

the
thymes

First Alternative
NATURAL FOODS CO-OP

Fall 2019

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First Alternative
NATURAL FOODS CO-OP

A Free Publication



First Alternative
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the **First Alternative**
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thymes
Fall 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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Fall For Our Cooperative Community

Adam Payson, *Editor with Bubble, Chicken*

October is Co-op Month at First Alternative and across the country. It's a time for us to highlight our most important resource—each other.

After all, we wouldn't be much of a cooperative without our thousands of dedicated Owners, regular shoppers, current and former staffers, Board members, and volunteers. It takes a community to make a Co-op go, and we do our best to return the favor every day.

We invite you all to join us on October 18 for our fourth annual Co-optoberfest, and cooperative community celebration featuring music, samples, and deep discounts throughout the store. Keep an eye on our Facebook page for further information.

Before that, though, why don't we meet up at Fall Fest the weekend of September 28 and 29? We'll be at Corvallis' annual celebration of local arts and artists, serving frozen desserts with the help of the Corvallis Sustainability Coalition, to whom we will be donating 100% of the weekend's profits!

Helping the volunteer-operated Sustainability Coalition is

something we love to do, and we urge anyone else interested in building a sustainable and inclusive community in Corvallis to explore volunteering. You can learn more about the Coalition and its variety of Action Teams and community-improving programs on page 8.

On page 4 of this fall edition of the Thymes, we'll tell you about a new Round Up for Schools donation program we've added in addition to our regular donations to schools. On the next page, a refresher on our Beans For Bags community donation program—Owners, elections for our 2020 Beans For Bags recipients are this October. Look for further information in the October Scoop.

Elsewhere in this edition, we look at local mushrooms (pg. 6), local cranberries, and local apples (pg. 15), and get a great cup of coffee for just a buck (pg. 10). Meanwhile, Susie & Brie show us that Mickelberry tonics are the bee's knees (pg. 20), and don't sweat, because Yadira has a Side by Side comparison of various natural deodorants (pg. 22).

Have a great read, and we'll see you this fall! 





&



CORVALLIS
sustainability
COALITION

Will be scooping

FROZEN DESSERTS

at

Corvallis
FALL FESTIVAL

September 28 (10am - 6pm) & 29 (10am - 5pm)

Join us on NW Monroe Ave. near Central Park

Friday, October 18 from 4 - 7 pm at both stores

CO
OP

toberfest

**A cooperative community celebration
Discounts throughout the store**

Round Up at the Register for Local Schools

In the last issue of the *Thymes*, we told you all about our ongoing school donation program that allows Owners and shoppers to register their purchases toward a local school of their choosing in order to determine what percent of our quarterly donation of \$1,000 will go to that school. The more purchases shoppers register towards a particular school, the bigger the share of quarterly donations that school receives.

Now we're proud to announce an *additional* way for our customers to support local schools.

During checkout, you can ask your cashier to "Round Up" for any of the 37 local schools listed to the right. Your total will be rounded up to the nearest dollar—or to an amount of your choosing! These small donations are easy to afford and really add up. Now at the end of each financial quarter, in addition to their share of our \$1,000 donation, local schools will receive the amount that was rounded up in their name. As an added bonus, round totals make it easier to track your spending too! 🥬

Ask your cashier to "Round Up" your total at the register for any of these local schools:

- | | |
|--|---|
| Adams Elementary | Lincoln Elementary |
| Ashbrook Independent | Linus Pauling Middle |
| Blodgett Grade | Montessori Corvallis |
| Cheldelin Middle | Montessori Philomath |
| Clemens Primary | Mountain View Elementary |
| College Hill High | Muddy Creek Charter |
| Corvallis Community Children's Center | Nature's Play Preschool |
| Corvallis High | Old Mill Center |
| Deutsche School | Philomath Elementary |
| Corvallis School Foundation | Philomath High |
| Corvallis Waldorf | Philomath Middle |
| Crescent Valley High | Sandcastle Preschool |
| Franklin Elementary | Santiam Christian |
| Garfield Elementary | Sundborn Children's Center |
| Hoover Elementary | Territorial Elementary |
| Jefferson Elementary | Willamette Valley Community School |
| Kings Valley Charter | Wilson Elementary |
| LaFlauta Magica Preschool | Zion Lutheran School |
| LBCC Preschool | |



Cut Waste & Support Local Causes

Over \$91,000 in donations made and more than 2 million bags saved with Beans For Bags

BEANS 4 BAGS

That's a lot of money for a variety of wonderful causes in and around our community, and an enormous amount of waste diverted from the landfill.

How much waste?

Producing 100 million plastic bags requires about 15,100 barrels of oil. Let's do some math. If we assume that every bag saved has been plastic, Beans For Bags would have saved more than 312 barrels!

It's not just petroleum. Every plastic bag manufactured uses one gallon of water, equating to more than two million gallons saved (equivalent to a 10 foot deep swimming pool that's 50 feet wide and 534 feet long!)

What about paper? After all, Corvallis did ban plastic bags in 2013 (yay!) If every bag spared by Beans for Bags were paper, we'd have saved 2,894 trees and counting. The exact number of paper and plastic bags saved is impossible to determine, but we can confidently say it's in the range of "tons of both." And our dedicated shoppers are ready to save tons more.

So how does it work?

Easy-to-read signs mounted in the Bean Towers located near the exits of both stores explain how to vote, and provide information about each financial quarter's participating charitable organizations.

When you shop at the Co-op, remember to bring reusable bags from home. On your way out, grab a token for every one of those bags you used, or for every one of the reusable cardboard boxes we provide at the registers that you used.

As you pass the Bean Towers, drop your bean token(s) into the slot(s) for the local charity or charities you'd like to support.

At the end of the financial quarter, the organizations receive a check proportionate to the amount of bean tokens they received. Every October, Co-op Owners vote for the sixteen local organizations that will receive donations.

Beans For Bags helps build our community and preserve our planet for future generations. 



Bring Your Bags



Help
Support
Local
Charities

Choose Your Charity

Every quarter, four of the sixteen Owner-elected organizations take their turn.

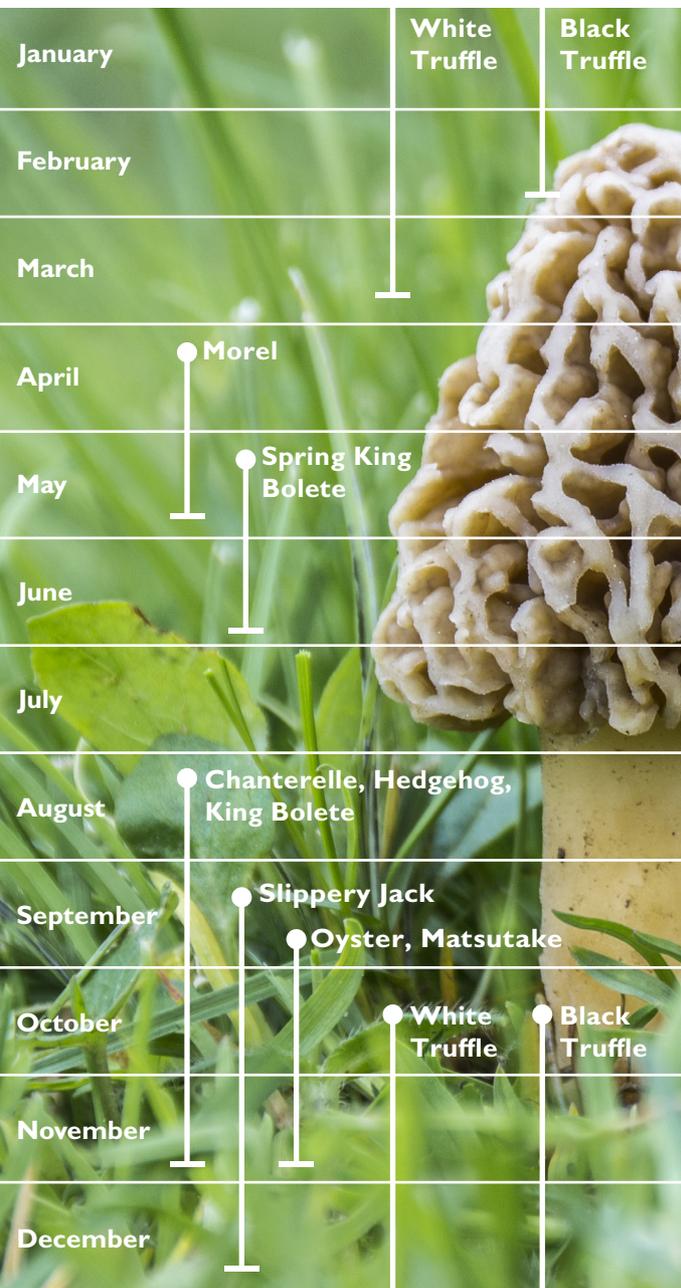
 <p>FEED THE HUNGRY Marys River Cleaners</p> <p>Marys River Cleaners provides food relief and financial assistance to low-income, disabled, and/or elderly individuals in the Corvallis community by giving them food growers and accepting donations from individuals and businesses.</p>	 <p>HELP KIDS AND FAMILIES Old Mill Center for Children & Families</p> <p>Old Mill Center for Children and Families offers programs that provide early childhood education services to children and families in the community.</p>	 <p>CARE FOR OLDER DOGS Senior Dog Rescue</p> <p>The mission of Senior Dog Rescue is to rescue sheltered and homeless homeless senior dogs. The senior rescue team will get the senior dogs adopted and veterinary expenses for the senior dogs taken care of.</p>	 <p>AFFORDABLE HOUSING Willamette Neighborhood Housing Services</p> <p>A nonprofit community development organization with a commitment to increasing affordable and strengthening affordable housing for individuals and families.</p>
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Heads or tails? Either side is a winner with our cool and durable bean tokens.

Mushrooms: from Wild Harvest to Mad Creek

Interested in wild harvesting mushrooms? The Oregon woods hide a bounty—if you know where and when to look. The chart below (adapted from oregondiscovery.com) will help. You'll have to find someone willing to give up their secrets. Remember, misidentifying a mushroom can be deadly. **Never eat a wild mushroom unless you are 100% certain of its variety.** All the more reason to enlist an expert. 🍄

The easiest way to get delicious, local mushrooms is to pay a visit to the Co-op. There's no hiking necessary, and we proudly carry a wide variety of mushrooms throughout the year from Mad Creek Mushrooms.



Doug delivering mushrooms to our South Store.

Located just outside of Gates, Oregon, along the verdant and misty climb towards the Cascade Range (the perfect climate for mushrooms), Mad Creek Mushrooms is owned and operated solely by Doug Dibney. He's been in the mushroom business for about 25 years, and selling to the Co-op the entire time. Doug does it all.

He grows shiitakes from "inoculated" blocks in two climate-controlled rooms. (Holes drilled into wood blocks have plugs—which are a mix of sawdust and fungal strands known as hyphae—inserted into them and covered. Kept in the right conditions over several months, the fungus colonizes the block, growing throughout it before "fruiting" or growing mushrooms on the exterior. Fungiculture is fascinating stuff!)

He ventures into the woods where, with an expert's eye, he wild harvests Chanterelles, Morels, King Boletus, Hedgehogs, Yellow Feet, and Cauliflower mushrooms and sells them to the Co-op.

Since our shoppers are adventurous culinarians always looking for more variety, he also purchases Oyster, Maitake, Lion's Mane and Cinnamon Caps from other growers and harvesters to sell to us. Thanks, Doug! 🍄



left to right: Maitake, Oyster, and Morel mushrooms

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The Corvallis Sustainability Coalition Helps Define a Community of Action



Building a sustainable future for Corvallis, one volunteer at a time

Hungry attendees of this year's Fall Fest will again find the Co-op partnering with the Corvallis Sustainability Coalition to serve frozen treats. Folks lining up for what may be the season's last opportunity to enjoy frozen desserts outdoors are also helping support a comprehensive grassroots organization dedicated to creating a sustainable community.

A sustainable mission: The Corvallis Sustainability Coalition, a 501(c)3 nonprofit organization, is a network of local businesses, nonprofits, faith communities, educational institutions, local governments, and community members working in tandem to build a sustainable, inclusive community.

Their values of environmental quality, social equity, and economic vitality dovetail perfectly with the Co-op's mission, so it's no wonder we routinely partner with them, and so many of our shoppers and staff are volunteers.

Building a Coalition: Just a year after it formed in 2007, 135 local organizations were already partners of the Sustainability Coalition.

Their community-first approach struck a nerve with a town that understands real and effective change begins at the bottom with individuals and community groups before filtering up to institutions and governments.

Over 600 community members attended the first Sustainability Town Hall to share ideas and long term goals. By the end, more than 200 people had volunteered to join work groups focusing on twelve different topic areas that were based on the "Corvallis 2020 Vision Statement."

These topics were the basis for the creation of twelve separate but interconnected action teams (find descriptions of each on the next page) whose volunteer members would drive sustainable efforts for the next decade and into the future.

Keeping it sustainable: Anyone interested in sustainability is urged to attend one of the Coalition's Quarterly Gatherings, held at the Covallis-Benton Public Library—with food provided by the Co-op!

At these gatherings, action teams provide status reports on their efforts, and speakers from other local sustainably-focused businesses or organizations address the group.

Quarterly Gatherings are a wonderful way to meet like-minded folks, learn about the community, and how to make a positive contribution. Whether you're new in town or have lived here your entire life, your experiences could prove invaluable to the Coalition and the community.

People of every age, color, creed, and background are needed if we wish to make this a truly sustainable community.

If you'd like to volunteer or just learn more, attend a meeting or visit sustainablecorvallis.org.

The next Quarterly Gathering will take place Friday October 18 at the Corvallis-Benton Public Library. Look for more details at sustainablecorvallis.org or in the October Scoop.

Sustainability Fair and Town Hall: Held every March, this is the sustainability event of the year. The evening begins with a waste-free **Sustainability Fair** featuring local music and food alongside educational and informative hands-on exhibits and demonstrations from action teams and partner organizations. A fast-paced, interactive **Town Hall** follows, featuring presentations, renowned speakers, and group discussions and activities that highlight the accomplishments of the previous year while setting the stage for continued progress in the year ahead.



Action teams are the beating heart of the Sustainability Coalition. Volunteer-powered teams identify important sustainability projects in the community and—along with local businesses and organizations—take action on them. If you're looking to make a difference in the community, there's an action team that's perfect for you. Here's a brief summary of each of the dozen teams. Visit sustainablecorvallis.org/action-teams to learn more and volunteer.



The **Community Inclusion Action Team** understands that a truly sustainable community must be inclusive and just. Members are using an Equity Impact Assessment to help the Coalition and its action teams evaluate their projects through an equity lens.

Corvallis loves local businesses, and it's the **Economic Vitality Action Team's** mission to keep it that way. They educate the community on the importance of buying local first, and help local businesses adopt environmentally-friendly practices that will make them more sustainable.

The **Education Action Team** understands that a sustainable future begins with our children. They are working towards getting every school in Corvallis certified as an Oregon Green School, where students engage in activities that further their understanding of environmental sustainability.

Renewable energy is a major focus of the **Energy Action Team**. Partnered with local efficiency advocates and the city, they work to reduce our dependence on fossil fuels and educate residents about energy efficiency at the neighborhood and household level.

The **Food Action Team** seeks to increase consumption of locally produced food with projects like Local Eats Week and the Local 6 Connection. Relationships with local restaurants, farmers, and grocery stores help people understand the power of local food.

Everyone deserves to be healthy and live in a community that prioritizes wellness. That's why the **Health & Human Services Action Team** aims to promote healthful behavior, encourage the use of safe alternatives to hazardous chemicals, and monitor local air quality with the OSU Environmental Health Sciences Center.

The **Housing Action Team** is working to make sure all Corvallis residents have access to affordable housing options, and strives to ensure that sustainable, eco-friendly housing that minimizes environmental impacts becomes the standard.

Sustainable and healthful relationships between natural and urban areas are the concern of the **Land Use Action Team**. The team has a dual focus on improving the mobility and connectivity of our town and surrounding regions, and educating everyone on the benefits of sustainable land use.

The **Natural Areas Action Team** is dedicated to celebrating the natural abundance of our region through hikes, walks, workshops, and lectures. They also focus on the natural areas right in our backyards, helping Benton County become the first certified "Community Wildlife Habitat" in Oregon.

The **Transportation Action Team** keeps Corvallis moving, sustainably. In collaboration with city and local organizations, they raise awareness of alternatives to single-occupancy vehicles, and make it easier for locals to enjoy them.

Fostering behavior that reduces the consumption of material goods is the goal of the **Waste Prevention Action Team**. With educational outreach like the Recycling Block Captains, the ReUse Directory, and services like the Prescription Bottle ReUse program with Rice's Pharmacy, they're taking us towards a zero waste future.

The **Water Action Team** strives to keep our rivers, creeks, and streams clean and beautiful through education and advocacy. Their 3 Waters project demonstrates how to improve the efficiency of our tap water, wastewater, and stormwater systems. 



Some recognizable projects of the Corvallis Sustainability Coalition and its Action Teams



Perk Up Your Day with Co-op Coffee

Coffee in your own cup for just a buck, every day at the Co-op

Coffee is as important as the sunrise to many people's mornings, and the Co-op understands that. That's why the First Alternative Deli offers fresh-brewed Pacifica coffee all day.

Bring your own cup and fill it up for just \$1, every day at both stores!

Whether you're spending the morning in the eating area catching up with some old friends, dropping

in on your way to the office, or looking for a late day eye-opener, a reusable coffee mug is your passport to affordable and delicious locally-roasted organic coffee.

From Mason jars and irreverent mugs to Klean Kanteen thermoses, we've got a wide variety of reusable drink containers for you.

Cut waste and save money, every day at the Co-op Deli.



Pacifica Coffee

Organic coffee from around the world, roasted sustainably in Corvallis. We've been proudly pouring Pacifica Coffee at the Co-op for more than twenty years. More than just brewing piping-hot pots of this "black gold" throughout the day in the Deli, we always have a variety of Pacifica blends available in our Bulk Department.

Get as little or as much as you need every day of the week. For optimal freshness, we sell whole bean Pacifica Coffee in bulk. Coffee grinders are provided. Need help? Just ask us! ☕

"To-Go" Big with Our New Coffee Carriers

The next time you're tasked with bringing coffee to your committee meeting, work group, or anytime you need all hands on deck and all eyes open, grab one of our **96 oz. Coffee To-Go Travel Boxes**.

Simply ask the Deli staff or a cashier at either store if you're interested. They'll take care of assembling and filling the container for you. They're as easy to pour as they are to carry.

Pacifica Coffee 96 oz. Coffee To-Go Travel Box:
\$16.99/each

Pacifica Coffee 96 oz. Coffee To-Go Travel Box with Coffee Service—sugar and the creamer of your choice:
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Donna's Kitchen



Donna Tarasawa
Outreach Specialist

South of the Border Comfort Food



With the sun going down sooner each day, the leaves turning, and the temperatures dropping, it's only natural to find ourselves yearning for warmer climes and friendlier times. That's why we're heading down south for the fall edition of Donna's Kitchen.

Here are four South of the Border Comfort Food recipes to help while away the fall. They'll fill your home with amazing aromas, fill your belly with delicious food, and serve as a reminder to us all that the cooperative dinner table stretches all the way around our little globe, above and across any border.

Chile Rellenos Casserole A cooperative variation on the traditional Mexican dish that originated in the city of Puebla (the namesake of the poblano pepper). This preparation turns the classic on its head. This time it's the peppers stuffed inside the cheese! Fans of the Co-op Kitchen's Chile Rellenos, available daily on the hot bar, this recipe is for you.

Tomatillo Stew The tomatillo was domesticated in pre-colonial Mexico, but fossilized tomatillos dating back more than 50 million years have been unearthed in Patagonia. Naturally, we prefer them fresh. They impart a beautiful mellow green color

to dishes, but more importantly, they have a unique flavor, bright and slightly acidic. And, like the gifts they are, each one grows in its own paper wrapper. For a vegetarian version of this recipe, simply substitute tofu in place the chicken.

Dairy-free Beef Enchiladas Enchiladas started simpler than what we're used to today—corn tortillas without filling, wrapped up and dipped in chili sauce, an origin reflected in the name. *Enchilada* is the past participle of the Spanish word *enchilar*, which means "to add chili pepper to." Obviously there's a lot more to the whole enchilada thing now, and we've got a tasty take for you that's loaded with local ingredients. For a vegan version, simply omit the beef.

Donna's Guacamole The way people carry on about avocados, you'd think they were a recent discovery. Only here in the north! These buttery fruits are considered a "cultigen," meaning they've been cultivated for so long that their wild ancestors are completely unknown. A crop of the pre-historic Mayans, they later spread north where the Aztecs began to mash and mix them into the dish we now call guacamole. Guacamole is delicious, and timeless—just make sure you eat it fast! 🥑





*Tomatillo &
Chicken Stew*



*Chile Rellenos
Casserole*



*Donna's
Guacamole*



*Dairy-free
Beef Enchiladas*

Chile Relleno Casserole

Ingredients:

Serves 8-10

2 4 oz. cans whole green chiles
3/4 lb. Monterey Jack cheese, shredded
12 oz. evaporated milk
6 eggs, beaten slightly

Instructions: Slit chiles open. Place skin side down in an 8x8" baking dish. Layer with Jack and cheddar cheeses. Mix milk and eggs together and pour carefully over cheeses. Bake at 350°F for 40 minutes. Allow to cool 10 minutes before cutting.

Dairy Free Beef Enchiladas

Ingredients:

Serves 4

1 lb. ground beef
3-4 green onions, diced
1 red bell pepper, diced
1 medium zucchini, sliced
1 can black beans, drained & rinsed
1 tsp. ground cumin
1 tsp. salt
1 Tbsp. lime juice
10-12 corn or grain-free tortillas
1 jar *Sweet Creek* Enchilada Sauce
1 pt *Whole Flower Farms* Not'Cho Cheese Sauce
Lime wedges, for garnish

Instructions: Brown ground beef. Add onion, bell pepper and zucchini and sauté 3-5 minutes. Add black beans, cumin, salt, lime juice and Not'Cho Sauce, stir to combine and heat. Spread bottom of 9x13 baking dish with a thin layer of enchilada sauce. Pour remaining sauce into a pie pan. Dip tortillas, one at a time, briefly into sauce and place in baking dish. Spoon filling in a line down the middle of the tortilla, roll up and place seam side down at end of dish. Repeat with remaining tortillas, placing enchiladas next to each other. Pour remaining sauce over top and bake at 350°F for 20 minutes. Serve with lime wedges.

Chicken & Tomatillo Stew

Ingredients:

1 1/2 lbs. tomatillos
1 jalapeño, chopped, with stem, seed and veins removed
3 cloves garlic, minced, divided
1 tsp. salt
2 Tbsp. lime juice
1/4 tsp. sugar
2 lbs. boneless, skinless chicken breasts, cut into 1" cubes
Salt and pepper
3 Tbsp. olive oil, divided
1 yellow onion, chopped
1 tsp. ground cumin
1 tsp. ground coriander
1 1/2 cups chicken stock
1 Tbsp. fresh oregano, chopped
1/2 cup chopped cilantro
3 Tbsp. arrowroot (optional)
2 Tbsp. water (optional)
Sour cream and avocado slices, for garnish

Instructions: Remove papery skins from tomatillos. Cut tomatillos in half and place upside down on baking sheet. Broil 6" from heat until skins begin to blacken. Place tomatillos in plastic bag, let sit for 15-20 min. Remove skins and core; place in blender with jalapeno, 1 clove garlic, 1 tsp. salt and lime juice. Blend to semi-smooth. Set aside. Heat 2 Tbsp. olive oil in large saucepan. Add chicken (or substitute tofu and prepare same way) and brown on 2 sides but do not cook through. Sprinkle with salt and pepper. Remove chicken and add 1 Tbsp. olive oil to pan. Add onions, garlic, cumin and coriander. Cook a few minutes, stirring occasionally until onions are softened. Add chicken, tomatillo sauce, chicken stock, oregano. Stir to combine. Bring to a boil and reduce to a simmer. Cook partially covered for 20 min. until chicken is cooked through. Add cilantro just before serving. For a thicker stew, mix arrowroot with cold water and stir into stew. Boil gently 1-2 min. Serve over rice, with sour cream and avocado slices, if desired.

Donna's Guacamole

Ingredients:

2 avocados, mashed
1 lime, squeezed
1 tomato, chopped
1/2 bunch cilantro, chopped
1/2 red onion, diced
1/2 jalapeno, diced, with seeds removed
Salt to taste

Instructions: Mix all ingredients together. Adjust seasonings to taste.

Falling for Local Cranberries

More than a jellied side dish or juice flavor, these tangy cousins of the blueberry are one of few commercial fruits native to North America, a great way to get vitamin C into your diet in the fall, and another of our state's locally grown wonders.

This fall at the Co-op look for fresh, local, organic cranberries grown on Winsmuir Farm close to the small coastal town of Sixes, Oregon.

The popular image of cranberries floating in bogs can be misleading. They don't grow in open water,



Cranberries were originally called "crane berries" because their flowers resemble a crane's face

but are often harvested by flooding their sandy fields and raking them up. This method is used for cranberries that will be immediately processed (an amazing 90-95% of those grown in the US) because it risks mold or damage to the fruit.

Winsmuir Farms does briefly flood and drain their sandy field for weed and pest control, but they dry harvest their cranberries. It's more work, but it yields a longer lasting, prettier, and better tasting product.

Their small, family-run farm, certified organic since 1999, has a one acre "bog" on which they grow 4,000-6,000 lbs. of organic cranberries every year. We're proud to sell them at the Co-op, and to show just how good fresh cranberries can be, we've got some recipes on the next page. 🍷



*Fresh, local, organic
Cranberries*

*from
Winsmuir Farms
near Sixes, Oregon*

Airlie Red, Delicious Apples

An Airlie Red Apple by any other name would taste as delicious. It's not just the fruit, but the farmers tending to it.

The Airlie Red has a unique, history. Dedicated local apple lovers may remember it being sold as the Hidden Rose Apple back when the orchard where it is grown was called Thomas Paine Farms.

Before that, in the mid-20th century, a Kings Valley family was out riding horses, grabbed an apple from a tree, and discovered



Maybe the first tree cultivated by humans, over 7,500 cultivars of apples now exist.

its ruddy interior. Several decades later, the apple was rediscovered by a field manager for Thomas Paine, and before long an orchard of them was being propagated.

When the owners of Thomas Paine were looking to sell the farm and orchard, they found the best possible stewards in the Silvernail family, proprietors of Rainshine Family Farm in Corvallis since 2008.

The Silvernails moved to Kings Valley, and added "orchard keepers" to their résumé. Under the green thumb of Silvernail Farms, the Airlie Red, as it was rechristened, has gone from a colorful novelty to a delicious, juicy apple that we're excited to eat every year. Turn the page for some great recipes! 🍷



*Fresh, local, organic
Airlie Red Apples*

*from
Silvernail Farms
in Kings County, Oregon*



Cranberry Recipes

Kale & Cranberry Salad

2 bunches kale, stemmed
¼ cup pine nuts
¼ cup dried cranberries
3 Tbsp. olive oil

Steam kale until bright green. Toast pine nuts in a cast-iron skillet until they are golden brown. Allow kale and nuts to cool, then toss together in large bowl. Add dried cranberries and olive oil. Toss and serve.

Nutty Cranberry Sauce

2 cup fresh orange juice
¼ cup fresh ginger, minced
2 Tbsp orange zest
2 cinnamon sticks
3 cups fresh cranberries
½ cup applesauce
¼ cup honey
1 cup walnuts, chopped

Bring orange juice, ginger, zest and cinnamon to a boil on high heat in a medium saucepan.

Rinse cranberries and add once liquid is boiling. Reduce heat to medium and cook uncovered for about 10 minutes. Add crushed applesauce, honey and walnuts. Remove from heat and cool.

Airlie Red Recipes

Airlie Red Apple Sauce

6 Airlie Red apples
½ - 1 cup water
3 Tbsp. honey, maple syrup, or sugar

Peel, quarter, and core apples, put into large pot. Add ½ cup water. Cover and cook over medium heat, stirring occasionally, until able to mash the apples with a spoon. Add water as needed during the cooking. Add desired sweetener to taste.

Airlie Slices & Caramel

Airlie Red ½ cup heavy
apples, sliced cream
1 cup sugar ¾ tsp. Fleur
6 Tbsp. butter de Sel

Place sugar evenly in bottom of medium saucepan. Heat on med-high, whisking as it melts. Once melted, swirl pan occasionally as sugar cooks. Remove from heat immediately once the sugar has a toasted smell or reaches 350°F. Add butter all at once and whisk into the caramel until completely melted. Slowly pour the cream into the caramel, whisking until incorporated. Add Fleur de Sel and whisk to blend. Set aside to cool for 10-15 minutes. Serve with sliced Airlie Reds.



Cran-Apple Recipe

Apple, Cranberry Quinoa

1 cup quinoa	1 Tbsp. maple syrup
1 ½ cups water	½ bunch cilantro, chopped
¾ tsp. salt, divided	¼ cup cranberries, chopped
½ onion, minced	½ cup roasted hazelnuts, chopped
2 Tbsp. coconut oil	
1 Airlie Red apple, minced	
Juice of 1 orange	
1 tsp. curry powder	

Rinse and drain quinoa. Put in saucepan with water and ½ tsp salt. Bring to a boil, lower heat and cook covered for 15 min. Turn heat off and let stand covered for 5 min. Fluff quinoa with fork. Sauté onion in coconut oil until tender. Add apple and reduce heat to low. In a bowl, whisk together orange juice, curry powder, remaining salt and maple syrup. Add quinoa to onion and apple and stir to combine. Transfer to a serving bowl and toss with dressing, cilantro, cranberries and hazelnuts and serve.

Cranberry Apple Sauce

¼ cup butter
12 oz. cranberries
½ cup maple syrup
1 Tbsp. lemon or orange juice

Melt butter in medium pot. Add cranberries and syrup. Bring to boil and reduce heat to medium for 8-10 minutes until cranberries have begun to pop and a sauce consistency is reached. Sauce will thicken as it stands as well. Remove from heat and add orange juice. Serve warm or room temperature. 



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Stone Soup Corvallis has a crew of cooks, servers, dishwashers and clean-up volunteers ready to follow you, the lead cook, once or twice a month at our St. Mary's meal site. Position involves menu planning, adapting plans in the face of plenty and scarcity, and working as a team. Training alongside one of our current lead cooks is available and expected.

Stone Soup also especially needs volunteers for evening "lock and mop" at St. Mary's, Mondays and Thursdays. No creative abilities required for this one, just a regular schedule - weekly, biweekly, or monthly. This is a good project to do with a partner or buddy. Please volunteer by emailing casruncas@yahoo.com or calling Cas at (541) 223-3884.




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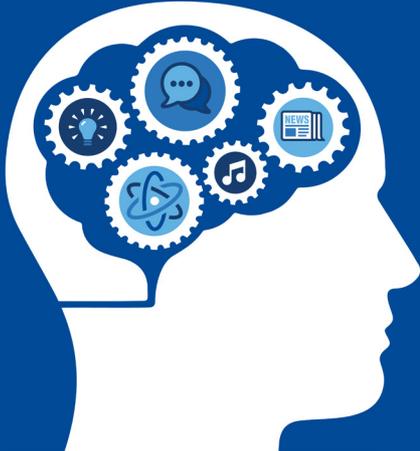
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Fair Trade Comes Home

Equal Exchange's domestic fair trade program says cheese

Equal Exchange is one of the foremost names in the fair trade movement. Its founders, former managers of a New England food co-op, envisioned it as a globally-minded "social change organization that would help farmers and their families gain more control over their economic futures."

Their first efforts focused on finding cooperatively-produced Nicaraguan coffee and paying the farmers fairly for it, a direct rebuke to destructive US trade practices. They went on to expand their operations, first to Latin America at large, then Africa, India, and beyond. They joined the European Fair Trade network, widened their focus to include tea, cacao, bananas, nuts, and more.

A thriving example of the power of fair trade, still seeking to transform how consumers and farmers interact across the globe, Equal Exchange has an exciting new project here in the states: domestic fair trade, specifically focused on helping small dairy farms.

Across the country, vast corporate-owned dairy operations are pushing family farms out of business at an alarming rate. Since 2003 the number of licensed US dairy farms has decreased from 70,000 to 40,000 while the number of cows has increased from 9 to 9.4 million. Equal Exchange aims to do something about this, and they see cheese as a solution.

"In cheese," they explain, "a farmer has a chance of controlling the final product, getting value added economics, and having a say in where the product goes. This stands in stark contrast to how fluid milk is bought and sold."

As in all of their global operations, Equal Exchange is dedicated to

bringing consumers great products from small, democratically-structured farms that are paid the prices they need to thrive and maintain ownership of their land.

Over the past year, they've been connecting with farmers across the country, sharing information, learning, and building partnerships.

Two cheesemaking operations, Neighborly Farms in Vermont and Red Barn Family Farms in Wisconsin, are up and running. Learn more about both on the next page, and try their exceptional cheddars, available now at the Co-op. We're proud to sell them, knowing they come from small farms that are cooperatively run and fairly compensated.



The Fact Cheddar

This semi-hard variety of cheese is one of the most popular in the world. In the UK, where it originated, cheddar sales account for 51% of the market.

Some of its popularity there may be a holdover from the World War II, when nationwide rationing of foods lead Britain to ban the production of any cheese besides cheddar.

This "Government Cheddar" as it was called remained the only type of cheese produced by Britain until the end of rationing in 1954.

In the United States, cheddar is the second most popular cheese behind mozzarella. The US also has a particular fondness for heavily-processed cheddar imitations, like American cheese, Cheez Wiz, and the aerosol-delivered "dairy" spray known as Easy Cheese.

The ubiquity of these processed alternatives to cheddar may have helped play a part in the popular conception that cheddar's natural color is orange when really it is white to off-white, resembling the milk from which it's made.

This orange hue is often achieved with Annatto seeds, which don't affect the flavor or nutritional value. The cheddars from Neighborly and Red Barn are dye free.



The Dimmick family has been operating their farmstead dairy in Vermont for three generations. After all those years, the family is still committed to running the dairy as they always have—without antibiotics, hormones, or commercial fertilizers.

One of only a handful of small dairies across the country to control the entire cheesemaking process, from field to cheese, the Dimmick's were a perfect test study for Equal Exchange's new Domestic Fair Trade program.

We're grateful to offer this family-made organic cheese, knowing that the farmers are paid fairly and that their 60 cow herd is treated humanely. How Neighborly!

Red Barn Family Farms is a network of 10 small family farms, each with 75 or fewer dairy cows, working together to ensure they can control where their products are sold and at what prices.

Small producers working together to do big things while remaining unique is exactly the sort of enterprise we love to support at the Co-op. Equal Exchange feels the same way. Their partnership with this collective of small farms is another key step in building a domestic fair trade network that will help to bring small farmers and consumers closer together.

Everyone the world over deserves a fair chance. That's why we're excited for the future of fair trade, both global and domestic.

Sharpening Cheese

"Sharpness" is a loosely defined term that indicates a cheddar's flavor. As a cheddar ages, its taste and texture evolve. At first creamy and smooth, the flavor deepens with age, taking on bitter notes and a salty crunch from crystals called calcium lactate.

Roughly, mild cheddars are aged 2-3 months, sharps are aged 6-9 months, and extra sharps are aged 1.5 years and beyond.

Our first offerings from the Equal Exchange domestic fair trade cheeses range from sharp to extra sharp. Give them each a try to find the perfect amount of bite.



Look for these domestic fair trade cheeses at both Co-op locations. 

Susie & Brie

Recommend
Mickelberry Gardens



What's the buzzing sound coming from the Wellness aisle? Hive products for health, that's what, and you can find them at First Alternative, thanks to Mickelberry Gardens. Based in Portland, this small family-owned company has been creating America's finest honey tonics—syrups that combine the health benefits of raw apple cider vinegar and raw honey—since 2011. We've been proudly selling their tonics here at the Co-op since 2015.

Mickelberry Gardens is owned by the wife and husband team of herbalist Madelyn and beekeeper Matt. Aided by their small staff of ten people, they work directly with local beekeepers and herb farmers to make sure their ingredients are as fresh and healthful as possible.

Asked to describe their business philosophy, Madelyn said, "we are committed to making the empowering practice of self-care with affordable herbal products available to as many people as possible." We're glad to be able to help with that mission here at the Co-op.

As we travel through fall and into the winter, self-care becomes increasingly more important.

Here are some ways Mickelberry Gardens and the Co-op can help:

Northwest Pollen Honey Tonic: A delicious way to rebuke seasonal allergies! Made with stinging nettle leaf and pollens from beekeepers all over the Pacific Northwest, a spoonful a day may help keep those seasonal allergies at bay.

Throat and Lung Honey Tonic: Organic herbs traditionally used to support throat and lung health, like mullein leaf, sage leaf, rose hips, and echinacea are combined with raw apple cider vinegar and raw honey to make a tonic that eases coughs and help expectorate mucus. Breathe easy this fall.



Honey Propolis Throat Spray: This antiseptic throat spray will have you singing Mickelberry Garden's praises! Coat and rejuvenate your throat with its blend of raw honey, apple cider vinegar, healing herbs, and propolis, a sticky compound used in hive-building that's packed with antioxidants. Pack this compact 2 oz. bottle with you as the weather worsens this fall and have a spritz for relief.

Elderberry Honey Tonic: We all do our best with a little support, and our immune systems are no different. Help your immune system help you with a daily spoonful of this tonic, made with organic black elderberries, echinacea tops, and propolis from the local bees. It tastes good and helps you feel great.

Fireside Honey Tonic: A modern take on a traditional tonic that has, for centuries, been helping people keep well in the colder months. This spicy eye-opener contains an organic blend of local chili peppers, ginger root, horseradish, turmeric root, and more. Take an invigorating spoonful, as needed, or add it to your favorite dressings, sauces, or soups.



Mickelberry Garden's Madelyn and Matt



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Side by Side




Psst, can we talk about a taboo issue? We've likely all encountered it personally or by proxy, and not everyone feels the same way about it. In fact, some people claim to love it. This Side by Side brings to light the issue of body odor and what to do about it—if you're so inclined.

In true First Alternative fashion, the array of available deodorant options is vast. I selected 15 to write about but trialed around 20 with the help of my husband who trialed the “for men” options.

Sprays The benefit of spray deodorants is that once they've dried, you don't feel them on your skin. The downside is that you have to hangout with your arms suspended in the air, pits exposed until the spray is dry. I also found them to be less effective, perhaps because of evaporation?

pH Honestly pHRESH Frangipani and Monoi Pre-probiotic

Intriguing “tropical” scent, works fine but left a tacky feeling after a few hours. The ingredients help keep your pH levels balanced to eliminate stinky bacteria but keep the good bacteria alive and well.



Weleda

Citrus 24h Deodorant Spray

Nice fresh, pungent scent. Did not last 24 hours as claimed in the name. This one also comes in a roll-on form which I found to last longer than the spray. Mostly plant-based ingredients.



24HR Crystal Mineral Deodorant Spray, Unscented

Super simple ingredients and completely scent free but alas, by evening, it seemed to have lost its effectiveness, if you don't mind reapplying, this one could work for you.



Roll-ons What I love about roll-ons is that you can see and feel exactly where they are being applied. The downside is that they leave a white residue on your skin which can then transfer to your clothing—worry not, it washes out.

Weleda

Men's 24h Roll-on

Lovely scent and as effective as it claimed to be. Contains ingredients I had to look up because I don't have a science background.



Pranarom

Herbal Deodorant, USDA Organic

Move over perfume, this deodorant will do your job for you but sadly, not its own. The scent lasted all day but my own body odor became noticeable by evening. Side note, the roller ball applicator is tiny so kind of awkward to apply. Contains only organic essential oils, nothing else!



Herbal Magic

Herbal Roll-On

Nice light “herbal” scent but not very effective in hot weather conditions, when you need it most. I might have sweated it all off! Ingredients are non-GMO.



Deodorant!

Don't sweat it, shoppers we've got you covered!

Sticks

The most recognized and common form of deodorant. You can find a lot of options in the stick form. The downside is that some of them might leave your underarm feel tacky during and after application. You may also end up with a white residue on your skin.

Dessert Essence

Lemon Tea Tree Non-GMO

A traditional stick with a really nice uplifting scent. A true work horse that did not let me down. Ingredients are less straightforward than others, but nothing that I was worried about.



Schmidt's

Charcoal + Magnesium

Nice musky fragrance. This deodorant is really effective and has added Magnesium for those of us who might need a little extra in our lives. All ingredients are Earth- and plant-based.



Silver Fall Sustainability Co.

Orange, Mint & Eucalyptus

Ding, ding, ding, you've uncovered my new favorite deodorant! It's super effective, made in Silver Falls (I love local!) and the scent is super light and pleasant to boot! It's a cream stick so be careful to not over apply, light dabbing is the way to go with this one. All ingredients are Earth- and plant-based.



Herban Cowboy

Forest Deodorant

Great clean scent. Like all traditional sticks, it feels a little tacky at first but that goes away. This one required re-application part way through the day but it was my husband's favorite.



Herbal Clear

Sport 24 Hour Natural Deodorant

Nice "soapy" fragrance so you smell like you just got out of the shower, and it does its job! Ingredients include tea tree oil and lichen.



Andalou Naturals

Men's Botanical Deodorant

Smells more like mint than the highland pine scent it claims to have. Feels chalky. The hubby was not a fan of this one. Contains hemp stem cells.

Creams

By far the most effective and long lasting of the deodorant forms, but you have to use your fingers to apply them your pits, which means you have to wash your hands before and after application.

Lavilin

Bio Balance 7 Day Deodorant

If you don't like high maintenance products, skip this one, it comes with specific instructions. It's higher

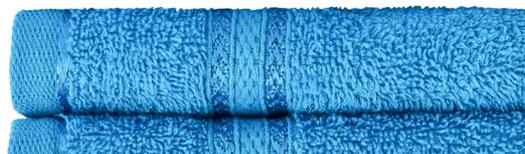


maintenance because there's a "wearing-in" period, kind of like a great pair of shoes, only it's your pits we're talking about. YES IT LASTS FOR DAYS! Sorry vegans, this one contains milk protein.

Booda Butter

Naked Coconut Cream Deodorant

Silky texture, light coconut scent. Does not leave greasy film on clothing like I thought it might (because it contains coconut oil). It applies easily and works pretty well. The sweet smell goes away after a few hours. Ingredients so pure you could bake with them.



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