



From the
**Board of
Directors**

Jasmin Woodside

Hello, my lovely Co-op Community!

This is my first article in The Scoop since being elected last June. I wanted to thank you for having the confidence in me to serve on your Board. I have really enjoyed my time so far on the Board of Directors. Everyone is knowledgeable and hard working. It has been my pleasure to serve with our current Board.

What a strange and unreal time we are in right now. It is as if all the doomsday, sci-fi movies we have become used to are happening right now. It is surreal. For some, perhaps adaptation to new ways has happened too smoothly and too quickly. For others, this has been a challenging and heart-breaking time. I am deeply saddened and scared for my country. My community is helping to keep me uplifted. The Co-op is a big part of my community.

I am so grateful for our grocery staff. I still love seeing them, albeit only once a week, which is not my norm! They are often the only other people I come in close contact with besides my immediate family. They have become even more important to me. Many of them must know, if you ask me how I am doing, you will get the real, real answer. They have handled this situation with grace and patience, and I am forever grateful.

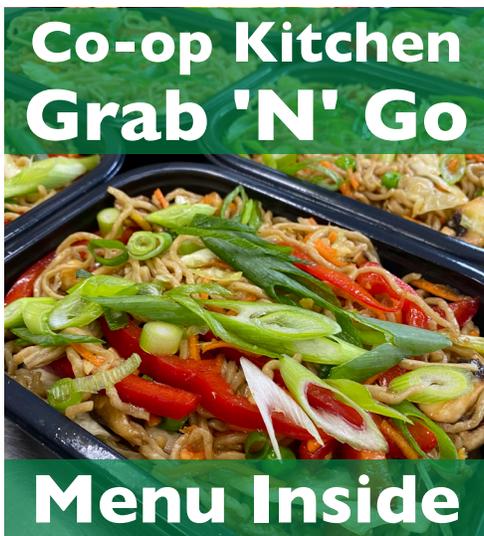
The Board did not have a meeting last month

The SCOOP

May 2020

Temporarily reduced hours
9 am - 7 pm

Look for a special Election edition of the Scoop in June. Your ballot will be sent out June 1 via your preferred method, e-mail or physical mail. Update your preference at any time using a form at any register.



because of the developments in our society with COVID-19.

The situation was evolving quickly near our scheduled meeting time last month and we decided that we should not meet to ensure the safety of everyone.

Since then, our Board member, Rob May has worked closely with the Co-op management and our Board to ensure that we will be able to hold electronic meetings in the future.

However, the committee that I chair, the Board Recruitment and Elections Committee (BREC), does not have the option of missing

meetings right now. This is a busy time for BREC, with our upcoming Board election. We were able to seamlessly transition to the now all too familiar Zoom platform for our meeting.

Voting will occur from June 1 - June 21.

We have three seats on the Board that are up for election. We are busy scheduling online interviews with candidates and doing all the busy work that comes along with an election.

I hope that you will all stay engaged and up-to-date on the candidates. Get a first look on the next page, then look for interviews with the candidates, as well as their candidate statements in the June issue of The Scoop.

Make sure we have your current email address and be on the lookout for electronic voting email notifications. Last year, BREC took on the enormous effort of shifting the Co-op to electronic voting and I feel comfortable that our election turnout will not be greatly affected by COVID-19.

If you wish to receive a paper ballot and have not already indicated this fact, please call Co-op customer service, and let them know that you would like to receive your ballot in the mail.

Stay safe, stay healthy and stay kind. 🌱

6 ft. social distance
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for safety & health

Let us shop for you

PICK-UP & DELIVERY

Visit firstalt.coop/order for all the details

For a complete list of changes at the Co-op, visit firstalt.coop/COVID-19

Co-op Kitchen

Grab 'N' Go Menu

V: Vegan, DF: Dairy free, WF: Wheat free

MONDAY

	Serves	Price
Veggie Mac n Cheese - small	1	\$4.99
Veggie Mac n Cheese - large	2-3	\$8.99
Chicken Tikka Masala, and Indian Rice (WF)	1	\$11.99

TUESDAY

	Serves	Price
Coconut Curry Tofu (V, WF)	1	\$6.99
Pork Fried Rice (WF, DF)	1	\$4.99
Pineapple Teriyaki Chicken, Pork Fried Rice, and Sesame Stir Fry (WF, DF)	1-2	\$11.99
Vegan Enchiladas (V, WF)	2-3	\$8.99

WEDNESDAY

	Serves	Price
Saucy Black Beans, Mexican Rice, and Fajita Veggie (V, WF)	1-2	\$8.99
Meat Lasagna	2-3	\$9.99

This daily menu of Grab 'N' Go meals and sides from the Co-op Kitchen offers vegan, dairy free, and wheat free options for pick-up and delivery. Looking for a favorite dish from a different day? Ask if it's still available! We also continue to offer deli salads, heat-and-eat soups, and breakfast pastries; call to inquire about the day's selections. And don't forget dessert! Freshly baked treats like our famous cupcakes, slices of decadent cheesecake, or a 4-pack of homemade cookies

THURSDAY

	Serves	Price
Chicken Tikka Masala (WF) - small	1	\$8.99
Chicken Tikka Masala (WF) - large	1-2	\$16.99
Saag Paneer (WF)	1	\$6.99
Vegetable Medley (WF, DF, V)	1	\$2.99
Chicken Tikka Masala, and Indian Rice (WF)	1	\$11.99

FRIDAY

	Serves	Price
Veggie Lo Mein (V)	1	\$5.99
Veggie Mac n Cheese	2-3	\$8.99
Chicken Enchiladas (WF)	1-2	\$11.99

SATURDAY

	Serves	Price
Yellow Veggie Curry (V, WF)	1	\$5.99
Thai Chicken, Veggie Fried Rice (WF, DF)	1-2	\$11.99
Thai Peanut Tofu, Veggie Fried Rice, and Yellow Veggie Curry (WF, DF)	1-2	\$9.99
Vegan Enchiladas (V, WF)	2-3	\$9.99

SUNDAY

	Serves	Price
Tuna Noodle Casserole	1	\$5.99
Vegan Mashers (V, WF)	1	\$3.99
Herb Chicken, Vegan Mashers, and Simply Delicious Corn	1-2	\$11.99

Menu subject to change



Herb Chicken, Vegan Mashers, and Simply Delicious Corn



Saucy Black Beans, Mexican Rice, and Fajita Veggies (vegan & wheat free)

May Classes and Events

Wednesday, May 6, 6-7:30 pm

Zoom online

Self Care Class: Acupressure, Movement & Lifestyle

Free, donations to the South Corvallis Food Bank are appreciated • First Wednesdays of each month we will explore a different topic. May's topic: Spring Cleaning for Body & Mind. Learn simple but potent points to hold on yourself or loved ones, as well as easy movements and lifestyle suggestions to support healthy living. Each month. Please R.S.V.P. beeara@beeara.com, (541) 752-1997.

The May 14 Blood Drive at Co-op South has been canceled.

The Red Cross does have two blood drives in May in large rooms that allow for social distancing: **May 5th at the First Presbyterian Church**, 114 SW 8th St., donor hours noon-5 pm, and **May 11th at the Circle Church of Christ**, 2020 NW Circle Blvd., donor hours 1-6 pm.

Meet the Candidates

We have five candidates competing for three open spots on our Board of Directors this year. Voting will take place June 1-21.



Camille Frietag



Dana Monroe



Lino Rauzi



Jeffrey Schiminsky



Zachary Starker

Look for full election coverage including candidate interviews in the June Scoop. Thanks for voting!





In kitchens everywhere, cooks are getting back to the basics to feed their families. It's a perfect time to share some classic recipes made from staple ingredients. Visit our new blog, **Co-op Classics: Home Cooking** at firstalt.coop/recipes for a ton easy ideas for the kitchen, divided into categories like these **Kiddos in the Kitchen**, recipes, which feature ideas and activities that will get the kids involved!

50th First Alternative Natural Foods Co-op

Kiddos in the Kitchen Triple Berry Crisp



This recipe calls for frozen berries from Stahlbush Island Farms, which you can buy in the freezer at both Co-op locations. They're grown just down the road in Corvallis on the Stahlbush family's sustainable farm.

It works great with fresh berries too, and before long you'll be able find them here at the Co-op, the Farmers' Market, and maybe even in your backyard. Make sure to keep this recipe handy for when that time comes!

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| 1 ½ cups Stahlbush Island frozen blueberries | 3 Tbsp. sugar |
| 1 ½ cups Stahlbush Island frozen marionberries | 1 ½ Tbsp. + 1 Tbsp. water, divided |
| 1 ½ cups Stahlbush Island frozen raspberries | 1 ½ Tbsp. cornstarch |
| | ½ tsp. vanilla |
| | 1 cup Grizzlies Aunt Ginger's Snappy (or another) granola |

Measure and mix together fruit, sugar, and 1 ½ Tbsp. water in a saucepan. Heat to boiling. In a small bowl, mix cornstarch and 2 Tbsp cold water, stirring to dissolve. Stir this solution into the boiling fruit mixture. Bring it back to a boil, stirring occasionally. Boil for 1 minute, no longer. Remove from heat; add vanilla. Pour into 9 x 9 glass baking dish. Sprinkle granola over top. Bake at 350° F for 20 minutes, or until granola is golden brown. Makes 4-5 servings.

Kiddos in the Kitchen Pizza Snails



Instead of rolling your pizza dough into a circle, make some "snails" for tasty bite-sized snacks. You can use your favorite pizza toppings, though softer/flatter toppings roll up easiest. This recipes calls for a tomato sauce, but you can also use barbecue sauce or basil pesto!

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| Pre-made pizza dough | other pizza toppings (optional) |
| ½ cup pizza sauce | additional Parmesan (optional) |
| ½ cup mozzarella cheese | |
| pepperoni, to taste (optional) | |

Preheat oven to 425°. Roll out the pizza dough into a large rectangle, about ¼ inch thick. Spread pizza sauce over the dough, leaving about ½ inch dry at the far end. Sprinkle mozzarella cheese and position other pizza toppings evenly in a thin layer. Begin rolling at the end closest to you. Try to roll as tightly and evenly as you can. When you get to the end of the roll, moisten the dry end of the pizza dough with a little water and seal the roll closed. Carefully slice the roll cross-ways to create the "snails," about ¾ inch thick. Place snails on a greased baking tray and bake in the preheated oven for 15 minutes or until dough is gold brown. Sprinkle tops with additional Parmesan if desired.

Kiddos in the Kitchen Banana Pancakes with Berry Sauce



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| Berry Sauce: | ¼ tsp. fresh-grated nutmeg |
| 1 cup frozen Stahlbush Island Farm berries | 2 ½ tsp. baking powder |
| ½ cup Sweet Creek applesauce (no sugar added) | ½ tsp. salt |
| 1 Tbsp. maple syrup | 1 banana, peeled (overripe is best—the browner, the better) |
| Banana Pancakes: | 2 large eggs |
| 1 ½ cups all purpose flour | 1 ¼ cup milk |
| 1 tsp. cinnamon | ½ tsp. vanilla extract |

For the berry sauce, place frozen berries (marionberries, blueberries, raspberries, strawberries or a combination) in a saucepan with applesauce and maple syrup. Heat slowly on med-low, stirring occasionally until berries soften into a sauce. You may find mashing the fruit up a bit to be helpful for the texture.

For the pancakes, combine flour, cinnamon, nutmeg, baking powder, and salt. In a separate bowl, mash bananas with a fork and mix together with egg and milk. Stir flour mixture into banana mixture; batter will be slightly lumpy. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot with berry sauce and fresh fruit.



**For more recipes, visit:
firstalt.coop/recipes**