



From the
Board of Directors
Camille Freitag

Keep calm and Co-op on. That phrase from a Co-op t-shirt a few years ago sums up the resolve of our staff and shoppers over the last year. The staff were already dealing with a lot of change from the pandemic when a major fire destroyed a big part of the business, but they just continue to show up and get the job done so we can all keep enjoying the food and other products we are used to. This starts at the top with General Manager Cindee Lolik who was calmly moving forward even before the fire was out.

The Board has been getting weekly updates on the fire recovery and we learned that converting an existing restaurant kitchen to a production kitchen until we can replace ours is no easy process. Much of the essential equipment from our kitchen could not be salvaged and it takes time to get replacements. Things are moving forward though and hopefully the kitchen will be back in business very soon. I miss my breakfast burritos!

We recently looked over data on compliance with our Environmental Protection policy. This is my favorite report because I enjoy reading about all the creative ways First Alternative staff have come up with to limit environmental harm.

One area where we are struggling along with everyone else is recycling. Our current system in Oregon is confusing and not equally available to everyone. A couple

of bills that would change this are up for consideration in the State legislature. Senate bill 582-1 and House bill 2065 would require producers of plastic to share in the responsibility for recycling through a fee system. Revenue generated would be used to improve access for apartment and rural dwellers and improve worker health and safety. Confusion over what goes in the cart would be addressed through a statewide uniform list and truth in labeling. Things that were not actually accepted for recycling could not be labeled as recyclable.

Of course, this would be better addressed nationally, and Senators Merkley and Wyden have a pair of bills for that. One would establish a federal bottle bill modeled on Oregon's and the other focuses on requiring plastics producers to take responsibility and spurring innovation and investment in alternatives. If you have been frustrated by our recycling system, let your representatives know that you want them to prioritize these bills.



At our last meeting we heard from Cindee on adherence to our Code of Conduct policy and on the financial statement for the 4th quarter last year.

The Code of Conduct policy had been closely followed over the past year, but the Board decided to review the policy to make sure it is up to our current standards of creating a welcoming atmosphere for all. We are looking for ways to improve all our policies to live up to that standard. If you have any ideas for making the stores or the Board more welcoming to everyone, please don't hesitate to share them with us.

From the financial report, we learned that sales are under budget, which is no surprise considering the days the stores had to close because of the wildfire smoke. Overall, the stores are doing well through particularly challenging times. The best way we can help is to shop, so let's all keep calm and Co-op on. 🥒

In accordance with the State of Oregon mandate



For a complete list of changes, visit firstalt.coop/COVID-19

All customers are required to wear a face mask in the store.

April Board Committee Meetings

All Co-op Board of Director's committee meetings are currently taking place on Zoom. Owners interested in virtually attending one of these meeting should contact BREC@firstalt.coop for details.

Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

Tuesday, April 13, 6 pm

Finance Committee:

Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, April 14, 4:30 pm

Owner Relations Committee:

The primary conduit for communications and relations between Owners and Board.

Wednesday, April 14, 6 pm

First Alternative Board of Directors:

Elected Owners putting the cooperative principles into action.

Tuesday, April 27, 6 pm

STORE HOURS

8 am - 8 pm daily

**Pick-up & Delivery
at firstalt.coop/order**

In this Scoop:

The Co-op Condemns AAPI Hate Crimes • Equal Exchange Consumer Citizen Presentation, May 6 • Budget Recipes • Celebrate Earth Day with 25% off Hummingbird Wholesale Products • and more...

The Co-op Community is saddened by the violent attack against Asian Americans in Atlanta, Georgia on March 16 and by the rising tide of hate crimes against the Asian and Pacific Islander community across the country.

Hate has no place at the Co-op. We are committed to remaining a safe and inclusive place for every member of the community and are currently exploring local partnerships and learning what we can do to help AAPI communities locally and nationwide.



All of us in the Co-op Community are deeply saddened by the violent attack against Asian Americans in Atlanta, Georgia on March 16. Eight lives were taken senselessly, and this was not an isolated incident. Since March 2020 there has been a frightening 1,900% increase in hate crimes against the Asian and Pacific Islander community. We collectively grieve with everyone touched by this rise in violence against the AAPI community and want to make it clear that hate has no place in the Co-op Community.

The Co-op will always be a safe and inclusive place for every member of the community. We hope to help promote change at the community level, because the only way to turn the tide of hate is together.

We are currently exploring local partnerships and learning how we can best help as an organization—we'll have more to share soon.

In the meantime, we'd like to share this website on bystander intervention: www.ihollaback.org/bystander-resources which provides training on how we can protect our neighbors and co-workers when we witness harassment. 🥰



Checking in with the the Co-op Kitchen!

The Kitchen management team took a little break from cleaning, updating equipment, and figuring out the logistics of their new space in the former Mazama/Big River location to pose for a couple pictures. Thanks, team! It's looking great. We'd also like to offer a special thanks to Alan, who is leasing the space to us and being a huge help.

Everyone's working incredibly hard to get things up and running. As with any project this scale, unexpected challenges and delays that make it hard to estimate when we will be back up and running, but we're progressing well and hope to have a better sense of the timeline in the next few weeks. We'll continue to keep you updated, because we can't wait to see you! 🥰

HOURS North Albany Farmers' Market

Thursday, April 8, 1 - 4pm at
Midway Farms, 6980, Highway 20

Multiple vendors will be part of this farmer's market. There are also vendors that are entirely gluten free and/or vegan. Rain or Shine. You may pre order (please go to the website for details) or purchase the day of the event. Please wear a mask. For more info, contact: www.northalbanyfarmersmarket.com.

The HOUR Exchange is a network of local individuals and businesses who use local currency as a tool to promote sustainable, community-based economics. 🥰

Follow us on Facebook, Instagram, or Twitter for news, recipes, and special offers or scan the QR Code to get special announcements and the twice-monthly Co-op Connection Newsletter sent to your inbox.



Ten Rivers Food Web

We're seeking passionate, thoughtful, good communicators to join our board.

Do you have thoughts and opinions about what our local food web should look like?

Please don't be modest, regardless of your background or skill set, every bit of support is welcome!

To learn more, email us at: trfw@tenriversfoodweb.org





BUDGET RECIPES

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



Mushroom Gnocchi Soup

\$2.15
per serving

Note: prices may vary, estimate only.



Classic Slumgullion

\$1.82
per serving

Note: prices may vary, estimate only.



Indian Kedgeree

\$1.91
per serving

Note: prices may vary, estimate only.



The name of this comfort food comes from a gold rush era slang term meaning a stew made from leftovers. Ground beef, tomatoes, macaroni, and corn make this simple and delish dish a nostalgic throwback to childhood delights!

- 1/2# ground beef
- 1 small onion, chopped
- 2 -28 oz. cans diced tomatoes
- 1 cup frozen corn
- 1/2 tsp salt
- pepper to taste
- 1/2 tsp paprika
- 1 cup uncooked macaroni

Brown ground beef and onion in a skillet until beef is cooked through. Add tomatoes, corn, salt, pepper & paprika and stir. Simmer for 30-45 minutes. Heat water to boiling in a saucepan. Add macaroni and cook until al dente. Drain and add to ground beef mixture. Mix and serve.

A twist on the traditional haddock Kedgeree, a delicious and easy rice dish. Reduce mustard and curry for a milder taste, and feel free to substitute other fish or meat, to your liking.

- 3/4 cup uncooked jasmine rice
- 1 1/2 cups water
- 3/4 tsp sea salt, divided
- 2 Tbsp butter
- 1 Tbsp ginger, grated
- 1 tsp dry mustard
- 2 tsp curry powder
- 1 clove garlic, minced
- 4 green onions, sliced
- 1 tomato, chopped
- 1 can tuna, drained
- 2 boiled eggs, quartered
- 1 Tbsp cilantro
- Lemon wedges

Place rice, water and 1/2 tsp salt in a saucepan. Bring to a boil, cover and simmer 15 minutes, until rice is tender and water is absorbed. Cook ginger, spices and garlic in butter until fragrant, 1-2 minutes. Add onion and tomato and cook 3-4 minutes. Stir in rice, tuna and cilantro and heat through. Serve with lemon wedges.

Gnocchi is a simple, dumpling-like pasta made with Parmesan cheese and potatoes. This recipe makes a double-batch of it. What you don't use in the soup, you can save for later and serve with your favorite sauce for another easy, affordable meal.

- 1 large russet potato, peeled and cubed
- 1 egg + 1 egg yolk, beaten
- 1/2 cup Parmesan cheese, grated + more for garnish
- 1 cup flour + more for dusting
- 1 tsp garlic salt
- 1/2 tsp nutmeg
- 12 crimini mushrooms, sliced
- 2 Tbsp butter
- 1/2 onion, diced
- 2 Tbsp flour
- 3 cloves garlic, minced
- 1 Tbsp oregano
- 4 cups chicken or vegetable broth

Gnocchi: Boil potato under tender; drain. Place in food processor and pulse just until mashed. Transfer to a bowl and add eggs, Parmesan, flour, salt and nutmeg. Gently mix to form a soft dough. Divide into 4 pieces and roll out into a 24" long rope. Press the tines of a fork gently down the length of the rope, to create ridges on one side. Cut rope into 1" pieces and place on a baking sheet. When completed, sprinkle gnocchi with flour. Bring a pot of water to boil. Cook about 1/4 of the gnocchi at a time, until the bath has all floated to the surface. Remove with a slotted spoon and place in a colander to drain.

Soup: Sauté onion and mushrooms until tender. Add garlic, oregano and cook 1 minute. Sprinkle with flour and stir to coat. Cook another minute, then add broth and bring to a simmer. Add gnocchi and heat gently. Serve grated Parmesan. 🍴

For more recipes, visit: firstalt.coop/recipes



