



the
thymes

First Alternative
NATURAL FOODS CO-OP

Spring 2021

March • April • May
Volume 5 • Issue 1

In this issue:

Spring Planting Guide • All About Alliums • Bellhop Pasta at the Co-op • An Interview with
Commonplace Farm • Force of Nature Meats • Double Up Food Bucks • and more!



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The Co-op Thymes is a free quarterly magazine published by First Alternative Co-op. Available in our stores and around Corvallis, it can also be viewed online at firstalt.coop.

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

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Excitement Grows at the Co-op this Spring

Adam Payson, *Thymes Editor*

With 50 years of cooperative experience under our belt and a spring in our step, First Alternative is here for another year of bringing people together through fresh, local, organic food and a focus on products that uplift communities near and far. Powered by the people—the 12,000 (and growing) Owners that make up the Co-op Community—there's nothing we can't do.

The year got off to an unexpected start when an early morning fire destroyed the annex building behind the South Store that housed our kitchen, backstock, and other facilities. Thankfully, no one was hurt. The immediate outpouring of gratitude and offers to help we received were absolutely amazing. Local businesses kindly stepped in to keep our Deli stocked with delicious foods and the Co-op Kitchen is in the beginning phases of setting up a temporary Kitchen in downtown Corvallis so we can bring your favorites back. Follow us on Facebook and Instagram at [@firstaltcoop](https://www.facebook.com/firstaltcoop) to get the latest.

In the meantime, the best way to support us is also the simplest—come in and shop or order for Pick-up & Delivery (learn more and get your order started at firstalt.coop/order.) Both Co-op locations are open 8am-8pm daily for all your grocery needs and we'd love to see you here! It's that kind of support that's kept us going strong for 50 years and nothing could mean more to us.

Interested in taking the next step? Become a Co-op Owner for only \$70 (payment plans available.) The backbone of the Co-op Community, Owners help guide our cooperative business by voting on store referendums and electing (and comprising) our Board of Directors. Owners also receive a once-per-month Owner Sale Day, where almost every non-sale item in the store is 10% off! If you're interested in joining, visit Customer Service at either store or firstalt.coop/ownership and become an Owner today. 

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SPRING PLANTING GUIDE

Eager to plan a garden this spring? Here's some help for planning when and where to plant seeds and starts. If you start seeds inside, remember they'll need to be hardened off gradually before transplanting outside. Keep in mind that heat-loving plants like tomatoes, basil, peppers, and eggplant don't like to get chilly at night, so be sure to give them a little cover when May or June nights get cold.

MARCH

APRIL

MAY

Arugula		Seeds or Starts Outside	
Basil			Seeds Inside
Beans			Seeds Outside
Beets		Seeds Outside	
Broccoli	Seeds Inside	Seeds or Starts Outside	
Cabbage	Seeds Inside	Seeds or Starts Outside	
Carrots		Seeds Outside	
Chard	Seeds Inside	Seeds or Starts Outside	
Choi	Seeds Inside	Seeds or Starts Outside	
Cilantro	Seeds Inside	Seeds or Starts Outside	
Cucumber		Seeds Inside	Seeds or Starts Outside
Eggplant	Seeds Inside (as early as 2/15)		Starts Outside
Kale		Seeds or Starts Outside	
Lettuce	Seeds Inside	Seeds or Starts Outside	
Mustards	Seeds or Starts Outside		
Peas	Seeds or Starts Outside		
Peppers	Seeds Inside (as early as 2/15)		Starts Outside
Radishes		Seeds Outside	
Spinach		Seeds or Starts Outside	
Squash		Seeds Inside	Seeds or Starts Outside
Tomatoes	Seeds Inside (as early as 2/15)		Starts Outside
Zucchini		Seeds Inside	Seeds or Starts Outside



Garden Supplies

First Alternative Co-op's South Store carries a variety of gardening supplies and both stores carry a selection of local and organic seeds. Many of our products are locally produced. Pick up some of the basics along with your groceries when you stop by this spring!

Scatter Some Seed!

- **Adaptive Seeds**—Sweet Home Certified Organic & Open Pollinated (available at both stores)
- **The Thyme Garden**—Alesia (available at both stores)
- **Territorial Seeds**—Cottage Grove Certified Organic & Biodynamic (South Store only)
- **Peace Seedlings**—Corvallis (South Store only)



Amendments, Etc.

- **SeaCoast Compost**—Coos Bay Biodynamic (South Store only)
- **Down to Earth Potting Soil**—Eugene (South Store only)
- **Down to Earth Amendments**—Eugene (South Store only)
- We also carry Sluggo and diatomaceous earth in bulk and a diverse range of other products. (South Store only)



Get Started With Some Starts!

- **Thyme Garden Herb Starts**—Alesia (available at both stores)
- **Peoria Gardens Plant Starts**—Corvallis (South Store only)
- **Lively Organic Farm Starts**—Eugene (South Store only)

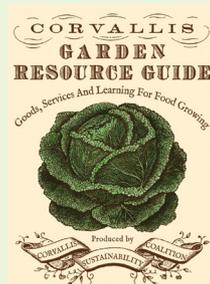


Helping Hands

❁ Corvallis Sustainability Coalition's *Garden Guide* is a useful, free resource for accessing a wide variety of gardening-related information. Got extra garden produce to share? Need to find plots to rent? Want to volunteer at a community garden? Find information on a broad range of topics here. Visit sustainablecorvallis.org/action-teams/food to find this guide and more great opportunities.

❁ Check out the Facebook group *Corvallis Garden Share* for advice, networking, and resource sharing.

❁ Leonard Street Community Garden takes donations of seeds or starts. Call Rebecka 541-752-7220 x312 to coordinate or make a donation directly to devnw.org/support-devnw.



❁ Starker Arts Garden for Education (SAGE) needs volunteers to help grow produce for food banks and soup kitchens. Contact them at sage@corvallisenvironmentalcenter.org.

Little Free Farm Stand

Brittney West (*Plant Posse*) and Gavin Tougher (*Pith to Bark*) collaborated to design and construct these hand-crafted *Little Free Farm Stands* which are a simple way to share your garden bounty with the community. They are made to order from reclaimed wood and cost \$125. Order yours at eatingrainbowgardencoop.com/shop. 🥒



Love Allium: an Ode to the Onion and Others

We still love you, even though sometimes you make us cry

Take any thousand savory recipes and you'll find that most allium—pardon, most *all of them*—call for an onion or garlic. Here's a fun look at these all-star alliums along with some delightful, and often mild, early-season alliums—rising stars that we hope to be seeing a lot of this spring at the Co-op, often direct from our local farmers.



Onions Easy to grow, transport, and store, we've been cultivating onions for at least 5,000 years. Egyptians saw them as a symbol of eternal life, and buried them alongside Pharaohs. Ancient Greeks thought so highly of them that Olympic athletes ate them by the pound, drank their juice, and rubbed themselves with the bulbs.

If the traditional storage onion's sulfury bite is too much, consider **spring onions**. With grass-like shoots and small bulbs, spring onions are a miniature and mild relative to the onion. Grilled or roasted whole, they have a lovely and delicate flavor, like an extremely mild sweet onion, and make a great side dish.

For a slightly bolder flavor, try **green onions**, also known as **scallions**, which look like bulbless spring onions. Still milder than an onion, they

Spring onions (above) & scallions

have more zing than a spring onion. Thin slices of their green tops make an eye-opening garnish, while the thin white bulbs make a great addition to stir-fry or fried rice dishes.



Garlic Here's some twisty etymology fun—the word allium is derived from the Latin word for garlic, while the word garlic evolved from the Anglo-Saxon *garleac*, meaning "spear leek." Unlike onions with their singular bulbs made of fibrous, fleshy leaves, a garlic bulb is made up of discrete cloves with a papery skin and fleshy interior.

If you find the pungency of regular garlic too powerful, give **green garlic** a try instead. Sometimes looking more like an oversized scallion or spring onion, it's just garlic harvested while immature. Eaten raw, it's still pretty pungent, but cooking mellows its flavor considerably.

For another smooth spin on the garlic experience, give **garlic spears** also known as **scapes** a try. The curled tops of hardneck varieties of garlic, they're trimmed off the plant in the spring encouraging the garlic bulbs to grow fat. To cook, simply snip any papery material extending from the bulb tip, coat with oil and roast or throw on the grill, cooking until tender and caramelized. Pickled garlic spears also make for a delightful treat.



Garlic spears

An allium's powerful flavor comes from compounds of the element sulfur. Chopping onions and shallots lifts one compound, propyl sulfoxide, into the air. When it comes into contact with the moisture in our eyes, a chemical reaction creates sulfuric acid and brings tears.

But you can stop all the cryin' (or minimize it) with these simple techniques! Pop your onions or shallots into the fridge for an hour before you plan to chop. The sulfoxide can't escape into the air as well when it's chilled. Ventilation is also key. If it's too cold to chop the onion in front of the window, turn on your hood fan and do your dicing below it. Chopping efficiently (and safely) is another way to avoid the tears. You can turn an onion into a small dice in no time with the right technique. To see how, watch demonstration from Donna's Kitchen on our YouTube channel: youtu.be/IOwhBHoorYo.



Caramelizing Onions (or Shallots)

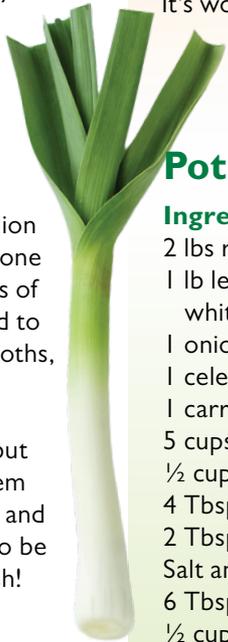
Caramelized onions or shallots can make a regular dish savory, sweet, and spectacular and all it takes is butter, olive oil, and patience.

Directions: Halve a peeled onion from root to stem and chop into thin slices perpendicular to the stem creating half-moon slices that fall apart into straws. Put a skillet over medium heat and add 1 Tbsp each butter and olive oil for each onion being caramelized (or 2 Tbsp. olive oil if you'd like to omit the butter.) Once the oil is shimmering, add the onions, keeping the heat at medium, coat thoroughly and stir the onions every 5-10 minutes until they're caramelized. It can take from 30 minutes to an hour to truly achieve caramelization depending on the type and amount of onions, the sugars in them, and other factors. It's worth the wait. Ultimately, the onions will be sticky with a deep, golden brown color. Don't be afraid to taste test, they're only done when you like them!

Shallots They have the same juicy, layered interior structure as an onion but with bulbs that grow in garlic-like clusters of cloves. A delicate (for an allium) flavor, like a mild, almost buttery-sweet onion, you can substitute them in any recipe calling for an onion. Their delicate texture makes them easier to caramelize than onions, making them an especially good substitute in recipes calling for them.

Leeks Looking like a scallion the size of a baton, leeks are one of the mildest tasting varieties of allium. They're popularly used to help build a flavor base for broths, soups, and stews. In cooked dishes, they can be used as a milder substitute for onions but are too fibrous to replace them in any raw preparations. Dirt and grit can hide deep in a leek, so be sure to give them a good wash!

Chives An herb in the allium family, chives pack big onion flavor into unassuming grass-like stems. Primarily used as a garnish, their bold flavor works just about everywhere—from omelets and baked potatoes to salads and roast meats. Just grab your bundle of chives and some kitchen shears and snip tiny pieces directly onto your dish. If you cook with chives, make sure to add them to the heat late in the process or else they will wilt.



Potato Leek Soup

Ingredients:

- 2 lbs russet potatoes, peeled & diced
- 1 lb leeks, washed and chopped, white & light green parts only
- 1 onion, chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 5 cups chicken stock
- ½ cup milk
- 4 Tbsp butter
- 2 Tbsp chopped flat leaf parsley
- Salt and pepper
- 6 Tbsp plain yogurt
- ½ cup chives, green onion or shredded cheddar cheese

Directions: Melt butter in a large saucepan. Add potatoes, leeks, onion, celery and carrot; cover and cook 5-7 minutes, stirring frequently. Add chicken stock, salt, pepper and parsley. Reduce heat to low, cover and cook until vegetables are tender and potatoes are soft, about 20 minutes. Add milk to pot; mash potatoes and vegetables in the pot with an immersion blender or transfer to a blender in batches and process until smooth. To serve, ladle into bowls and swirl 1 tablespoon yogurt into each serving. Sprinkle with chives, green onion, or shredded cheddar cheese.



Recipe courtesy of the Corvallis Sustainability Coalition's *Simply Seasonal Recipes*. You can learn more about the Coalition, including how to volunteer at sustainablecorvallis.org.

Find all your fresh, local, organic ingredients you need at First Alternative Co-op. 



Handmade Bellhop Pasta Comes to the Co-op

Three cheers for fresh noodles from the "Brothers in Cheer"

Bellhop, a small restaurant in downtown Corvallis owned and operated by Chef Brian Parks, takes pride in preparing locally sourced, handmade food including house-made pasta dishes, southern-style fried chicken, artisanal sandwiches, and fresh salads. Seasonal specialties include seafood from the Oregon Coast, locally foraged mushrooms, and a variety of Oregon raised meat and poultry.

When COVID hit, the Bellhop team began to think of ways to make the best of the situation. As a small restaurant operating with a limited staff, they decided it was best to focus on takeout and delivery, serving hungry customers three hours a night, five days a week.

You'll find a handy guide to ordering Bellhop for take-out and delivery at: bellhopcorvallis.com/hoursservice.
Pro tip: call your orders in early!

Wanting to still do more to keep the community fed, Bellhop dedicated themselves to getting their pasta into the local stores.

They studied the market, worked to find the best packaging and labeling, and after a lot of hard work and persistence, Gathering Together Farm's farm stand became the first to sell their fresh, handmade pasta.

Now we're excited and honored to carry it as well. Look for strozzapreti, trumpette, bucatini, macaroni, radiatore and tagliatelle in the refrigerated section at both Co-op locations.

Bellhop pasta's only ingredients are Non-GMO semolina flour and water (and sometimes fun colors derived from beets, turmeric, or squid ink.) To prepare, simply add pasta to boiling water, checking every minute or so until it reaches your desired texture.

Bucatini Puttanesca

Thick spaghetti with a hole running through it, bucatini is perfect for this bold dish. Story goes, it was created by an Italian restaurant owner, ready to close for the night and low on ingredients, who was met by a table of hungry patrons that declared, "una puttanata qualsiasi," or "throw something together" (but ruder.) Just goes to show, give the chef some spice and you get some back.

A pinch of chile flakes
2 cloves garlic, chopped
1 medium white onion
½ - 1 tsp chile powder
1 teaspoon dried oregano
1 Tbsp capers, drained and chopped
1 cup pitted black olives, chopped
1 (14 ½ oz) can diced tomatoes
1 lb. Bellhop bucatini
Salt and pepper to taste

In a large saucepan, heat oil and chile flakes over medium heat. Add onion and garlic, cook until starting to brown. Add chile powder, oregano, capers, olives and coat well. Add tomatoes and ¼ cup water. Bring to a boil, reduce to a simmer and cook for 10-15 minutes until the mixture darkens. Meanwhile bring a pot of salted water to a boil and prepare the noodles. Drain noodles and add them to the sauce, mixing thoroughly. Add salt and pepper to taste and, if desired, finish with grated Parmesan and parsley.

Bellhop bucatini. Also look for strozzapreti, tagliatelle, trumpette, macaroni and radiatore, available at both Co-op locations. 

Subject to availability.



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- 9 am - Here & Now
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- 2 pm - The World
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Commonplace Farm is Anything but Ordinary

An Interview with the Corvallis-based salad specialists

The family farm isn't too commonplace anymore, but the Muellers didn't let that stop them. Their adventure in agriculture began outside of Eugene where they farmed and sold to markets, restaurants, and stores as Excelsior Farm. At the beginning of 2020, they made a huge change, relocating to Corvallis where a retiring farmer needed trustworthy organic stewards to continue working their land. In a recent interview, Jeremy Mueller told us the story:

Location and size of farm: The 24 acre property was sold to us by Denison Farms as Tom and Elizabeth have retired from farming after many years of service. After many years of looking for property we're very grateful to be farming here and keeping the land in organic food production for local folks. This year we shared the property with our neighbors, Riverland Family Farms, as it will take a little while for us to grow into the new property.

What's your crew size? We worked with a seasonal crew of 7 people this year. We also have a 4 year old daughter named Marion who is around the farm. Together we grew, harvested, washed, packed and

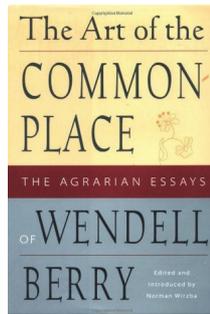
delivered organic produce for 40 local grocery stores throughout Eugene, Corvallis, Salem, and Portland. We also normally grow for restaurants, but unfortunately this was a hard year for our restaurant friends.

Tell us about what brought you to farming in the first place. From the beginning of our relationship we wanted to work together, and have always harbored a desire to have a home on a farm where work, life, family, and friendships can take place within the context of growing food for our wider community.

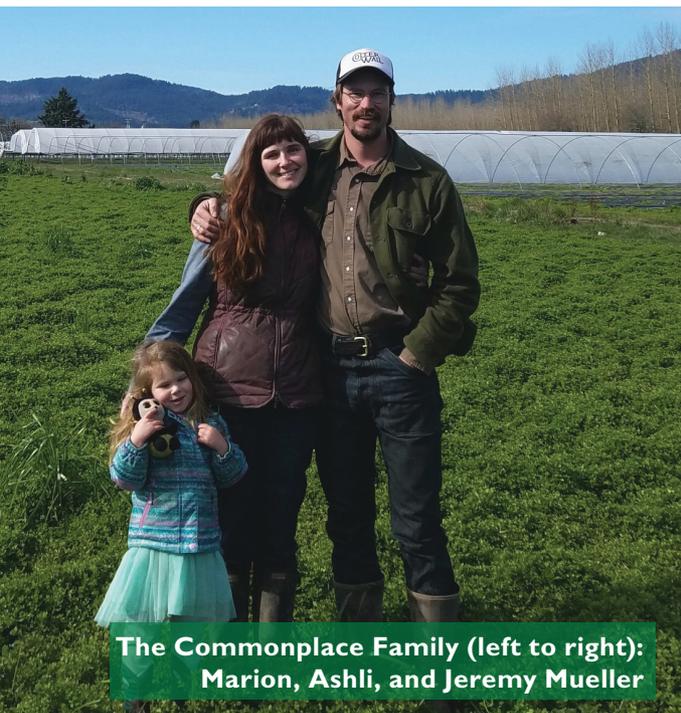
Some of these ideas were crystallized for us in the writings of Wendell Berry, especially one collection of essays entitled *The Art of the Commonplace: The Agrarian Essays of Wendell Berry*. Our farm name is a sort of punny, homage to this collection as it represents a starting point in our farming endeavor and a guiding light for us as we continue.

You recently relocated to Corvallis. Could you tell us a little about that change? Moving our family and farm business here has been challenging. Our new location had no buildings or heated greenhouse space so we had to first build these. While we were still building infrastructure COVID struck, making it more difficult to get things done. It's been a heck of a year.

We started by moving the farm, hiring a new crew, and building infrastructure and then had to deal with the pandemic and extreme wildfires. We didn't have a day off in over a year.



Look for it at local booksellers



The Commonplace Family (left to right): Marion, Ashli, and Jeremy Mueller



We're looking forward to getting some rest this winter. Next year we're looking forward to continuing what we started. It hasn't been easy moving here and getting going, but we love what we do and we love where we live. Looks like we're here to stay.

What do you grow? We think of ourselves as “small-scale organic salad farmers” because we specialize in growing salad crops, but this includes a pretty wide variety. We have 5 main babyleaf salad products, 3 main microgreen products, and we grow specialty head lettuce, chicories, radicchio, collard greens, kale, chard, fennel, cilantro, parsley, and dill.

Other than these cash crops we love to grow cover crops to build soil health and provide organic nutrients.

What do you sell to the Co-op? This year we sold babyleaf salad greens, microgreens, head lettuce, specialty chicories, and radicchio to the Co-op. In addition to these crops, we hope to be able to offer more head lettuce, bunching greens, and herbs in 2021.

Tell us a little about your farming practices and philosophy: We are a certified organic farm, so our farm uses natural and biological systems rather

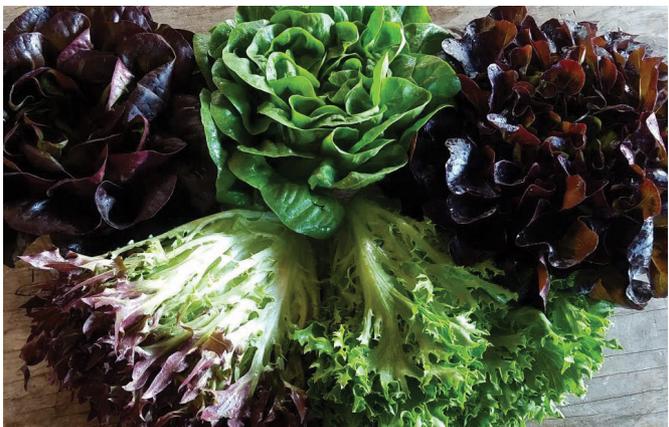
than synthetic inputs. In addition to this we are always striving to figure out better ways of growing that use less energy and produce better food. A key part of how we measure our success as farmers is the health of our soil. Because this is a priority, we have consistently increased the amount of organic matter in the soil rather than depleted it where we have farmed.

Where else can we find your produce in the community? You can find our produce at many local Co-ops, independent grocers, and some regional chains in Eugene, Corvallis, Salem, and Portland. Our produce is also available seasonally through Organically Grown Company.

Anything else you'd like to tell us or share with our readers? We love working with First Alternative and think of the Co-op as an ideal partner to offer our organic produce to local folks. Thanks!

Bonus question! Any advice for home gardeners this spring?

Start by doing a soil test then use the test results to inform my decisions about what organic soil amendments to add. One fairly safe and very beneficial amendment I would use liberally when first starting a garden is high quality, finished, compost. *More home gardening info on page 4.* 🥬



Force of Nature Meats at the Co-op

Combating climate change with better, more diverse meat

Force of Nature is working to reclaim the legacy of meat and to help build a global regenerative supply network based around regenerative agriculture, because Earth needs it. A focus on profit and growth above all else has made us dependent on a global supply chain that's both fragile and destructive. For the health of our planet and ourselves, we can't carry on this way.

Austin, Texas-based Force of Nature is uniting land stewards, ranchers, and farmers across the Southwest and Midwest to create a form of livestock farming modeled after nature. With diverse herds grazing large swaths of land, they hope to help rebuild ecological health, because, as Force of Nature co-founder, CEO, and land steward Robby Sansom says, "nature got it right. 4.5 billion years later, it's time we recognize

our only path forward is with nature, not against it." Through properly managed grazing, livestock can improve soil health, stimulate deep-rooted grasses, increase biodiversity, propagate seeds, aerate soil, and sequester atmospheric carbon.

It was grazing herds of elk and bison that once made North American soils so fertile. Force of Nature is looking to recreate that, while also creating exciting new opportunities in your kitchen and on your grill.

Diversify your meat intake with Force of Nature's grass-fed and finished Ground Bison and Ground Elk, try their Grass Fed Beef Ancestral Blend, or take a bite out of invasive species with 100% wild caught Ground Wild Boar—all available in the freezer section at the Co-op.

What's Regenerative Agriculture?

It's a system of agricultural principles and practices meant to go beyond conservation to focus on the rehabilitation of our planet.

It focuses on regenerating topsoil, increasing biodiversity, and keeping carbon out of the atmosphere and in the soil where it belongs.

Ultimately, these practices—which include low-to no-till farming, carefully managed grazing, cover cropping, and crop rotation—will increase biodiversity and strengthen the ecosystem against climate change and natural disasters.



100% Grass Fed Ground Elk This lean, flavorful meat that's typically only been available to hunters is now just a visit to the Co-op away. Substitute this for ground beef in any of your favorite dishes, and enjoy the richness of one of Mother Nature's best kept secrets.



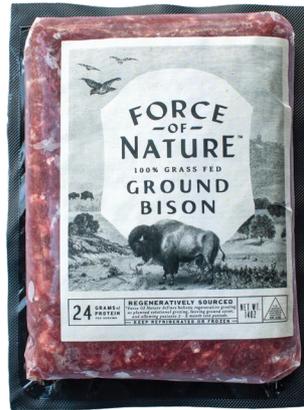
100% Wild Caught Ground Wild Boar A flavorful solution to the \$2.5 billion in environmental damage being caused every year by invasive wild boar in Texas. This wild caught boar is similar to farmed pork, but leaner and richer in flavor. If you like pork, you'll love this.





100% Grass Fed Beef Ancestral Blend

This unique ground beef blend incorporates nutrient rich organ meats into a product with the taste and texture you expect from ground beef. This 100% grass fed and finished blend includes 3% beef heart and 7% beef liver.



100% Grass Fed Ground Bison

A cornerstone of North America, these bison spend their life grazing on regenerating grassland. Their rich meat is endlessly versatile, making them great for burgers, meatloafs, chilis, tacos, and just about any other meat dish. 🥬



HOW REGENERATIVE AGRICULTURE WORKS

FORCE OF NATURE

SUN

The strongest force in our solar system, the sun creates plant growth through photosynthesis.

RAIN

Rainfall infiltrates soil and allows grass to grow. Thriving grasslands are effective at recharging aquifers.

BIO DIVERSITY

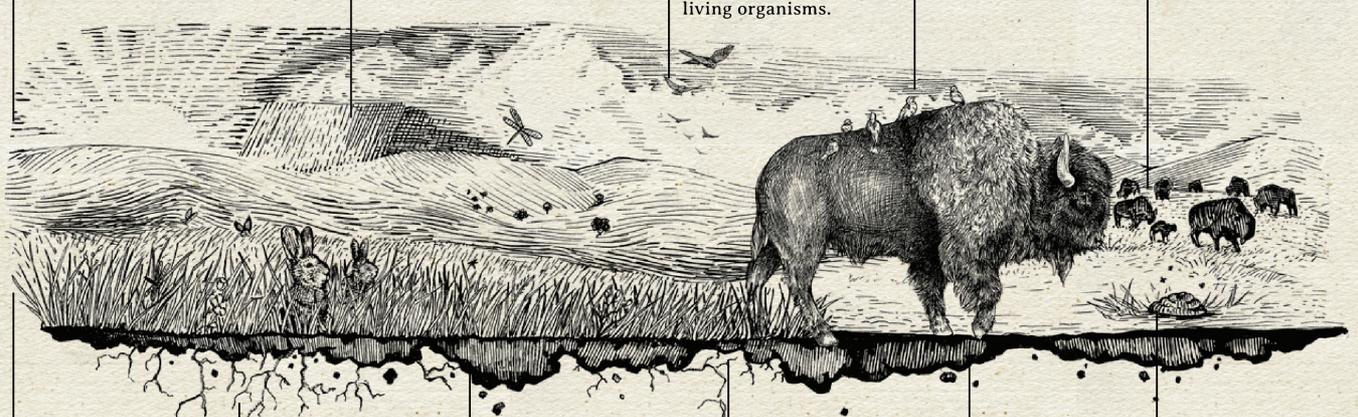
Thriving grasslands provide habitat to thousands of living organisms.

RUMINANT ANIMAL

Grass is digested in the rumen and converted to muscle.

PROPER GRAZING

Managed grazing stimulates further grass growth and root development.



THRIVING GRASSLANDS

Grasses capture CO2 from the atmosphere more effectively than ANY OTHER functioning Earth system.

GRASS ROOTS

Grass roots cycle carbon deep into the soil, thereby COMBATING CLIMATE CHANGE.

SOIL CARBON

feeds plants and carbon increases the pastures ability to hold water and feeds soil biology.

SOIL BIOLOGY

feeds plants and grasses while improving the nutritional value of food.

HOOVES

aerate soil, break up compacted earth, and improve circulation.

URINE AND MANURE

fertilizes soil through animal compost and feeds desirable biology.

Donna's Kitchen



Donna Tarasawa
Outreach Specialist



BUDGET RECIPES

With both staying in and budget-minded cooking being more important than ever these days, we've decided to keep serving you fresh Budget Recipes: healthful dishes made with natural ingredients that won't break the bank. Here are four more for your collection!

Spinach Omelet Delicious and easy, these omelets are something to crow about, any hour of the day. The dried dill adds an extra layer of flavor to the eggs and adding minced garlic to the spinach (feel free to use fresh or frozen spinach) takes the flavor to the next level while still keeping it super affordable.

Corn Cakes & Black Bean Salsa Typically portrayed in sweet, butter-topped stacks dripping with syrup, the versatility of the flapjack format shouldn't be overlooked. Try these savory pancakes with mild salsa for a taste of the possibilities. We used canned beans here, but feel free to cook your own for even more savings.

Tofu with Peanut Sauce This dish features what could be one of the best—and easiest—peanut sauces you will ever try, served over delicate rice noodles and tender cubed tofu. Top it off with a hearty garnish of green onions (last seen on pg. 6) for a lunch that's as affordable as it is flavorful.

Chicken Makhani This is a dairy free twist on the classic Indian dish that uses coconut oil instead of butter and coconut milk instead of cream and yogurt. For the boldest flavor, buy your spices in bulk as you need them. Not only will you be saving money, you'll be sure you're getting the freshest ingredients possible, which can only improve the flavor. 

Another way to savor and save: Budget Bites, a free quarterly booklet featuring 6 dinners for 2 adults. Grab a free copy in the store or read current and back issues at firstalt.coop/budget-bites.



BUDGET RECIPES

Tamale Pie

\$0.77
per serving

Note: prices may vary, estimate only.

BUDGET BITES
A budget-minded meal plan
6 dinners for 2 adults. Menu on back page.

PLAN & SAVE FALL 2020

BUDGET BITES
A budget-minded meal plan
6 dinners for 2 adults. Menu on back page.

WINTER WARMTH WINTER 2021 VOL. 11



Get more Budget Recipes online:
Visit firstalt.coop/recipes or follow us on
Facebook and Instagram: [@firstaltcoop](https://www.instagram.com/firstaltcoop).



Spinach Omelet



\$1.77

per serving

Note: prices may vary, estimate only.



Corn Cakes with Black Bean Salsa



\$2.40

per serving

Note: prices may vary, estimate only.



Tofu with Peanut Sauce



\$2.06

per serving

Note: prices may vary, estimate only.



Chicken Makhani



\$3.97

per serving

Note: prices may vary, estimate only.

Corn Cakes with Black Bean Salsa

Ingredients:

Black Bean Salsa

1 cup cooked black beans
2 green onions, sliced
1 can mandarin orange segments, drained
2 tsp sugar
1 tsp lime juice
¼ tsp salt
⅛ tsp hot pepper sauce

Corn Cakes

¾ cup milk
2 eggs
⅔ cup flour
½ cup yellow cornmeal
2 Tbsp sugar
1 tsp baking powder
¾ tsp salt
⅛ tsp cayenne
2 cups frozen corn, thawed

Instructions: In medium bowl, combine all salsa ingredients. Set aside. In another medium bowl, combine milk and eggs; beat well. Add remaining ingredients and stir until moistened. Heat griddle to 350° or large skillet to medium-high heat. Pour about ¼ cup batter onto griddle, spreading batter to a 4" circle. Cook 2-3 minutes, turn over and continue to cook 2-3 minutes more or until golden brown. Serve with salsa.

Serves 4

Estimated price per serving: \$2.40

Spinach Omelet

Ingredients:

3 eggs, beaten
¼ tsp dill
½ tsp water
Salt & pepper to taste
2 cups spinach, rinsed and chopped
2 cloves garlic, minced
½ cup grated cheese
2 tsp butter

Instructions: Place eggs into a small mixing bowl, add dill, water, salt & pepper and whisk until mixed. Heat skillet and add butter. When melted, add spinach and garlic. Stir and cook until spinach is wilted, then spread spinach out in skillet and pour eggs over. Cook over medium-low heat until eggs are mostly set. With a large spatula, flip omelet over briefly to finish cooking eggs. Flip back over, spread cheese over top, cover and cook 1 minute until cheese starts to melt. Fold omelet in half. Slide onto a plate, cut in half to make 2 servings.

Serves 1

Estimated price per serving: \$1.77

Chicken Makhani

Ingredients:

3 Tbsp coconut oil, divided
½ onion, diced
1 Tbsp lemon juice
1 Tbsp fresh ginger, grated
2 cloves garlic, minced
2 tsp garam masala, divided
2 tsp chili powder, divided
2 tsp cumin
1 bay leaf
1 Tbsp veggie broth powder
1 cup hot water
2 Tbsp agave syrup
½ can tomato paste
1 can coconut milk
Salt & pepper to taste
1# chicken thighs
¼ cup cilantro, minced

Instructions: Sauté onion in 2 Tbsp oil till translucent. Add lemon juice, ginger, garlic, 1 tsp garam masala, 1 tsp chili powder, cumin, and bay leaf. Cook 1 min. In med. bowl, whisk together broth powder and hot water. Add agave, tomato paste and coconut milk. Pour over onions and simmer for 10 min. Remove bay leaf; add salt & pepper to taste. Remove from pan and set aside. In the same pan, melt 1 Tbsp coconut oil; add chicken, 1 tsp chili powder and 1 tsp garam masala. Cook until chicken is brown on both sides. Pour sauce back into skillet and cook until chicken is cooked through, about 20-25 minutes. Serve over rice, garnished with cilantro.

Serves 4 • Estimated price per serving: \$3.97

Tofu with Peanut Sauce

Ingredients:

6 oz Pad Thai (rice) noodles
1 block tofu, cubed
2 Tbsp olive oil
2 green onions, sliced
1 – 1" piece ginger, peeled
1 garlic clove
½ cup peanut butter
2 Tbsp tamari
1 Tbsp lime juice
1 tsp (packed) brown sugar
¼ tsp crushed red pepper flakes
⅓ cup water

Instructions: Prepare peanut sauce. Place all ingredients in a blender and blend until smooth. If needed to thin, add water 1 Tbsp at a time. Set aside.

Heat 2 quarts water to boiling, remove from heat, add noodles and cover. Let sit until noodles reach desired firmness, then drain. Meanwhile, heat oil in a skillet, add tofu and cook until lightly browned. Add green onions and sauté 1 minute.

Stir together noodles, tofu and sauce and serve.

Serves 4

Estimated price per serving: \$2.06

Double Up Food Bucks at the Co-op

Combining the benefits of SNAP and Double Up Food Bucks helps bring the farm to every fork



**DOUBLE UP
FOOD BUCKS™
OREGON**

We are pleased to announce the Co-op's participation in Double Up Food Bucks, an exciting new national model for produce incentives available in 18 states and counting.

Developed by the national nonprofit Fair Food Network, Double Up Food Bucks matches SNAP (Supplemental Nutrition Assistance Program) dollars spent on fresh fruits and vegetables. *(Daily redemption limits apply. Please see store for details.)*

Double Up Food Bucks (DUFB) is a real rarity—a win/win/win situation. It allows families with SNAP benefits to buy more healthful foods, helps local farmers and grocers gain new customers, and keeps more food dollars within the local economy.

An OSU survey of participants in the Farmers' Market version of this program, which began in 2015, showed that the program was having a positive impact. Nearly 70% said that they were eating fewer processed foods, 81% said they had more food available at home, and a whopping 91% were buying more fruits and vegetables. *(Please note that enrollees in the Farmers' Market DUFB program still need to register at the Co-op and benefits dollars cannot be transferred.)*

Now, the expansion into grocery stores offers even more opportunities for low-income shoppers to enjoy fresh, healthful foods, and you better believe we're excited about it! EBT shoppers, make sure you're doubling your food bucks this spring, at the Farmers' Market and the Co-op!

Here's how it works...

1

VISIT THE CO-OP & SIGN UP AT CUSTOMER SERVICE (MAKE SURE TO BRING YOUR EBT CARD)

Please allow 1-2 weeks for enrollment processing.



South Store



North Store

2

Once enrollment is complete, **SHOP FOR FRESH, LOCAL, ORGANIC FRUITS & VEGGIES...**



3

AND FOR EVERY \$1 YOU SPEND ON FRESH FRUITS & VEGGIES WITH YOUR EBT CARD THIS VISIT...



4

YOU GET \$1 OF DOUBLE UP FOOD BUCKS ON FRESH FRUITS & VEGGIES YOUR NEXT VISIT!

Be sure to use your EBT card & let your cashier know you'd like to redeem points.



GET MORE FRUITS & VEGGIES WITH YOUR EBT CARD



& DOUBLE UP FOOD BUCKS

How An Environmental Center Adapts

The Corvallis Environmental Center has navigated the "new normal" and kept their crucial mission on track

The Corvallis Environmental Center (CEC) is a local nonprofit that reaches thousands of people in the community every year through place-based education programs at Avery House Nature Center, a 1-acre demonstration and education garden in Bruce Starker Arts Park known as the Starker Arts Garden for Education (SAGE), schools in and around Corvallis, regional parks, and through their virtual education resource page, CEC Connects.

When the pandemic first began, many nonprofits were negatively impacted, and the CEC was no exception. However, after quickly

adapting using a little creativity, ingenuity, and a lot of hard work, they were able to continue meeting local needs and serving those who need support.

Staff continued to pick up their gardening tools at SAGE, clearing ground and planting produce, well aware that the community members it's donated to would have an even greater need for increased access to fresh, healthy food than before.

In 2020, CEC donated over 9,500 lbs of fresh produce to families facing food insecurity through their partnerships with local food banks and kitchens. CEC also manages Dunawi Creek Community

Garden which has helped families access sustainably grown, fresh food for themselves, a vital part of maintaining food security.

Through CEC's Farm to School program they deliver online and in-person content to teach children about regional food systems and foster a connection to local farmland. Students receive activity sheets focused on nutrition and food education, utilizing pre-made boxes that are picked up from school meal sites every month. Students from several area elementary schools can attend Garden Adventure classes at SAGE free of charge, promoting an accessible early introduction to healthy eating and the agricultural process.

Through their online learning platform, CEC Connects, virtual education content is delivered and often features lessons and video tours of local farms.

Avery House Nature Center continues to host NaturePlay preschool as an emergency, in-person, early childcare center. Not only have CEC educator's gone above and beyond to prioritize children's safety, they made rapid adjustments and adaptations to give children as many opportunities to continue to grow and learn as possible.

Through their elementary age programs, children have been able to get outside and dig around in the dirt at SAGE, put their investigative and scientific minds to work at CEC

The Corvallis Environmental Center (CEC) is a 501c3 nonprofit that was founded in 1994 as a grassroots effort to take action on a number of environmental issues. For over 25 years the CEC has been one of the keystones of our local community. Through programs focused on environmental literacy, food and farming education, local food security, energy efficiency and climate action, the CEC has established itself as a regional leader in the environmental movement.



www.corvallisenvironmentalcenter.org

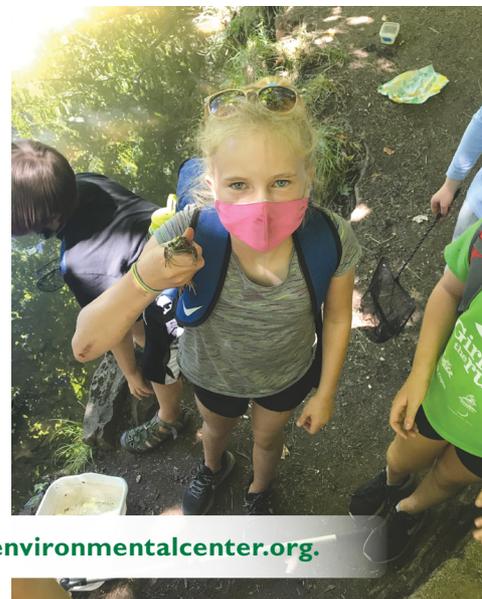
STEAM programs, and interact with an Avery House critter, all while incorporating movement based learning in every class during School's Out Adventures.

As spring gets closer, the CEC has recently opened registration for the next session of educational programs and is diligently planning for 2021 Summer Camps, which for many children is the highlight of their year!

They can look forward to another amazing summer of making pizzas at SAGE with ingredients from the garden, digging in the dirt, learning about river systems, mountain biking, wildcrafting with natural materials, and so much more!

The challenges we have all faced in this last year remain but the CEC will continue to facilitate local, healthy, sustainable food initiatives and offer educational programs that foster the curiosity and love of nature in our future environmental stewards. They also remain steadfast to their mission to educate, engage, and inspire the community to actively create a healthy and sustainable world today, and for generations to come!

To learn more about the Corvallis Environmental Center including upcoming events, programs, and volunteer opportunities, visit their website: corvallisenvironmentalcenter.org. 



Learn more about CEC Connects at educate.corvallisenvironmentalcenter.org.

Wellness thyme

Spring Cleaning gets Personal with Oregon Soap Company



Spring is a time of renewal and reinvigoration, the perfect season for Oregon Soap Company, the Portland-based soapmaker dedicated to leaving the Earth cleaner than they found it.

Founded in 1994 by Sat Atma Singh, also known as Soapman, Oregon Soap Company is dedicated to using renewable energy and offsetting their carbon emissions, including the greenhouse gases produced in the growth and transport of both raw materials and the final product.

Soapman sums it up: "These days carbon neutral is not enough. If we are to have any chance of recovering from the increasing degradation of our natural environment, which is our life support system, each one of us must very quickly become carbon negative, which is to say, that our actions absorb more green house gases than they generate."

To help make this a reality, Oregon Soap Company, in partnership with Friends Of Trees and Trees for the Future, sees that one native plant or tree is planted for each ten bars or five gallons of soap they sell. As a result, over 30,000 trees and native plants have been planted since 2007.

The cleaning continues when you get their artisan crafted soaps made with organic ingredients home.

Bulk Bar Soaps: Pick your favorite from a veritable library including local favorites like Double Mint and Forest, invigorating Rosemary Lavender, and Truly Unscented, then chop your own bar, as thick or as thin as you'd like it. There's a soap for every skin type and a scent guaranteed to please every nose!

Bulk Liquid Castile Soaps: Made with organic coconut oils and olive oils, there are few soaps as gentle and versatile as these liquid castile

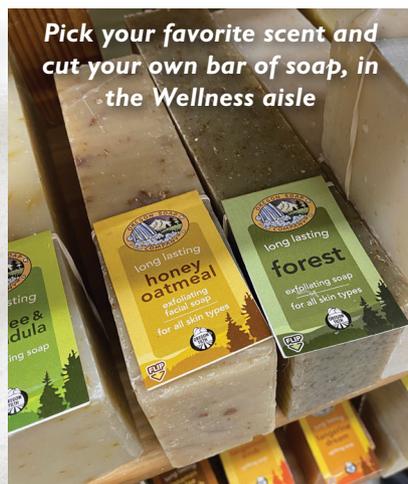
soap concentrates, available in bulk in the Wellness aisle. They're gentle enough to use in the shower but strong enough for just about any cleaning job around the house. Throw in the enormous range of scents and the freedom to get as little or as much as you need (we're even happy to special order entire 8lb. jugs for you, if you've got some serious cleaning to do) and you've got a super soap win on your hands.

Foaming Hand Soaps: If you'd rather have lather, grab a bottle of Oregon Soap Company Foaming Hand Soap in your favorite scent. Made with organic coconut and sunflower oils, each unassuming little bottle packs an enormous 300-plus pumps of gentle, cleansing soap. Economical 32 oz. refill bottles will keep you pumping past spring.

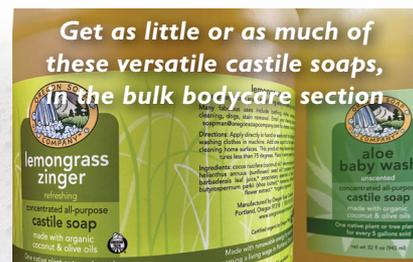
Look for Oregon Soap Company soaps in the *bodycare* sections of *Wellness* at both *Co-op* locations. 



Foaming hand soaps and economical refills save money and cut waste



Pick your favorite scent and cut your own bar of soap, in the Wellness aisle



Get as little or as much of these versatile castile soaps, in the bulk bodycare section



Selection varies by location



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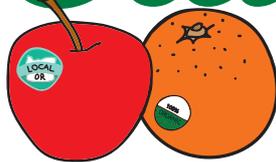
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Side ^{by} Side




The thought of hot cereal might evoke childhood memories of either goopy revulsion or bowls of creamy comfort. Regardless of how your inner child feels about it, cold late winter and early spring mornings might be the perfect time to revisit this truly world-wide breakfast custom.

As they say, “I was this many years old” when I found out rice porridge is a common staple in Japan, Vietnam, Cambodia, Indonesia, China, and Thailand to name a few. Other countries like Angola, Slovenia, Brazil, South Africa, and Estonia make theirs using flours ranging from buckwheat to cassava, and then there’s the cornmeal porridges from Romania, Italy, Ukraine and the United States.

There are far too many types to name here, but the one that really stood out for me is the Danish porridge *Øllebrød*, made from stale rye bread.

It has indigenous origins all over the world, I am embarrassed to admit that it was only in researching for this article that I learned that Southern grits have Native American roots.

Many porridges are made with milk and a sweetener but some are made with broth. I’ll never forget the first time I had savory porridge. I was interning at an organic blueberry farm in Bow, Washington. The owners

invited me for breakfast and opened up a new world of morning meals to me. Cooking hot cereal with stock, onions and garlic then topping it with a poached or fried egg became my obsession that season.

The beauty of hot cereal is that you can eat it every day and not get tired of it by simply changing up your add-ins and toppings. Dairy fanatics know cheese is dreamy but so is coconut milk. Love fruit? Try cooking your cereal in apple cider with frozen fruit and topping with jam or fresh fruit (you’re welcome). If you let your sweet tooth make the breakfast decisions, reach for brown sugar, maple syrup, or cook some chopped dried apricots and dates in your milk before adding the cereal. Instead of temping you further with the possibilities, let me introduce you to the cereals themselves.

Preparation Notes: I cooked all of these per the basic instructions on the packaging, using water. Most of them require at least 10 minutes on the stove and frequent stirring! If you get distracted easily, you will likely burn your porridge unless you turn the heat down very low (you know your stove better than I do). And make sure to soak your pan in water after you’re done because when hot cereals dry, they turn to concrete! Remember you get to dream up your own combinations, have fun and feel good, because hot cereal is an excellent source of fiber.

Gluten Free Options



Hot Cereal

Oatmeal, porridge & muesli, oh my!

Gluten Free Options

Bob's Red Mill Organic Creamy Brown Rice:

Has a creamy and also chewy texture with a mild flavor. I highly recommend this one as a starting point for anyone new to porridge.

Bob's Red Mill Organic Creamy Buckwheat:

The package describes this one as velvety but I'd liken it more to the texture of okra, or flaxseed. If you don't like those, this probably isn't the one for you. Personally, I don't mind it and thought it was tasty.

Bob's Red Mill Mighty Tasty Hot Cereal: My favorite of the bunch. I like cooking this one with milk and adding a little sugar when I am feeling nostalgic for childhood comforts but this is also my go to for adding garlic, broth, and a poached egg.

Bob's Red Mill Muesli: The hot preparation instructions left this one a bit too watery but I loved the crunch from the seeds and nuts and the burst of sweet and tart from the fruit and coconut shavings. Muesli gets the versatility award because it's just as delicious cold, no cooking required.

Ancient Harvest Organic Quinoa Flakes: Takes less than 2 minutes to cook on the stove! While it's still hot, it has a bit of a mushy texture but once it cools, it congeals into a more firm texture. It's quinoa so it's slightly bitter at first. If I had this one again, I would absolutely add some savory bits.

Other Options

Eden Rye Flakes: Rye flakes look a lot like rolled oats and cook up more like flat wheat berries, it's surprisingly chewy. If you're looking for creamy, you won't get it here but if you prefer firm textures, you'll have a lot of fun with this one, it even tastes a little bit like bran muffins...without the muffin.

Bob's Red Mill 5 Grain Hot Cereal: Contains flaxseed, whole grain wheat, rye, barley, oats and triticale. It has a chewy texture and a nutty flavor but also is neutral enough to be prepared sweet or savory. This one reminded me of "Cream of Wheat" but was tastier. It also had the longest prep time of up to 20 minutes.

Bob's Red Mill 7 Grain Hot Cereal: All the ingredients you'll find in the 5 Grain with the addition of pearled barley and brown rice for a thicker, more porridge-like texture. Very tasty!

Bob's Red Mill Organic Oat Bran: Creamy but sticky texture, the flavor is very subtle and would be a great starting point for someone who isn't sure about the taste of whole grains. It's the one that flavor-wise reminded me the most of grits. The serving size on this one was generous and share-worthy.

Bob's Red Mill Scottish Oatmeal: Naturally sweet and nutty tasting, very thick and suitable for both sweet and savory add ons. The difference between this and "regular oats" is the texture. 

Other Options



Selection varies by location

THE MAJESTIC THEATRE

VIRTUAL THEATRE

MARCH

5TH Singu-hilarity: A Robot Comedy Variety Show

20TH Majesticpiece Theatre:
21ST She Kills Monsters: Virtual Realms

27TH Majestic Readers' Theatre Company:
28TH The Heidi Chronicles

APRIL

9TH Friday Night Funny | 7:30pm

24TH Majestic Readers' Theatre Company:
25TH Hugs and Quiches

30TH Teatro Milagro presents Blast Off!

MAY

7TH Friday Night Funny: Suggestions Only | 7:30pm

8TH I Love You, You're Perfect, Now
16TH Change Reprise

22ND Majestic Readers' Theatre Company:
23RD This Random World

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