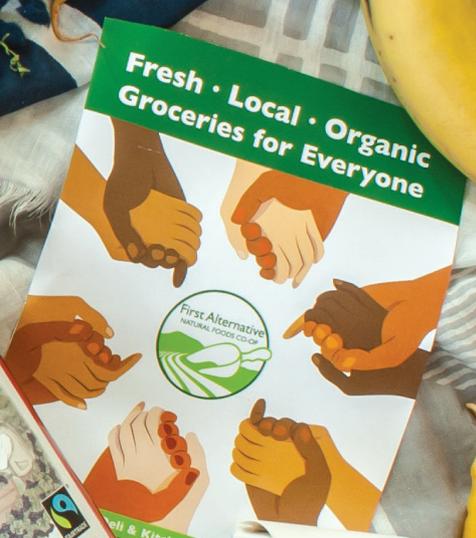


the *thymes*

First Alternative
NATURAL FOODS CO-OP

Fall 2021

September • October • November
Volume 5 • Issue 3



In this issue:

La Riojana: Co-op to Co-op • Produce Storage Guide • A Visit to the Corvallis Arts Center
Co-op Shopper Faves • New York Deli Rye Bread Recipe • Budget Bites Recipes • and more!



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La Riojana: Co-op to Co-op 4

Join the Cooperative Revolution 7

Produce Storage Guide..... 8

A Visit to the Corvallis Arts Center..... 10

Donna's Kitchen: Budget Bites 12

New York Deli Rye Recipe 16

Co-op Shopper Faves..... 18

Wellness Thyme: Mad Hippie 20

Side by Side: Plant-based Meats 22

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.

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Fall, in Love With Cooperation

Adam Payson, *Thymes Editor*

Jt's been another year of anything but normal for the Co-op and the community as our ongoing lesson in the power of cooperation continues! For awhile, it seemed that the pandemic was waning. Then, the Delta variant came along spiking infections and putting us back in masks. It certainly wasn't what any of us wanted, but something we're glad to do for the sake of others. That's because a healthy community is always our priority.

Whether shopping in person or ordering pick-up or delivery at firstalt.coop/order, the Co-op wants to make sure everyone has access to healthful, affordable foods. To ensure you get the best value and the most vitamins once you get those foods home, check out a preview of our Produce Storage Guide on page 8.

Elsewhere in this edition: October sees us celebrating both Co-op Month and Fair Trade Month by raising a glass of wine from La Riojana in Argentina (page 4) and exploring the guiding principles helping our cooperatives, and others around the world, build a more equitable food system (page 7).

Locally, we pay a visit to the Corvallis Arts Center to learn about their work in fostering inclusion and their upcoming virtual gala. Then we head to the aisles to catch up with some shoppers and learn about their favorite products (page 18) and do a Side by Side comparison of our favorite plant-based meats (page 22).

You know we can't stay out of the kitchen! We've got a classic set of hearty and healthy Budget Bites recipes from Donna's Kitchen (page 12) and the perfect baking project for a lazy Sunday with our New York Deli Rye recipe (page 16).

Fall is here, meaning it's time to curl up with a blanket, some good food, and some good reading. The Co-op is here to help. 🥒



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Co-op to Co-op with La Riojana

Wines from family farmers in Argentina destined for family tables here in Oregon

An ideal global economy is a fair and cooperative one that strives to lift everyone to an equal level. It may not be the world we live in but it's the one we're working towards.

Across the globe, a rising tide of cooperative and fair trade markets are gaining (and granting) power. Now, with October marking both Co-op Month and Fair Trade Month, it's a great time to raise a glass to the spirit of those building a better world, one bottle at a time, like Argentina's La Riojana.

Power from the People

With over 500 members—most of them small farms of just a few acres—La Riojana has grown into the largest fair trade wine producer in the world. The cooperative has generated \$15 million in Argentine pesos in support of their members, workers, and their communities.

In 2006, they became the first fair trade certified Argentinian winery.

Now their member farms are expanding into biodynamic wines and branching out (pun intended) to biodynamic olive oils.

The cooperative guarantees that farmers are paid fair prices for their grapes. It also ensures that farmers have access to the resources they need for harvest and transport of their crop, insurance against crop loss, financial assistance, and education. Remaining profits are reinvested into projects that transform and uplift the communities and farmers.

Growing More than Grapes

One such project is the ambitious Health Center in the Famatina Valley Region of Argentina. Once it's completed, the center will serve the health needs of five local towns, all of which lack a hospital. The COVID-19 pandemic has slowed progress, but the necessary work will continue until it's completed

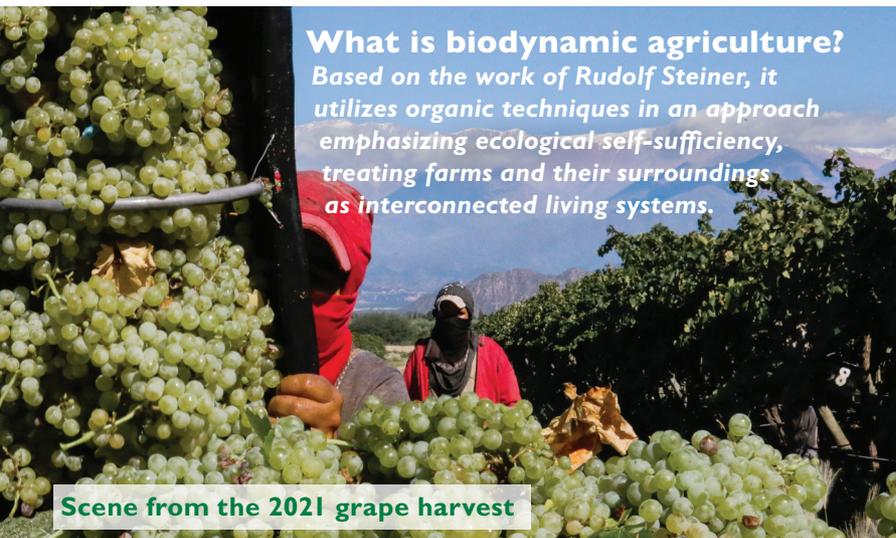


Tilimuqui school project's first graduating class, Dec. 2015

and the local residents can live longer, healthier lives as a result.

It Takes a Village

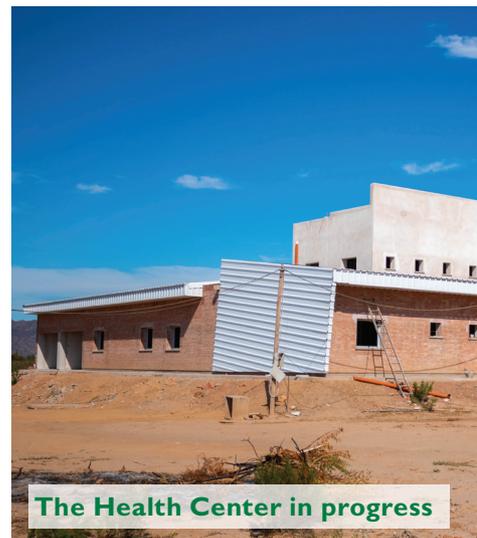
Vintage examples of La Riojana's impact can be found in the village of Tilimuqui. In 2008, the village was in trouble. Residents lacked a consistent water supply—about 30% of homes had no access to drinking water—while enduring summer temperatures that regularly exceed 100 degrees. With money generated by the sales of La Riojana's wine, a facility for fresh water was created, including a 525 foot well that provides the village with water, even through the hottest, driest parts of the summer.



What is biodynamic agriculture?

Based on the work of Rudolf Steiner, it utilizes organic techniques in an approach emphasizing ecological self-sufficiency, treating farms and their surroundings as interconnected living systems.

Scene from the 2021 grape harvest



The Health Center in progress



Scene from the 2021 grape harvest

In 2010, Tilimuqui celebrated the launch of Colegio Nacional Agrotecnico, the area's first pre-university technical college and Argentina's first fair trade-funded secondary school!

Starting with 33 students, the school grew to 530 students by early 2020. First-hand experience growing crops, raising animals, and creating and marketing products is giving the next generation of farmers opportunities their parents never had.

Raise a glass to cooperation

Read about the La Riojana wines and olive oil on the next page...



Scene from the 2021 grape harvest



La Riojana bodega (warehouse)

The Fair Trade Wines of La Rioja

Selection varies by store and availability

Red Wines offer big, fruity flavors that pair well with the hearty meals of fall. Their deep red color comes from the skins and seeds of the grapes, not the juice, which is typically greenish-white. The skins also impart tannins, and healthful antioxidants and bioflavonoids. Look for these reds from La Rioja.

Cabernet Sauvignon: The most popular grape in American wines, Cabernet Sauvignon is a cross between a red Cabernet Franc and white Sauvignon Blanc grapes. It makes for a smooth and fruity drinking experience with a touch of spice. Enjoy it with pasta or pork chops.

Malbec: The robust, purple Malbec grape makes a juicy, medium-bodied wine with the flavor and aroma of ripe red fruits. Pair it with grilled red meats, or chocolate and cheese if you're feeling a bit fancy.

Bonarda Malbec: The Argentinian Bonarda grape—the country's second most widely planted—is distinct from the Italian variety of the same name. Its notes of black cherry and plum combine beautifully with Malbec. Pair it with lamb chops or tomato-based pasta dishes.

White Wines typically have brighter, crisper flavors, making them great for pairing with lighter fare or enjoying on their own. A glass of white wine and a bit of conversation can add brightness to a dim fall evening. Twist the cap off of either of these lovely selections:

Torrontés: An Argentinian original, this aromatic white grape becomes a wine rich with the flavors of green melon, citrus, and peaches. Crisp and dry, it makes a wonderful aperitif and pairs well with fish or creamy pasta dishes if you're not ready to put it down.

Chardonnay: One of the most popular and versatile grape varieties in the world, due in part to a neutral flavor that allows for strong influences from oak barrels and *terroir*, or the characteristics of flavor imparted by the growing environment. Dig into the Argentinian *terroir* with this delicate Chardonnay. Smooth and light-bodied, with aromatic notes of tropical fruit, it pairs well with just about anything, including bold flavors like an arugula pesto made with fair trade Rioja Olive Oil.

Arugula Pesto

2 cups arugula leaves,
packed (or 1 cup each
arugula and spinach)
½ cup freshly grated
Romano or Parmesan-
Reggiano cheese
½ cup of *Riojana Organic*
Extra Virgin Olive Oil
⅓ cup pine nuts or
chopped walnuts

3 garlic cloves,
minced
¼ teaspoon salt,
more to taste
⅛ teaspoon
black
pepper,
more to
taste

Place the arugula and pine nuts into the bowl of a food processor and pulse several times. Add the garlic and cheese and pulse until incorporated. Scrape down the sides of the food processor with a rubber spatula.

With the food processor running, slowly add the olive oil in a small, steady stream.

Stir in salt and freshly ground black pepper, add more to taste. To serve: toss with pasta for a quick sauce, dollop over baked potatoes, or spread on crackers or toast. *Makes 1 cup.* 🥒



Look for this tag throughout the store for low-priced Co+op Basics, including all these La Rioja wines, just \$7.99/ea.



Join the Cooperative Revolution

Anything is possible when communities cooperate

Co-ops are as varied as the people in them. Whether selling groceries, providing electricity, farm supplies, or financial services, co-ops are owned and controlled by their members and guided by a set of seven principles that have helped the movement gather nearly one billion member-owners globally. Here's how we interpret the...

Seven Cooperative Principles:

- 1. Voluntary & Open Membership:** At the Co-op, anyone can become an Owner. A one-time payment of \$70 is all it takes. (Low income plans are available.)
- 2. Democratic Member Control:** Owners get the chance to vote on (and run for) our Board of Directors and to vote on Beans for Bags recipients.
- 3. Member Economic Participation:** Share purchases help keep the doors open and the aisles stocked. Owners can even increase their refundable equity up to a total of \$300.
- 4. Autonomy & Independence:** If we were beholden to big business bucks, we couldn't work so closely with small farmers and producers, and support organizations like the Corvallis Sustainability Coalition.
- 5. Education, Training & Information:** Knowledge is power, and empowering consumers is what we are all about. We spread the gospel of good food in print, online, and with special education courses and events.
- 6. Cooperation Among Cooperatives:** One co-op is a store, hundreds are a movement. Membership in the National Cooperative Grocers, a co-op of co-ops, increases our buying power, lowering prices for all.
- 7. Concern For Community:** With the help of our Owners and shoppers, we contribute to dozens of local charities and sustainable organizations.

Co-ops Support Local Farmers and Producers

Sunbow Produce • Eloisa Organic Farm • Block 15 Brewing • Sweet Creek Organic • Oregon Soap Co. • Wild Yeast Community Supported Bakery • Commonplace Farm • De Casa Fine Foods • 2 Towns Ciderhouse • Grizzlies Brand • Pacifica Coffee • and hundreds more!

Co-ops Support Community-minded Organizations

The Corvallis Sustainability Coalition • CASA Voices for Children • The Corvallis Environmental Center • Lumina Hospice and Palliative Care • Coastal Range Food Bank • Greenbelt Land Trust • OSU NAACP • Unity Shelter • and many more.

Co-ops Support Fair Trade

La Riojana Wines (*featured in this issue, beginning on pg 4.*) • Alaffia • Equal Exchange • GROW Bananas • Café Mam • Guayakí • Tulsí Tea • Pacha Soap Co. • Lotus Foods • Honest Tea • Navitas Organics • Theo Chocolate • and more all the time.



An Owner share costs \$70 and payment plans are available.

Visit firstalt.coop/ownership to join a cooperative family 12,000 people strong and growing!

Keeping Your Produce Fresher Longer

Save money and eat better with a few easy tips

Fresh produce simply tastes better. Thankfully, we live in the Willamette Valley, where fresh, local, organic produce is never too far off, especially with two First Alternative Co-op locations open every day.

Freshness only goes so far, though. Ultimately, there's no stopping oxidation, the natural process of breakdown or spoilage that happens when oxygen comes in contact with fruits and vegetables.

You can slow the process, though, saving you money and keeping your produce optimally delicious for as long as possible, by following some simple techniques outlined here.

Then, when you're ready to up your storage game, learn more with the free and in-depth Produce Storage Guide from National Cooperative Grocers, available at firstalt.coop/produce-storage-guide.

Stay Chill: Just as warmer temperatures make us breathe more heavily, they make produce respire more, increasing oxidation. In most cases, keeping produce just above freezing will slow the process. *Some important exceptions include bananas, tomatoes, and potatoes.*

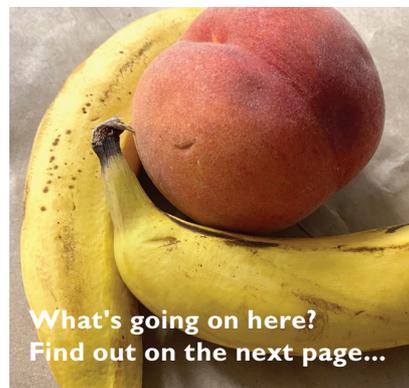
Lay Low: Avoid stacking your produce to increase air circulation and prevent pressure-related damage to your fruits and veggies.

Keep Breathing: You want to slow respiration, not stop it all together. Avoid entirely airtight containers or bags which may suffocate your produce and accelerate its spoilage.

Dirt Don't Hurt: Get in the habit of washing your produce before you use it, not before you store it. In-store, vegetable misting is sometimes necessary to make up for the open storage. If your

produce is wet when you get it home, pat it dry with a towel. If it's a little dirty, that's just fine! Don't rinse it off until you're ready to prepare or eat the produce.

Keep it Together: Broken stems, pierced skins, and other surface-level damage allow in microorganisms that can cause spoilage. It's worth taking a bit more space in the fridge to keep everything fresh and delicious.



What's going on here?
Find out on the next page...

Sometimes Fresh is Better For maximum flavor and nutritional content, many varieties of fruits and veggies are best eaten as soon after harvest as possible. They can lose flavor at low temperatures and refrigeration can dehydrate them and sap their sugars.

Winter squash are an exception. They keep well for several months on the countertop (and make snazzy seasonal decorations in the meantime).

File your Fruits for Freshness!

Ever find yourself wondering how that big bunch of bananas that all looked perfectly ripe just yesterday suddenly turned so brown and splotchy? Well, the answer is bananas...

That is, bananas speed the ripening of other bananas, or more accurately, odorless, colorless ethylene does the ripening. Ethylene is a naturally occurring plant hormone released as a gas from a variety of fruits and vegetables. You can consider the saying "one bad apple spoils the whole bunch" a cryptic warning about the power of ethylene. Instead of crafting aphorisms, we're just going to come right out and tell you which fruits and veggies produce ethylene with the handy list below.

Use this after your trip to the garden, Co-op, or Farmers' Market to help you best file away your fruits and veggies. To preserve freshness as long as possible, keep the ethylene emitters away from the ethylene sensitive, but keep in mind it's a two-way street. Need something to ripen up fast? It's ethylene to the rescue! Tuck a ripe banana and some unripe peaches in a paper bag overnight to speed the process along.

Keep these ethylene emitting fruits and veggies:

- Apples
- Avocados
- Bananas
- Figs
- Melons (uncut)
- Nectarines
- Peaches
- Pears
- Plums
- Tomatoes

Away from this ethylene sensitive produce:

- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Leafy Greens
- Parsley
- Peas
- Peppers

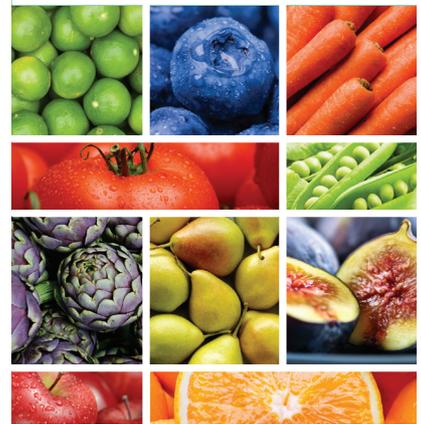


Ethylene sensitive fruits & veggies



Ethylene emitting fruits & veggies

Produce Storage Guide



For the full guide, visit:
firstalt.coop/produce-storage-guide

A Visit to the Corvallis Arts Center

Creative community connections in the heart of Corvallis

Located next to Central Park, the Corvallis Arts Center is a 501(c)(3) nonprofit organization dedicated to fostering individual creativity and community engagement with the arts. The center houses two galleries, a giftshop filled with local arts and crafts, studio spaces for creative play, and offices. For nearly 60 years they have educated the community through art and outreach, helped artists with their development, and provided a place for them to share their work. We recently caught up with the Center's Executive Director, Cynthia Spencer-Hadlock, to learn a bit about the past, present, and future of the Arts Center. Here's what she told us:

When did the Arts Center open? We opened the doors to our home in the carpenter gothic building at the South end of Central Park in January 1963, on a weekend where over 7,000 visitors streamed in.

Tell the story of the Art Center: We were founded by a grassroots coalition of artists, civic leaders, and OSU faculty and students. The Corvallis Arts Council was the first in the State of Oregon, and

27th in the U.S. They raised funds to renovate our 1889 historic building into a place for people to enjoy the arts and later to move it to our current location. Like the Co-op, it was somewhat radical at the time, based on the media attention we received from all over the U.S.

Tell us about your vision, mission, and work with the community: We believe that art is a welcoming portal for cross-cultural participation that connects people and creates community. Dynamic community partnerships support high impact programs. Past examples include arts programs about mental health with OSU Counseling and Psychological Services, microbiome ecosystems with OSU's Department of Microbiology, and diversity of Black Oregon Artists with the NAACP Corvallis Albany Branch.

In 2020, The Arts Center began an organization-wide process of learning and change to examine and address dominant cultural practices and decision-making systems with the goal of becoming a just, equitable, diverse, and inclusive arts organization. Our new Mission Statement reflects this:

The Arts Center inspires creativity and contributes to community well-being through equitable access to and engagement with the visual arts. We collaborate to offer exhibitions, learning opportunities, artist development, and cultural events centered on art, artists, and art enthusiasts in the greater Corvallis area.

As we actively work to embed justice, equity, and transparency into every level of our organization, we invite individuals who share our commitment to this goal to join our team and to help shape a more just and equitable future for our organization as well as for the communities we serve.

What are some shows and events that you proud of? In 2019 we presented, "An Iris Stands Tall" (pictured to the right) that featured Annette Sabatar's artwork illustrating one mother's journey of acceptance of her child's gender transition.

Included was artwork made by artists of the local LGBTQ+ community. The show gave visibility to, and received support from the Trans Support Network, OSU Counseling & Psychological Services, PRIDE Foundation, and Whiteside Theatre.



Visit the Arts Center in Central Park at:
700 SW Madison Avenue, Corvallis
or find them online at **theartscenter.net**. and follow them on **Instagram.com/theartscenter** and **Facebook.com/TheArtsCenterOregon**.



The Arts Center

The show served as a catalyst for Trans and Non-binary conversations that the community needed and appreciated. One more impact: this year Erin MacAdams, an artist who identifies as Queer Non-binary, had a solo show here and has participated in summer Arts Alive! events since then.

Tell us about your upcoming Art for the Heart Virtual Gala:

That's our Annual Gala Fundraising benefit, being held this year on Saturday, October 9 at 6 pm.

For most of our 33 years, we enticed people with chocolates from local chocolatiers and dessert artisans. (We are grateful for First Alternative's generous support for many of them!) After our 30th gala, we decided to rebrand as Art for the Heart to better highlight the contributions of artists to livability here in Corvallis, which means "Heart of Valley."

This year's Art for the Heart will be our second Virtual Gala, with all artwork and auction items in an online catalog. A key feature: Artists create and donate 150 8x8-inch artworks for a special gallery show and sale.

The Program will be live streamed with master of ceremonies Mike McNally. He has spent years extolling the benefits of participation in the arts in print, so we are pleased he enjoys doing so live in public, too.



Above and right: scenes from Arts Alive! 2019. The Arts Center's annual summer event is dedicated to raising the visibility of working local artists



There will be free access to all events. Donors of \$100-plus have savory options and will still be able to enjoy artisan desserts donated by local chocolatiers for private "Gala @ Home" viewing with friends and family.

The 8x8 Art Gallery will be viewable in person at The Arts Center, September 22 - October 8, 2021.

An Artist Reception, Thursday, September 30, 5:30 pm, will be live streamed from the gallery. The Gala Catalog will open for artwork purchases and auction bids at the close of the live event. 🥑



Visitors to Black Matter, a 2021 exhibition showcasing contemporary Black artists in Oregon

Donna's Kitchen



Donna Tarasawa
Outreach Specialist

Keep cooking at firstalt.coop/recipes
& firstalt.coop/budget-bites.

Budget Bites is our free quarterly booklet featuring six dinners for two adults paired with a detailed shopping list and time- or cost-saving kitchen tips.

We've been cooking up award-winning Budget Bites menus for years and even after all this time, the recipes are still fresh. Expand your recipe collection without emptying your wallet with these classic Budget Bites, pulled from the fall 2019 edition, *Hearty & Healthy*.

Honey Mustard Chicken: Few things are simple as making a delicious honey mustard sauce. A simple one-to-one mix of honey and mustard is all it takes. Making this quick, delicious chicken entree doesn't ask too much more. Pair it with...

Braised Cabbage: Nutrient-packed and overflowing with the bold bite of red onions, apple cider vinegar, parsley, and chives, this is a real front-and-center side dish. Its flavors go with just about anything and it keeps well—the Budget Bites meal plan splits this recipe over two days.

Herbed Fall Veggies: The colors and flavors of fall unite in this fast and fun side. A blend of buttery hazelnut crunch and fresh vegetable goodness, it makes a delightful accompaniment to...

Stuffed Delicata: Featuring the squash that may be the fall-est of them all. Delicata gives us the first rich taste of winter squash in an easy-to-prepare package, like fall's chill easing us into the frosty winter. Prepare to fall in love with these kale, ground beef, and cheddar cheese-stuffed boats and don't forget you can eat the skin.



A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

HEARTY & HEALTHY FALL 2019 VOL. 7



Grab a free copy of the latest edition of Budget Bites in the store or read current and back-issues at firstalt.coop/budget-bites. Expand your menu collection with other tasty back-issues, like *Winter Warmth*, *Good and Green*, *Plan and Save*, and *Focus on Bulk*. 

Honey Mustard Chicken



BUDGET
BITES

Braised Cabbage



BUDGET
BITES

Herbed Fall Veggies



BUDGET
BITES

Stuffed Delicata



BUDGET
BITES

Braised Cabbage

Ingredients:

2 Tbsp olive oil, divided	2 Tbsp butter
½ red onion, sliced into half moons	2 Tbsp chopped fresh flat-leaf parsley
1 Tbsp apple cider vinegar	½ bunch fresh chives, chopped
1 Tbsp sea salt, divided	Freshly ground black pepper, to taste
¾ head Savoy cabbage, quartered, cored, and sliced into ¾" slices	

Instructions: Heat 1 Tbsp olive oil in large skillet and sauté onion until soft. Bring large pot of water to a boil; add onions, 1 ½ tsp salt, vinegar, and cabbage. Boil over high heat until cabbage is just wilted, 2-3 minutes; drain. Toss in a bowl with butter, oil, parsley, chives, 1 ½ tsp salt and pepper.

Honey Mustard Chicken

Ingredients:

3 Tbsp honey	½ tsp salt
3 Tbsp stoneground mustard	¼ tsp fresh ground black pepper
1 Tbsp olive oil	2 chicken breasts
1 ½ tsp curry powder	

Instructions: Preheat oven to 400°F. Set a cooking rack on a baking sheet. In a small bowl combine honey, mustard, oil, curry powder, salt & pepper. Using a brush, coat chicken pieces with mustard glaze; set chicken on rack and bake, basting occasionally, until chicken is golden on the outside and no longer pink in the center, about 30-35 minutes.

Stuffed Delicata

Ingredients:

1 large delicata squash	½ bunch kale, chopped, stems included
½# ground beef	2 Tbsp flat-leaf parsley, chopped
¼ small onion, diced	¼# cheddar cheese, shredded
2 cloves garlic, minced	
1 (14.5 oz.) can roasted diced tomatoes	
1-2 tsp seasoned salt	

Instructions: Preheat oven to 400°F. Place squash in an 8"x8" glass casserole dish. Add ¼" water to bottom of casserole, salt and pepper inside of squash and bake for 30-40 minutes or until squash is tender. While squash is baking, place ground beef, onion & garlic in a large skillet over med-high heat and break up meat into small pieces. Once meat is fully cooked add tomatoes, seasoned salt, parsley and kale. Stir to combine and continue to cook until kale is wilted. When squash is fork-tender, spoon remaining filling into and around squash halves, sprinkle cheese over top, and bake 5-8 minutes to heat filling through. Even the peel of this squash is edible!

Herbed Fall Veggies

Ingredients:

½ cup water	2 Tbsp butter
½ # Brussels sprouts, trimmed	3 Tbsp hazelnuts, chopped
3 medium carrots, cut into 2 x ¼" strips	¼ tsp dried thyme
	¼ tsp sea salt

Instructions: Bring 1 cup water to a boil in a saucepan. Add Brussels sprouts and carrots, cover and cook over medium heat 6-8 minutes or until tender-crisp. Drain and set aside. In same pan place butter and hazelnuts. Cook over medium heat, stirring constantly until nuts are golden brown. Stir in vegetables and remaining ingredients. Cover and cook, stirring occasionally until heated through.

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O R E G O N

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- 9 am - Here & Now
- 12 pm - Think Out Loud
- 1 pm - Fresh Air
- 2 pm - The World
- 3 pm - The Daily
- 3:30 pm - All Things Considered

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Bake it Yourself: New York Deli Rye

This hearty bread is a sandwich-lover's dream come true

The best thing since sliced bread might just be slicing into your own fresh-baked loaf, something millions of Americans learned when they began baking during the pandemic. So strong was the need to knead that, for a period, flour and yeast were in short supply nationwide. With ingredients plentiful once more, there's never been a better time for new bakers (and experienced bakers hungry for a change) to add something new and delicious to their repertoire, New York Deli Rye.

Rye flour, crunchy caraway seeds, and barley malt syrup lend this hearty sandwich loaf a rich flavor that's great for loaded lunch meat sandwiches or egg salad, and it slices thin for crispy, crunchy toast.

This two-loaf recipe was adapted from a smittenkitchen.com recipe itself an adaptation of a recipe from Rose Levy Beranbaum's *The Bread Bible*. It's no more difficult than a typical sandwich bread recipe, but takes more time—around 8 hours with all the proofing—making it the perfect way to turn a lazy Sunday into a productive one with only a little work.

The recipe uses the sponge method to develop its exquisite flavors and texture. Similar to making a sourdough or using a levain, the recipe starts with a wet mixture and a dry mixture that slowly intermingle as fermentation takes place. Unlike a sourdough there's no longterm commitment to a starter, you simply assemble your ingredients and let them mingle while you enjoy some relaxing time on the couch.

Ingredients It's always helpful to have your ingredients ready to go before you begin mixing anything. Weigh and measure first to make life a little easier and a lot less messy, and it's key to pretending you're on a cooking show, which is a lot of fun.

Sponge:

8 oz bread flour
6.6 oz rye flour
½ tsp instant yeast
3 Tbsp sugar
3 cups room temperature water
1 Tbsp barley malt syrup

Flour mixture:

25 oz bread flour
½ + ⅛ tsp instant yeast
4 Tbsp caraway seed (*If you don't want the crunch, pulse these a few times in a spice grinder*)
1 Tbsp coarse salt

For assembly:

1 Tbsp olive oil



Directions:

Whisk together flours, yeast, and sugar in a large bowl to make your sponge. If using stand mixer, do this directly in mixer bowl. Make a large well in the center of the dry ingredients and add the water and barley malt syrup. Whisk the wet and dry ingredients together to create a thick batter. Continue whisking until the batter is smooth and air bubbles begin to appear. Set aside (if using a stand mixer, re-attach bowl to mixer.)

In a separate bowl, make your flour mixture by whisking together flour, yeast, caraway seeds, and salt. Once combined, gently scoop the flour mixture on top of the sponge, covering it completely.

Cover the bowl and allow sponge to ferment and rise for 3 -5 hrs. The sponge will have bubbled up through the flour in places.

If working by hand or using a hand mixer, add in the vegetable oil and mix the sponge and flour mixture into a rough dough ball. Turn the dough out onto a floured surface and continue to knead by hand for 5-10 minutes, adding small amounts of flour, if necessary, until you have a firm but elastic dough that is slightly tacky but not sticky. If using a stand mixer, mix on low with the dough hook attachment, drizzling the oil in and occasionally stopping to scrape the sides of the bowl, until the dough reaches the above consistency.

Transfer the dough ball to an oiled bowl, turning a couple times to thoroughly coat. Cover and let rise for 1 ½ hrs, until the dough ball has doubled in size.

Uncover and punch the dough ball to deflate it. Flip the deflated dough ball upside down and reform it into a rough but taut ball by pulling the sides under and towards the bottom center while rotating it. Allow to rise for an additional 45 minutes.

Grease or butter a pair of loaf pans. Turn the dough ball out onto a floured surface and divide it in half, setting one half aside and flattening the other into a long rectangle with its short side slightly narrower than the width of your bread pan.

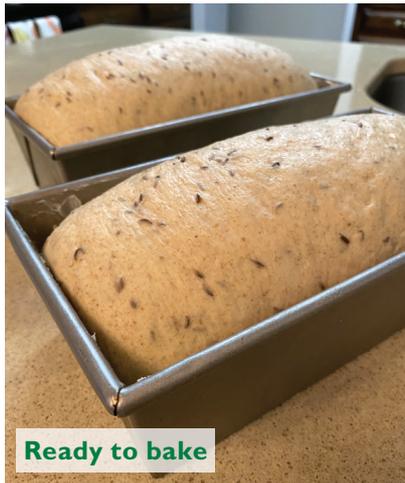
Begin from the far end and roll the dough towards you, using your thumbs to pull the surface taut as you roll—maintaining surface temperature helps your loaves rise evenly and fully.

Once fully rolled, pinch together the seam and ends of the loaf and place it, seam-side down, in the loaf pan. Repeat the process to make a second loaf.

Cover loaf pans and rise to double, 60 -90 minutes. Preheat oven to 375°F with rack in the middle.

Place in oven and bake for 35-40 minutes, until surface is golden brown and internal temperature of loaf is 190°F or higher. (Remove loaf from pan and insert thermometer into underside of the loaf to check.)

Allow the loaves to cool for several hours on a wire rack before slicing or storing. 🍷



What's in Your Cart, Cooperators?

Co-op shoppers share favorite products and hidden gems

Friendly recommendations and word of mouth remain some of the best ways to find new foods to fall in love with. So many of us are creatures of habit even in the grocery aisle. There are favorites out there we just haven't met and sometimes all it takes in a simple introduction from one of our friends.

Regular Co-op shoppers are familiar with Staff Favorites. These tags dot the aisles, giving our expert staffers a chance to make recommendations even when they're not on the clock.

We can't overlook the other experts in the aisle—our shoppers! Co-op shoppers are some of the most discerning, knowledgeable eaters on the planet and we want to give them a chance to share their favorites.



Cynthia suggests...

Fair Trade Chocolate: A bar each Owner Sale Day. The selection is great for trying something new every month.



Mixed cherry tomatoes:

My "must buy" of the summer—a pint on every visit! Also in the summer, fresh ears of corn. Then, when winter comes, I switch to the **Stahlbush Island Farms frozen corn**.

Co-op Kitchen Green Chile Corn Muffins: I grab one if I happen to be in the store on the right day.

Bubbie's Horseradish: This is a potential hidden gem! It has enough kick for a lot of things, and is more flavorful than it is hot.

Starring in Sally's shopping basket...

Avocados: Not local but a great source of healthy fats and so tasty on salads and quinoa or rice bowls.



CocoYo Yogurt (Pure):

A delicious summer snack with fresh, local berries and nut butter. I also use it in my smoothies and some baking. I appreciate that they use glass jars that I can reuse and recycle. I also like that CocoYo has simple ingredients and no sugar added.

Hummingbird Sprouted Nuts: My favorite snack on the go. Salty, crunchy and so good! Walnuts are my favorite and pecans when those aren't available.

Sweet Creek Foods Organic Tomato Sauce:

The Kids' variety makes the perfect base for taco salad dressing. I appreciate that they have a variety of vegetables in their sauce and that no sugar is added.

Hilary World's Best Veggie Burger or Southwest

Adzuki Bean Burgers: For the nights where I'm not up for cooking, these are great toasted and eaten with a salad. I like their simple ingredients.



Emily and Devon like to dive into...

Bob's Redmill Gluten Free Rolled Oats:

These power me through every morning. They are so hearty and great with sliced bananas and a scoop of nut butter on top.



Forager Project Cashewmilk Yogurt, Vanilla Bean: This dairy-free yogurt has the perfect amount of sweetness and the perfect creamy texture. It's a delicious way to get your probiotics. I can't get enough of it.

Trazza Foods Original Hummus: This hummus is a staple in our home. We eat it with veggies and pita, or slather it in our tortilla roll ups. It has the perfect amount of tahini. I absolutely love the flavor.

Dave and Annette dig...

We're 30-year vegetarians, so we eat a lot of tofu. We love **Nearly Normal's Savory Tofu Mix** to spice up our tofu and to use in a delicious Tofu Scramble recipe that we got years ago—from the Co-op!



Nearly Normal's was such a special place and a Corvallis icon. We greatly miss their Gonzo cuisine, wonderful staff, and the warm, welcoming gathering place they provided for the community.

(Editor's note—we sure miss Normal's too! It was truly a special place. We will continue to offer their Tofu Mix and Tamari Ginger Vinaigrette as long as they make them available to us. Get it while you can—and try this tasty tofu scramble, mentioned above!

**NEARLY
NORMAL'S
gonzo cuisine**

Buy Local First Tofu Scramble

Ingredients:

- | | |
|--------------------------------------|--|
| 2 Tbsp olive oil, divided | 1 bunch green onions |
| 1 block tofu | 1 bunch seasonal greens (spinach, kale, chard, etc.) |
| ½ Tbsp dried oregano | Juice and zest from ½ lime |
| ½ tsp cumin seed | Plain or seasoned salt, to taste |
| ½ tsp garlic granules | |
| ¼ cup Nearly Normal's Tofu Seasoning | |

Instructions: Crumble tofu and add oregano, cumin, garlic granules, and tofu seasoning. Coarsely chop veggies. Sauté tofu and seasoning mix in ½ the oil for 5 minutes. Add remaining ingredients and cook to desired finish.

Serves 2 (and easily scales up for more.)

Hey Cooperators, want to share some of your favorites with the Co-op Community? Highlight local products or hidden gems that fellow shoppers might like to try? If you're interested, email thymes@firstalt.coop with a sentence or two each about a few of your favorite products along with a fun picture of yourself and we may share it in a future edition of the Thymes. 🌱



Wellness thyme



Changing
Seasons
with

Mad Hippie

advanced skin care

Fall in the Willamette Valley may bring wet and sloppy weather, but for our skin it can also be a season of dryness and itchiness.

Climate-controlled homes lead to dry air which leads to dry skin. This is further exacerbated by exposure to the gusty fall winds that will chap that dry the skin. *Ouch!*

Try this Hydrating Routine for Dry Skin



It may be fall, but we don't have to fall for that! Instead, get some help from Mad Hippie, the Portland-based purveyor of advanced skin care products made with love and respect and without parabens, synthetic fragrance, dyes, or petrochemicals.

For serious fall-winter hydration, this Hydrating Routine for Dry Skin featuring a suite of products loaded with soothing oils and antioxidants that protect and nourish the skin naturally! Try them as a system—Mad Hippie products are formulated to work together—or create your own perfect combo.

Antioxidant Facial Oil: For soothing and calming wind-chapped skin, this combination of organic argan oil, hemp seed, and pomegranate seed oil can't be beat.

Hydrating Nutrient Mist: An effervescent blend of antioxidants

and hydrating essentials that helps hydrate skin while simultaneously brightening it and reducing the appearance of discoloration.

Vitamin C Serum: Don't let seasonal stresses and gusting winds make you show premature signs of aging. A few drops of vitamin E, konjac root, and ferulic acid will reduce the appearance of wrinkles and soften skin.

Cream Cleanser: This blissfully hydrating cleanser softens and smooths the skin with the help of organic jojoba oil, orchid extract, and macadamia oil.

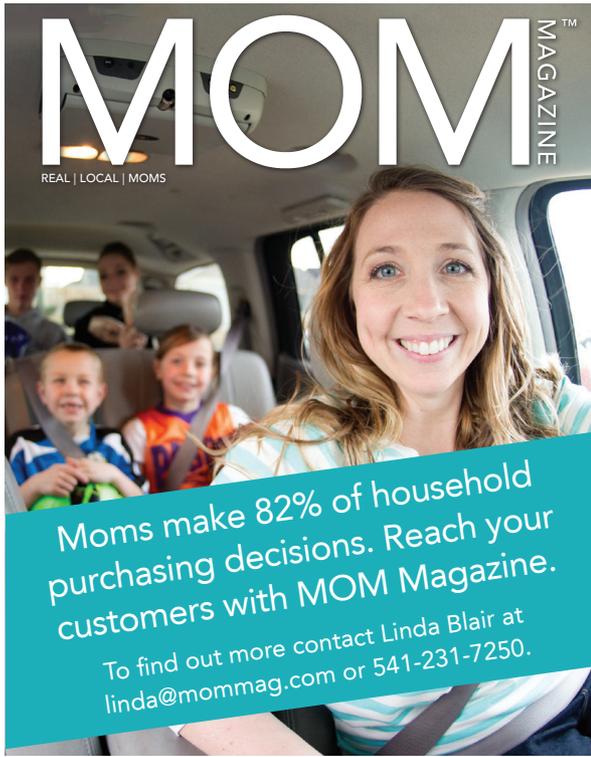
Triple C Night Cream: When a single C just won't do. This deeply hydrating night cream is loaded with three forms of vitamin C, potent antioxidants, and adaptogens. Good night and good skin to you! 🍷



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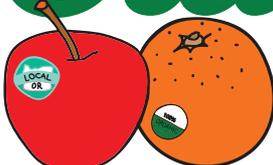
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Side ^{by} Side



Eating specific foods can send us on a nostalgic ride through space and time. I think Americans in particular have this sentimental relationship with meat.

While most readers can't relate to the longing I feel when I smell chicharrones made from a pig I picked out with my dad the day before, many of you doubtlessly have specific food memories, both good and bad.

Here in America, many of our traditions have a special association with meat. Maybe it goes back to the days of the county fair where the townspeople would take their animals to be judged and then sold off for meat. It probably goes back much further than that, but I'm partial to those memories of strolling through the fair and smelling grilled onions, charred burgers, French fries, and funnel cakes.

Of course, I'm speaking from my own experiences and if you haven't guessed by now, I'm a lifelong meat eater.

I'm also a vegetable farmer who chooses to not raise animals as part of the business model. Much like industrial crops, industrial meats aren't something I like to support. Instead, we purchase locally raised meats and eat less of them.

When I have time, I play with making veggie burgers. They never taste like meat but they're just as delicious. I've come to realize that's the case with many store-bought meat alternatives, too. But what about when we are craving the particular textures and flavors of meat—without the meat?

This month's Side by Side delves into those plant-based proteins that seek to emulate the taste and texture of meat. The Co-op has quite a few options. Most of them won't fool a devout meat lover, but we picked some real gems that represent the wide spectrum of options. If you're interested in eating more plant proteins, any of these would be a great pick. I found that cooking methods are critical to the outcome with most of these products so I've included notes about preparation.

Now You're Cookin' with Plants

Tips and tricks for plant-based meat cookery

Start by checking the packaging for cooking instructions, which will vary. • Typically made from high-starch ingredients, they can be stickier at the outset of cooking than meat. Use extra oil to offset this. • Metal utensils with sharp edges are better for releasing stuck meats from pans and grills. • Just like real meats, overcooking them can reduce flavor and interfere with the texture. Aim to keep it juicy! • Spice and season it just like you would with real meat.



The Blue Ribbon

A special distinction awarded to the overall most meat-like proteins in our lineup.

Comparing & Preparing Plant-based Proteins

Sweet Earth Mindful Chicken & No Evil Comrade Cluck

Both of these were seared in a pan using a neutral oil. Both are comparable with a sweet flavor and nice texture, which means it crisps up nicely on the outside without being stringy or chewy. I served one in a fajita dish and the other in a stir fry. They both paired nicely with veggies and accompanying sauces.



Beyond Meat Beyond Breakfast Sausage & East Village Mistaken for Bacon

Breakfast meats might be the most difficult to imitate. I cooked both in neutral oil. The Beyond Sausage was herbaceous with a decent texture that's a little crumbly. The more you eat, the less noticeably different it is. Careful cooking is important for the Mistaken for Bacon. It burns easily, so cook it over medium-low heat and, unlike regular bacon, remove it from the heat before it looks crispy to keep it from getting burnt.



Upton's Natural Updog & Lightlife Jumbo Smart Dogs

I grilled both versions and achieved nice caramelization on the outside with appealing, crisp-looking results. Frying them in a shallow pan on the stove with neutral oil netted similar results. We ate these on whole wheat buns with basic condiments. Of the two, the Lightlife dog would be most likely to fool a meat lover. It has a blue ribbon-worthy beef hot dog flavor and almost the perfect texture. The Updog (*what's up dog?*) has a Chicago-dog vibe thanks to the inclusion of mustard seed and onion powder. Not your typical dog!



Yves Ground Round & Beyond Beef Plant-Based Ground

I crumbled these and cooked them with olive oil and added tomato sauce and pasta to make spaghetti with "meat" sauce. Both had a good texture but I found the Beyond Beef's smoky flavor less suitable for spaghetti than the Yves Ground Round. If what you want is a blue ribbon-quality grilled burger, Beyond Beef is above and beyond. For more general ground beef dishes, the Yves has a pleasing texture and pairs well with sauces.



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