



the

First Alternative  
NATURAL FOODS CO-OP

# thymes

Spring 2020

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50<sup>th</sup>



the **First Alternative**  
NATURAL FOODS CO-OP  
**thymes**  
Spring 2020

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Editor/writer . . . . . Adam Payson  
 Design/layout . . . . . Adam Payson, Julia Lont  
 Illustrations . . . . . Julia Lont  
 Photos . . . . . Julia Lont, Adam Payson

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# Springing Up from the Soil

Adam Payson, Editor with Bubble, Chicken

**H**ealthy soil grows deep roots. That's something we're constantly reminded of as we dig into the past for our 50th anniversary celebration.

Typically, we're too busy looking forward to the next delivery, harvest, or community event to have much time to look back. Thankfully, lots of wonderful people have been coming out of the woodwork to help us do just that. Former and current Co-op staff, vendors, longtime shoppers, and Owners have all helped fill in some poorly documented corners of our past.

What an honor it was to learn, for example, that back in 2000 the Co-op was the first place to sell Territorial Vineyards wines:

"I knew that owning a winery would mean selling wine at some point, but the thought of doing that weighed on me and I always dreaded the idea of actually having to go out and sell something." Alan Mitchell, Territorial owner told us.

"I decided to give it a go with a maiden voyage to the Co-op. My thinking was that this would be a friendly place to start and that any gaffes or clumsiness on my part would be understood and forgiven."

Alan came in and met with Marlene Culbertson, our beloved, longtime wine buyer.

Tragically, we lost Marlene to cancer in September, 2015.

As Alan recalls: "She was kind, welcoming and so very hospitable that all my anxiety melted away. That was the beginning of a long and lovely relationship that lives with me still even after her passing. The cherry on top? She bought wine! Wow, my first sale!"



Marlene Culbertson

We love supporting local businesses. We were the first to offer meats from Lonely Lane Farms, the first retail outlet for Wild Yeast Bakery and Whole Flower Farms, and many others.

For 50 years we've aimed to be the healthy soil that helps others grow, like when Jack Wolcott took what he learned from the early days of the Co-op and used it to open Grassroots Books.

This issue is full of info on local farms and businesses with roots at the Co-op: Peace Seeds, Spring Hill Farm, Sunbow, OSU Creamery, PNW Mobile Bicycle Repair, and Scenic View Lavender.

Find a spot in the sun (or one safe from the rain) and spring into the Thymes! 🍷

*Territorial's exclusive First Alternative 50th Anniversary Pinot Gris and Pinot Noir are available now at the Co-op*



# Celebrate 50 Years!

Earth Week 2020 – April 22-26



 **50<sup>th</sup>**  
**First Alternative**  
Natural Foods Co-op

First Alternative  
Natural Foods Co-op **50<sup>th</sup>**

## 50<sup>th</sup> ANNIVERSARY CELEBRATION

❖ EARTH WEEK 2020 ❖

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❖ SALES AND ❖  
CELEBRATIONS  
❖ IN HONOR OF ❖  
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Guess What Else is Turning 50?

# Earth Day!

The first Earth Day was held April 22, 1970—about six months before the Co-op opened. The nationwide event was inspired by national "teach-ins," grassroots educational forums held on college campuses that helped turn sentiment against the Vietnam war.

A small staff in Washington DC made the initial push, but the real work was done by the 4,000 community and campus-based environmental groups that sprung up around the country.

Oregonians were ready to turn the tide on decades of pollution. State and local governments and schools held events including roadside cleanups, tree plantings, and talks by scientists, activists, and politicians.

At OSU, students formed a group called Eco-Alliance. With broad support on and off campus, the group organized the school's first Earth Week, a tradition that carries on today. They later opened a recycling center in South Town next to the recently relocated Co-op. Several years later, the Alliance left the center in the Co-op's control, as it remains today.

Fifty years later, the fight to preserve the Earth continues, and it's never easy. Sometimes it may even seem like a lost cause, but we can never quit the fight. Never forget how far we've come in this short time, and how much history we still have to write. 🌱

State Celebrates Earth Day

Take the ecology trip

Earth Day -- Man Vs. Litter And Crowds

Gazette Times headlines from around Earth Day, 1970. Illustration by Stev Ominski





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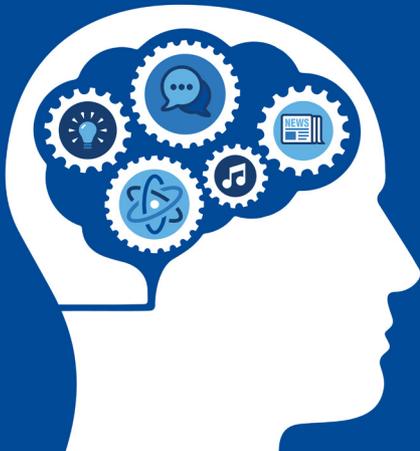
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# Planting Seeds with the Kapulers

**We celebrate the ones who have built, grown, supported, served and hence made this co-op what it is today. We are grateful to the visionaries, artists and musicians who make our world a better place to live. This is dedicated to a better world for everyone...**

**F**irst Alternative Co-op and the OSU Library were the primary reasons my husband, Mushroom, and I moved to Corvallis with our young daughters.

It was 1986 when we arrived in Corvallis in a 1961 Chevy station wagon. We had moved out of Williams in southern Oregon and went to visit Howdy, the only person we knew in town who was a good friend and well connected in the community. He took us for a walk to the Co-op, where within minutes, he talked to someone who had the connection to an available room in a house in South Town. We were glad to accept it.

During the following months we borrowed a truck to move our resources to Corvallis. That included boxes of seeds, seed cleaning screens and trays, books, seed catalogs, and the extra copies of the Peace Seeds journals that Mushroom had written.

For ten years we had been collecting seeds from plants that came from established seed companies, from old time gardeners, from the Seed Savers Exchange, and from the wild.

We grew all of them organically.

After learning how to grow, clean, and augment our seed collection we packaged and sold them by mail order and in seed racks at the Grants Pass Farmers Market and the Ashland Co-op. We named our company Peace Seeds.

First Alternative Co-op began selling our seeds in 1987. The rack held seeds from many kinds of novel, heirloom, herb, flower, and food plant cultivars. Later we began selling Yacon tubers which come from the Andes and have been a staple food plant for countless people over thousands of years.

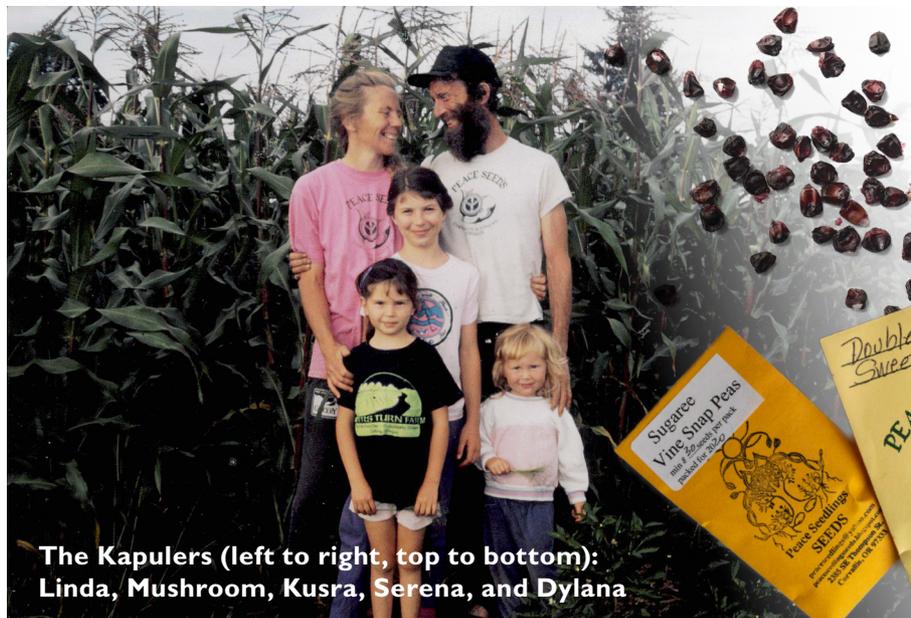
In the spring of 1987 Dylana was born at home, as her sisters had been. Similar to Kusra and Serena, she grew up very close to our home, our gardens, and the Co-op. At ages 4 and 5 she helped while I volunteered in the Co-op Produce Department, stocking bananas, apples, and citrus. In those years children could be with their parents while they worked for the community.

We met Hal and Alice Brown through the ads in the First

Alternative Thymes newsletter in 1989. Peace Seeds needed organic agricultural land to further develop a healthy family endeavor and the Browns wanted to rent their organic field.

We rented one acre the first few years, later expanding it to three, which included a 30' x 100' x 20' greenhouse, which was built by a volunteer crew of hippies. A thirty-year relationship and friendship grew with the Browns and continues to this day with their son Hal. We have a deep and abiding love and appreciation for them, their generosity and kindness.

The Kapuler sisters' first job experiences were at the Co-op when they were teenagers. Each one of them started by volunteering and later became Paid Substitutes.



**The Kapulers (left to right, top to bottom):  
Linda, Mushroom, Kusra, Serena, and Dylana**

Learn more about the Kapulers, Peace Seeds, and Peace Seedlings at: [www.peaceseedslive.com](http://www.peaceseedslive.com)

Kusra started out in Produce where she was trained by longtime employee Jonathan Carroll.

Dylana's first work experiences were with Produce Assistant Manager Karen Anderson, who inspired her in the art of produce displays. Karen and Colin King, the Produce Manager at the time, were very supportive of local organic farmers and Owner Workers and were an inspiration to Dylana.

Serena started as an Owner Worker in her early teens and seven years later was hired in Front End (cashiering and customer service.)

With her presence, some shoppers have commented that they are glad

to see a familiar face amongst so many new ones. She creates a staff department newsletter monthly, has helped with some of the staff parties, and covers the Wellness Department from time to time.

In 1998, Mushroom joined the First Alternative Board of Directors on a write-in vote.

Kusra was voted onto the Board of Directors in 2000 and served as the youngest member up to that time. It was her first experience for being on a Board and working in the Co-op in this way. Kusra also had her first art show at the Co-op when there was a wall for artists, and she has since gone on to have many other shows in town.

Dylana Kapuler and Mario DiBenedetto have developed their own organic seed company called Peace Seedlings. They grow and sell organic seeds and yacon tubers at First Alternative. Their original

developments of unique cultivars as well as some old favorites, has made them a highly respected seed company throughout the USA.

The activities that I have engaged in at the Co-op are being a Produce Owner Worker and Paid Sub, a sanitizer of recycled containers, a shelf cleaner as well as being a vendor, growing the organically grown succulent plants that are sold at the south entrance of the Co-op South Store.

We continue to shop and appreciate the Co-op for the organically grown food it sells and the community that surrounds and supports it. It is an honor to know and work with many owners and staff that make First Alternative a unique place to shop for healthy food.

*This article written by Linda Kapuler is a tribute to a healthy, biodiverse, organic and sustainable community and world society.* 🌱



**Top left:** The Kapulers selling flowers, produce, and seeds at the Corvallis Farmers' Market. **Left:** Yacon root, sliced. **Above:** Marigold, sunflower, and beet seeds (clockwise) from Peace Seeds.



# Making Co-op Cheddar with OSU Creamery

Meet *Chill Chile Cheddar*, a mellow cheese with a touch of pepper, produced cooperatively by OSU students and Co-op staff

**R**obin Frojen, creamery manager at Beaver Classic Cheese, told us as we suited up that "cheesemaking is 90% cleaning and 10% glory." It takes a lot of careful, patient work to make cheese—and it's worth every second.

Located in the state-of-the-art Arbuthnot Dairy Center in Withycombe Hall, the OSU Creamery is part of one of the nation's oldest food science departments. From field to shelf, students are provided a comprehensive understanding of dairy management and cheesemaking. The program covers everything from product development, safety and sanitization, microbiology, and engineering to the economics of marketing and distribution.

Sales of the student-made Beaver Classic Cheeses, at local stores and farmers' markets, are an important part of funding the program, which means that when you buy Beaver Classic Cheese, you're not just

getting amazing, locally-made cheese at a great price, you're also supporting education.

This winter, Robin reached out to the Co-op to see if we would be interested in collaborating with her students on a special cheddar to celebrate our 50th Anniversary. We jumped at the opportunity.

After taste testing a number of cheeses (poor us) we settled on a unique, student-developed cheddar made with chile pepper powder that, by the looks of it, should have been blazing hot. Instead, the mellow flavor of the milk won out, making for a creamy, mild cheddar with a peppery sort of pop, but only a hint of any real spice.

On our next visit we donned the gear and headed into the creamery to assist a group of talented students in the cheesemaking process. The day's work starts slow as over a ton of milk comes up to the correct temperature. Once the cultures and rennet are added, the work picks up pace, and the

milk begins turning to cheese right before our eyes (and in our hands.) And like Robin said, it was about 90% cleaning. The next page has a quick look at the process. Check out the Spring Thymes online for more pictures and videos of the cheesemaking process.

We'll be sampling and selling this cheese all year, so come give it a try. It's the perfect cheese to represent a half century of the Co-op. Collaborators from on and off campus coming together to make something unique, colorful, locally-focused, and inside it's smooth and mellow with just a little zing.





**1.** Cultures are added to 2,000 lbs. of milk, fresh from OSU cows. **2.** Temperature is carefully monitored and controlled at every step. **3.** Milk being set aside for yogurt. **4.** Curds forming and being cut. **5.** Fresh curds after being pumped from tank to cheddaring table. **6.** Curds being pressed to remove whey and formed into blocks. **7.** Curd blocks are divided then repeatedly flipped and stacked to further drain the whey. **8.** Curd blocks are milled and curds are thoroughly tossed in chile powder (inset) and salt. **9.** Curds are packed into molds and pressed for 20 hours. The 200 lbs. of cheddar produced will be stored for 3 months before coming to the Co-op! 🧀

# Spring Safely Back into Biking

PNW Mobile Bicycle Repair presents a guide to getting your bike ready for the road ahead



**B**ike season! Corvallis consistently ranks as one of the most bicycle friendly communities in the nation. Bike lanes are plentiful, trails are well maintained, riders are helpful and courteous, and bike shops are plentiful. We even have a mobile bike shop!

Pacific Northwest Mobile Bicycle Repair is a full service bike shop on wheels. Need a tune up or repairs? Look for Marc Couvillion and his van Saturdays at the Corvallis Farmers' Market, and at the Co-op North Store once per week this spring. (Visit [facebook.com/firstaltcoop](https://facebook.com/firstaltcoop) for dates and times.) With riders all over the Valley getting ready to ride, we asked Marc to give us a list of things they can do to make sure their bike is safe and ready. Here's his advice:

- **First, a good bike wash.** Get all that winter crud off the bike so you can see what you're looking at. Never use high water pressure around any rotating parts. (Wheel bearings, cranks, etc.)
- **Be sure to check and set tire pressures.** Bicycle tires will lose air pressure over time—it's normal. Check maximum tire pressure numbers on the sidewalls of your tires and never exceed that number.
- **Inspect your tires for wear and cracks in the sidewalls,** while you're looking at them. Most tires have a wear indicator. If you're not sure, have a bicycle shop tech look at your tires.
- **Give the brake levers** a squeeze. If they come too close to the handle bars, twist the barrel adjusters near the levers and/or calipers to tighten them.
- **Inspect your brake pads!** Be sure your brake pads are wearing evenly and that you have plenty of material left on the pads. There are wear indicators on most brake pads, but a little common sense helps too.

- **Have hydraulic disc brakes?** Have the hydraulic fluid flushed at least every 2 years. Once every year is optimal.
- **A chain measurement tool,** typically \$10-\$15, can check your chain for wear. If you can afford one, it's a great purchase.
- **Chain in good shape?** Clean or wipe it down and lube it with chain oil. A well maintained chain will help give many more miles on your entire driveline.
- **Take an easy test ride** and pay particular attention to how the brakes feel and how the bike shifts through all the gears. If something doesn't feel right be sure to have a bicycle repair tech look at it. Ignoring a problem will only make things worse and more expensive to fix.
- **Lastly, put on your helmet,** dress in visible/reflective clothing, and if you'll be out after dark have front and rear lights with fresh batteries or a full charge, then hop on your bike and get out and ride!

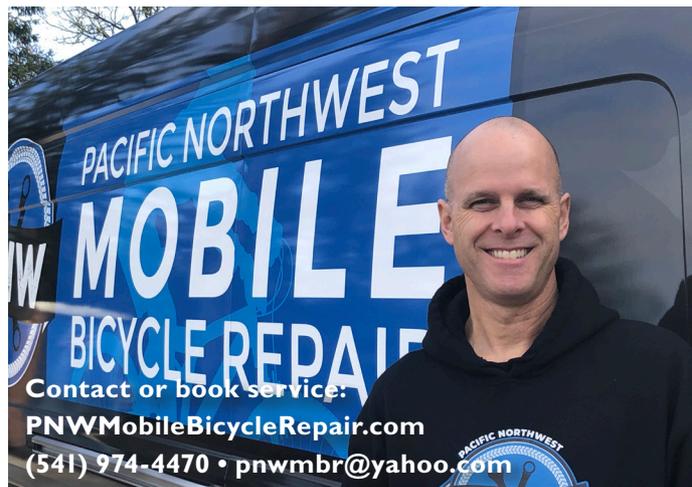


Fill your Alternative Transportation Card for a chance to win a free tune-up from PNW Mobile Bicycle Repair, announced monthly in our in-store Scoop newsletter. Get a punch

every time you bike, walk, or take the bus to the Co-op and spend at least \$10. Ask your cashier for a card! 🍷



We all need to de-winterize once spring rolls back around.



Contact or book service:

[PNWMobileBicycleRepair.com](http://PNWMobileBicycleRepair.com)

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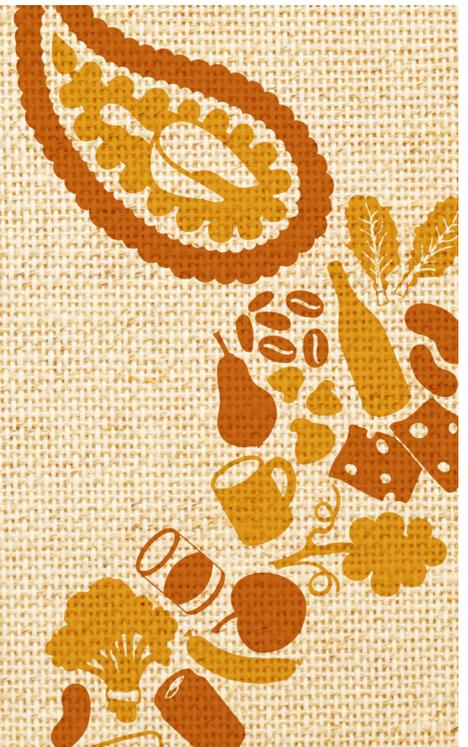
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First 50th Alternative

Help us celebrate 50 years of cooperation by sharing any photos, films, relics, stories & memories from days of Co-op past.

Contact Adam at thymes@firstalt.coop or call 541-230-3187



# The Sunbow Connection (Part Two)

## The soil is healthy and the roots are strong: Sunbow Produce carries on the organic tradition begun by Sunbow Farm

**J**n our last issue we took you out to Sunbow Farm to trace founder Harry MacCormack's decades-long journey toward building a resilient local food web.

Harry's 1988 book, *The Transition Document: Toward an Environmentally Sound Agriculture*. (re-subtitled *Toward a Sustainable Agriculture* in its latest edition) helped serve as a road map for the 1990 Federal Organic Foods Production Act. Oregon Tilth—with Harry as its executive director—was also instrumental in developing this nationwide set of organic standards. Stringent standards are nothing without dedicated farmers to practice them. The book planted those seeds as well.

### Plant Starts

When I asked Nate Johnson—who heads up Sunbow Produce along with his wife Yadira Ruiz—how he found his way to farming, he said *The Transition Document* was an important factor

Around 2010, living in and working for Washington state, Nate converted the yard of his recently purchased home into an edible garden. Shopping for seeds online, he discovered Adaptive Seeds near Sweet Home and also ordered a copy of *The Transition Document*.

"I kept reading up and decided I was going to come down here for a workshop," Nate said. "So that's how I came to Sunbow originally."

As he was leaving to return to Washington, Harry mentioned that

they were looking for someone for an internship on the farm. Figuring he didn't know anyone and Washington was far away, he at first disregarded the idea. "But I didn't realize that was sort of going to work on me like a termite...By the end of that summer I was trying to figure out—could I make that happen?" The next fall he returned to the farm and asked if that internship could instead be a year long apprenticeship.

Around this time, Yadira was returning to the northwest, where she had spent much of her youth, from Illinois where she'd lived for the past eleven years. She was eager to return to the land, particularly the Willamette Valley which she'd learned about, appropriately enough, from the back of a biodynamic wine bottle.

"I grew up in the northwest," Yadira said to herself, "but I don't know where the Willamette Valley is. Where's the Willamette Valley?"

Her first stop was a farm internship in the Skagit Valley. After that, she found her way to the Willamette Valley. "This was in November, so it wasn't a good time to look for farming jobs. But I went to Gathering Together...They weren't hiring, 'but you might try the Co-op. That's a good place to get to know people.'"

Longtime Cooperators will likely remember Yadira's crackling presence. As Outreach Assistant, she was a regular fixture in the store and at community events, cooking

and sampling amazing recipes, teaching classes, and engaging education folks about the Co-op. And she still helps—read her latest Side by Side column on page 22!

"Nate and I first came into contact with each other at the Co-op," Yadira said. But that wasn't all. "I first met Harry MacCormack at the Co-op, after lots of different people saying you should check out Sunbow Farm."

Before long, Yadira was volunteering on the farm and getting to know Nate. Not long after that, they were dating. In this new couple, Harry and Cheri had found what they were looking for.

In March of 2014 Harry and Cheri announced their retirement and informed Yadira and Nate that they'd like for them to take over farming the land.

### New Day Sunbow

The legacy of Sunbow Farm continues. Harry still advocates for organic agriculture in print and in person and produces his famed Harry's Cosmic Compost. But it's Nate and Yadira (with



# SUNBOW PRODUCE



the assistance of hardworking volunteers) that are growing organic food on the land that's been farmed so carefully since 1972. They have a new name too: Sunbow Produce.

The duo of fearless farmers are currently growing more than 60 types of crops across four acres including greenhouse space.

"Every year it's a little bit different," Nate explained when I asked how they planned what to plant. "New varieties are coming in. Varieties that didn't quite work are going out."

The process is a juggling act that incorporates tracking sales, listening to what people want, keeping an ear out for trends and new varieties, and learning and respecting what the land itself is amenable to.

## Mulch Ado...

When asked what advice they'd offer aspiring farmers, they told me mentorship is key. Learn from others whose work you admire—a variety of them, because there's a

lot to learn in different places and from different people. In this way, you can benefit from the patience and experience of older farmers, and the vigorous, revolutionary spirit of young farmers. Yadira and Nate certainly have.

"There is no substitute for learning firsthand." Nate added. "Be a little bolder about jumping into the things you are interested in." Basically, go out there and get your hands dirty.

## Bask in the Sunbow

In everything they grow, Sunbow Produce carries on the food-first brand of organic advocacy that Sunbow Farm helped pioneer, prioritizing accessibility and convenience for customers in all of their operations.

You'll find the fresh, local, organic fruits (and veggies) of their labor right here at the Co-op, but that's far from the only way to enjoy Sunbow Produce.

Their weekly email newsletter gives subscribers a list of fresh produce to choose from ala carte and without purchase minimums. This gives folks the freedom to enjoy the produce they love, and experiment with new options. Orders can be picked up on the farm, or delivered if they are large enough.

To sign up for the mailing list, and to learn more about special bulk buying opportunities like the annual Fill Your Pantry event, and their Canners & Planners program, visit: [sunbowproduce.com](http://sunbowproduce.com).

Or visit them in person. From the first weekend in May to the last weekend in October, they operate a farmstand at the corner of Bellfountain Road and Chapel Drive. Stop in Sundays from 10am - 2pm and chat with Nate and Yadira, it's a real pleasure. 🍷



Greens on the grow



Visit the Sunbow farmstand, Sundays, 10-2pm from May to October



Nate and Yadira on the farm

# Donna's Kitchen



Donna Tarasawa  
Outreach Specialist

## Springtime Recipes

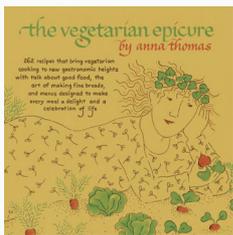


**A**nother winter is behind us, meaning we can all take a much deserved break from the feasting and the festivities. The fancy silverware is all put away, and outside, tasty things are starting to pop up all over the place. These recipes emphasize simplicity, but they're anything but bland. Each one takes a dish you may recognize and with a few simple twists, makes it something new. Celeriac in potato salad? Noodles in chili? Just wait. You'll love them!

**Celeriac Potato Salad** It's not quite barbecues and picnic season yet, but this is a different sort of potato salad. The tasty addition of celeriac will ease you out of root vegetable season, while the artichoke hearts will get you thinking of the warm days we've got on the way. The combo of tarragon, parsley, and capers also give it a lovely little zing.

### Mushrooms Berkeley

No it's not that guy from the dorms, it's a classic recipe adapted from Anna Thomas' *The Vegetarian Epicure*. First published in 1972, this cookbook full of delicious and easy recipes helped popularize vegetarian cuisine right as many people were



getting curious about it. Take this as just one more sign that there was a fresh, local, organic wind blowing back then. It certainly filled our sails.

**Indiana Chili** Also known as Hoosier Chili, this spaghetti-laden chili has been a midwest fixture at least as far back as 1908 when Mrs. E.C. Comer of Indianapolis, Indiana had her recipe for it published in the local paper. The recipe we are using here came directly from my mother. Growing up, I didn't know there were chilis made without noodles! Imagine my surprise when I moved away from home.

**Chewy Chocolate Chip Cookies** We all love a tasty dessert, but along with cooking dinner, it's often just too much work. This simple recipe comes together quickly, and it's the sort of thing you can easily task the kids with making while you prepare the rest of the meal. Graham crackers lend it a unique flavor and texture. Make sure you've got some parchment paper on hand before getting underway.

Find everything you need to make these recipes (and a million more) at the Co-op, where for 50 years we've shown that the best ingredients make the best foods. See you back in Donna's Kitchen in the summer! 🍪





*Celeriac Potato Salad*



*Mushrooms Berkeley*



*Indiana Chili*



*Chewy Chocolate  
Chip Cookies*

## Mushrooms Berkeley

### Ingredients:

1 lb. fresh crimini mushrooms	2 Tbsp. Worcestershire sauce
1 onion, chopped	½ cup brown sugar
½ cup butter	¾ cup red table wine
2 Tbsp. Dijon mustard	Salt & pepper to taste

**Instructions:** Wash mushrooms and cut in half. Sauté onion and mushrooms in butter until onion is translucent. Mix together the mustard, Worcestershire and brown sugar, until a smooth paste forms. Add wine and season with salt & pepper; stir well. Add sauce to mushroom mixture and sauté 2-3 minutes longer. Reduce heat and simmer for 45 minutes or until the sauce is reduced and thickened.

Serves 4-6 • Recipe from Michele Adams

## Celeriac Potato Salad

### Ingredients:

1 lb. celeriac	1 Tbsp. light cream
1 lb. red potatoes	2.5 oz. capers, drained
1 ½ tsp. salt, divided	6 Tbsp. flat-leaf parsley, chopped
14 oz. can artichoke hearts, drained	1 tsp. dried tarragon
1 celery stick, chopped	1 tsp. white wine vinegar
1 cup mayonnaise	

**Instructions:** Peel celeriac; cut in half, then slice crosswise ¼" thick. Peel potatoes and cut into quarters. Place celeriac and potatoes in large saucepan and cover with water. Add 1 tsp salt. Bring to a boil; cook over low heat until tender, but not mushy, 12-15 minutes. Drain and cool. Slice potato quarters into ¼" thick slices; cut slices of celeriac into wedges (about 1" wide at the back). Cut bottoms off of artichokes (keep leaves to add to a salad, if desired). Lightly mix celeriac, potatoes, artichoke bottoms and celery in a mixing bowl. Thin mayonnaise with light cream. Add capers, parsley and tarragon; stir. Add seasoned mayonnaise to vegetables, add white wine vinegar and ½ tsp salt; stir carefully, until well coated. Chill and serve.

Serves 6 • Recipe from George Vierra

## Chewy Chocolate Chip Cookies

### Ingredients:

3 sleeves graham crackers (1 14.4 oz. box)	2 cans sweetened condensed milk (or a bit less, just enough to moisten the dough)
1 cup walnuts, chopped	
1 1/2 cups chocolate chips	

**Instructions:** Finely crush graham crackers using a rolling pin or food processor. Mix graham crackers, walnuts and chocolate chips by hand in a large mixing bowl. Add sweetened condensed milk, mixing by hand, until all of the dough is moist. Drop by teaspoonful onto a parchment paper-lined cookie sheet. The parchment is key—don't try this recipe without it! If they flatten too much add more graham cracker crumbs to make a thicker dough. Cook 10-12 minutes until bottom of cookie is slightly brown. Cookie will still be very soft in the middle. Gently slide parchment and cookies off onto a wire rack. Flip parchment over and peel away from cookies. Parchment may be reused for the remainder of the dough.

Makes 3-4 dozen • Recipe from Michele Adams

## Indiana Chili

### Ingredients:

1 lb. ground beef	1 quart water
1 small onion, chopped	1 can red kidney beans, drained and rinsed
1 ¼ tsp salt	1 lb. spaghetti
1 Tbsp. chili powder	
2 quarts tomato juice	

**Instructions:** Brown ground beef and onion in a stock pot. Add salt, chili powder, tomato juice and water. Simmer 10-15 minutes. Add kidney beans and stir. Bring a large pan of water to boil and add spaghetti. Cook until al dente. Drain and rinse. Add spaghetti to chili, heat through and serve with crackers.

Makes 3-4 dozen • Recipe from Donna T's Mom

# What Do You Call a Sale That Won't Quit?

We call them our Co+op Basics!

Looking to stretch your grocery budget? So are we! One simple way to do that is to keep an eye out for our purple Co+op Basics signs as you shop the aisles. Co+op Basics offer everyday low prices on many popular grocery and household items. From milk to beef to cereal, you'll find low prices on a huge variety of kitchen and household staples.

We haven't cut any corners for these prices, and we aren't paying anyone any less, instead, we're leveraging the power of cooperation.

First Alternative is a member of National Cooperative Grocers (NCG), which is essentially a cooperative made of cooperatives. By itself, our scrappy little co-op doesn't have the buying power of a big chain store, but when we join forces with co-ops across the nation, we do. NCG negotiated with United Natural Foods Inc. (UNFI), one of the country's largest organic and natural product distributors, to get us special prices on their exclusive line of high quality organic Field Day products.

The Basics line keeps expanding to include products from trusted brands like Organic Valley and Cascadian Farms. We've even added Pacifica Coffee's exclusive People's Roast, our 50th anniversary blend, to the list.



## What's in the cart?

**Bodycare:** Aflia Everyday Shea Body Lotion (32 oz.) \$10.99 • Aflia Authentic African Black Soap (32 oz.) \$12.99 • Ancient Nutrition Bone Broth Protein Powder (8 oz.) \$2.99 **Groceries:** Applegate Chicken Breast Tenders (8 oz.) \$5.99 • Cascadian Farms Organic Frozen Cherries (32 oz.) \$9.99 • Field Day Organic Water Crackers (4.4 oz.) \$2.69 • Field Day Organic Mini Twist Pretzels (8 oz.) \$2.49 • Field Day Organic Toasted O's (14 oz.) \$3.39 • Field Day Honey Oat Granola (12 oz.) \$3.99 • Field Day Extra Virgin Olive Oil (33.8 oz.) \$12.99 • Field Day Organic Mac & Cheese (6 oz.) \$1.99 • Field Day Organic Green Beans (14.5 oz.) \$1.69 • Field Day Organic Garbanzo Beans (15.5 oz.) \$1.49 • Field Day Organic Peanut Butter (18 oz.) \$4.99 • Field Day Organic Strawberry Fruit Spread (14 oz.) \$3.99 • Greek Gods Honey Yogurt (24 oz.) \$3.99 • Organic Valley Whole Milk (1 gallon) \$6.39 • Pacifica People's Roast Bulk Coffee (1 lb.) \$9.99 • Q Drinks Spectacular Tonic Water (750 ml.) \$4.49 • Q Drinks Ginger Ale (16.9 oz.) \$2.49 • Signature Distilled White Vinegar (1 gal.) \$3.99 • Silver Hills Big 16 Bread (22 oz.) \$3.79 • Thousand Hills 100% Grass Fed Ground Beef (11lb.) \$6.49 • Tillamook Creamery Sharp Cheddar Loaf (2lb.) \$10.99 **Household:** Field Day Powder Dishwashing Detergent (45oz.) \$4.69 • Field Day 100% Recycled Paper Towels (3 pk) \$3.99 • Field Day 100% Recycled Napkins (250 ct.) \$2.69 • Field Day Drawstring Trash Bags (20 ct.) \$3.99 • Field Day Liquid Dish Detergent (25 oz.) \$3.39 • Field Day 2-Ply Facial Tissues (85 ct.) \$1.49... **And that's just some of our Co-op Basics!**

# Thank You, Jamie Kitzrow & Spring Hill Farm

## Retiring Spring Hill founder Jamie Kitzrow talks with us about the past and future of farming in the Willamette Valley

**S**pring Hill Farm and its founder Jamie Kitzrow have been growing fresh, local, organic produce since before it was cool. Now, After 30-plus years providing countless pounds of top-notch produce to the Co-op, farmers' markets, and local distributors, Jamie is ready to retire and pass the plow onto the new generation of farmers.

We caught up with him to talk about Spring Hill, his time working with the Co-op, his plans for the future, and what tomorrow holds for the farm.

### **Tell us how you got into farming:**

I remember watching a documentary when I was a kid in the 70's about the chances of human survival after a nuclear war and realized that I had no basic survival skills if civilization disappeared.

It stayed with me that I should at least know how to grow food.

Later, as a student at OSU I took a work study job for the horticulture dept working at their vegetable farm. Well known plant breeder Dr. Jim Bagget was my boss. I immediately fell in love with the work and decided to pursue it.

### **Tell us about your time with the Co-op:**

After volunteering for several years I was hired in 1988 and worked under long time produce manager Pat Hazelton.

At that point most work at the Co-op was done by volunteer staff. The only paid staff were department managers and a couple of helpers, and I was the first paid support staff in produce.

About half of the produce we carried was cheaper conventional

stuff, done in the Co-op spirit of being a source of cheap food.

### **How has farming changed since you started?**

When we first farmed in 1988, both small scale and organic farming was scoffed at and considered impractical and a haven for freaks and dreamers by mainstream agriculture.

OSU was actively hostile toward the idea of organic farming. Resources to turn to for how-to information were few to none. It was all about sharing our hard-won information gained through trial and error with a network of other organic growers.

Now OSU leads the way with great scientific research on organic methods. Interestingly, they've both confirmed and debunked the benefits of some common organic practices.



Jamie with tomatoes



Pepper starts



Spring Hill Farm on a beautiful spring morning

## Tell us how Spring Hill grew and changed over the years:

We started as a one person operation focused primarily on u-pick strawberries and grew to a farm with 50 employees that was growing 70 different crops.

It was difficult to find outlets for our produce in the early years. Demand exploded around 2000 and at some point, we had to start turning away business in order to maintain some sanity in our personal lives and stop letting that demand force the farm to keep growing.

## What does the future hold for the farm?

After 30 years as Spring Hill Organic Farm I'm stepping back and curtailing large scale farming. Two separate groups of our employees are going to be using some of our land and facilities and starting their own farms. They were some of our top managers and were with us for 15-20 years. They will be growing under the names Sun Rise Organic Farm and Eloisa Organic Farm. Look for their produce at First Alternative in 2020.

**Do you plan to do continue doing any growing?** We'll be raising plant starts for sale at the farm and continue growing hot peppers for the hot sauce company "Fred Sauce", as well as dabbling in other more entertaining farm projects.

## Do you have any advice to offer to the generation of farmers just beginning their careers?

Farming can be a daunting lifestyle of long hours of physical work and challenging economic struggles, but I found nothing more rewarding than the good honest work of partnering with nature every day

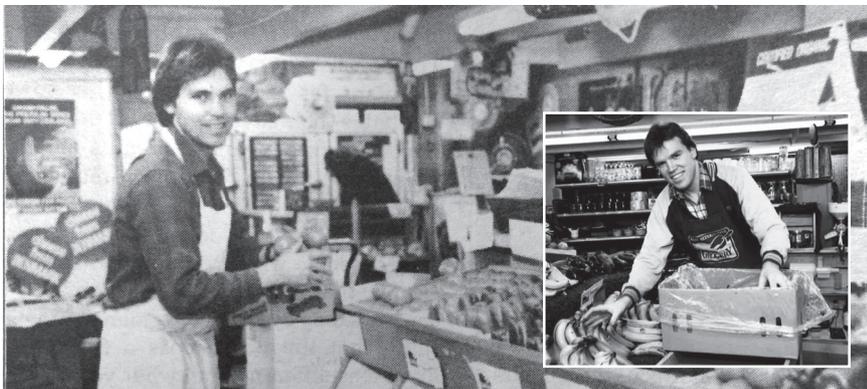
to provide clean healthy food for people. Do it with passion, integrity, and reverence.

*"Jamie was one of the first small local organic farmers I met after moving to Oregon.*

*"He has truly been committed to providing real organic food to the Co-op and the Willamette Valley community.*

*"When you see those bumper stickers that say 'hug your farmer,' Jamie Kitzrow is they type of farmer we should be hugging."*

—Kyle Mays, Produce Manager, North Store



Jamie stocking produce in the 80s/produce manager Pat Hazelton (inset)



Lettuce



Jamie (center) sampling his peppers on the farm, with South Store Produce Manager, Natalia Mikola and North Store Produce Manager, Kyle Mays. 

# Wellness thyme

## Looking at Scenic View Lavender



Looking for a little relaxation? Sometimes, in order to find what you're looking for, you need to cover your eyes.

With handcrafted eye pillows and neck wraps direct from Scenic View Lavender in Albany, relaxation and stress relief are at the ready whenever the need arises.

We recently caught up with Rich and Mary Olson, the husband and wife team behind Scenic View Lavender, to learn more about their wonderful products.

They've been in business together for eighteen years, and selling to the Co-op for seventeen of them. It all began when Mary received two lavender plants as gifts. She cut, dried, bundled them, and seemingly fell in love. "When I ran out of buds," Mary said, "we decided to plant more plants on the acreage we had. We planted about 500 lavender plants because I wanted a variety of colors."

Eventually they settled on the lavender grosso variety because

it was more aromatic than other varieties, and its large size makes it great for crafting.

On the farm, they strictly use organic fertilizers and no pesticides and herbicides.



Rich Olson with drying lavender

"My husband does the farming," Mary explained. "He harvests, hangs the lavender to dry, de-buds and takes it all to a local farm for cleaning. He also hires local high school students to help with the harvest when needed."

Mary takes care of the crafting. "The lavender buds seem to go hand in hand with my love of crafting and sewing." She works with a fabric supplier that creates a variety of lovely lavender-themed prints.

Of course, the real appeal is the relaxing aroma of the lavender and the comforting weight of the pillows and wraps. Along with lavender buds, they're stuffed with flax seed.

"I use food-grade flax seed because it's cleaner and have found it to be more appealing as far as retaining heat and it lends a better texture to the finished neck wraps and eye pillows."

These beautiful products make wonderful gift ideas (for yourself as much as others!) And they'll keep on giving. As Mary said, "the nice thing about lavender is the aroma can be refreshed just by squeezing the buds periodically to release the oils. I have some sachets that are 20 years old and if I squeeze them they are still fragrant."

**Eye Pillow** Lay this soft, reversible eye pillow gently over your eyes. Lavender's therapeutic properties will relieve tension and strain from everyday stress. On hot days, toss it in the freezer for cooling relief.

**Neck Wrap** Relieve tension headaches along with neck and shoulder pain with this lavender neck wrap. Warm it in the microwave and use it to soothe sore muscles. Great for home, the office, and while traveling. 



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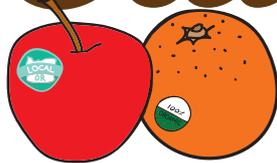
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# Side <sup>by</sup> Side



I have friends that make their own cleaning supplies from simple ingredients like baking soda, vinegar, essential oils and castile soap. While it's admirable to make your own (and you can find everything you would need at the Co-op,) it's not accessible for everyone, time being the culprit hardest to catch.

If you find yourself wanting to avoid toxic chemicals, you can come clean with plant-based cleaning products. Yes, that's right, all purpose cleaning sprays that are derived from plants!

Let's start with some disclaimers:

1) I'm a farmer not a chemist—in fact, you can learn all about my farm on page 12—therefore don't have a lab to prove that each product actually reduced any amount of invisible offensive organisms on the test surface.

2) I don't love day-to-day cleaning. That second disclaimer has nothing to do with the integrity of this article, but I do feel a little better having proclaimed to the world that I'd rather be out in the dirt than making things shiny inside my home.

My testing process was simple. First, I used each product to clean our kitchen surfaces after meal prep. The most noticeable difference in this trial is the scent of each product.

The most aromatic cleaners were the *Better Life Pomegranate* and the *Ecos Parsley Plus*. Look for notes on scent next to each product. Aside from that, they all did the job without any noticeable differences.

After reading so many claims about being tough on grease, I decided to test each product against bacon grease. I spread grease on a series of plastic lids and then gave each a squirt followed by three wipes with a paper towel. All the products effectively left the plastic lid clean, smooth and free of grease. Impressive!

The last trial was all about aesthetics. Will they leave my glass stove top sparkling? The shining stars in this test were *Citrasolv* and *Ecos Parsley Power*. No streaks! The rest were okay but left some streaks, nothing egregious.

Besides scent and our two ✨*sparkle power*✨ winners, the most notable thing about these products was actually about the company and the production. Most of them are cruelty free and come from ingredients that were produced in the USA. Some of them pay close attention to renewable/sustainable energy use, one of them is a Pacific Northwest company\* (yay local!) and one of them is majority women owned.

Thank you First Alternative for giving us great choices so we can shop conscientiously or you might say, with a clean conscience.



# All Purpose Cleaners

## Citrasolv Plant-Based Multi-purpose Cleaner

**Scent:** Valencia Orange. Light and dissipates quickly.

**Certifications:** USDA Certified Biobased Product, Cruelty free and vegan.

**Other notes:** It's biodegradable! If you don't have the nozzle on the off position, it leaks.



## Seventh Generation All Purpose Cleaner

**Scent:** Free and Clear. True story, 0% fragrances or dyes. Ingredients are clearly labeled.

**Certifications:** USDA Certified Biobased Product; Not tested on animals and no animal ingredients.

**Other Notes:** Super helpful label with notes on when it's safe to use, safe with caution, and not safe on certain surfaces.

## Biokleen All Purpose Cleaner

**Scent:** Grapefruit seed and Orange essence. I couldn't smell it unless I tried.

**Certifications:** Made with renewable energy offsets, learn more at [www.b-e-f.org](http://www.b-e-f.org).

**Other Notes:** For use on water-safe materials. No animal testing or ingredients. Family owned and operated business in Vancouver, WA\*. Has a nice list of what it does not contain (SLS, SLES, etc.)



## Clean Well Botanical Disinfectant All Purpose Cleaner

**Scent:** Lemon. Um, no, more like medicinal herbs.

**Other notes:** Kills Influenza A, Rhinovirus, Staphylococcus aureus, salmonella enterica, pseudomonas aeruginosa and Escherichia Coli from non-porous surfaces; For use on sinks, countertops, glazed tiles, stovetops, toilet seats, floors and more; Comes with warning: "violation to use product inconsistent with labeling." Oh my!



## Ecos Plant Powered All Purpose Cleaner

**Scent:** Parsley Plus. Smells like pesto! Scent lingers in the air for awhile.

**Certifications:** Majority Women Owned. Star-K Kosher. Safer Choice (EPA product standard.) Not tested on animals, no animal ingredients.

**Other Notes:** Family owned and operated. Powered by 100% renewable energy. For use on water-safe surfaces. Made without dyes, parabens, phosphates and phthalates.



## Better Life All Purpose Cleaner

**Scent:** Pomegranate. It has a very fruity and almost perfumey scent that lingers for a while.

**Certifications:** Cruelty Free.

**Other Notes:** Family owned company. For use on water-safe surfaces. 🍷



\*Editor's note: We learned after press time that Biokleen sold to a Chicago-based company at the beginning of 2020. Darn!

First Alternative Natural Foods Co-op 50<sup>th</sup>

# THE MAJESTIC THEATRE

## EVENT HIGHLIGHTS

MAR. 7  
3PM & 7 PM | TERPSICHORE: A  
COMMUNITY DANCE  
CONCERT

MAR. 13  
7 PM | CELTIC FROLIC  
A CORVALLIS IRISH  
DANCE SHOWCASE

CORVALLIS COMEDY  
NIGHT WITH  
EMMY BLOTNICK | MAR. 14  
7:30 PM

MAR. 28  
7:30 PM | THE NORDIC  
FIDDLERS BLOC

THE CURIOUS INCIDENT  
OF THE DOG IN THE  
NIGHT-TIME | APR. 3-12  
2:30PM  
& 7:30 PM

APR. 24  
7:30 PM | MAJESTIC CHAMBER  
MUSIC: THUNDER  
EGG CONSORT

MATILDA  
THE MUSICAL | MAY. 1-24  
2:30 PM &  
7:30 PM



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