



**BEANS
4BAGS**
Election Special



October 2020



From the Board of Directors Demian Hommel

It's been more than a year since I had the opportunity to write to the First Alternative Co-op community and, like you, I never could have predicted the timeline of the past several months. COVID-19, the George Floyd tragedy and subsequent racial justice protests, questions over the legitimacy of the US presidential election, and now forest fires burning throughout the West Coast of North America. It's probably natural to wonder if we'll ever return to the not-perfect but relatively stable feeling of pre-COVID-2019.

In the meantime, the management and staff of your Co-op have done their best to adapt to challenging and changing circumstances. Most recently, this has meant reducing hours, routing shoppers through one entry/exit to reduce the presence of smoke in both stores, and at times closing altogether due to hazardous air quality. All of this, of course, on top of facilitating online orders, overseeing the proper handling and sanitation of the store environments, and actively working to ensure adequate social distancing while maintaining (as much as possible) a streamlined customer experience.

Had this been a normal year, August would have marked the time for our annual Owner Rendezvous, which we had planned to hold again at the Osborn Aquatic Center. Aside from a barbeque and pool time, this would have been the Co-op Board of Directors' annual Owners meeting and business report. (If you're interested, copies of this Annual Report are available at both stores.)

In our August Board meeting, we received a summary of the report by our Finance

Manager, Mark Tarasawa. Briefly, we had a great 2019 until everything changed in March as a result of the pandemic. Perhaps this isn't surprising, but there's so little certainty in this next year that, in addition to creating a budget that would be vetted and potentially accepted by the Board, the finance team will likely need to create plans for different scenarios being considered as the rest of 2020 and 2021 unfold.

This is just one small example of how challenging this new not-so-normal is for your Co-op, but it's a microcosm of how the management, staff, and the Board are trying to cope with new and dynamic uncertainties. Luckily, we have a strong Finance Committee led by Rob May helping Mark and General Manager, Cindee Lolik try and make sense of this next year.

I can provide some personal insight on how these overlapping challenges have affected plans for this year: until recently, I was chair of the Owner Relations Committee which was collaborating with the marketing team to coordinate several different ways to celebrate the Co-op's 50th Anniversary. In fact, in addition to the August Owner Rendezvous, we were planning a celebration in Central Park with live music, food and other vendors, and fun activities for people of all ages. It's perhaps a small loss in the larger context of everything that's gone wrong this year, but losing out on the opportunity to recognize our Co-op's 50th year in the ways we wanted to — to get the chance to look back at where we've come from, take stock of where we are, and consider where we want to go — is an additional sadness. There are still some great partnerships, as evidenced by the special 50th Anniversary products and sales in the stores, but this is a fraction of what we had hoped to do to recognize First Alternative's long-standing place in our community.

Luckily all of the news for this month isn't bad. Aside from the disruption of the wildfires, the Co-op has experienced an increase in customer counts and a decrease in average quantities for sales, which is

a signal that we're returning to a more consistent (and hopefully safer) shopping experience and a more stable planning environment.

The Board has brought on two new Directors, Dana Monroe and Lino Rauzi, and recently hired a new board Scribe, Lisa Perelli, who will help Rhonda document our director and committee meetings and other Board business. We are planning our annual Fall Retreat (virtual this year,) where we bring outside support to take stock and try and leverage our skills and experience to help management and staff continue to offer the best possible products and customer experience, regardless of the circumstances. And luckily, our talented and dedicated staff continue to do their best despite unforeseen scheduling challenges, supply chain disruptions, potentially hazardous working conditions, and, at times, stressed-out customers. Ultimately, what we may be learning from all of this is that a little extra effort can go a very long way.

Lastly, a bit of philosophy that's helped me with my attempts to adjust to what feels like a new era of uncertainty. In his book "The Wisdom of Insecurity: a Message for an Age of Anxiety" (1968: Vintage Press) Alan Watts asserts that we're always in a state of chaos, but it's only when the wave of change breaks over us that we understand this reality fully. Much of the past seven-plus months has simply revealed systemic, structural problems with how we've dealt (or not dealt) with disease, healthcare, social, economic, and political equity, human-induced environmental changes, and more.

Perhaps as the waves wash over us, we're forced to remember that it's not possible to prevent disruptions, but it is possible to affect how we respond. We may feel shocked, isolated, saddened, and angry, sometimes all at once, but there's hope in the fact that so many of us are taking stock and looking to the next 50 years. What kind of individual, family, community, and society do we want to be? 



BEANS 2021 4 BAGS ELECTION

First Alternative's Beans for Bags program was created to encourage bag reuse while supporting local charities. Typically it works like this: shoppers grab a bean token from the register for each reusable bag they brought from home, then choose which of four organizations they'd like to support by placing those tokens in the corresponding jars in the Bean Towers at every exit. At the end of the quarter, the tokens are tallied and \$1,000 in donations are divided between the organizations, relative to the number of tokens they received.

When the COVID-19 pandemic happened, some changes were necessary. We didn't want to suspend the program—if anything, the organizations that Beans for Bags helps support are more important than ever—so with everyone's safety in mind we removed the bean tokens from the registers and began splitting the quarterly \$1,000 equally between the four organizations.

With no end to the pandemic in sight, we plan to continue in this manner for the 2021 Beans for Bags donations.

What hasn't changed is that we still need your help, Co-op Owners. Just like every year, we put out a call for local



charitable organizations that would like to receive Beans for Bags, and this year the response was larger than ever.

We have twenty four candidate organizations appearing on the ballot this year, each of them doing great work, and it's up to Co-op Owners to select sixteen of them to receive donations in 2021.

Read about the missions and accomplishments of the candidates on the following pages.

There's a lot of great work on display. To help keep them straight, we've divided them into three broad categories: Conservation, Food Security, and Social Support.

Four of the sixteen selected organizations will take their turn every quarter and at the end of the quarter will receive \$250

Fill out your ballot and drop it in the ballot boxes at either store or vote online. For the second year, we will be sending all Owners with valid email addresses an online ballot. If you prefer to vote online, make sure you DO NOT also complete a paper ballot. If you vote with a paper ballot, DO NOT vote online. All ballots, digital and printed ballots are due by 10pm on October 31. 🗳️

Become a Part of the Solution.



Sign up for First Alternative Co-op Owner share during the month of October

GET 20% OFF your next shopping trip.

One Co-op Owner share costs \$70, may be paid up front or in installments, and is fully refundable.

First Alternative Co-op Owners:

- Strengthen the local economy
- Support global humanitarian and environmental causes
- Support local efforts for justice and sustainability
- Improve community access to healthy, affordable food
- Shape the organization through Co-op elections
- Enjoy a monthly Owner Sale Day of 10% off

Sign up at customer service or visit firstalt.coop/ownership

Become an Owner.

CONSERVATION



500 Women Scientists Corvallis

500 Women Scientists Corvallis seeks to make science open, inclusive, and accessible and fight racism, patriarchy, and oppressive societal norms. To achieve their mission and create a better future, they empower women to enhance their contributions to the diversity of science, promote scientific literacy, advocate for science and equality, use the language and wonder of science to bridge the divides that separate us, and collaborate to promote solutions to our environmental, social, and economic crises. They work with local groups, organizations, and businesses to increase the engagement of broad audiences in scientific topics and critical ecological issues through educational campaigns, hands-on activities, and public events. Beans for Bags donations would be used to provide information, resources, and incentives to those individuals that most need them.

Chintimini Wildlife Center

Chintimini Wildlife Center provides care for injured and orphaned wildlife with the goal of returning them to their natural habitat and works to foster a connection between people and wildlife through education. The center, located right outside Corvallis, is home to a wildlife rehabilitation clinic, a raptor education program, and a youth education program. In 2019, they helped with the rehabilitation of over 2,300 wildlife patients at their animal hospital, sent their "raptor ambassadors" to do over 100 educational presentations to people within the community of all ages and diverse backgrounds, and engaged community youth camps at their Center.

Corvallis Sustainability Coalition

The goal of the Corvallis Sustainability Coalition is to promote an ecologically, socially, and economically healthy city and county. Their Harvest Sunshine project has resulted in many more households in Corvallis making the transition from fossil fuel-derived energy to renewable solar energy. Now with their Solarize Corvallis project, they're partnering with Oregon Clean Power Cooperative to help local businesses and schools make the transition to solar.

First Alternative Recycling Center

The Co-op Recycling Center provides multiple resources for most of your recycling needs in Corvallis and the rest of the valley. They are the only place in town where you can recycle Styrofoam and are a focal point in South Town that helps fulfill our community's needs for recycling items that would otherwise go to the landfill. In an average year they recycle 3,700 lbs. of metal, 1,420 cubic yards of Styrofoam, 840 cubic yards of commingle items and 510 cubic yards of glass. The center is operated on a zero-dollar budget; community support is vital to its success.

Greenbelt Land Trust

Greenbelt Land Trust works to conserve and protect in perpetuity native habitats, working lands, and lands of natural beauty that connect residents to the natural world in the mid-Willamette Valley. They work alongside landowners and conservation partners

across the Willamette Valley to create innovative conservation strategies to protect wildlife habitat, water quality, and recreational resources. Greenbelt Land Trust acquires land through purchase, conservation easements, and occasionally through land donations. Over 3,600 acres of critically important lands are currently under permanent protection by the Trust. Each year, they bring thousands of people out onto the land for a variety of free public education events and maintain over 18 miles of recreation trails.

Marys River Watershed Council

The mission of Marys River Watershed Council is to inspire and support voluntary stewardship of the Marys River watershed. Primary program areas include restoration works with landowners to restore natural function to streams, wetlands, prairies and oak savannas; education in partnership with local schools and nonprofits; and outreach through a variety of approaches to raise awareness, inspire stewardship, and advance diversity, equity, and inclusion in our watershed. The Watershed Council works closely with local teachers, other non-profit and municipality partners, and Benton County youth to engage in direct, hands-on classroom and field environmental education opportunities. Over the past decade the Watershed Council has developed relationships with over 1,200 private and public landowners resulting a range of restoration projects, including planting 179 acres of streamside land with trees, shrubs, and other plants, removing 52 barriers to fish passage, planting more than 72,400 seedlings and bulbs to restore prairie habitat for the endangered Fender's blue and Taylor's checkerspot butterflies, and more.

FOOD SECURITY



Coastal Range Food Bank

Coastal Range Food Bank creates access to a variety of healthy food by promoting client autonomy and reducing barriers to food access, particularly stigma and shame. The Blodgett-based food bank puts client dignity and respect at the forefront of their Food Assistance & Nutrition Program. They are open every Saturday and Sunday from 11am-2pm. Customers shop for themselves in their country store, which offers the highest quality foods, including an organic aisle. They encourage customers to come back every week for bread, vegetables, milk, and also drinking water because access to potable water can be a problem in the coast range. Coastal Range Food Bank is a totally volunteer-run non-profit and own their own facilities.

Philomath Community Gleaners

Philomath Community Gleaners is a non-profit community membership organization in which members work side by side to provide a "helping hand" not a "handout." Members glean food, household supplies, and wood. In 2019 Community Gleaners members donated 15,411 volunteer hours and drove 21,152 miles. They distributed 206,644 pounds of food to members and 55,037 pounds to other agencies such as food banks, soup kitchens, and other gleaner groups.

Candidate profiles continue on next page...

Ten Rivers Food Web

Ten Rivers Food Web's mission is to activate and perpetuate personal, institutional, and public decisions that incorporate and support environmental, economic, and social factors for a resilient food web. Some accomplishments from the past year include their 2019 Fill Your Pantry event, which helped 19 small farms and food businesses distribute grains, beans, roots, meats, herbs, teas, breads, and preserved foods to over 300 households; the 2020 Soil Amendment Sale which sold more than \$35,000 of amendments to 191 customers; a COVID-19 Consumer Food Habits Survey which collected results from 624 community members (result analysis still in progress); and a strategic planning process, which is just coming to a conclusion and promises expansion of current programming, as well as new program development in the year to come.

Community Outreach, Inc.

For more than 49 years, Community Outreach, Inc. has been dedicated to serving those at risk of or experiencing homelessness through their mission of helping people help themselves lead healthy and productive lives. The people they serve range in age from newborns to people in their mid-eighties and include men, women, families with children, and veterans. Community Outreach, Inc. provides a range of services designed support the most vulnerable members of our community as they work toward stability. These services include housing, affordable childcare, mental and behavioral health counseling, medical and dental care, workforce development, life skills training, food, and information and referral services.

Corvallis Multicultural Literacy Center

The Corvallis Multicultural Literacy Center is a safe, equitable, cross-cultural learning community providing educational and community resources with the goal of promoting mutual understanding between cultures, and providing citizenship, educational, and cultural resources. It is a welcoming space that fosters connection, serving over 6,000 participants annually consisting of immigrants, refugees, children, seniors, international visitors, and other underserved populations. The Center encourages immigrants to be volunteer staff, helping to boost language confidence and skills for the American workplace. Programs include English classes, tutoring, conversation partners and circles, cooking classes, citizenship tutoring, school field trips, multicultural arts, speaker presentations, language resources, workshops, and other diverse, educational programs which aid in language development, culture sharing, and community building.

Friends of Corvallis Parks & Recreation

The Friends of Corvallis Parks & Recreation work to enhance and preserve the livability of our community and the quality of life for all residents. They provide support and generate funding for the operation of public parks, natural areas, cultural and historic resources, recreation facilities, and programs that help strengthen and expand these services. This includes supporting the Osborn Aquatic Center, Majestic Theatre, and the Corvallis Community Center (formerly the Chintimini Senior Center). Funds from Beans for Bags would be used for enhancements at Dr. Martin Luther King Jr. Park, which will create a place for all cultures that weaves nature and community in a variety of spaces that evoke the inter-connectedness of life, culture, and the environment. The park will also provide spaces for environmental education and environmental stewardship.

The Goat Yoga Fund

The Goat Yoga Fund was created to bring the benefits of Eco-Therapy experiences to community members most in need and provide families the opportunity to attend unique and relaxing events out in nature. They are focused on the mental health benefits, economic development, and continued education and research surrounding Eco-Therapy. Their goal this year is to build relationships with non-profits in the area that focus on mental health support and recovery services. They are looking to support these fellow non-profits by offering funded therapeutic experiences tailored to the mission of the non-profit in question. Beans for Bags donations would allow The Goat Yoga Fund to start setting up partnerships with these non-profits and farms.

SOCIAL SUPPORT

Boys & Girls Club of Corvallis

The mission of the Boys & Girls Club of Corvallis is to attract, continually engage, and inspire youth in elementary, middle, and high school to realize their full potential by mentoring, modeling good character, and delivering relevant structured enrichment programs in a safe, inclusive, and positive environment. They're supporting low-income working families during the COVID-19 pandemic by offering reduced-rate all-day childcare for underprivileged youth, with no children turned away due to financial hardship. Youth benefit from the Club's structured academic enrichment which helps make up for critical early learning loss due to school closures, delays and distance learning, and helps them keep pace with the 2020-21 curriculum. Youth also receive social-emotional support focusing on fear, trauma, isolation and loss. Lunch, dinner, snacks, and exercise are provided. Club youth receive the care, support, and opportunities they need most, while enjoying a place to just be kids.

CASA – Voices for Children

The mission of CASA - Voices for Children is to recruit, train, and professionally support the court-appointed community volunteers who advocate for each abused and neglected child in Benton County who is within the legal custody of the State. Their goal is to give a voice to children by advocating for every child's birthright to a safe, nurturing, forever family; changing lives by believing it is possible. CASA relies on the thoughtful support of the community to make this happen.

Center Against Rape and Domestic Violence (CARDV)

The mission of the Center Against Rape and Domestic Violence is two-fold: to provide services and support to those affected by sexual and domestic violence, and to provide education and leadership within the community to change the societal conditions that cultivate these forms of violence.

Grace Center for Adult Day Services

Grace Center's mission is to provide day services that optimize the cognitive and physical abilities of seniors and adults with disabilities so they can remain as independent as possible and in their homes. Their vision is to be leaders in a unique approach to long term care that will change the way our culture views aging through innovative practices which keep families together and communities intergenerational. Their core values are equality, empowerment, excellence, and commitment. The only certified adult day center in Linn, Benton, & Polk counties, their program offers therapeutic activities such as art, live music, gardening, therapy animals, and outings into the community. The center specializes in both memory care and post-rehabilitation, serving adults with dementia, those recovering from strokes or brain injuries, adults with neurological disorders such as Parkinson's disease, and others. These services provide important respite for family caregivers.

Jackson Street Youth Services

Jackson Street Youth Services promotes safety, stability, and well-being for youth. They work to prevent homelessness by showing a path to long-term success through building positive relationships and teaching skills for self-sufficiency. Albany House and Corvallis House—24/7 emergency shelters—provide crisis stabilization for youth between the ages of 10-17 who are experiencing or at-risk-of homelessness. While staying at Jackson Street, youth learn social and life skills that build self-sufficiency. Beyond the shelter doors, prevention and outreach programs halt youth homelessness before it begins. Staff meet youth where they are—in schools, on the streets, and at drop-in centers—building trust and connecting them to needed resources. Three “Next Steps” houses focus on job skills and independence for young people ages 18-20 who would otherwise be homeless. Jackson Street is the only homeless youth shelter from Salem to Eugene, including the coast. They helped 731 youth just last year and rely on the generosity of local donors and community fundraisers.

K9 Care A Van

K9 Care A Van works to provide temporary shelter for pets of the homeless while enabling their owners to utilize the overnight cold weather shelter, day-time drop-in center for the homeless, Stone Soup, or to work and attend health appointments. K9 Care A Van has four goals for the 30-48 homeless pet owners they serve: improve their physical well-being, improve their mental health, improve their diet, and increase employment for those homeless able and willing to work. Once fully operational, K9 Care A Van will be a first in the nation and, hopefully, a prototype for other homeless communities.

Lumina Hospice & Palliative Care

Lumina Hospice & Palliative Care, a community grown nonprofit, provides compassionate care and support for individuals, families, and caregivers facing serious illness or end-of-life. In addition to their hospice and palliative services, they have a comprehensive caregiver support program as well as a bereavement program that are offered free to anyone in the community regardless of their connection to Lumina.

Marys Peak Search and Rescue - Region Three K9 Search and Rescue Unit

The K9 Search and Rescue Unit's mission is to support the community by having well-trained, nationally certified canine teams able to assist 24/7 with missing person searches and emergency response missions in a variety of capacities: area search, trailing, human remains detection, water search, and disaster response. They also use public relation opportunities to teach children, youth, and other community members' techniques on how to remain safe in wilderness and urban environments.

Old Mill Center for Children and Families

Old Mill Center is a community-based, family-oriented center empowering children and families of diverse backgrounds to optimize their potential through specially designed education and therapy programs. For 43 years they have provided a multifaceted approach to address the needs of children 18 and under struggling with mental and behavioral health issues stemming from causes such as abuse, trauma, homelessness, and domestic violence. In 2019-20, more than 880 children were served through prevention and intervention of abuse situations, therapy, and early education; more than 2,000 home visits were made to assist children and their families; and over 5,000 hours of counseling sessions were provided. Their continued and constant goal is to keep children safe and in their homes.

Safe Haven Humane Society

Safe Haven Humane Society envisions a community where every adoptable, treatable companion animal has a loving home and where every loving home has the opportunity to care for a companion animal. They are guided by the belief that no adoptable or treatable companion animal should be unnecessarily euthanized due to space, time, appearance, or treatable conditions. They are committed to giving a new chance to companion animals who would otherwise be discarded, strengthening the human-animal bond through education, helping people and their companion animals stay together through the support of programs and services, and leading responsibly with compassion. They are finding homes, opening hearts, and educating minds to strengthen and improve the lives of animals and people.

Senior Dog Rescue of Oregon

Senior Dog Rescue of Oregon's mission is to rescue and re-home senior dogs ages 6 and up. They are an all-volunteer Senior Dog Rescue organization. They do not have a shelter. Instead, all dogs are fostered until permanent homes can be found for them. All Beans for Bags donations would go toward the care of the dogs. 🐾



BEANS 2021 4 BAGS BALLOT

Voting Owner's name (required): Owner Share # (required):

Voting Owner's signature:

You must be an active Owner to vote.

Owner share payments must be current or paid, share must be in good standing. One vote per Owner number.

Conservation

- 500 Women Scientists Corvallis
- Chintimini Wildlife Center
- Corvallis Sustainability Coalition
- First Alternative Recycling Center
- Greenbelt Land Trust
- Marys River Watershed Council

Food Security

- Coastal Range Food Bank
- Philomath Community Gleaners
- Ten Rivers Food Web

Social Support

- Boys & Girls Club of Corvallis
- CASA – Voices for Children
- Center Against Rape and Domestic Violence (CARDV)
- Community Outreach, Inc.
- Corvallis Multicultural Literacy Center
- Friends of Corvallis Parks & Recreation
- The Goat Yoga Fund
- Grace Center for Adult Day Services
- Jackson Street Youth Services
- K9 Care A Van
- Lumina Hospice & Palliative Care
- Marys Peak Search and Rescue - Region Three K9 Search and Rescue Unit
- Old Mill Center for Children and Families
- Safe Haven Humane Society
- Senior Dog Rescue of Oregon

New First Alternative Owners in August

Interested in becoming an Owner? Ask us!

32

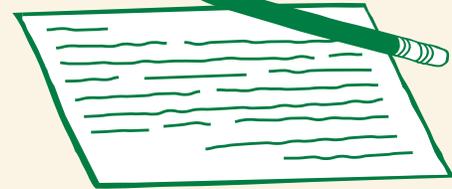


Let us shop for you



Visit firstalt.coop/order
for all the details

Owner Mail Call



Dear Co-op Owners, We'd like to hear from you! Questions, comments, great notions... Send us letters and we'll publish what we can every month in The Scoop. Not all letters will be published, but we'll do our best! Letters over 250 words will be edited for length. All letters are subject to editing for spelling, grammar, and clarity. Letters should include author's name, Owner number, and contact information. Contact info won't be published. Opinions are not necessarily supported by Co-op, Board, staff, or Owners. Email letters to: scoop@firstalt.coop or mail them to 1007 SE 3rd St., Attn: The Scoop. Deadline for submissions is the 15th of the month prior to publication. 🥬

Scan this QR Code
with your smart phone
to join our email lists.

Follow us on Facebook,
Instagram, or Twitter for news,
recipes, and special offers.



Due to the circumstances, we will not be publishing community calendars this month. Thanks for understanding.

Vote for up to 16 nominees

Ballots with more than 16 votes will be considered invalid

Ballots must be received by 10pm Oct. 31st

Donate to Support Oregon Wildfire Relief & Recovery

Donations can be made at the registers and will go to these funds:

Oregon Community Foundation Wildfire Relief & Recovery Fund

Ashland Food Co-op's Alameda/Glendower Fire Fund

In the wake of the wildfires that have devastated Oregon, the Co-op is helping to raise money for evacuees and those who have been affected by the fires. Donations will go towards wildfire recovery efforts locally and throughout the state, and towards providing financial support to Ashland Food Co-op staff who lost their homes.



Fight injustice and racism. Support the OSU NAACP.

**THANKS FOR YOUR HELP IN
REACHING OUR FUNDRAISING GOAL**



NAACP
Oregon State University

Our donation drive for the OSU NAACP was an enormous success. Co-op shoppers donated an incredible \$5,066 dollars. With our \$5,000 matching donation, that's \$10,066 going to support local students of color! Your outpouring is going to be turned into a lot of positive action. The OSU NAACP is currently developing a broad plan for these funds that will support food security efforts for people of color on and off campus, encourage diversity efforts, and promote sustainability.

Some of the things they're working on: a partnership with the OSU Human Services Resource Center and Center for Civic Engagement centered on food insecurity and sustainability; supporting recruitment and retention at Black and multi-cultural fraternities and sororities and helping them get involved in various volunteer and community service programs; responding to a positive increase in interest and engagement amongst students by providing workshops and training for new chapter members and developing marketing materials to further spread the word; supporting the Distinguished Scholars Initiative's OSU male of color mentoring program; donations to the Jackson Street Youth Center for purchasing school supplies; supporting the Corvallis-based Soul Force Ones podcast and People of Colour Clothing.

Thanks for all your donations, cooperators. We'll keep you updated on our social media pages and here in The Scoop!

In kitchens everywhere, cooks are getting back to the basics to feed their families and looking to pay less while doing it.

The Co-op's here to help, with our new Budget Recipes series, an extension of the award winning Budget Bites meal plans.

Every Monday, we'll post a new Budget Recipes to our website and social media pages. Bookmark firstalt.coop/recipes and check back regularly or follow @firstaltcoop on Facebook or Instagram for delicious, affordable recipes like these.



BUDGET RECIPES

Check out these great ideas for cooking healthy, simple meals with natural ingredients without breaking the bank!



BUDGET RECIPES

Mushroom Crepes

\$3.58
per serving

Note: prices may vary, estimate only.

- | | |
|------------------------------------|--|
| 7 Tbsp flour, divided | 1/2# seasoned pork sausage (or vegetarian sausage) |
| 1/2 tsp salt, divided | 1/4 onion, finely minced |
| 1/2 tsp baking powder | 12 small-med white mushrooms, sliced |
| 1 egg | Pepper to taste |
| 2/3 cup + 3/4 cup milk, divided | Dried parsley for garnish |
| 2-3 Tbsp water | |
| 1 Tbsp + 1 1/2 tsp butter, divided | |
| 1 Tbsp olive oil | |

For crepes, mix 5 Tbsp flour, 1/4 tsp salt and baking powder together. In a separate bowl, mix egg, 3/4 cup milk and water; add 1 1/2 tsp melted butter and stir. Combine wet and dry ingredients. The batter should be like heavy cream – if it's too thick, add a bit more milk. Heat a non-stick skillet or griddle. Add 1/4 cup batter to the hot pan and swirl to spread it in a thin, even layer. Cook over medium heat until top is dry. Gently flip crepe and cook 2 minutes more. Repeat with remaining batter.

For filling, cook crumbled sausage and onion in butter and olive oil until sausage is cooked through. Add mushrooms and cook until tender. Sprinkle 2 Tbsp flour over mixture and stir. Cook gently 1 minute. Add 2/3 cup milk and cook, stirring, until thickened. Spread sausage/mushroom mixture down the middle 1/3 of each crepe and roll up burrito style. Sprinkle with dried parsley and serve.



BUDGET RECIPES

Tamale Pie

\$0.77
per serving

Note: prices may vary, estimate only.

- | | |
|--|---|
| 1/3 cup pinto beans* | 3 Tbsp softened butter |
| 1/2 onion, thinly sliced | 1/2 cup hot water mixed with 2 Tbsp No Chicken Broth Powder |
| 1/2 red bell pepper, thinly sliced | Sour cream to taste |
| 3/4 cup grated cheddar cheese, divided | Hot pepper sauce to taste |
| 1/2 cup frozen corn | |
| 1/4 cup salsa | |
| 3/4 cup masa flour | |

Soak pinto beans in cold water overnight. In the morning, drain and rinse beans. Cover with fresh water, add 1/2 tsp salt and cook, covered for 2-3 hours or until tender. Drain and rinse. Spread beans in a greased 9" pie pan. Layer onion, pepper, 1/2 cup cheese and corn over beans. Spoon salsa over all. Cream masa with butter. Add enough broth to masa to make a thick batter. Spread batter over top of pie. Bake, covered (with another pie plate), 30 minutes at 350° F. Uncover and bake another 20 minutes, or until crust is browned. Sprinkle remaining cheese over crust and broil until bubbly and golden. Serve with hot pepper sauce and sour cream.

**If you're in a hurry, you can substitute a can of pintos for the dry beans.*



BUDGET RECIPES

BBQ Beef Potatoes

\$3.86
per serving

Note: prices may vary, estimate only.

- | | |
|--------------------------------|-------------------------|
| 2 large russet potatoes | 1 1/2 tsp brown sugar |
| 1/2# ground beef or substitute | 1 1/2 tsp white vinegar |
| 1 clove garlic, minced | 1/8 tsp garlic powder |
| 1/4 onion, diced | 1/4 tsp smoked salt |
| 1/4 cup ketchup | 1 1/2 tsp tamari |
| | 1 1/2 tsp lemon juice |

Wash and prick potatoes. Bake at 350°F about 75 minutes or until tender. Cook ground beef, onion and garlic, breaking beef up, until beef is browned. Add remaining ingredients, simmer 20-30 minutes. Serve over split potatoes.



For more recipes, visit: firstalt.coop/recipes