

First Alternative

NATURAL FOODS CO-OP



From the
Board of Directors
Richard Cunard

Hello and happy New Year, everyone. I hope your 2021 is going well. Coming back for the first time since November, the Board discussed several policy matters. The Board took time to review our policies on how the Co-op decides to support political action by the local community, and how the Board monitors and evaluates the General Manager. Following policy, we reviewed the General Manager's limitation reports on staff treatment and efforts made by the Co-op toward environmental protection. Finally, we discussed our ongoing efforts to encourage and improve diversity and inclusion in the Co-op.

Unfortunately, the most significant update I have comes due to events that occurred after the January meeting. As you may be aware, the annex building in the South Store sustained a fire on the morning of January the 29th. Fortunately, no one was harmed, and thanks to the efforts of the Corvallis, Albany, Philomath, Tangent, and Adair fire companies, the fire was contained to the annex, and the South Store main building did not sustain any damage. While the South Store was forced to close on the day of the fire, it reopened the following day, and continues to operate with normal hours. Less fortunately, however, the Commissary kitchen, facilities office, break room, grocery back stock, and receiving area were destroyed by the fire.

At time of writing, the building has been cleared of debris and immediate repairs were made for safety. A salvage and



March 2021



restoration company has been hired to determine what inventory can be saved. We are presently communicating with our insurance and taking bids with the intention of restoring the annex to a better state than it was in prior to the fire. Our insurance also covers business disruption, meaning commissary staff will continue to see income. Furthermore, the local Chamber of Commerce, Department of Consumer Affairs, and Visit Corvallis have graciously set up a Go Fund Me page to account for any staffing disruptions that our insurance may not cover, which the community has generously donated to. Should any of the fund's money be left over following the Commissary reopening, we intend to re-donate it to aid future fire victims. On behalf of the Board, I would like to thank anyone and everyone who donated.

However, I'm happy to report that our Commissary Management Team has

been able to find a temporary facility in which to continue preparing food for our wonderful deli and they are working apace to prepare the interim location for regular production. In the meantime, I encourage everyone to continue shopping at the South Store as normal, as it's the best way to support the Co-op.

Finally, I'd just like to reiterate how grateful I am to the community and all those who helped respond to the fire, be it the emergency responders, the repair crews, or just Owners who continue to support the Co-op. The aid we've received has allowed us to recover quickly, and with minimal losses, compared to what could have happened. I find I am always surprised and impressed by our community, and how we respond to crisis, and I hope that the Co-op will be able to contribute in-kind for any future challenges that the community faces. 🥬

Interested in Serving on the First Alternative Co-op Board?

- 🥬 Collaboratively guide the Co-op's vision, mission, and goals into the future
- 🥬 Work with other community members
- 🥬 Contribute professional skills to a local cooperative business
- 🥬 Learn more about First Alternative Co-op
- 🥬 Represent the interests of Co-op Owners
- 🥬 15% Discount

Owners interested in candidacy should contact the Chair of the Board Recruitment and Elections Committee at BREC@firstalt.coop. Board application packets are available at www.firstalt.coop and at customer service in both stores.

Applications are due by March 31st.

Elections will be held June 1-21st.



STORE HOURS
8am - 8pm daily
Pick-up & Delivery
at firstalt.coop/order



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.

Co-op Board Seeks New Directors

If you would be interested in a job that is challenging, demanding and very rewarding you may want to consider a position on the First Alternative Board of Directors. Each year, at this time, the Board Recruitment and Elections Committee conducts a search for qualified candidates to run for election to the First Alternative Board. Our directors operate using a system known as Policy Governance.

Policy Governance frees our directors to do the really exciting work of creating a vision of the future of First Alternative. Ten or twenty years from now, what roles will the Co-op play in the community? Who will benefit from its existence? How will our Guiding Principles be put into practice?

The Policy Governance system also means that the Board does not participate in the day-to-day operations of running our stores. The Board supervises the General Manager and creates policies that guide management in the operations of the stores. The management team is free to implement these policies in any reasonable way and the Board monitors compliance with the policies and updates them as necessary.

Through developing a vision for First Alternative and appropriate policies to implement this vision, our Board members have the opportunity to make truly meaningful contributions to the success of the Co-op now and in the future. Board members set goals at the annual strategic planning retreat.

The directors are elected in June. A full Board is composed of 10 directors elected to three-year terms, with 3-4 positions coming up for election each year. This year there are four 3-year positions open. The Board Recruitment and Elections Committee endorses candidates with a wide variety of skills needed to do the work of the Board, this year with a special focus on Accounting/Finance.

The primary responsibilities of the Board of Directors fall into five main categories:

- To insure the financial stability of the organization
- To set long and short-term goals for the organization
- To hire, supervise and evaluate the General Manager
- To insure the perpetuation of an effective Board
- To provide linkage to the Owners

Requirements for service on the Board of Directors are:

- Be an Owner of First Alternative
- Have an interest in the organization's mission and goals
- Have a willingness to further your knowledge through orientation and training
- Have a willingness to represent the organization to the community
- Provide about 8-12 hours of service per month, distributed approximately as follows:
 - 6-8 hours Board meetings, including preparation and attendance, on the last Tuesday of each month Board meetings are typically 3 hours.
 - 2-4 hours Committee Meetings including preparation and attendance. Committee meets are typically 1-1 ½ hours.
- Participate in 1 annual weekend retreat (local)
- Attend optional Co-op conferences and trainings

Each Board member receives a 15% in-store discount at the register as well as a delicious dinner before each Board meeting. Training, conference opportunities and related travel expenses are covered.

If you would like more information, or would like to request an application packet, please contact the Board Recruitment and Elections Committee chair, at BREC@firstalt.coop. An application packet can also be downloaded from www.firstalt.coop or picked up at the customer service desk.

Please note that all interested applicants must have their application turned in to Customer Service or be emailed to BREC@firstalt.coop by March 31.



Is your email address up to date?
With electronic voting, you can now receive your ballot via email! Electronic voting is quick, easy, and secure.

Please make sure your email address is up to date with your cashier or at Customer Service.



Make Your Own Corned Beef Brisket!

Corned Beef Brisket



Ingredients:

- 1 (4-5 lb) plain beef brisket
- 2 quarts water
- 1 cup kosher salt
- 1/2 cup brown sugar
- 1 cinnamon stick, broken
- 1 tsp mustard seeds or 3/4 tsp ground dry mustard
- 1 tsp black peppercorns
- 8 whole cloves
- 8 whole allspice berries or 1/3 tsp ground allspice
- 12 whole juniper berries
- 2 bay leaves, crumbled
- 1/2 tsp ground ginger

Directions:

Day One:

Make the brine: Place all ingredients except the brisket into a large stock pot. Heat until salt and sugar have dissolved. Refrigerate overnight or until the brine reaches 45°F.

Day Two-Ten:

Brine the brisket: Place brisket in a covered container or a 2-gallon zip top bag and add the brine. Place in the refrigerator for at least 10 days. Stir the brine daily, turning the brisket to ensure it is covered by the brine.

Day Eleven:

- Cook and serve:
- 1 small yellow onion, quartered
- 1 large carrot, coarsely chopped
- 1 stalk celery, coarsely chopped

Remove the brisket from the brine and rinse thoroughly. Place the brisket into a pot with the onion, carrot and celery; cover with water. Bring to a boil, then reduce heat and cover. Simmer for 2 1/2-3 hours or until the meat pulls apart easily with a fork. Remove the brisket from the pot and slice thinly, against the grain.

Get everything you need at the Co-op & Follow along with our Instagram Story

New at the Co-op Deli

Locally made sweets



Bodhi Peanut Butter Chocolate Cupcake & German Chocolate Cake • Mamalia's Baklava • Wild Yeast Chocolate Chip Scone.



New Cascadia Cinnamon Roll & Vegan Oat Muffin • Elegant Elephant Cupcakes • Whole Flower Farms Spice Cake & Flower Pie

Gift Cards

Buy online!

firstalt.coop/shop

Give the gift of fresh, local, organic groceries!

TUESDAYS

15% off produce

FOR STUDENTS

with a valid student ID from an Oregon college

Everyone Welcome!
www.firstalt.coop
 @firstaltcoop

Oregon college students save on fresh, local, organic study fuel every week at the Co-op with Student Produce Tuesday!

March 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, March 9, 6 pm

Finance Committee: Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, March 10, 4:30 pm

Owner Relations Committee: The primary conduit for communications and relations between Owners and Board.

Tuesday, March 10, 6 pm

First Alternative Board of Directors:

Elected Owners putting the cooperative principles into action.

Tuesday, March 30, 6 pm

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



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.

We regularly post 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

Chicken Ensalada



\$2.84
per serving

Note: prices may vary, estimate only.

Corn and cumin contribute a delicious flavor combo in this salad. Easy to make, healthy, and a satisfying meal—more spice can be added to your liking with chili powder, red pepper, chili flakes or hot sauce.

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| 1 chicken breast | lettuce |
| ¾ tsp sea salt, divided | ½ cup sliced |
| pepper to taste | black olives |
| 1 Tbsp olive oil | ¼ cup sour cream |
| ½ onion, chopped | ¼ cup grated |
| 1 cup frozen corn | Parmesan cheese |
| 1 tsp ground cumin | ½ cup salsa, optional |
| 2 cups shredded | |

Boil chicken in water with ½ tsp sea salt, until cooked through, 15-20 minutes. Drain and chop into small bite-sized pieces. Heat a skillet and add oil. Sauté onion in oil until tender. Add corn and cumin; sauté 2 minutes. Add chicken and heat through. Add ¼ tsp salt, and pepper to taste; stir. Serve chicken mixture over a bed of lettuce, topped with olives, sour cream, Parmesan cheese and salsa.

BUDGET RECIPES

One-Pot Greek Pasta



\$3.79
per serving

Note: prices may vary, estimate only.

Simple to make, simple to clean up! Enjoy the aromatic, mild flavor of fennel bulb in this simple tomato-based pasta dish. Skimp a bit on the olive & feta toppings if you want to lower the price tag. Or, if you're looking for a meat addition, this dish would be great with sausage or cooked chicken. .

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| 2 cups vegetable broth | 2 cloves garlic, minced |
| 1 (8 oz) can tomato sauce | 1 tsp ea. oregano and basil |
| 1 tsp olive oil | 1 Tbsp balsamic vinegar |
| 2 oz (about 1.5 cups) pasta | salt & pepper to taste |
| ½ fennel bulb, sliced | ¼ cup kalamata olives |
| ½ onion, chopped | ¼ cup feta |

Mix all ingredients except feta and olive in a pot. Cover and bring to a boil. Remove lid and simmer over medium heat until pasta is finished cooking. Top with kalamata olives and feta and serve.

BUDGET RECIPES

African Groundnut Stew



\$2.29
per serving

Note: prices may vary, estimate only.

Flavorful stew with peanuts, yams, and spices! Simple to make and great for enjoying with your favorite flatbread. Feel free to pump up the heat with additional chili flakes and/or hot sauce.

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| 1 tsp oil | 1 yam, peeled and cubed |
| 1 onion, diced | 2 red potatoes, cubed |
| ½ bell pepper, diced | 2 cups vegetable broth |
| 2 garlic cloves, minced | 1 can diced tomatoes |
| 1 cup roasted peanuts, chopped | ½ tsp salt |
| 1 tsp crushed red pepper | |

Sauté onion and pepper in oil until tender. Add peanuts, salt and red pepper and sauté until fragrant, about 2 minutes. Add remaining ingredients and bring to a boil. Cover and simmer over low heat 1 hour.

For more recipes, visit:
firstalt.coop/recipes

