



From the
**Board of
Directors**
**Demian
Hommel**

Well, it's spring in the Willamette Valley, for the moment. There seems to be a palpable feeling that we may be coming out of this pandemic eventually, perhaps even sooner than expected?

Of course, optimism can be tempered with the long list of challenges we've experienced, locally, nationally, and globally. But, at this moment, nothing's literally on fire. Perhaps we can even eventually gain some distance from this past year or more and even be grateful about some of the potentially good things to come out of it, as privileged as that sounds?

Meanwhile, it's fairly easy to see the challenges the past year brought First Alternative Co-op, both operationally and fiscally. While things have been tough, we've managed to survive while other businesses haven't.

Structurally, we have to figure out how to recover from the South Store annex and commissary fire, but it's also given

us an opportunity to think deeply about how we might reorganize aspects of that store if/when we have the opportunity.

With regard to personnel, this has been a very challenging year—and it still is—but the hard work and creativity of the management and staff have allowed the organization to effectively adjust to a new normal. Now if we can just continue to decrease the transmission of this virus we may be able to go back to some semblance of normal life...maybe?

A highlight from our March 2021 Board of Directors meeting was the briefing from the General Manager, Cindee Lolik, on efforts to recover from the fire at the South Store annex. She mentioned that it's often a hurry-up-and-wait situation as decisions are both pressing and also require the proper process for estimates by insurance companies, communication about and verification of city codes, obtaining and curating operational feedback, and so on.



The Board has asked Cindee to develop a report that focuses on short-, medium-, and long-term needs and goals for the South Store, which will likely generate plenty of interest and discussion in our April meeting.

Another key agenda item last month was the reminder by Rob May (Chair of the Finance Committee) and Mark Tarasawa (First Alternative's Finance Manager) about an upcoming series of decisions regarding 2020 Owner patronage dividends.

You'll be hearing more about this in the next few months, but a quick reminder that as an Owner you may benefit from your patronage of the Co-op through dividends that reflect a percentage of the Co-op's annual net income adjusted for the amount you and/or your family spend during the past year. The Board has not determined if you'll be offered a dividend this year, and if so,

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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.

May 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, May 11, 6 pm

Finance Committee: Reviews, analyzes, and makes recommendations on financial matters.
Wednesday, May 12, 4:30 pm

Owner Relations Committee: The primary conduit for communications and relations between Owners and Board.
Wednesday, May 12, 6 pm

First Alternative Board of Directors: Elected Owners putting the cooperative principles into action.
Tuesday, May 25, 6 pm

STORE HOURS
8 am - 8 pm daily

*On Sunday, May 9,
North Store hours will
expand to 8 am - 9 pm daily*

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

 **BUDGET
BITES**

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

PLANT-BASED BITES SPRING 2021 VOL. 12

Grab your free copy today!

...From the previous page

how much as we have to look at the annual budget, our tax liabilities, and a massive amount of other information.

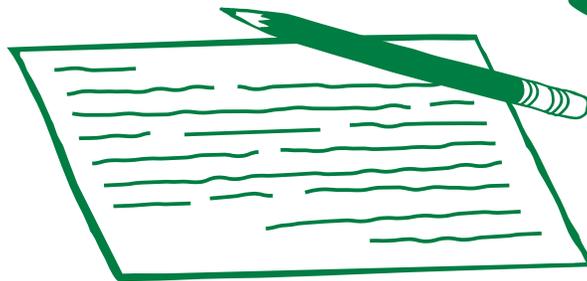
Luckily we have a competent Finance Committee, which helps distill and clarify the data for us non-Econs. Additionally, your Board has agreed to continue to work on our own education and efforts regarding diversity, equity, and inclusion in the hopes that we can help these concepts emerge as important both in our role as Directors and for the organization more broadly. Lino Rauzi facilitated a discussion centered around the question, “why is it important for us to take on ‘anti-racism’ as a topic?,” which allowed us all to share a bit about our own backgrounds and motivations. It’s clear that while we all may still have a great deal to learn, there is a commitment from this Board to promoting anti-racist policies and principles. And, it’s also evident that this is a supportive and empathetic group that is hoping to grow and learn together.

For our March policy review we were presented with Cindee’s report on the Co-op’s progress on Community Information, Education, and Outreach. This has obviously been a challenging topic as formerly in-person opportunities were paused, transferred to a digital environment, or canceled altogether. If you’re unfamiliar with the process, there are specific benchmarks set in our policies and the General Manager is charged with providing data that supports efforts to be in compliance with these policies. The Board then votes on whether to accept the report as “in compliance,” which we did. Otherwise, in the next few months you’re going to see quite a bit more in terms of action from this Board.

Again, we’ll have more information about Owner patronage dividends coming soon. We’ll likely know more about our plan to rebuild the South Store annex and will share progress on reconstructing the commissary kitchen. And, Board Elections are coming up as well—this is the time of the year when we need your help selecting a revised board from the list of candidates.

To leave off where I began, it’s spring for the moment, until it goes back to feeling like winter again. Here’s to hoping we can continue to make progress and look for moments of optimism after what’s been a very challenging year. 🌱

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. 🌱

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.



Be a Part of the Solution: Become a Co-op Owner Today

Owner Sale Day: Owners who are current on their share payments are allowed one day of their own choosing per month where they get 10% off on items not already on sale. *(Some restrictions apply. Discounts do not stack.)*

Voting Privileges: Each Owner share gets an equal vote. Owners elect our Board of Directors and Beans for Bags donation recipients. As an Owner,

you can run for the Board of Directors and help shape the Co-op’s future.

A Sense of Pride: Co-op Owners are invested in a community-based, environmentally and socially aware business; they are invested in the economy, local farms and businesses, and in organic and sustainable food democracy.



Interested in becoming an Owner? Visit the Customer Service desk or firstalt.coop/ownership





BUDGET RECIPES

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



Make your own delicious falafel at home! Falafel batter is surprisingly easy to make—just blend up some soaked chickpeas with onion, garlic, parsley and spices. This recipe also includes a simple, savory tahini sauce. Feel free to add a little hot sauce or more fresh vegetables to the pockets.

Tahini Sauce Ingredients:

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| 1/3 cup tahini | 1 clove garlic, finely minced |
| 1/3 cup water | |
| 2 Tbsp lemon juice | 1 Tbsp fresh parsley, finely minced |
| | Salt to taste |

Falafel Ingredients:

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| 1 cup dry chickpeas | 1 tsp ground coriander |
| 1/2 cup fresh parsley, chopped | 1/2 tsp salt |
| 1/3 cup onion, chopped | 1/8 tsp black pepper |
| 3 cloves garlic, minced | 1/8 tsp cayenne |
| 1 tsp ground cumin | Oil for frying (about 1/4 cup) |
| | 1 cucumber, sliced |
| | 4-6 Romaine leaves |

Tahini Sauce Instructions:

Place all ingredients in a bowl and mix well with a fork. After a bit of mixing, the tahini and water will combine to form a creamy texture.

Place in refrigerator while you make the falafel, it will thicken further. If you prefer a runnier texture, feel free to add additional water.



BUDGET RECIPES

Falafel Pitas with Tahini Sauce

\$1.99
per serving

Note: prices may vary, estimate only.

Falafel Instructions:

Rinse and sort chickpeas. Place in a bowl covered with plenty of water and allow to soak for 24 hours.

The next day, drain chickpeas and place in blender with parsley, onion, garlic, spices and salt. Blend thoroughly until all ingredients are fully ground and well incorporated into a thick paste.

Heat oil in a large frypan on medium-high heat. Form falafel batter into 12 equal balls and fry until browned on one side, then flip to brown on the other side. Remove from frypan and pat down to remove excess oil.

Serve falafel with sliced cucumbers, romaine lettuce, tahini sauce, and warmed pocket pitas (cut in half and opened up.)



Sweet & Sour Stir-fry

\$3.61
per serving

Note: prices may vary, estimate only.



Fresh, organic veggies and healthy, affordable chicken thighs in a flavorful sauce. This makes a quick, simple weeknight meal for the family. Feel free to vary the vegetables or spice up the sauce with additional cayenne or hot sauce.

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| 1/2 cup rice | 1 clove garlic, minced |
| 2 chicken thighs, cut into bite-sized pieces | 6 crimini mushrooms, sliced |
| 2 Tbsp olive oil, divided | Juice of 1 orange |
| 2 carrots, sliced | 1/4 cup vinegar |
| 2 sticks celery, sliced | 1 Tbsp sugar |
| 1 bell pepper, cut into 1" pieces | 1/8 tsp red pepper flakes |
| 1 Tbsp fresh ginger, minced | 1/2 tsp sea salt, divided |
| | 1 Tbsp cornstarch |

Rinse rice 3-4 times, to remove outer starch. In a rice cooker or saucepan, place rice, 1 cup water and 1/4 tsp sea salt. Bring to a boil, cover and reduce heat to low. Cook 12-15 minutes, or until water is absorbed and rice is tender.

In a small bowl mix cornstarch with 1/4 cup of the orange juice and set aside. Mix remaining orange juice, vinegar, sugar, 1/4 tsp salt and red pepper flakes together. In a large skillet or wok, heat 1 Tbsp oil. Stir-fry chicken 4-5 minutes or until cooked through. Remove and set aside. Add remaining oil and cook carrots, celery, onions and peppers 2-3 minutes. Add ginger, garlic and mushrooms and cook 1 minute. Add orange juice/vinegar mixture and chicken; stir, cover and cook 5 minutes, or until veggies are tender-crisp. Push stir-fry to the side; stir cornstarch mixture well and add to stir-fry, stirring constantly. Cook gently until sauce has thickened. Serve over rice. 

For more recipes, visit:
firstalt.coop/recipes



Beginning May 5 at the Co-op, save big on two of the good things about 2020!

50th



Territorial Vineyards

**First Alternative
50th Anniversary
Pinot Gris**

\$12.79

Reg: \$15.99/ea

Block 15 Brewing
**Valley Gold
Barleywine**

\$7.99

Reg: \$9.99/ea

Must be 21 years of age or older to purchase • Prices good from May 5 - June 1

TUESDAYS

**15% off
produce**

FOR STUDENTS

with a valid student ID from an Oregon college



Everyone Welcome!

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& DELIVERY**

**Visit firstalt.coop/order
for all the details**