



the

First Alternative
NATURAL FOODS CO-OP

thymes

Summer 2020

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50th



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

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A Summer of Love and Gratitude

Adam Payson, Thymes Editor

Sometimes even the best laid plans need to be laid aside. 2020 has been an object lesson in that! A year of planned celebrations honoring our 50th anniversary has instead turned into a time of uncertainty and challenge. Thankfully, the cooperative spirit that led us through half a century is still going strong in this community, and powering our response. Even in times of social distancing, our goal as a cooperative grocery store is to bring people together, and with the amazing work of our staff, local suppliers, and community leaders, we're going strong.

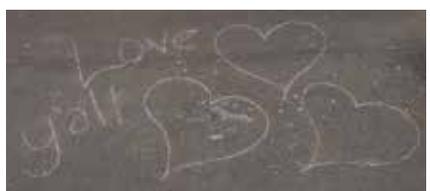
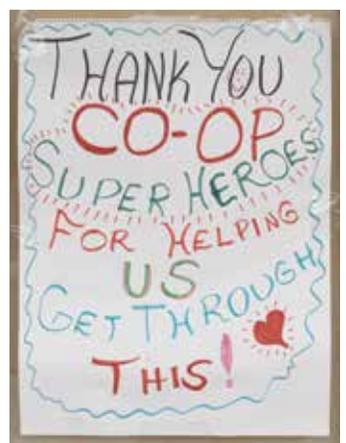
This issue of the Thymes is dedicated to the love and gratitude on display in the community and around the globe. Cooperatively, we will weather this crisis and emerge stronger. 🍷



A Message of Gratitude for our Fabulous Staff

Cindee Lolik, General Manager

Co-op staff, your dedication and hard work, while under unprecedented pressure and risk to your own personal health and well-being have rightfully earned you the trust, admiration, and respect not only of your colleagues at the Co-op but of our whole community. A heartfelt thanks and debt of gratitude to you all, you are all truly Co-op Community Champions. 🍷



Anonymous community support

A heartfelt thanks to each and every one of our Co-op Community Champions...

Adam Payson, Alec Eason, Alex Kairos, Alexandria Gunning, Ali Whitehouse, Ally Hand, Amy Bassett-Williams, Angel Garcia, Anne Snell, Anthony Mattos, Ariel Hunter, Aron Christianson, Autumn Asay, Bill Genne, Blake Glanville, Blaise Schellman-Clark, Brandon Miller, Bridgett Palmer, Brie Lee-Tharp, Britt West, Brittany Combs, Calvin Stark, Camille Bliss, Carli Landucci, Carlos Rodas, Celeste Gomez, Celia Allred, Chad Elwood, Charlie Childress, Charlie Curtis, Cheyne Willems, Chris Bell, Chris Johnson, Chris O'Connor, Christopher Roberts, Clayton Marion, Cliff Brock, Connor Amundsen-Kuester, Connor Woods, Courtney Catlett, Courtney Spaulding, Dale Fong, Daniel Bennett, Danielle Brita, DeeDee Fowler, Devin White, Don Grippin, Donna Sirmans, Donna Tarasawa, Ellen Cox, Elysia Southern, Emily Daniel, Emily Myers, Emily Sapp, Emma Lanfear, Evan Nance, Gary Wheeler, Gavin Tougher, Geoff Powell, George Brown, Grace Taylor, Hannah Murley, Heather Breen, Holly Shao, Holly Smith, Hope Cooper, Jacob Rentwood, James Hynes-Petty, Janey Gaventa, Jasmine Whittaker, Jason Dutra, Jeannie Holiday, Jennifer Rivais, Jeremy Northway, Jess Vork, Jim Beeler, John Roullier, John Thurston, Jon Sisul, Jonathan Carroll, Juan Gregorio, Juanita Gomez, Judy Forgey, Julia Lont, Justin Hiestand, Justin Mitzlaff, Kaelie Snyder, Kalon Russell, Katia Warnock, Katie Ash, Katie Hann, Kaylee Tynan, Kelsey Farquhar, Kestrel Bailey, Kirsten Nugent, Kristana Burt, Kristina Beggen, Kyle Mays, Kyle Nussdorfer, Landon Anderson, Lani Maren, Lindsay Dieckhoff, Lisa Madrid, Luke King, Lulu Quinn, Marcy Monasky, Maria Herrera Barrera, Marisa Davis, Mark Allen, Mark Dameron, Mark Tarasawa, Mary Arp, Max Taylor, Mckenna Walker, Melanie Holte, Mia Frost, Michele Sweet, Michelle Martin, Mike Altimus, Moira Bartelds, Mykael Yorton, Natalia Mikkola, Natalie Lagerquist, Nikki Stanfield, Nina Fredrickson, Paige Merritt, Patrick Kenny, Patrick Monroe, Pete Widmer, Phil Hochheiser, Rachael Wilson, Ramie Sartnurak, RayPaul Gascon, Reagan Baker, Rebecca Gaskill, Rhonda Thomson, Rikky Curtis, Ryan Lister, Sam Patton, Sarah King, Sarah Wilson, Saruni Zyana, Serena Kapuler, Shelby Jones, Shelby Mosel, Shelly Elwood, Shoshana Shloyger, Spencer Gravitt, Tiffany Neylan, Tiga Evans, Tom Ryan, Traeger Ruhter, Valori George, Yogi Bailey, Zane Rideout

THANK YOU

Co-op Pick-up & Delivery Programs Helping to Keep Our Community Fed

When the going gets tough, the Co-op finds ways to keep going

Pick-up & Delivery Order Picker or Proxy Shopper. It's the newest job at the Co-op, one we hadn't even conceived of at the beginning of 2020. Then things took a wild turn with COVID-19 and a pandemic that affected seemingly every aspect of our lives.

By March 16 statewide emergency measures that included limiting gathering sizes and ordering restaurants and retail outlets to close except for pickup and delivery were in place to slow the virus' spread. Grocery stores, pharmacies, and other essential businesses remained open, but it wasn't easy. Supply lines shuddered under increased demand and at-risk populations were left wondering how they would navigate a world that was suddenly more dangerous.

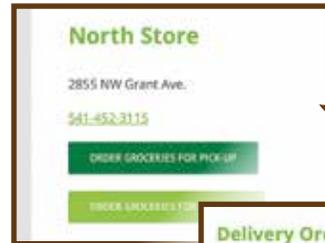
We acted fast and put in place a new Pick-up & Delivery service that was like nothing we'd offered before. With quick thinking and hard work on everyone's part, we were quietly piloting the program by late March and announced it to the public on April 1.

In this time of uncertainty, we are proud to offer these new services to help keep our community fed. Visit firstalt.coop/order and let us shop for you.

Deliveries are available within 10 mile radius of each store. We ask that only customers who are immune compromised, over 65, or otherwise vulnerable choose Delivery.



Navigate to firstalt.coop/order to get started



Select the store nearest to you



And complete the order form. Now we shop for you! We'll call if we have any questions.



What the Community is Saying...

It's a great service, we really appreciate it! • This service is so important to our household. Lindsay and Devin at the north store did an amazing job for us with our pickup Monday. Didn't get a chance to express our appreciation adequately. • Thank for all the changes you've made to help us. • Thank you for coordinating this, it is greatly appreciated and safer for all. • I had a great experience with First Alternative pick-up today! • We did this last week and it worked great! The Co-op has a terrific, efficient system in place. Thank you, First Alternative Natural Foods Co-op! • Thanks Co-op!



Customer Pick-up Shopping with Holly

After collecting all the items on the customer's shopping list, Holly checks out at the register before calling the customer for payment and to let them know their order is ready for Pick-up. .



Next, the groceries are sorted into boxes with the customer's name and stored in our backstock shelving, freezers, or refrigerators as needed.

Note: Minimum order of \$30 is required, and there is a service charge of \$5 for all Pick-up & Delivery orders.



Marcy, Jon, and Cheyne seen here maintaining social distance and wearing their masks as they do Pick-up & Delivery shopping for our wonderful customers. Thanks for the hard work, team!



Continuing Peace: Seeds to Seedlings

A new generation of farmers and the heirlooms of tomorrow

Like many urban and suburban kids in the 1970's, my husband Mushroom and I started gardening, growing our own food, herbs, and seeds. We eventually founded Peace Seeds in 1975, partly in opposition to endless wars and partly in search of an agrarian life built on healthy soil, clean air, water, earth, and the heirloom seeds of our ancestors.

Peace Seeds had the first rack of organic seeds at the Co-op in 1987 and were some of the Founding Farmers of the Corvallis Farmers' Market in 1991. We sold vegetable, herb, and flower seeds we grew, cleaned, and packed each growing season, all of them open pollinated so people could save their own seeds.

As times change, we continue to breed new vegetables and flowers for the public domain, meaning there are no patents on what we breed. We breed to promote good health, improved nutrition and flavor as well as plant architecture. Hopefully they will be the heirlooms of the future. We continue to grow organic gardens, saving the seeds of heirlooms and local native species.

(Read more about the history of Peace Seeds and the Kapulers in the Spring 2020 Thymes)

Watering the Seedlings

Our three daughters, Kusra, Serena, and Dylana went to market with us, enjoying being involved there and helping when they could. They have all been involved in organic gardening since they were young.



All photos by
Kusra Kapuler

Dylana, our youngest, was attracted to plant seeds at the age of five. Fifteen years later, she and Mario DiBenedetto, became interested in organic bio-diverse gardening and farming. By working very diligently and focusing themselves they have become proficient in organic agriculture.

After learning skills and strategies for public domain plant breeding and gardening from us, we encouraged them to start their own company so that they could get the credit they deserve for their plant breeding developments. In 2008 they compiled and sent out their first seed list, starting Peace Seedlings, the "next generation" of Peace Seeds.

Peace Seedlings' seed rack has been a springtime and summertime fixture at First Alternative Co-op now for a decade. They prioritize nutrition, vigor in organic conditions, flavor, and are continuing the preservation of dozens of the heirlooms that Peace Seeds had maintained, as well as continuing the broader work of developing open pollinated cultivars with unique traits.



Varieties are the Spice of Life

Some of Peace Seeds original varieties like *Red Centiflor Tomato*, *True Gold Sweet Corn*, *Sparkler Marigold*, and *Sugar Magnolia Snap Vine Pea* are available from Peace Seedlings.

They have developed, bred, and selected and innovated new vegetables, herbs, and flowers of their own. Some of their newest varieties include *Opal Beauty* an extra large golden snow pea, *Cornucopia* a multi-tiller-multi-cob sweet corn, and *Burgundy Bliss* marigolds which yield 4 to 5 foot tall plants. At the same time they collected and have been growing Andean vegetables that originated from the Andes in Peru, Bolivia and Ecuador, one of which is Yacon that is available at the Co-op in the winter.

Since 2008 Peace Seedlings has continued the Peace Seeds tradition of bringing abundance to the Corvallis Farmers' Market, by offering quality seeds, unique flowers arranged into colorful bouquets, marigold leis, and select plants.

As their slogan says, "we grow everything organically, the K is for know your farmer and know your source," continuing our dedication to preserving clean ecosystems. They offer finely crafted hand-woven willow baskets from willow species that they have collected and propagated as well.



Dylana and Mario at the Farmers' Market, April 2020 (above) and in the garden (below)



Growing with Kinship Gardening

It's been 25 years since "Kinship Gardening" was written and published for the public domain by Mushroom, aka Alan M. Kapuler Ph. D. It is a conceptual method for understanding who is related to who, as well as how to conserve biodiversity while giving more possibility for adaptation and coevolution. Now more than ever it is relevant for our survival.

In 2004 he wrote and collated from Peace Seeds *Journals, 1988-1997* a journal titled, *Free Amino Acids in Our Commonly Grown Organic Fruits and Vegetables, Particularly the Ones That Make Proteins*, described as, "six papers with HPLC analyses of many leaf, root, fruit, and flower juices, of herbal tinctures, the Hoxsey tonic, garbanzo bean miso, broccoli—an inch at a time from stem to buds, onion—one bulb leaf at a time from the outside in." This groundbreaking work is critical for further developments in improved nutrition in plant breeding.

Visit peaceseedslive.com for more info about Kinship Gardening, and Mushroom's other writing.

Peace in Our Time

In this time of the pandemic of 2020, gardens and organic food are more important than ever. People look to gardening for a variety of reasons; nourishment, health, well being and discovery of the natural world. The color, texture, fragrance and beauty of an organic, bio-diverse garden ecosystem is a tapestry of wonder and discovery. Birds, butterflies, hummingbirds, and myriad of wild life from the big trees to the tiny mosses abound when they're allowed to by a non-toxic grex-based breeding and adaptation process.

Social distancing and staying at home have given more people the opportunity to make beauty and sustenance in their yards and in containers and on their patios. The Corvallis Farmers' Market is still functioning with the same precautions as the First Alternative Co-op, with facemasks and social distancing.

Peace Seeds and Peace Seedlings are grateful for the opportunity to provide and distribute seeds of high quality public domain cultivars to local communities, to regions of the USA, and to Europe, and other parts of the world.

Article by Linda Kapuler in tribute to a healthy, biodiverse, organic, sustainable community and world society. 🌱

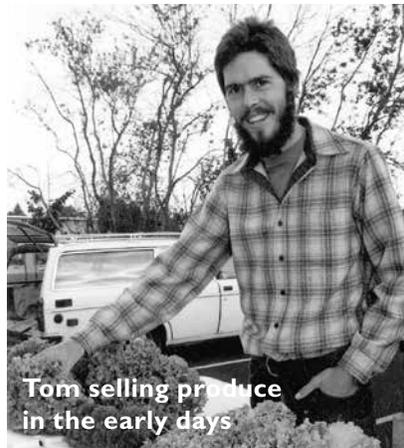
Thank You Tom Denison of Denison Farms

An incredible career of feeding people and caring for the Earth

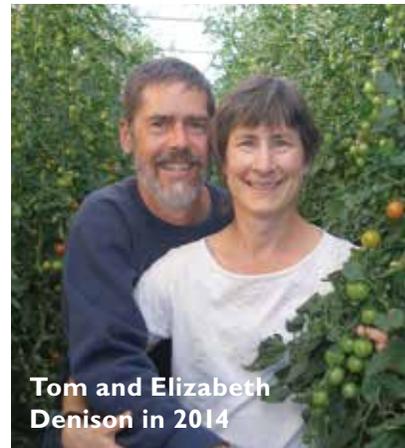
The Denisons and the Co-op go way back. William Denison, Tom's father, advised and assisted the OSU students who had the notion to create a cooperative grocery store. The community embraced the idea, and not a decade later, Tom was one of the first to sell produce with us. Not from the store itself, but from the independent Growers' Market which sprouted up outside the store in the late 70s. When folks from the Growers' Market left to form the Corvallis Farmers' Market leaving the produce section to us, Tom found himself with two avenues to sell produce. Demand for fresh, local, organic produce was clearly on the upswing, thanks in part to his tireless efforts.

Starting from a rented half acre, as demand grew, so did the farm. By the time Tom was ready to retire this year, Denison Farms had reached a total of 40 acres. In addition to selling to the Co-op, Denison offered an annual CSA, and their organic produce could be found at farmers' markets across the valley, and in grocery stores up and down the west coast.

Tom's never been too busy to mentor new farmers, either. He helped recently retired Spring Hill Farm founder Jamie Kitzrow learn the ropes at the beginning of his career, and now he's making sure the next generation of organic farmers have help. Two new farms, Riverland Family Farms and Commonplace Farm have sprouted up on the land that once was Denison Farms, ready to carry on the legacy that Tom grew.



Tom selling produce in the early days



Tom and Elizabeth Denison in 2014



Tayberry and bee



Organic heirloom tomatoes



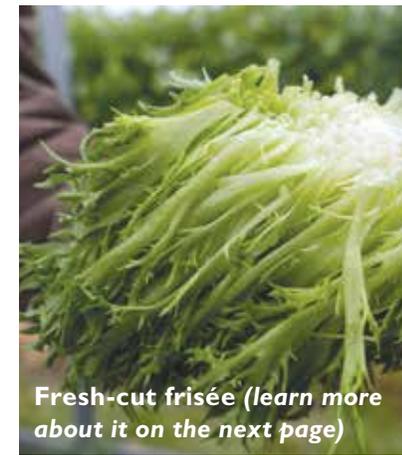
The right equipment



Elizabeth picking cherries in 2006



Organic basil



Fresh-cut frisée (learn more about it on the next page)



Denison strawberries at the Co-op



Thank you, Tom, from the Co-op, Corvallis, the Willamette Valley, and beyond!

Two new farms are now working the certified organic land that Tom, his family, and employees stewarded with such love over the decades. Look for info on Commonplace Farm and Riverland Family Farms on our social media pages and in upcoming editions of the Thymes. Look for their fresh, local, organic produce in the stores! 🍅



Fresh Greens, Ancient History

A brief history of the leafy greens we love

Leafy greens are the stuff of life. The greens we prize in our gardens and on our tables tend to be annuals, meaning the plants grow, flower, produce seed, and die in a single growing season. This quick life cycle has allowed farmers and plant breeders working across centuries to create an amazing variety of delicious, nutritious greens. We'd like to share the global history of some of our favorite locally-grown greens!

Lettuce

Lettuce makes its historical debut on Egyptian murals, though not in a form we'd quickly recognize. What leaves ancient lettuce had were hard and upright. They were prickly and tasted bitter. It was cultivated instead for seeds, which were used to make oils, and a milky secretion with sedative properties. The Romans later dubbed it *lactuca*, meaning "milk." Over centuries, this word evolved into the word "lettuce," and the plant became the soft, nutritious, prolific one we prize for its leaves.



Spinach

Spinach was first cultivated 2,000 years ago in ancient Persia. In the 16th century, it found a famous fan in Catherine De' Medici. Born into Italian nobility, she was said to adore spinach so much



(particularly an ultra-decadent preparation of it simmered in nothing but butter) that when she traveled to France to marry and become that country's queen, she took with her a consort of Florentine chefs who prepared spinach-rich feasts for her new countrymen. So impressed were the French nobility that *à la Florentine* became a regular feature of French cuisine, one essentially meaning "with spinach."

Kale

A stout green of great variety, kale learned a lot in its travels. The Italians taught it to grow like a cobblestone street. The Scots gave it the curls and frills of a fancy lad. And the Russians taught the already cold-hardy veggie to tolerate even chillier climes. A longstanding fixture of some traditional fall and winter dishes like colcannon, curious breeders and adventurous eaters have made kale one of the most popular, varied, and versatile greens on the 21st century farm.



Arugula

This Mediterranean-native has been prized for its bitter punch since ancient times—but no one could agree on what to call it! The Romans called it *eruca*. It appears in the Old Testament as



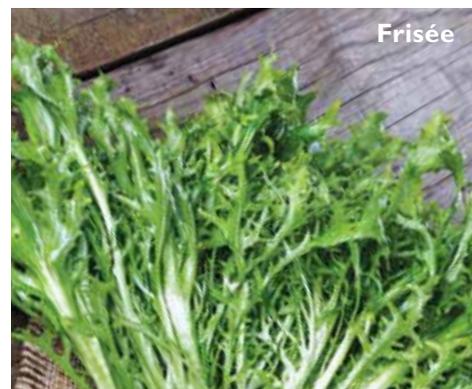
Mesclun A symphony of salad, mesclun is a catch-all term for a blend of tender young salad greens, taken from *mesclar* meaning "to mix" in Provence, France where it originated. A typical mesclun mix can include arugula, endive, chervil, mustard greens, dandelion greens, or frisée to name a few.



orot. As it traveled Europe, it picked up a trail of titles: the northern Italian *ruchetta* became the French *roquette* before the British decided "rocket" would do. Meanwhile, it was introduced to America by immigrants from the south of Italy who knew it as *aruculu*. We decided arugula would do, (but honestly, "rocket" would be cool.)

Frisée

A member of the chicory family, cold-hardy relatives to lettuce, frisée has a bitter flavor and a distinct look—thin curly leaves spilling from tightly packed bundle of ribs. Believed to have originated in Egypt, it was cultivated in Europe by the 13th century. It has yet to enjoy widespread popularity. In America, it has primarily been associated with gourmet dining, though the past decade has seen it become more common in produce sections and farmers' markets. 🥬



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Solarize Corvallis Initiative Leading the Way to a Sustainable Energy Future

You can help our community's transition to renewable energy

Decades spent relying on oil, coal, and natural gas has polluted our air, soil, and water and wiped an uncountable number of species of plants and animals from the Earth. In our rush to live, we're threatening all life on the planet. Meanwhile, the solution is hanging there in the sky, staring us in the face—just don't look directly at it, please.

We need to increase our reliance on solar, a renewable and less polluting source of energy. It doesn't require fracking or refining to gain access to it, and all the dangerous nuclear reactions involved are happening well away from Earth. A solar spill on the beach? That's what we call a beautiful day.

Solarize Corvallis is a grassroots initiative to put solar panels at as many buildings in our community as possible by the year 2025.

With your help, the Corvallis Sustainability Coalition and Oregon Clean Power Cooperative are working to add large solar arrays to schools, nonprofits, low-income housing, and government buildings throughout the community. Their first project is already complete!



You can help fund their second project: 100kW of rooftop solar at the Old Mill Center for Children and Families, located at 1650 SW 45th Place, next to Bruce Starker Arts Park and the SAGE Garden.



The Old Mill Center—who may be familiar from our Beans For Bags donation program—is a full-service provider of preschool, mental health, early intervention and parent support for children and their families.

They provide a crucial service for our community that addresses the educational, social, emotional, and family needs of a diverse population of children.

Solar power would save the Center energy and money, further cut our community's carbon footprint, and allow them to offer them their crucial services even during a blackout.

Solarize Corvallis relies on community support through a combination of donations and investments. Your support can make a difference. The sun will come up tomorrow, let's be ready for it.



Solarize Corvallis' first project is complete... Have a look!

This impressive 150 kW ground-mounted solar array is up and running at the Corvallis School District Office, located at 1555 SW 35th Street.



The Oregon Clean Power Cooperative was founded in 2015, a year after the Oregon legislature passed a bill easing complicated and expensive filing process that stymied a number of community-scale solar projects. They finance and build energy projects using renewable technologies including solar, wind, micro-hydro, and biogas digesters. They bring together installation and other construction companies, and a variety of financing mechanisms, including investment by community members

Cooperatively, they're helping Oregon show that communities can finance their own renewable energy projects.



The Corvallis Sustainability Coalition is a 501(c)3 nonprofit organization—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 First Alternative's mission, so it's no wonder we are one of their partner organizations. We work with them at events like Corvallis Fall Festival, and provide fresh, local, organic refreshments at their Quarterly Gatherings.



Solarizing Creates a Better Future

Not just in ongoing savings, but in normalizing climate care for the next generation.



Invest

Visit OregonCleanPower.coop/Solarize to invest in the next project.



Solarizing Means Living Our Values

Setting a tangible example of sustainability for children and for other communities.



Give

Visit SustainableCorvallis.org/Solarize to pledge a tax-deductible gift.



Solarizing is Community Resilience

Solar batteries can provide our community with a backup power source in times of need.

To learn more about participating in this exciting community-powered initiative and other projects of the Sustainability Coalition, visit their web page at: www.sustainablecorvallis.org.

Donna's Kitchen



Donna Tarasawa
Outreach Specialist

Co-op Classics: Home Cooking

Crockpot Chicken Set it and forget it with this delicious all-day recipe. Toss in some veggies, position the bird, add seasoning, cover, and heat. That's it! By mid-day your home will begin filling up with the savory smell of supper. Enjoy a family-sized gourmet dinner with just a little bit of work—and have some left for lunch tomorrow, especially because you need to save room for...

Blueberry Shortcake A timeless dessert goes blue! This is a tasty reminder that nothing tastes as good as simple fresh food. Light shortcakes topped with fresh, local, organic blueberries, and a delicious cloud of whipped cream—one bite and all the cares of the day will melt away, replaced by sweet blueberry dreams.

These last few months certainly changed a lot of plans and altered a lot of habits. With little warning, families found themselves spending a lot more time in the kitchen, getting back to basics to feed themselves and exhausting their recipe books in the process. With these "overcooked" chefs in mind, we created a new blog called **Co-op Classics: Home Cooking** to share classic recipes made from staple ingredients. We're sharing several recipes a week at firstalt.coop/recipes. Bookmark that page and check back regularly for new (and old) ideas. To get you started, here are four recipes for a day of nutritious, simple, gourmet eating, right at home.

Banana Pancakes with Berry Sauce

Ever go bananas in the produce section and find yourself with too many 'naners at the end of the week, all of them going spottier by the second? Say good morning to banana pancakes! With these pancakes, the riper the banana the better. Top them with a fresh-made berry sauce to really get the day going in style.

Sautéed Beans & Greens

For lunch, enjoy this wholesome Sautéed Greens & Beans recipe. Its fresh, hearty greens and protein-packed beans will power you through the day, and it's quick and easy to prepare. If you'd like to save time later, do the prep after breakfast, along with the prep for...



Banana Pancakes
with Berry Sauce



Sautéed Beans & Greens



Crockpot Chicken



Blueberry Shortcake



Sautéed Beans & Greens

Ingredients:

1 Tbsp. olive oil	drained and rinsed
1 medium onion, sliced	1 tomato, chopped
½ bunch kale, chopped	¼ tsp. dried rosemary powder
¼ cup water	¼ tsp. sea salt
1 can cannellini beans,	

Instructions: Heat olive oil in a large skillet; add onion and saute 5 minutes. Add rosemary, kale and water; simmer 4-6 minutes or until kale is tender. Stir in remaining ingredients and heat through.

Banana Pancakes with Berry Sauce

Berry Sauce:

1 cup berries, fresh or frozen	¼ tsp. fresh-grated nutmeg
½ cup Sweet Creek applesauce	2 - ½ tsp. baking powder
1 Tbsp maple syrup	½ tsp. salt
	1 banana, peeled (overripe is best—the browner, the better)

Banana Pancakes:

1 - ½ cups all purpose flour	2 large eggs
1 tsp. cinnamon	1 ¼ cup milk
	½ tsp. vanilla extract

Instructions: For the berry sauce, place frozen berries (marionberries, blueberries, raspberries, strawberries or a combination) in a saucepan with applesauce and syrup. Heat slowly on med-low, stirring occasionally until berries soften into sauce. Mashing the fruit a bit will help the texture. For 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 lightly oiled frying pan over med-high heat. Pour about 1/4 cup batter onto the pan for each pancake. Cook until pancakes are golden brown on both sides; serve hot with berry sauce and fresh fruit.

The Social Distance Runner

A beginning guide to running the road

Social distancing has changed the face of exercise, at least for the time being. Visiting the gym or participating in a team sport is off the table for now, but one of the most time-tested methods of exercise remains—running!

The first event at the inaugural Olympic games in 776 B.C.E was a foot race and the sport's changed little since then. The necessary equipment is minimal, you can do it just about anywhere, and the benefit to your health is enormous. So how do you get started? Here are some pointers:

Dress for Success: It's hot out there in the summer, so don't overdress! A good rule of thumb is to add 20 degrees to the current temperature and dress like you would for that temperature. Don't forget the sunscreen either!

Take the time to stretch: Don't rush into your run. A good stretch prior to heading out will make the run all the more pleasurable, and reduce the risk of soreness and injury. Stretch again as you're recovering from your run for optimal recovery.

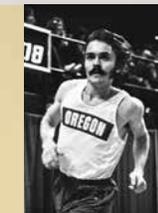
Don't go too hard: Especially if you're new to running, it's important not to overdo it. You don't have to run every single day or think you need to run a marathon every time you're out there. Days off and mile jogs are your friends! When running, maintain a pace that allows you to speak in full sentences. Gasping for air doesn't do you any good.

Stay hydrated: Especially in the summer, when you'll likely be sweating heavily, it's important for that your body has ample fluids. Stick to water and electrolyte-rich sport beverages. On extended runs in hot weather, it's a good idea to pack along some water. Belts and backpacks are available for just that. Or you could run laps in your neighborhood, stopping for a glass of cool water at your place after each lap!

Don't run on a full stomach: You don't want a full stomach holding you back, so wait 90-minutes to 2 hours after a meal to go for a run. You can hit the road sooner after a light snack like a banana, smoothie, or granola bar.

Some Local Inspiration?

Oregon native Steve Prefontaine is a legend on the track, losing only 3 of 35 collegiate races and competing in the '76 Olympics. Multiple movies and books cover his life, and will give you something to do while you're social distancing besides running!



Blueberry Shortcake

Ingredients:

1 cup plus 2 Tbsp. sugar, divided	finely minced
2 ¼ cups flour	½ cup butter
2 tsp. baking powder	1 egg, beaten
¼ tsp. salt	Juice of ½ small lemon
Zest of ½ small lemon,	⅔ cup milk
	2 pints blueberries

Instructions: Put blueberries in a saucepan with 1 cup sugar, leaving a few out for garnishing. Heat on med-high, stirring until juice forms and sugar dissolves. Continue simmering the fruit until slightly thickened, stirring frequently. Mix flour, baking powder, 2 Tbsp. sugar, salt, and lemon zest. Cut in the butter with a pastry cutter. Make a well in the center and add egg, lemon juice, and milk. Mix just until moist. Turn dough out onto a floured work surface, form 6 shortcakes by hand or cut out of flattened dough with a circular cutter or glass jar. Place on a greased baking sheet. Bake 15 minutes at 425°F. Serve with blueberry sauce, and top with whipped cream and fresh blueberries.

Crockpot Chicken

Ingredients:

1 whole chicken	herbs (rosemary, thyme)
1 medium onion	sea salt
1 stalk celery	black pepper
2 large carrots	

Instructions: Peel and chop onion, celery and carrot into large pieces. Position these vegetable pieces in the base of your slow cooker to form a base layer for the chicken to rest on. Wash the chicken and position breast up in the slow cooker on top of the cut veggies. Sprinkle with herbs, salt & pepper. Place lid on cooker and cook on low for eight hours. Before serving, test that the chicken is cooked. The juices should run clear and a meat thermometer should register an internal temperature of 170 degrees. Use the juice, fat and veggies in the bottom of the cooker for a delicious gravy and/or a stock or soup.

Co-op Running Buddies

Before the run: Start your run off on the right foot with quick, natural energy from Trace Mineral Power Paks or Clif Shot Bloks (also great during a long run.) **After the run:** Hydrate and replenish electrolytes with R.W. Knudsen Recharge and fortify yourself with carbohydrates and protein from Royal Riverside Chocolate Milk.

First Alternative Natural Foods Co-op Timeline

Late 1960s

The idea of the Co-op was born: a community-run place to find quality natural foods at an affordable price.

1972

The Co-op moved to its current South Corvallis location on SE Third St. in what used to be a drive-in.

Early 1980s

Unemployment, inflation, and competition from Waremart's new bulk department flattened growth in this period.

Early 1990s

Steady growth and a transition away from a volunteer-based to an employee-based organization.

Early 2000s

After a large store remodel and expansion, the Co-op thrived, adding an in-house kitchen and a meat department.

Late 2000s

Voted Business of the Year by Benton Chamber and Best Grocery Store by GT readers in 2006. The North store expanded.

2014

First Alternative Co-op reached a big milestone in Ownership this year, signing up its 10,000th Owner.

1970

The Co-op first opened its doors to the public on Nov. 23, 1970. Volunteers sold bulk foods: beans, rice, flour, nuts, honey, and cheese.

1975

The first produce at the Co-op was sold from a stand outside the building. By 1979, produce moved indoors, becoming part of the store.

Late 1980s

The Co-op initiated many enhancements: exterior signage, advertising, shopping carts, and beer/wine.

1999

First Alternative Co-op voted to restructure from a non-profit corporation to a cooperative business.

2003

The Co-op opened a second store in northwest Corvallis in a former Dari-Mart on the corner of 29th & Grant.

2010

This year brought big challenges: an explosion in natural foods store competition combined with a national economic downturn.

2020

The Co-op is still going strong and offering quality natural foods at affordable prices. The strength of the Co-op is this community, and we celebrate you!

Fresh ✿ Local ✿ Organic ✿ Groovy ✿ Since 1970

"It was a very political act, even for such a diverse group. We were taking control—seizing economic power—over what we bought and from whom we bought the things necessary to sustain the most basic human need, for food. It was telling the status quo, 'Thank you, but we'll do this ourselves.' We were surely fueled by the various boycotts of that era, but our politics were even broader than that. It was the old American grassroots doing it and I think some of us were startled by just how much power we could take."

—Joyce Nesson, early volunteer on the founding of the Co-op

"The Co-op is a place where people can find healthy, organic, locally grown and produced food, and where the community can learn more about health of people and planet. What an incredible service and resource! First Alternative is a shining example of this in Corvallis."

—Stacy Kraker, Marketing Director, Hummingbird Wholesale (local, organic bulk supplier)



Wellness *thyme* Under the Healing Tree



Healing Tree Naturals was founded by Dr. Eric Witherspoon in Carlton, Oregon to create effective healing solutions using the best natural and pharmaceutical ingredients. A fantastic line of safe, plant-based treatments soon followed.



In 2017 the four Witherspoon sisters joined forces to take Healing Tree into the next generation, honoring their father's vision, and bringing us locally-made natural healing products like these:

Anti-Itch First Aid Cream

If you have an itchy bug bite, irritating rash, bothersome burn, or any other unpleasant skin condition, don't wait a second, reach for the First Aid Cream!

Anti-Itch First Aid Cream harnesses the all natural anti-microbial and anti-inflammatory powers of tea tree oil, aloe vera, and calendula to speed the healing process and



soothe the skin. Meanwhile, the temptation to itch will be relieved by soothing hydrocortisone. A light-weight formulation means it rubs easily into trouble areas.

Athlete's Foot Solution

Don't let athlete's foot or any other foot fungus condition step in the way of your good time.

Athlete's Foot Solution is the solution to redness, irritation, and itching caused by fungus. A powerful broad-spectrum

anti-fungal agent quickly absorbs into the skin and fights back against the fungus while tea tree and jojoba oils soothe irritation and itching.

Natural Healing Cream

All natural and gentle as can be, Healing Cream offers sting-free relief from minor cuts, burns, and abrasions. It's perfect for caring for the kids' summertime cuts and scrapes. It's even gentle enough to provide relief from diaper rash! Heal the whole family.



"GO 'WAY" Natural Insect Repellent

The single best way to stop the itching caused by bug bites is to not get them in the first place. Use "GO 'WAY" Natural Insect Repellent to rid your personal space of mosquitoes, flies, and gnats.



The all-natural repelling powers of citronella oil, peppermint oil, and powerful Port Orford cedar oil, harvested from trees on the Oregon coast mean you can beat the bugs without the DEET. It's gentle enough to use on adventurers of all ages, and its lemongrass-mint scent is delightful (unless you're a bug!)

Healthy Nail Anti-Fungal Treatment

Fungus does a lot of good in this world, but not when it comes to our feet and nails!

Healthy Nail Anti-Fungal Treatment combines benzathonium chloride, a safe yet powerful anti-fungal agent, with tea tree oil, white thyme oil jojoba oil to aid in penetration.

It absorbs quickly into the nail bed, killing the fungus and promoting healthy nail growth, so you can have fun without fungus. 🍷



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Side by Side



Yadira Ruiz,
Sunbow Produce



Desperately Seeking Salsa

Finding the right salsa can be as daunting as finding the right date, or at least, that's what I'm imagining during these isolated times. Mind you, I've found my perfect mate in both the human and salsa form but I went on a bunch of blind dates with jars of salsa I would never have tried before just for you dear cooperators.

My disclaimers: I'm Mexican and grew up eating traditional home cooked food, which always included mom's salsa from scratch. I didn't try jarred salsa until I went to college and it took a while before I willingly ate it. I think the best salsa is homemade but normally, most people don't have time for that... especially if you don't like washing dishes. So, if you find yourself desperately seeking salsa to keep your chips company, here's my rundown.

Worth Bringing Home to Meet the Family...
Salsas so good you just might fall in love with them!

Gathering Together Farms Roasted Tomato Salsa
Sweet onion elevates this salsa to almost pizza sauce level of sweetness. Overall a very nice mild salsa that leaves a little trace of warmth on the tongue. Contains chipotle but it doesn't stand out. As local as it gets, grown and made in Corvallis.



It's the Famous Red Salsa (mild)
My favorite out of all the salsas in this category. It's well balanced and tastes fresh with excellent consistency. Made in Oregon.



Frontera Tomatillo Salsa (medium)*
Distinctive roasted pepper flavor overrides the tomatillo but it works! This one is more on the hot side, and would be awesome as an ingredient for green enchiladas with sour cream. Consistency is on the runny side despite the presence of a thickening agent.



Nuevo Tex Mex Salpica Tomato Jalapeño Salsa (medium)*
So tasty, it's hard to believe it's a jarred salsa!



Potluck Partners...
Crowd pleasing salsas to impress your friends!

Heart of the Valley Salsa Serendipity Salsa (medium)
A blend of green and red salsas. Starts off tart, then sweet, then the onion takes over. This one's pretty acidic so be careful if you have a sensitive stomach. Made right here in Corvallis.



Salsa de Casa Red Salsa (mild)
This is a tasty, all purpose crowd pleaser that won't break the bank. Made in Oregon.



Sweet Creek Organic Tomatillo Salsa (medium)
Nice texture, with flavorful chunks of garlic. The heat lingers enough that it might be more on the hot side than medium. The consistency is runny so watch the carpet! This one is made in Oregon.



Field Day Organic Tomato Cilantro Salsa (medium)
Should be called "cumin salsa" because that's the flavor you get with the first bite, but it works! This one is tasty and thick, making it perfect salsa for chips and dip.



Nuevo Tex Mex Salpica Salsa Verde (medium)*
A well balanced middle of the road salsa. If you are new to green salsa, start here.



Nuevo Tex Mex Salpica Chipotle Garlic Salsa (hot)*
If you love chipotle, you gotta try this one. It's a little on the salty side and runny, but it is crazy good on tacos.



It's the Famous Green Salsa (medium)
It's green, but don't be fooled, it's not the same as tomatillo salsa. It has an tasty, verdant flavor. Another one made in Oregon!



For Work Gatherings...
Straight forward salsas that work with just about any crowd!

Frontera Chipotle Salsa (hot)*
Distinctive smoky flavor overrides other notes. This would be a great addition to chili or huevos rancheros. Thin consistency with added thickening agent.



Frontera Jalapeño Cilantro Salsa (medium)*
This one is salty with lots of roasted tomato flavor, but not much of the cilantro flavor. Thin consistency.



Muir Glen Organic Salsa (medium)
This one strikes me as a thick and chunky garlic flavored tomato sauce, serve to people who are not salsa fanatics and prefer mild heat.



Sweet Creek Organic Red Salsa (medium)
Very strong apple cider flavor sets this otherwise straightforward salsa apart. Made in Oregon.



Drew's Organics Thick & Chunky (medium-mild)
Strong cumin flavored salsa, a little on the runny side but not bad!



Heart of the Valley Salsa Green Salsa (mild)
This one is pleasantly tart and acidic, making it go really nicely with rich foods that have beans, meat, or dairy in them. Made in Corvallis.



Emerald Valley Organic Red Salsa (mild)
You know how cranberry sauce comes out shaped like the can? Well I'm pretty sure this salsa would have kept its shape if I had turned it upside down. It's too much for me, but if you like it thick, this is the salsa for you.



*North Store only



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Look for salsas in the chill and packaged grocery aisles!

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