Every year the Finance Committee and Board of Directors review our current and projected financial situation to determine if it's feasible to issue Owners a patronage dividend. This year, for the first time in years, a dividend has been declared!

Individual dividends are calculated as a percentage of an Owner's purchases in relation to all Owner purchases for the fiscal year multiplied by the declared dividend. The Board has declared a total dividend of \$163,747 for 2018. Qualifying Owners will receive a postcard or email soon telling them exactly how much they will receive.



Qualifying Owners have three options when it comes to redeem their dividend:

Store credit: Dividends will be available at registers at both stores to use as credit towards purchases.

Donations: Owners can opt to donate their dividend to an organization to be determined by the Board by informing a cashier or by checking the appropriate box on their dividend postcard and mailing it back.

Check by mail: Owners simply check the box requesting a check and mail it to the listed return address. Checks may take 2-4 weeks to process.

Owners, watch your mail and inbox for more. If you're not sure we have the correct address(es) for you, please call or stop by and give us the correct info. 🎯



The Seven Cooperative Principles

- 1: Voluntary & open membership
- 2: Democratic member control
- 3: Member economic participation
- 4: Autonomy & independence
- 5: Education, training & information
- 6: Cooperation among cooperatives
- 7: Concern for community

First Alternative Supports Education

Fulfilling a core tenet of the Seven Cooperative Principles

Cooperatives are as varied as the people that make them up. Whether it's selling groceries, providing electricity, farm supplies, or financial services, we all share similar sets of beliefs, as illustrated by the "Seven Cooperative Principles". (see below)

We put these principles into action in various ways, including the fifth tenet, "education, training & information." Ongoing education of our staff and shoppers is one component. Another important part is support for public education. That's why every quarter First Alternative supports local schools with cash donations totaling \$1,000.

How does it work? Any shopper may give a school name at the register when the cashier ask if they are a Co-op Owner. Even if the shopper isn't an Owner, their purchase counts towards the school they chose.

Co-op Owners may tie their Owner number to a local school. This means that when they give their Co-op number to the cashier, the purchase will automatically register for the school they support. Owner Shares remain eligible for potential future patronage dividends, while also providing support for a local school.

The more purchases shoppers register towards a particular school, the bigger the share of quarterly donations that school receives. Donation checks are sent quarterly—so long as the \$10 minimum donation is reached. If that minimum is not met, the amount rolls over to the next quarter and a check is issued once the balance reaches \$10, or at the end of the year.

Increase the portion of money a school receives by shopping at the Co-op, registering your purchases to the local school of your choice, and encouraging families of students at that school to do the same! 🎯

Donna's Kitchen



Donna Tarasawa
Outreach Specialist



Goes Out to Dinner with Caves Bier & Kitchen

August—Summer Vegetable Ratatouille with Pesto New Potatoes is a seasonal delight that's second to none. It features a veritable garden of veggies from Albany's Spring Hill Farm, roasted separately (there's gonna be some dishes to do after this one, folks) then combined into one lightly caramelized rainbow of summer flavor. Tender, pesto smothered potatoes take it to a whole new level.

September—Tandoori Carrots takes crispy whole carrots from Rainshine Family Farm in King's Valley and turns them into exotic, caramel-rich delights that will liven up any dinner—whether it's at one of the best restaurants in Corvallis, or in your dining room.

We hope you love these recipes—we sure did—and urge you to treat yourself to some dinners out at Caves this summer to see what their amazing chefs do with them, including second-to-none food and drink pairings. After all, when local folks, restaurants, businesses, and farms all come together, there's no limit to the great foods we can make. 🥕

Caves

Bier & Kitchen

308 SW 3rd St. Corvallis, OR 97333

Tue - Thurs: 4 pm - midnight • Fri: 4 pm - 1 am
Sat - Sun: 9 am - 1 am • closed Mondays

Strawberry Elderflower Sorbet



Bonus cocktail recipe:
Strawberry Gin & Tonic

Made with ingredients from
Denison Farms, Corvallis
Available at Caves, June 2019

Cherry Tomato Tart



Made with ingredients from
Groundwork Organics, Junction City
Available at Caves, July 2019

Cherry Tomato Tart

Makes 4 tarts

Tart Ingredients:

1 ¼ cups Baker's Choice flour | 1 egg
½ tsp. kosher salt | ⅓ - ¼ cup ice water
2 oz. chilled butter, cut into ½ inch cubes | 1 Tbsp. white vinegar
| 1 Tbsp. water

Filling Ingredients:

½ cup feta, crumbled | ¼ tsp. ground black pepper
4 tsp. shredded Parmesan | 2 ½ cups cherry tomatoes
3 Tbsp. mayonnaise | 2 Tbsp. capers
1 egg, separated
1 ½ Tbsp. fresh oregano, finely chopped

Tart Shells: Place flour and salt in large bowl. Blend butter into the flour with fingers until mixture resembles coarse meal with pea sized lumps. In a separate bowl beat eggs, water, and vinegar. Add to flour mixture stirring until shaggy. Add small amounts of ice water if needed to help dough come together. Turn onto lightly floured surface, gather together; knead gently. Form dough into flat rectangle, wrap tightly in plastic wrap and chill overnight.

Cut the dough into 4 even pieces. On lightly floured surface, roll dough out to rounds 1" larger than the tart shells. Preheat oven to 425°F. Gently pat dough into bottom of shells and up sides. Leave ½" hanging over edge, fold over and crimp like pie shell.

Beat the reserved egg white with 1 Tbsp. water; brush edges of the crusts with mixture. Sprinkle ½ tsp. Parmesan into each shell, coating the bottom evenly.

Filling: In a small bowl combine the egg yolk, feta, remaining Parmesan, mayonnaise, oregano, and black pepper. Fold together thoroughly with spatula.

Combine: Divide filling evenly into tart shells. Spread slightly to cover. Place tomatoes into the tarts, working from center outwards. Press the tomatoes slightly into filling. Use smaller tomatoes to fill the holes. Divide remaining tomatoes between tops of tarts. They will cook down during baking. Sprinkle capers evenly on top of the tomatoes. Place filled tarts on parchment lined sheet pan. Bake at 425°F for 25 min. Turn tarts and bake for 25 more min. or until edges are golden brown and internal temperature is 180°F. Serve warm. Enjoy!



Strawberry Elderflower Sorbet

Makes 1 quart

Ingredients:

2.5 lbs. strawberries | 1 ¼ cup Fever Tree Elderflower Tonic, or elderflower liqueur
7 oz. granulated sugar
1 Tbsp. lemon juice

Instructions: Remove tops from strawberries and puree in a blender or food processor until smooth. Add the sugar and elderflower tonic (or liqueur if desired, and over 21) and blend for 30 seconds. Add the lemon juice and blend to incorporate. Strain the puree through cheesecloth or a fine sieve. Transfer to the fridge and chill for 2-3 hours.

Churn the sorbet in an ice cream maker. If you don't have an ice cream maker, pour the strained puree into a shallow pan and place in freezer. Check periodically to see if the sorbet is firm. Once firm but not solidly frozen, scrape the surface of the sorbet with a fork every 20 minutes for 1 hour. Transfer sorbet to an airtight container and store in the freezer to firm up for 2-3 hours before serving.

Strawberry Gin & Tonic

Must be 21+ for this recipe

Ingredients:

1 liter Tanqueray Malacca Gin | 3.5 oz. Fever Tree Tonic Water per cocktail
1 pint Denison Farms strawberries | Black pepper
| Lime wedge

Infusion: Creating the infusion: Thinly slice ¾ pint of ripe Denison Farms strawberries, reserving rest for garnish. Seal sliced strawberries in with gin for 1 hour. Strain out the strawberry solids.

Cocktail: Combine 1.5oz of strawberry infusion with 3.5 oz of Q Tonic Water. Add one large twist of black pepper from a pepper mill set to its finest grain.



Summer Vegetable Ratatouille with Pesto Potatoes



Made with ingredients from
Spring Hill Farm, Albany
Available at Caves, August 2019

Jandoori Carrots



Made with ingredients from
Rainshine Family Farm, Kings Valley
Available at Caves, September 2019

Tandoori Carrots

Serves 4-6

Ingredients:

1 lb. 4 oz. small orange carrots, greens intact	2 Tbsp. smashed garlic
4 tsp. curry powder	¼ cup vegetable oil
	½ Tbsp. kosher salt
	½ cup plain yogurt

Instructions:

Preheat the oven to 475° F. Using scissors, snip the tops off of the carrots leaving about 1" of the green shoot on top. Cut any carrots larger than ½" in diameter in half lengthwise. Sort carrots by size to ensure even cooking.

Mix the curry powder, smashed garlic, oil, yogurt, and salt in a bowl with a whisk. Mix thoroughly.

Toss the carrots in batches in the yogurt-curry paste. Place the carrots on parchment lined sheet pans. Keep the carrots separated by size allowing you to quickly remove completely cooked ones if needed.

Roast in the preheated 475° F oven until they are fork tender. Set a timer for 10 minutes, check every 5 minutes after until desired tenderness is reached.

Summer Vegetable Ratatouille with Pesto New Potatoes

Serves 6

Ratouille Ingredients:

1 lb. patty pan squash, ½" dice	4 roma tomatoes, ¾" dice
1 lb. yellow onion, ½" dice	¼ cup basil, finely chopped
1 lb. zucchini, ½" dice	1 Tbsp. fresh rosemary, finely chopped
5 cloves fresh garlic, minced	2 tsp. kosher salt
1 Tbsp. hot peppers, cut into paper thin pieces	1 tsp. ground black pepper
2 cups cherry tomatoes	¾ cup vegetable oil

Instructions: Preheat oven to 450°F. Combine the chopped rosemary, basil, kosher salt, and black pepper. Place the zucchini and patty pan squash in their own bowl, onion and hot pepper in their own bowl, and tomatoes in their own bowl. Divide the herb mixture and oil evenly between bowls then mix each vegetable group separately until thoroughly coated. At this point you can store in fridge until ready to roast. Roast each set of vegetables separately on parchment lined sheet trays until browned and slightly dry looking, 25-35 minutes, checking every 10 minutes. Keep warm until ready to plate with Pesto Potatoes.

Pesto New Potatoes Ingredients:

6 cups new potatoes	⅛ tsp. ground black pepper
3 ½ tsp. kosher salt, divided	3 Tbsp. shredded Parmesan
1 bay leaf	⅓ cup olive oil
2 cloves garlic	½ tsp. lemon zest
¾ cup basil	

Instructions: Bring a large pot of water to a boil with bay leaf and 2 tsp. salt. Cook potatoes at a simmer until fork tender. Drain thoroughly. Meanwhile, place the remainder of the salt, garlic, basil, ground black pepper, shredded Parmesan, olive oil, lemon zest and juice in a blender and blend until thoroughly combined and smooth. Pour pesto over potatoes and toss.

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MAKING WAVES

Summer Festival: July 20, 2019
Benton County Fairgrounds

www.daVinciDays.org



Oregon is a Berry Historical State

Our state's fresh, local, organic berries help feed the world

Berries are a big deal in Oregon, and Oregon berries are a big deal across the country and around the world.

Around 26,000 acres of Oregon farmlands are dedicated to berry production, with the juiciest part of the growing season taking place from May to October.

During these busy months, local farmers harvest berries by the ton. Per the 2017 US Census of Agriculture, Oregon is the nation's second largest producer of blueberries, third largest producer of raspberries, and the fourth largest producer of strawberries.

Oregon is also home to nearly 100% of the nation's boysenberry and blackberry production.



It's in the air (and the ground)

The "marine climate" of western Oregon—typified by our mild winters and summers, and an overall narrow range of temperatures—along with our forest-fed soil and oxygen-rich air makes for ideal berry growing conditions. The untamed blackberry brambles crawling across the land are a thorny testament to that.

What's up with all those blackberries, anyway?

It's hard to imagine Oregon without them, but those huge, creeping brambles aren't native. They haven't even been here for long, which won't come as a surprise to folks who fight them back every year.

They're called Himalayan blackberries (despite having originated in Armenia) and they are classified as "noxious weeds" in Oregon, meaning they displace native plants and have a negative effect on fish, wildlife, and watershed health, as well as agricultural interests.

They were introduced to the northwest in the late 19th century by plant breeder Luther Burbank. Burbank made major contributions

to botany and the world with the Freestone peach and the Burbank russet potato, which helped abate the Irish Potato Famine thanks to its improved resistance to the late blight then obliterating harvests.

Living in California, Burbank acquired the seeds as part of a never-completed project to breed thornless varieties. He found that they grew vigorously in the west, and began offering them to farmers up and down the coast as Himalayan blackberries. Thanks, Luther.

The taste of science

It was a less calamitous arrival for the Marion blackberry, named for the county, and more commonly known as the Marionberry.

George Waldo of the USDA Agricultural Research Service in Corvallis created the berry along with OSU horticulturists by crossing chehalem and ollalieberry



Ripening berries at Denison Farms

blackberries. Careful breeding and controlled release—not to mention amazing taste and few seeds—made marionberries a major commodity worldwide.

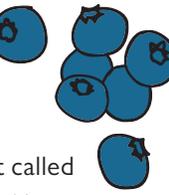
This same team also created the Hood strawberry, another berry that had a taste of worldwide fame before its dominance gave way to newer varieties bred to be sweeter or more resilient to travel.



Like the canes and vines on which they grow, the science of berry breeding will keep moving along, fueled by the rich soils, clean airs, and that Oregonian hunger for something fresh and delicious with every passing season.

Currently, one of the most widely planted breeds of strawberries is Tillamook. And once again, the OSU Horticultural department had a large hand in its development. Not only is Oregon berry historical, it's also got a berry bright future.

Berry Factual *Blueberry*



Blackberry



- In 2015 Oregon farmers grew more than 51 million pounds of blackberries. They were sold for more than \$38 million.
- While commonly considered berries, in botanical terms, they are considered an "aggregate fruit" because they develop from the merging of numerous small "drupelets," the name for those individual balloons of juicy deliciousness.

- Blueberries get their color from a pigment called anthocyanin that makes them one of the few naturally occurring blue foods.
- Blueberries are considered berries both commonly and in botanical terms.
- Along with cranberries, they are one of the only berries truly native to North America
- That dusty, waxy coating on blueberries in the wild is "epicuticular wax," commonly referred to as "bloom." It's a common method by which plants protect themselves from the elements.

Raspberry



- Another aggregate fruit, raspberries are differentiated from blackberries by their hollow core. The part that pulls away, leaving them hollow, is called a "torus" or "receptacle."
- Loganberry is a hybrid of raspberry and blackberry. Look for it this summer!
- An average raspberry has 150-200 seeds, one located in the center of each drupelet.

Strawberry



- A different sort of aggregate fruit, where the individual parts aren't "drupelets," but "achenes," which appear to be seeds but are actually tiny containers, each holding a seed. The fruit of a strawberry is really more of a sweet tasting stem.
- They reproduce largely by "runners," belowground stems that grow new roots.



Look for these berries (and more) this summer at the Co-op

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Susie & Brie

Present  **Wild Sage Bath & Body**



Look and feel great with new Wild Sage Bath & Body products, available right now at First Alternative Co-op!

Every Wild Sage Bath & Body product is handcrafted in South Corvallis by owner/operator Leanne Cusack, who also delivers them directly to the Co-op.

Since 2011, Leanne has been selling her bath and bodycare creations at local markets. She began Wild Sage in late 2018, once she was confident she had a full line of great products.

We're proud to sell Wild Sage products because the ingredients are carefully sourced with sustainability in mind. Organic ingredients are used, whenever possible, and the packaging itself is reusable and recyclable.

Like the Co-op, Leanne says she's "passionate about supporting local businesses and artisans." Show your support for this local business (and for your skin) by trying some of these great products:

Lip Balm

Keep your lips moist and healthy in the summer sun with one of these pocket-sized tins of lip balm.

Made from lip-loving coconut and castor oils, smoothing beeswax, and fragrant essential oils. Great scents to choose from, including mint, lemon grapefruit, lavender peppermint and more.

Lotion bars — embossed with delightful designs — are great for relieving dry patches on elbows, knees, feet and hands. They melt slightly when rubbed against skin, leaving a layer of moisture that softens and protects.

The luxurious blend of cocoa butter, coconut oil and beeswax, makes them perfect as an after-sun soother in the summer, and to provide relief to dry winter skin.

Lemon Lavender, Orange Sandalwood, and Jasmine & Rose formulations currently available.



Shave Soap bars made with moisturizing coconut, olive, and castor oils, and no skin drying alcohol or synthetics. Kaolin clay, a mineral-rich clay known for its detoxifying properties, adds extra "slip" that helps the razor glide smoothly across skin, cutting down on razor burn.

Toss it in your gym bag, travel kit, or bring it camping—the tin is tough, ready-to-travel, and best of all, refillable! Look for paper-packaged refills right next to the tins.

Healing Nipple Balm & Baby Bottom Butter are perfect for new families. Healing Nipple Balm soothes cracked, sore nipples with olive oil and calendula. It's made without essential oils or any other ingredients that would prevent use while nursing.

If newborns could talk, they'd be saying goodbye to diaper rash thanks to Baby Bottom Butter, formulated to naturally ease pain and irritation without typical petroleum-based ingredients. Help your baby heal and be happy.

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Side by Side

I have to confess, I wasn't a huge fan of ice cream up until the last decade, which is a lot of decades of not really liking ice cream. It kind of makes sense, because when I look back on my childhood, the ice cream memories that pop up are Dairy Queen soft serve and those pre-made cones wrapped in paper.

Then there's an outlier memory—a game changing one. When I was in junior high, our class took a field trip to the Yakima State Fair where one of the kids introduced me to a stand I hadn't noticed before. A tiny shack in the middle of the wide path between the animal barns and the carnival rides. The folks in the shack served one thing: custard. French vanilla custard became my sweet tooth's obsession for over 11 months of the year, until it was State Fair time again.

The difference between ice cream and custard? Eggs. Yep, that's it. Seems kind of gross at first but for me—and many other people—custards are culinary wonders. In frozen dessert treats, they add a “mouth-feel” that takes the word creamy to the nth degree.

My ice cream preferences were hard wired into my brain long ago and are very specific. You won't be surprised to learn that I prefer French vanilla over vanilla bean when I tell you that the difference is that French vanilla contains eggs! Texture is as important to me as taste. Taste is as important as balance in flavors—not too sweet please! Non-dairy ice cream has come a long way and can be as satisfying as any animal milk-based frozen dessert, in fact, during my trials, I had several rise to the top.

To keep the trials as simple as possible, I stuck pretty close to the basics: chocolate, vanilla and fruit flavors. I've rated them on the basis of ingredients (less is more!), texture, and flavor.

As with all of these product comparison articles, remember my preferences are not the be-all, end-all. They are a guide to help you decide which pint to take home the next time you reach into the Co-op freezer.



Dairy-Based

Straus Organic Dutch Chocolate:

This ice cream is made with a short list of simple ingredients (including eggs). It has a creamy, rich texture. This is my favorite chocolate ice cream on the shelf!

Flavor Meter: 10 scoops



Stonyfield Organic After Dark Chocolate Frozen Nonfat Yogurt:

Ingredients include live active cultures but also thickeners such as guar gum to help avoid the “thin-feel” texture. The lack of fat in this frozen yogurt results in a fleeting but tasty chocolate flavor. (Fat boosts the duration of flavor in your mouth.)

Flavor Meter score: 6 scoops



Organic Three Twins Ice Cream Chocolate Peanut Butter Cup:

Ingredients are pretty simple but do include palm kernel oil. Excellent texture, (contains eggs) and has the tastiest, tiniest peanut butter cups! The flavor is a tad on the sweet side for me but I still really like this ice cream.

Flavor Meter: 9 scoops



Aldens Organic Ice Cream Peanut Butter Fudge:

Ingredients include the basics but also a significant amount of additives like guar gum, locust bean gum, tapioca starch and non-GMO lecithin, so if you're a purist, you might want to keep looking. It has thick ribbons of peanut butter and fudge! Texture is creamy but a bit cloying.

Flavor Meter: 7 scoops



LaLoos Goat Milk Vanilla Ice Cream:

Ingredients are super simple but do include guar gum and carob gum. Texture is amazing, very custardy! Lactose intolerant dairy lovers raise the roof! But if you don't like the taste of goat milk, you can put it right back down again. You can taste the goat milk, though it starts off with a gorgeous vanilla flavor.*

*My introduction to goat milk ice cream was handmade Italian-style gelato from a farmer that milked the goats, so it's hard to stack up against that! You can probably add a scoops to the flavor meter if you haven't been tainted by prior experiences like this.

Flavor Meter: 6 scoops



Dairy-free Delights

Coconut Bliss Organic Cherry Amaretto:

Super simple ingredients with the addition of guar gum. Texture is amazing. It's so creamy because coconut milk has a lot of natural fat in it. The cherry flavor shines through, the amaretto takes a back seat and it works out great.

Flavor Meter: 9 scoops



So Delicious Peachy Maple Pecan Frozen Dessert:

It's cashew milk! YUM! Ingredients prove that sometimes you can't have it all though...there's a lot of “extras” in this one, but if you're dairy free, you might decide it's worth it because the texture is excellent. So Delicious, so peachy!

Flavor Meter: 10 scoops



Rice Dream Organic Vanilla:

The first time I tasted this, it was coated in fresh, warm rhubarb compote and it was excellent. It was so creamy, the perfect companion to the rhubarb, which makes me sad to report that when I tasted it by itself, I didn't enjoy it. The ingredients may explain why—there are two sweeteners in the first three ingredients and oil is the fifth.

Flavor Meter: 3 scoops



Talenti Dairy Free Sorbeto Alphonso Mango:

The super simple ingredients do include carob bean gum, but I can overlook that because the texture is crazy creamy. It's like someone took mangoes, strained them into puree and froze it. Just like that.

Flavor Meter: 10 scoops



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