

the theymes

First Alternative
NATURAL FOODS CO-OP

Winter 2021-22

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In this issue:

Locally Made Moku Chocolates • A Day in the Life of the Bulk Shopper • A Visit to Valley Rock Gym and Ants on a Log Café • Holiday Cookie Recipes • and more!

First Alternative NATURAL FOODS CO-OP

the **thymes** Winter 2021-22

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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.

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We'll Take a Cup o' Kindness Yet **For Days of Auld Lang Thymes**

Adam Payson, Thymes Editor

T

he new year offers us all a chance for new starts and fresh resolutions. Whether you seek to revolutionize your diet, kick some bad habits, save some money, or spend more time developing your culinary skills, the Co-op can be a great resource.

Not everything needs to change with the new year—like our emphasis on fresh, local, organic foods, supporting a fair and just food system, and working with the local community. Those are things we'll never change about the Co-op. We're a store for the people, by the people where anyone can shop and everyone saves.

In addition to our available-to-everyone Co-op Deals and Weekly Sales, our Co+op Basics offer low prices every day on staple products for every meal and mission: canned goods, personal care items, household cleaners, and more, almost all of them organic. They're like sales that don't stop! Look for the purple Co+op Basics tags in every aisle to save.

Every Tuesday, Oregon college students get 15% off produce—real high octane brain fuel—thanks to Student Produce Tuesday.

Additional savings are available in the produce department for shoppers with SNAP benefits. An enrolled family that spends \$10 in SNAP benefits on fruits and vegetables will earn \$10 in Double Up Food Bucks incentives to redeem for more fruits and vegetables on their next visit. Learn more at firstalt.coop/double-up-food-bucks.

These are just a few of the ways the Co-op brings the power to the people. We didn't even touch on our work in the community and with local charities and sustainability organizations! To learn more about that, follow @firstaltcoop on Facebook and Instagram and look for the latest issue of the Thymes, which is also a great resource for recipes, product info, and educational content. But we don't need to tell you that—start flipping pages and see for yourself!





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First Alternative
NATURAL FOODS CO-OP



Locally-made Bean-to-Bar Chocolate

Moku Chocolates, now available at the Co-op

Article by: Chris Peterson

Chocolate lovers know their choices are, thankfully, changing. There are ample alternatives to industrial candy bars whose first ingredient is sugar, trafficked by conglomerates who tout global sales rather than ingredient sources, some of which involve child slave labor.

You won't find that kind of chocolate at First Alternative. All chocolate products or ingredients must be certified organic and/or fair trade or a comparable standard that protects workers and the environment. Multiple types of bars within 20 brands entice Co-op shoppers, one of which is made in Philomath.

Moku Chocolate is the dream child of Maureen Nikaido. Growing up on American chocolate products, she'd never thought about their key ingredient, cacao, until happening upon a small chocolate museum in Granada, Nicaragua in 2013.



She discovered most cacao comes from small family farms and was shocked to learn how little they're paid for their crops. "I left wondering if there was something I could do with chocolate that would, in some small way, help the farmers," she said. But what?

That question was temporarily tabled while she and her husband, Michio, moved to Oregon and started new jobs. Once settled, she began researching chocolate and discovered a growing craft "bean to bar" movement with individuals or small operations using cacao beans from one farm or region, and just one or two other ingredients. Like her, they care about cacao farmers being fairly paid for quality beans. She continued her research, experimented in her kitchen, took a business class and soon found herself an entrepreneur who'd won international prizes for her goat milk chocolate when she entered her first competition.

Maureen and Michio visited their first cacao farms in Belize just before COVID hit. The pandemic nudged her into website sales while local and regional stores began welcoming Moku bars. Her goal has always been to focus her sales through local businesses. She enjoys in-person sampling at farmers' markets, introducing the concept of terroir in chocolate and the people who grow the cacao, then watching peoples' faces as they recognize the "notes" (citrus,



almonds, cherry, etc.) as they taste. Every Moku wrapper describes what makes that particular chocolate's beans and farms unique, and its tasting notes.

The Source

Cacao trees love tropical climes and grow between 20 degrees north and south of the equator. Early 16th century explorers and conquerors saw how chocolate was used by Mayan, Aztec, Olmec and Toltec peoples in rituals, and cacao beans as currency. They didn't like their hosts' bitter chocolate preparations—with chilies, spices and cornmeal—but they took cacao beans back to Europe, though chocolate didn't catch on for another century. Its omnipresence today affirms the judgment of the ancestral Mesoamerican civilizations who first processed and cultivated cacao, and botanist Carolus Linnaeus' description of chocolate as "food for the gods."

A tropical evergreen, pollinated by midges, the hand-harvested cacao pods encase about 30 beans in a white pulp which, when exposed to air, naturally attracts the bacteria needed to ferment the beans, dissolving the pulp and tannins. Farmers usually do the week-long process themselves but, with greater demand for



quality chocolate, more are joining cooperative fermentaries where whole crews tend that process so farmers can focus on tree care. After fermenting, the beans are sun-dried, then hand-sorted, bagged and shipped to chocolate-makers worldwide.

Moku Process

Maureen buys her cocoa beans in 30- or 60-kilo bags, mostly through Portland-based Meridian Cacao, the rest from Uncommon Cacao. Both deal directly with cacao producers and maintain verifiable transparency throughout the supply chain. Once beans are fermented and dried, technically they're called cocoa.

Moku's magic happens in a tiny certified former bakery, outfitted with clever tools Michio has improvised to streamline the process.

First, Maureen roasts a kilo of beans in a small specialty oven. This is where she blends her creative skills with those of the farmers and fermenters to bring out the cocoa's unique qualities. When the beans have cooled she cracks their shells

in a Champion juicer, then pours that into Michio's shop vac/PVC pipe contraption to winnow the papery husks from the cocoa nibs.

Next, the nibs go into a stone grinder called a melanger where they are crushed between stone wheels and a stone base. The heat this generates releases the cocoa butter from the nib, turning the mixture first into a thick paste and eventually into a liquid called liquor, though it contains no alcohol. Along the way, sugar is added, and milk powder for milk chocolate batches. This grinding and refining process takes 2 to 3 days.

Tempering, the penultimate step, is the most technical one, where the mixture is repeatedly heated to precise temperatures. "Basically, chocolate has six different crystal forms, pertaining to how the fat molecules line up," Maureen explained. "The goal is to get it into stage five, which gives chocolate a nice snap, shiny appearance, keeps it from melting in your hands and has a smooth mouthfeel." Once that's achieved she maintains its temperature through the molding

process in a sousvide set-up. Michio created a tiny scale that allows her to precisely measure each bar as she pours, then she moves the molds to a settling table he made to jiggle the chocolate into smooth bars. They're briefly refrigerated, then packaged and released to chocolate aficionados.

Currently Maureen uses cocoa beans from five origins: Dominican Republic, Ecuador, Madagascar, Peru and Colombia. All of her bars are 70% dark chocolate except those containing goat milk or cow's milk, which are 60%. One bar contains local hazelnuts, another orange zest. Her latest Dark Milk Chocolate Bar is a Good Foods Award finalist.

Creating chocolate is akin to balancing on a tightrope. "There are no specific recipes," Maureen said. "That's in the bean and nib. You have to trust yourself and take chances, like adding goat milk. Some people will love it, others won't. That's freeing to realize and accept. I'm often out of my comfort zone, but learning so much and loving it." 



A DAY IN THE LIFE

of a Bulk Shopper



7 AM Rise and shine!

Fuel up with coffee and oats.

Keep your nutritious daily bowl interesting with various toppings such as nuts & dried fruits.



9 AM Put the beans on!



HEALTHY SNACKS



Seasoned Pinto Beans



Put soaked beans in crockpot. Cover with water and add:

onion,
garlic,
cumin,
paprika,
cayenne,
pepper.

Simmer all day on low. Add salt before serving. Cost \$2.²⁵

12 PM Munch on some lunch!

Visit firstalt.coop/recipes for our Simple Wheat Bread recipe – delicious topped with U-Grind Peanut Butter or Homemade Hummus



MAKE AHEAD



Homemade Hummus

1½ cup cooked chickpeas
2 Tbsp tahini
2 Tbsp olive oil
1 clove garlic
1 Tbsp lemon juice
½ tsp salt

Blend together. Cost \$2.⁴⁰

3 PM Afternoon pick-me-up

Use 1 tsp loose tea per 8 oz boiling hot water. Steep 5 minutes.



Brown Rice

1 cup rice
1½ cup water
pinch of salt

Bring to boil. Turn to low, cover and simmer forty minutes, or until tender. Cost 65¢

6 PM Enjoy a hearty meal from simple, healthy ingredients!

Sautéed Greens

Sauté leafy greens briefly in olive oil with a little salt and garlic.

BEANS & RICE WITH GREENS



8 PM Time for snacks & chill!

Make your own organic popcorn topped with healthy, all-natural seasonings such as garlic salt or nutritional yeast!



Popcorn

½ cup popcorn
2 Tbsp oil (olive or coconut)

Heat oil in heavy pot. Put kernels in, lid pot and agitate regularly. Careful not to burn kernels! Season to taste. Cost 90¢

10 PM Prep for tomorrow!

Soak dry beans overnight in water. Check out our website for our **Overnight Oats** recipe.



Economical Bulk Foods

Looking to eat simple, healthy, natural foods while also reducing your carbon footprint and getting more bang for your food buck? Look no further than First Alternative Co-op's bulk foods department! The bulk department offers an exceptional cost-to-nutrition ratio on many foods such as legumes, whole grains, flours, fresh-ground organic peanut butter, a wide selection of coffee, tea, spices, and much more. Avoid paying high prices for highly processed and highly packaged foods – just keep it simple with the Co-op Bulk department!

Shopping List

Coffee	35¢/mug
Rolled Oats	20¢/bowl
Raisins	65¢/½ cup
Coconut	10¢/Tbsp
Almonds	95¢/½ cup
Pinto Beans	\$1.20/cup
Various Spices	10¢-15¢/tsp
Sea Salt	5¢/tsp
Olive Oil	25¢/Tbsp
Chickpeas	45¢/½ cup
Tahini	30¢/Tbsp
U-Grind PB	20¢/Tbsp
Loose Tea	10¢-25¢/cup
Brown Rice	65¢/cup
Popcorn	40¢/½ cup
Nutritional Yeast	15¢/Tbsp

Prices subject to change

Restoring Missing Nutrients for Health and Vitality

Article by: Virginia Shapiro

Do you want to lower inflammation? Lessen pain? Improve your energy and digestion? Balance your blood sugar and cholesterol? Normalize blood pressure? Reduce cancer risk? Improve your immune competence to handle infections? Improve mood and memory? Reduce allergies? Slow the aging process? And reduce the need for medications and nutritional supplements?

Well, eat your veggies (and fruit)! Seriously, folks, eat lots of them! And *minimally processed* grains, legumes, and—if you choose—eggs and meats. That means spending plenty of time shopping in the produce and bulk sections at the Co-op.

There is much discussion in the popular media about dietary approaches: vegan, vegetarian, omnivore, ketogenic, and “paleo.” If you remove all the opinions and noise, what we know *for sure* is that most humans do best when we eat mostly vegetables and some fruits, as well as minimally processed grains and legumes. Yes, we all need protein and fat, including essential

fatty acids. And we can get protein and fat from vegetarian *and* animal sources. I’ll leave that discussion to another day.

Suffice it to say, if you want to feel better, and reduce your short- and long-term suffering, make vegetables the *main attraction* at every meal, or at least two meals per day. And make them organic, locally grown, seasonal, and as diverse as possible. Add some colorful and varied fruits (seasonal is best). Eat a mixture of raw, fermented, and cooked veggies, and mostly raw fruit.

To be more specific, a proven strategy to improve health is to turn back the clock before industrialized farming and processed foods wreaked havoc on our collective health and caused us to lose *thousands* of important phytonutrients from our diet.

How? For your next meal, visit your garden, First Alternative's produce section, or the Farmers' Market for the most colorful, healthful, and delicious food available.

Continued on next page

Virginia's Colorful Veggie Slaw:

- | | |
|---------------------------------------|---|
| 1-3 cloves garlic, finely minced | 1 carrot, grated |
| 2-4 Tbsp balsamic or red wine vinegar | 1 beet, grated |
| 2-3 tsp salt | 1 bunch parsley, finely chopped |
| ½ head green cabbage, finely chopped | 2 bunches parsley, finely chopped |
| ½ head red cabbage, finely chopped | 1 radicchio, finely chopped |
| 1 kohlrabi, grated | 1 colorful sweet pepper, finely chopped |
| 1 radish, grated | |

In a large bowl, combine garlic, balsamic or red wine vinegar, and salt. Whisk together thoroughly. Add olive oil and continue to whisk. Fill bowl with remaining ingredients and mix well. (Using your hands is the best bet.) Serve with pumpkin seeds, poached eggs, or leftover animal protein.

Continued from previous next page

Multiple studies have demonstrated the wide-ranging health benefits when we eat with attention to these aspects of food:

Organic food grown on high quality, less tilled soil is higher in phytonutrients that are profoundly useful to plants and us. This enables robust health and prevents disease. Organically grown food is also much lower in toxic residue than food grown with agrichemicals.

There are thousands of phytonutrients in plants that give our food color, texture, and flavor (and protect from sun damage, predation, and disease). A handful are well known, like carotenoids (orange and green vegetables), glucosinolates (cruciferous vegetables), ellagic acid (pomegranate and watercress), resveratrol (purple grapes), fiber, quercetin (apples and onions) and countless other flavonoids.

These diverse plant compounds are now increasingly recognized as enormously beneficial to the animals (including us) who eat them. They are also in woefully short supply in plants grown with agrichemicals and depleted soils. In addition, they are depleted by processing, time (excess travel to your table), and overcooking. To be clear, there are important phytonutrients in all whole, unadulterated plant foods including grains, legumes, nuts and seeds, as well as vegetables and fruits.

What do these phytonutrients do for us?

So many things! They impart color, delight, and flavor; and help normalize our immune response (by regulating inflammation throughout the body and optimizing response to pathogens and cancer cells); protect us against toxins of all sorts; support energy production; and support healthy gut microbiome and digestion.

Local and seasonal eating is great for so many reasons: variety, surprise, delight, lower carbon footprint, optimal nutrition and flavor, and meeting seasonally changing needs for certain nutrients. Unfortunately, the advent of supermarkets in the 1950s and 60s got people accustomed to eating whatever they want, whenever they wanted it. (Arlo Guthrie's "Alice's Restaurant," anyone?)

There are some absurd examples of this. Strawberries and sweet corn in January?! Oranges in the summer?! Eating the same veggies every day, year round, without any regard for the season is also ineffective.



For optimal health, eat the rainbow, and eat it fresh! At First Alternative Co-op, we can help.

This leads to boring, flavorless, and ineffective meals, with excessive transportation (carbon footprint)! Unlike conventional grocery stores which promote and enable this type of unsound food selection, First Alternative Co-op, farmers' markets, and local CSAs enable and support local and seasonal eating for optimal health, strength and stability of local food systems, reduction of carbon footprint, and a higher standard of eating.

In summary, to improve your family's health in many ways, increase phytonutrients of all kinds:

Maximize the quantity and variety of colorful fruits and vegetables you eat by choosing organically- and locally-grown produce and eating seasonally. This will also optimize quality, flavor, and the delight of eating.

Choose vegetables and fruits that are digestible raw for optimal phytonutrient content. Lightly cook vegetables and fruits that must be cooked for digestibility.

Marinating or fermenting veggies (kraut, etc.) enhances phytonutrient content and digestibility without cooking. The Co-op has abundant varieties of delicious kraut for sale, in the bulk and refrigerated sections. This is a great option for the sensitive GI tract.

Remember that grains and legumes, when whole and minimally processed, are also great sources of some of these forgotten but essential phytonutrients. Grains that are soaked and cooked whole are so far preferable to chips and crackers!

Some veggies and grains are naturally bitter. Bitter foods are important for normal immune response. If you find them unpalatable, try adding quality fat or oil, or balsamic vinegar to soften the bitterness.

Virginia Shapiro, DC, is a chiropractic physician in Corvallis who has practice functional medicine for 36 years. 



Kuto Makes Checkout Quick and Easy

Totally touchless payment comes to the Co-op with Kuto

A faster, easier way to pay for your groceries has come to First Alternative Co-op, and like so many of the things we value, it's local!

Built in Portland, Kuto began its journey as an app to make it easier for businesses to pay expenses, but when the pandemic turned the world upside down, it also flipped the script on Kuto.

The sudden dominance of card-only payments was costing retailers tons of money, paid to credit card companies in processing fees. Using the same ultra-secure systems as Venmo, Kuto links directly with a shopper's bank account and cuts those steep credit card fees—up to 70% for some businesses. It saves time, as well as money. Tell the app you're ready to pay and tell your cashier you're using Kuto. That's it.

Already accepted at hundreds of locations in Portland and the Willamette Valley, it's growing fast. Local businesses and restaurants, like Peak Sports, Corvallis Brewing Supply, Squirrel's Tavern, Terra's Tastee Treats, and Ants on a Log Cafe (seen on page 12) are all accepting Kuto.

Kuto gives back too, in the effective way that truly local solutions can. Here in town, Kuto has partnered with It's On Us Corvallis. Via the in-app Gift Cards, they are able to get food to local families in need, in a simple and dignified manner that offers them choice and also benefits local businesses.



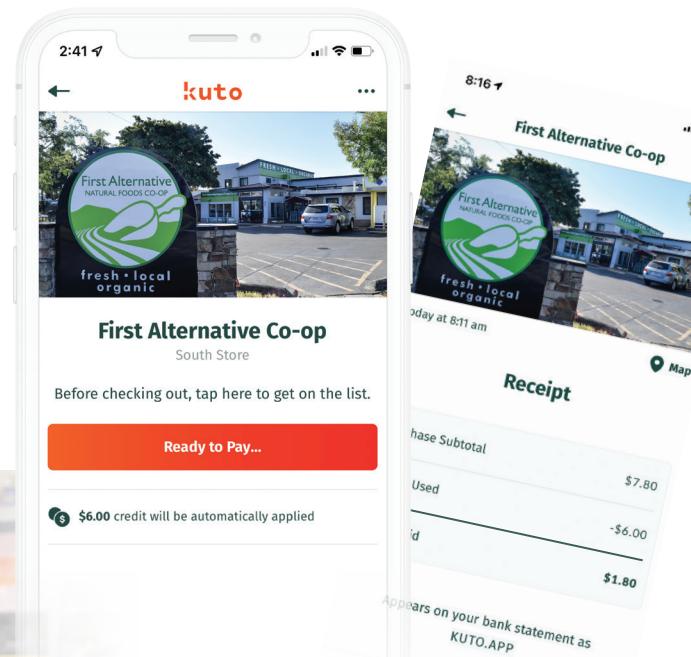
How to Kuto:

Nearby locations that accept Kuto will automatically appear in your Home tab. Select the business you want—the Co-op, in this case—and hit Ready to Pay.

You can do this step whenever it's most convenient: in the parking lot, while you shop, or when you're in line.

When it's time to check out, just tell your cashier that you're paying with Kuto. They'll confirm your name and that's it! No need to take out your wallet or phone, or enter a PIN or sign anything. It's totally contactless and super quick! (and your groceries) can be on your way!

Download the free Kuto app on the Apple App Store or get it on Google Play today. 



pay with
kuto
at First Alternative Co-op

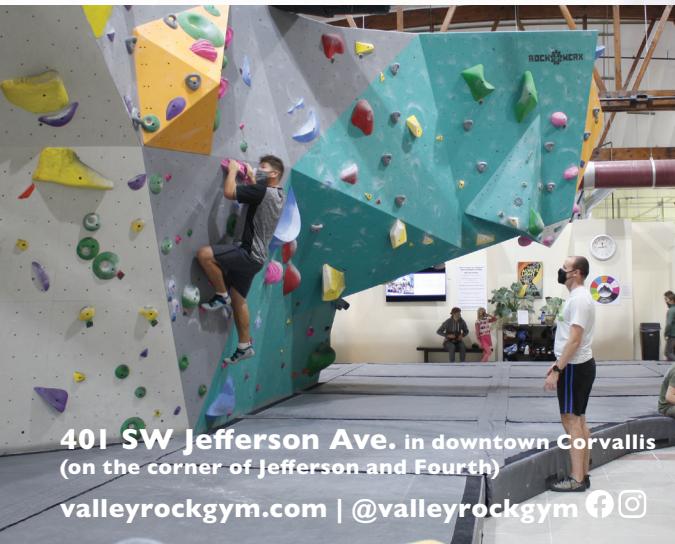
Valley Rock Gym, Climbing to New Heights in Dow

Climbing, community, and education come together in Corvallis

Downtown Corvallis has an exciting new addition—Valley Rock Gym, a community-focused climbing gym that opened in late April 2021 in the former Tibet House (401 SW Jefferson, on the corner of Jefferson and Fourth.) The newly remodeled facility includes a bouldering facility with auto-belay's, weights, and exercise machines, and offers an inclusive set of classes and community activities. To learn more, we spoke with Johanna, one of the gym's co-owners...

Share with us how the gym came to be and who made it happen: As a team of five, we all had different stories and reasons for wanting to bring a climbing gym to Corvallis. We are all local residents who love and value our community and we are excited the Valley Rock Gym provides another way to engage with area residents, visitors, and businesses. After a few months of sharing our visions and desires for a space, it was clear there were some common threads that connected us and our vision. These threads became the pillars of our gym: Climbing, Community, Education, and Wellness.

These values get to the root of why we each wanted to bring a climbing gym to Corvallis. Climbing gyms are amazing but they can be so much more than just a space to climb! They can be a place to connect, learn, teach, grow, empower one another, build community, and cultivate change.



**401 SW Jefferson Ave. in downtown Corvallis
(on the corner of Jefferson and Fourth)**

valleyrockgym.com | @valleyrockgym

Tell us more about the gym's mission:

Our goal is to cultivate a space where people of all ages, identities and abilities can come to socialize, learn, move and grow—as climbers and as individuals. Ultimately, we want to help build, nurture, and strengthen our community. We hope to help facilitate this process by offering community events, hosting affinity climb nights and collaborating with local organizations who share a similar vision.

Could you lay out some of the benefits of climbing for physical and mental health?

There is a wide array of benefits and skills that can be cultivated through climbing! Here are some that we see and experience at the gym:

Active lifestyle: Discovery of a lifetime sport and the development of healthy habits.

Physical benefits: Improved coordination, fitness, strength, flexibility, and spatial awareness.

Mental benefits: Cultivation of problem solving skills, focus, determination, and concentration.

Emotional benefits: Development of fear management skills, self-confidence, success and failure management, and sportsmanship.

Skill development: Practice with climbing movement fundamentals, goal setting and follow through, and visualization.

Community benefits: Opportunity to belong to a community, build friendships and character, and develop interpersonal communication.



Bouldering in the basement

Vntown Corvallis

Do you have any events or programs you'd like to tell our readers about? We have after-school, weekend, and homeschool climbing programs for youth as well as a climbing team. We also offer summer camps and birthday party packages. For adults, we have climbing, yoga, and fitness classes that are included free with a day pass or gym membership.

Valley Rock Gym also hosts community climb events every month! The events are free for members, or the listed price for non-members. Free climbing shoe rentals are offered to all participants. Every event night (except Family Climb Night) includes an *Introduction to Bouldering* class for those new to climbing, a raffle and of course, lots of climbing! Here's a breakdown:

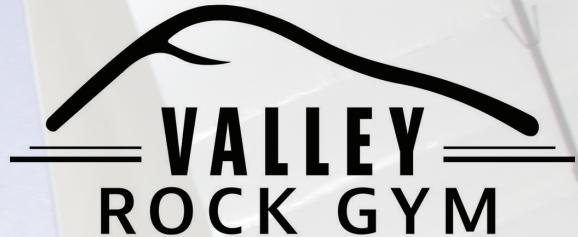
Queer Climb Night: Every 1st Friday of the month from 7-10pm. \$5 admission fee.

BIPOC Meet Up: Every 2nd Wednesday of the month from 7-10pm. \$5 admission fee.

Women's Climb Night: Every 2nd Thursday of the month from 7-10pm. \$5 admission fee.

Corvallis Climbers of Color Affinity Climb Night: Every 4th Wednesday of the month from 7-10pm. \$5 admission fee. The gym closes at 7pm for this event. If you identify as BIPOC, learn more about how you can join by visiting Corvallis Climbers of Color, @corvallisclimbersofcolor on Instagram.

Family Climb Night: Every 3rd Friday of the month from 5-8pm. Admission: 50% off day pass.



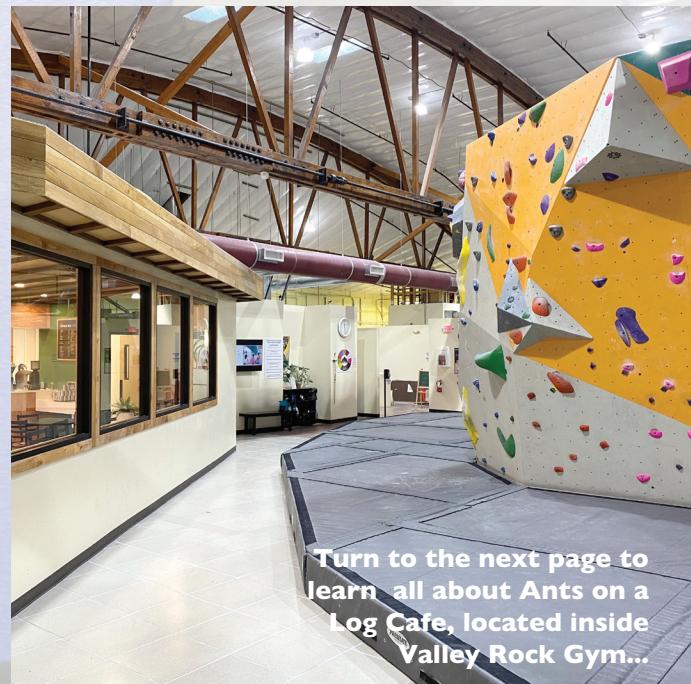
Golden Age Climbing Club: If you are 50 or older, you are welcome to join the Golden Age Climbing Club! This club is an opportunity for you to climb with other golden age climbers at a less busy time in the gym, build community and foster friendships. The club meets every Wednesday from 10am-12pm.

The first Wednesday of the month, we will pair the club with a 30-40 minute bouldering class for those who are newer to climbing.

The second Wednesday of the month, we will pair the club with an auto-belay class for those who want to get auto-belay certified.

For those who want a gentle warm up before climbing, join the Golden Age yoga class that's held every Wednesday from 9am-10am.

The Golden Age Climbing Club is free for gym members or participants can take advantage of the \$10 Golden Age Climbing Club Day Pass which comes with free rental shoes 



Turn to the next page to learn all about Ants on a Log Cafe, located inside Valley Rock Gym...

March Down to Ants on a Log Café

Climb into tastiness at this new downtown café

Ants on a Log Café grew from a passion for health, local sourcing, and sustainability to become a place where the whole community could find allergen-friendly food that's quick and nourishing.

We recently had a chance to ask Sally, one of the Café's owners, a few questions. A certified functional nutrition counselor, Sally taught for 17 years before deciding in 2020 to stop teaching at school and turn to educating the community on health and wellness through food. Here's what she told us about realizing that goal with Ants on a Log Café...

Tell the story of how the café came to be, and its relationship with Valley Rock Gym: The gym was founded on four pillars: Climbing, Community, Education, and Wellness. The Ants on a Log Café and the Valley Rock Gym worked closely together to build a joint space with this vision in mind.

We met each other through a variety of word-of-mouth connections and a soccer match at the Corvallis Sports Park. Since that connection a few years ago, we started meeting regularly to help make all these dreams a reality. We found the building and immediately saw the potential for creating an amazing community space.

The name, Ants on a Log Café, reflects our vision of being playful, family friendly, and healthy.

Tell us about the café's mission: The café provides allergen-friendly foods sourced as locally as possible. We aim to build lasting relationships with local farmers and educate the community about the value of eating fresh, local fruits and vegetables. Our goal is to reduce waste and make environmentally friendly choices in how we source, serve and deliver our food.

What foods can people expect to find?

Ants on a Log Café serves fresh smoothies, seasonal soups, salads, coffee, and house made baked goods. Ingredients are sourced from local farms and businesses. All items at the café are carefully selected to be organic, gluten-free, and peanut-free. We have many vegan, dairy-free, soy-free, and nut-free options, as well.

(Follow @antsonalogcafe on Instagram to keep up with their seasonally-focused menu. —Ed.)

What else should we know about the café?

We have outdoor seating on our patio, and offer online ordering at www.antsonalogcafe.com.

We are happy to deliver to our parking lot.

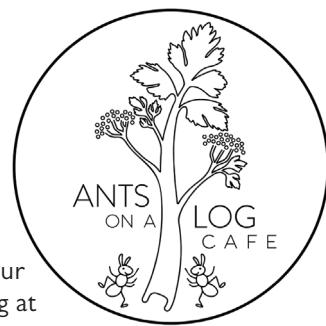
We use reusable glass containers for most take-out orders with the goal that our customers will bring them back for us to sanitize and reuse. We minimize our packaging by purchasing most items directly from local farms. The Co-op has been a great resource for us; helping to find farms to connect with and supplying us with local ingredients when we need them.

And the café has a great view of the climbing wall for customers to enjoy! 



Ants on a Log Café is located adjacent to the Valley Rock Gym at 401 SW Jefferson Ave.

**Hours: 7 am - 4 pm Monday-Friday and
10 am - 4 pm Saturday & Sunday**





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antsonalogcafe.com | 541-714-5322
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Benton Habitat for Humanity
ReStore

Visit website for hours and donation info

4840 SW Philomath Blvd., Corvallis 97333
541-752-3352 | BentonHabitat.org/ReStore

Sugar & Spice Up Your Holiday

These classic holiday treats will help spread the cheer to loved ones far and near



Holidays are a time for indulgences, and that's alright. The days are short, the weather is rotten, and through all that, there's so much to do! Yeah, you deserve a cookie—or a rugelach, or some chocolate glazed nut brittle, and the Co-op's here to help.

We've got everything it takes to make the following three traditional holiday treats, along with countless others, because no matter what you're celebrating, a little sugar and spice (or some of their many alternatives, depending on your diet) can help to make the holiday season a little more nice.

Most of the ingredients you see here can be found in our Bulk department, where you can get as little or as much of anything as you need. This is ideal for once-per-year cooking projects like these, because you don't need to over-buy a product, and you know you're getting it fresh! *Read more about the budgetary benefits of Bulk on page 6.*



Gingerbread Cookies

Makes 48 3-inch cookies. Prep time: 1 hour

1 ½ cups unbleached flour	1 stick unsalted butter, softened
1 cup whole wheat pastry flour	¼ cup light brown sugar
½ teaspoon baking soda	½ cup molasses
¼ teaspoon baking powder	1 large egg
½ teaspoon salt	
1 teaspoon ground ginger	Royal Icing
1 teaspoon ground cinnamon	2 cups powdered sugar
¼ teaspoon ground nutmeg	1 large pasteurized egg white
¼ teaspoon ground cloves	¼ teaspoon lemon juice
	2 tablespoons water

In a large bowl, mix together flours, baking soda, baking powder, salt, and spices. Using an electric mixer, cream butter until soft, then add brown sugar and beat until well-mixed. Add molasses and beat, scrape down and add egg, beat again until combined. Stir in the flour mixture. Divide dough into four rectangular pieces, place between sheets of parchment and roll out $\frac{1}{4}$ " thick. Stack sheets of dough on a baking pan and chill for 3 hours.

Preheat oven to 350°F. Lay sheets of dough on counter, remove top layer of parchment and use a cookie cutter to cut into shapes. Using a thin spatula, transfer cookies to parchment-lined baking sheets. Repeat with scraps.

Bake 12 minutes, switching the pans between oven racks halfway through. When cookies are puffed and look dry, remove and cool on the pan for five minutes, then move cookies to a cooling rack.

Using an electric mixer, mix powdered sugar with egg white. Mix in lemon juice and water, a tablespoon at a time, to reach desired consistency. Transfer icing to a piping bag with a small round tip and use to draw outlines on the cookies.



Rugelach, a traditional Jewish treat, can also be filled with chocolate chips, walnuts, marzipan or fruit preserves.

Poppy Seed Rugelach

Makes 24 cookies. Prep time: 6 hours (includes chilling); 1 hour active

1 ½ sticks butter, room temperature	½ cup poppy seeds
8 ounces cream cheese, room temperature	¼ cup milk
2 cups flour	3 tablespoons honey
½ cup sugar	2 tablespoons raisins, chopped
¼ teaspoon salt	½ teaspoon lemon zest

Cream butter and cream cheese together until fluffy. Add flour, sugar, salt and beat to combine. Form 2 disks, wrap in plastic wrap; chill 4 hours. In a coffee grinder, grind poppy seeds coarsely then heat in a pan with milk, honey, raisins, and zest. Stir over medium-low until thickened, approx. 20 minutes, then cool completely.

Preheat oven to 325°F and line two sheet pans with parchment. Roll out dough to make two 12" rounds about ⅛" thick, then spread each with half the filling. Use a pizza cutter to cut each round in 12 wedges. Roll up each piece from the wide end, bend in tips to make a crescent. Place on pan, chill 1 hour.

Bake for 40 minutes, switching the pans between oven racks halfway through. When done, cool cookies on pan for 10 minutes, then transfer to cooling racks.



A recipe of decadent brittle makes wonderful gifts, a little goes a long way! Portion and package festively for teachers, coworkers and friends.

Chocolate Glazed Nut Brittle

Servings: Makes 2 ½ lbs. (approx. 27 servings).
Prep time: 1 hour; 20 minutes active

2 cups sugar	2 ½ cups roasted salted peanuts or cashews
½ cup water	plus an optional ¼ cup, finely chopped
1 stick unsalted butter	8 ounces dark chocolate, melted
½ cup light corn syrup	
½ teaspoon baking soda	

Line a large sheet pan with a rim with parchment paper. In a 2-quart saucepan, combine the sugar, water, butter, and corn syrup and bring to a boil to create caramel. Cook over moderately high heat, stirring occasionally, until the caramel is light brown and registers 300°F on a candy thermometer, about 10 minutes. Remove from the heat and carefully stir in the baking soda. The mixture will bubble. Stir in the nuts, then immediately scrape the brittle onto the prepared baking sheet. Using the back of a large spoon (oil it lightly if it sticks), spread the brittle into a thin, even layer. Let cool completely, about 30 minutes.

Spread melted chocolate over the brittle, sprinkle with the finely chopped nuts, if using, then chill. Break the brittle into large shards. Store in airtight containers for up to two weeks.

Recipes by Robin Asbell • Reprinted by permission from grocery.coop.
Find recipes and information about your food and where it comes from at grocery.coop.



Donna's Kitchen



**Donna Tarasawa
Outreach Specialist**

Eating a gluten free diet has certainly gotten easier in recent years. Gluten free alternatives for just about anything you can imagine are readily available at the Co-op and almost anywhere groceries are sold. This makes it all the easier for curious eaters to try reducing, if not all together eliminating wheat from their diet.

The recipes in *Gluten Free*, our Spring 2019 edition of Budget Bites are great for new or experienced gluten free diners, and you can buy all the ingredients at the Co-op without breaking the bank.

Pizza is always popular, and our **Gluten Free Pizza** recipe, featuring Bob's Red Mill 1-to-1 Gluten Free Flour Mix, is a great way to win skeptics over to the power of gluten free flour. Our pie features olives, spinach, mushrooms, and red peppers, but you're free to top it however you like.

Our **Potato Crust Quiche** combines cheese, bacon, and potatoes with eggs for a crisp, delicious comfort food classic that's fit for breakfast, brunch, lunch, or dinner—and any new meals you manage to cram between them.

You're the artisan with our **Quinoa Crackers** recipe. Delicious and fancy, these seed-sprinkled crackers will make a good-for-everyone contribution to the seasonal snack spread. Make sure to bring the recipe, because they might just become the must-have of the season.

These **Almond Cookies** prove that gluten free doesn't have to mean cookie free! These delightful wheat free cookies are made with raw, organic almonds and zero cane sugar, but they're still plenty sweet.

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



A budget-minded meal plan

6 dinners for 2 adults **plus cookies!** Menu on back page.

GLUTEN FREE SPRING 2019 VOL. 5



Look for new Budget Bites quarterly and find years of tasty back-issues like this one online.



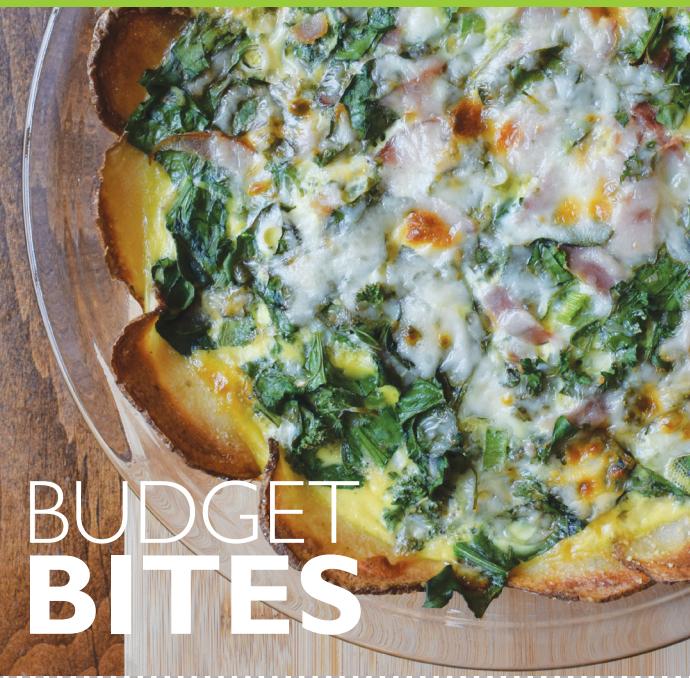
If you're diagnosed celiac, or otherwise highly gluten sensitive, you should stick to only purchasing packaged foods bearing the Certified Gluten Free logo. Thankfully these products are more plentiful than ever, too, especially at the Co-op. 

Gluten free Pizza



BUDGET
BITES

Potato Crust Quiche



BUDGET
BITES

Quinoa Crackers



BUDGET
BITES

Almond Cookies



BUDGET
BITES

Potato Crust Quiche

Ingredients:

6 oz bacon	5 eggs
1 lb russet potatoes, thinly sliced	1 cup milk
3 Tbsp olive oil, divided	1 cup fresh spinach leaves
¾ tsp salt, divided	½ cup fresh parsley, minced
¼ tsp pepper, divided	2 green onions, sliced
2 Tbsp grated Parmesan cheese	½ cup shredded mozzarella, divided
	½ tsp garlic powder

Instructions: Fry bacon, drain, and cut into $\frac{3}{4}$ " pieces. Rinse and drain sliced potatoes. Heat 2 Tbsp olive oil in skillet and add a single layer of potato slices. Cook until light brown, turn over and brown second side. Repeat with remaining potatoes. Preheat oven to 350°F. Oil 9" pie pan. Arrange potato slices in pan, overlapping slices to form a solid bottom. Place overlapping slices around side of pan to form a crust. Sprinkle crust with $\frac{1}{4}$ tsp salt, $\frac{1}{2}$ tsp pepper and Parmesan. In a medium bowl, whisk together eggs, milk, spinach, parsley, green onions, bacon, mozzarella, remaining salt, pepper, and garlic powder. Slowly pour the egg mixture over the potatoes. Bake 30-45 minutes or until eggs are set.

Gluten free Pizza

Ingredients:

1 cup water	½ cup spaghetti sauce
½ cup butter	½ tsp Italian seasoning
¼ tsp sea salt	1 pkg pepperoni
1 cup Bob's Red Mill 1-to-1 Flour Mix	½ cup black olives, sliced
4 eggs	2 mushrooms, sliced
½ # mozzarella cheese, shredded	1 medium roasted red pepper, diced
	1 cup spinach leaves

Instructions: Preheat oven to 400°F. Heat water, butter and salt in a pan over medium heat until boiling. Remove from heat. Stir in salt and flour all at once. Add eggs one at a time, mixing well after each. Cool slightly in pan. Cover a cookie sheet or pizza stone with parchment paper. Spread dough evenly over paper in a large circle, about $\frac{1}{2}$ " thick. Bake for 30-35 minutes. Remove crust from oven. Place paper towels on a plate, lay pepperoni in a single layer, cover with a second paper towel and microwave 1 minute, to release fat. Spread sauce over crust and sprinkle with Italian seasoning. Distribute cheese evenly and spread toppings over cheese. Bake 15-20 minutes or until cheese is melted and toppings are hot.

Almond Cookies

Ingredients:

1 $\frac{1}{2}$ cups raw, organic almonds	$\frac{1}{2}$ tsp baking powder
	$\frac{1}{4}$ cup maple syrup
$\frac{1}{4}$ tsp sea salt	

Instructions: Process almonds in a food processor until well ground and creamy. Add salt, baking powder, and maple syrup. Process until a ball of dough forms in the processor. Form dough into 1" balls, place on a parchment-covered baking sheet and flatten slightly. Bake at 350° F about 10-13 minutes. Transfer to a wire rack to cool.

Recipe courtesy of Dr. Virginia Shapiro.

(More from Dr. Shapiro on page 7).

Quinoa Crackers

Ingredients:

1 cup brown rice flour	$\frac{1}{2}$ cup sorghum flour	6 Tbsp olive oil
		$\frac{1}{2}$ cup water (add more if needed to cause dough to form a ball)
¾ tsp sea salt, divided		
2 Tbsp arrowroot		Flax, poppy, and chia seeds,
$\frac{1}{2}$ tsp baking soda		for topping, divided
$\frac{3}{4}$ cup cooked quinoa		

Instructions: Heat oven to 375° F. Place flours, $\frac{1}{2}$ tsp salt, arrowroot, and baking soda in a food processor and pulse 3-4 times. Add quinoa and olive oil and process until mixed. With machine running slowly add water until mixture forms a ball. Divide dough into 3 sections. Tear off three 12" squares of parchment paper. Place 1 ball of dough in the middle of a sheet and top with another sheet. Roll dough out until it nearly reaches edges of the paper. Carefully remove top sheet and cut dough into 2" squares with a pizza cutter; sprinkle with seeds and salt. Replace paper and lightly press seeds into dough. Remove top parchment. Slide dough-covered parchment onto a cookie sheet. Repeat process with remaining 2 balls of dough. Bake 25-30 minutes or until crispy. Slide parchment, with crackers, onto a cooling rack. Store in an airtight container.

Recipe from nourishingmeals.com

Cooking with Co-ops

A cooperative potluck on a national scale

This past October, in celebration of Co-op Month, our pals at the Briar Patch Co-op in Grass Valley, California published their Co-op Month Recipe Guide, a collection of recipes from food co-ops around the country.

We're honored to be among the featured co-ops, representing the Pacific Northwest along with our friends at the Ashland Co-op, and would love to share this collection of recipes with you!

It's a good eats road trip from coast to coast, starting in the northeast with Belfast Co-op's take on their state's beloved Maine Lobster Roll. Heading south, into the mid-Atlantic, we stop at Weaver's Way Co-op in Philadelphia for a fully Philly Vegan Gyro. A quick detour to the midwest leads us to Breadroot Natural Foods Co-op and a heaping helping of Tater Tot Casserole. After that we head southwest for a tasty visit to the La Montanita Co-op for some Butternut Squash Enchiladas.

The trip continues online! Check out the guide at firstalt.coop/recipes or scan the QR Code .



WEAVERS WAY CO-OP Mid-Atlantic



Vegan Gyro

Makes 6 servings

"Philadelphia" comes from the Greek words *phileo*, meaning love, and *adelphos*, meaning brother. Our Philly Co-op friends

partnered with us to bring you this delicious

Dive deeper into the cooperative recipes at briarpatch.coop/category/recipes



chili
arts.

Dry Rub

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Co-op Month Recipe Guide

featuring recipes from food co-ops around the country



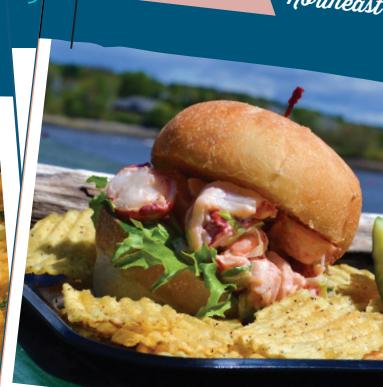
LA MONTANITA CO-OP Southwest



Butternut Squash Enchiladas

Makes 4-6 servings

Craving enchiladas but not in the mood to roll and roll and roll those tortillas? Savory, silky and substantial ingredients come together in easy layers for a perfect weeknight dinner or a potluck



Maine Lobster Roll

Makes 4

This lobster roll will be heaven on earth to some and seem pure sacrilege to others, but let go and let mayo. These co-op Mainers know what they're doing

- 1 lb Maine lobster meat
- 2 oz mayonnaise
- 1½ tsp Catalina dressing
- ¼ tsp salt

Wellness thyme

Mushrooms, & more

Preparing for winter
winter wellness with...

In a winter where we keep hearing about supply shortages, there's one thing none of us seem to be running low on—stress! Winters can be tough in the best of times, and it's fair to say that this year's been another stressful one. That's where the Co-op Wellness department comes in.

Take a tour of the Wellness aisle at either of our Corvallis stores for a number of all-natural stress reducers, powered by herbs, roots, and fungi. Collectively called Adaptogens—a term first applied to these centuries-old remedies in the 1950s—they offer the body an enhanced resistance to various stressors.

We're happy to help you find the mushroom or plant-powered support that will help you through the winter. Here's a starter guide. For more, look for the Wellness staffer at either of our stores. They're happy to help!

Medicinal Mushrooms:

Reishi: Keep yourself going during the short days and long nights with the Reishi supplement of your choice. This brown, fan-like mushroom has been used for centuries to boost stamina and immune response.

Cordyceps: This wild looking mushroom (it's like a frozen splash of orange juice) is a great way to boost your energy in the winter. Try it as a simple capsule, or put a scoop into your favorite smoothies!

Lion's Mane Roaring to life with help from this snowball-looking fungi. It helps promote mental clarity and focus. Eye of the tiger? More like eye of the lion!

Plant-powered Support

Ashwagandha: The adaptogenic roots of ashwagandha, a perennial flowering shrub, have been a mainstay of Indian medicine for thousands of years. It is renowned as a stress-reliever, immune supporter, and sleep enhancer. The second part of its latin name, *Withania Somnifera*, translates roughly to "dream carrier." Rest easy and stress less with ashwagandha.

Astragalus: Also called Milk Vetch, astragalus has been used as for stress relief and immune support for centuries in China. It also has antioxidant effects, which help inhibit free radical production and protect your cells. Like all these supplements, you'll find it in various forms at the Co-op and from various brands that we know and trust.

Look for mushrooms and more from Host Defense, Oregon's Wild Harvest, Gaia Herbs, and others at the Co-op.

If you have a medical condition or take medication, please consult your doctor before undertaking new wellness routines.



Bulk it up: Get as little or as much as you need in the our Wellness department's bulk section! We even have everything you need to fill your own capsules.

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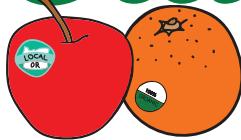
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Side by Side



As a Co-op Owner, I take heart in knowing that the grocery buyers do their due diligence to verify that all products containing cacao are slave and child labor free. In the 9 years I've been an Owner, the number of products that meet the standards has grown a lot! One of the many reasons I became a farmer was to have a direct hand in what lands on my table. While I can't grow cacao, I can do my part to support just, responsible social and agricultural practices.

Much of the modern chocolate industry relies on child and modern slave labor. Allow me to emphasize, these guilty pleasures come at a great cost to people trapped within the mainstream chocolate industry. It takes advantage of cacao farmers living in areas lacking infrastructure for public schooling and prevents them from thriving as independent farms. The result is that on the Cote D'Ivoire, children are put to work to increase the amount of money families can make.

Until the industry changes its ways, the cacao farmers get paltry pay for the raw product while a handful of conglomerates keep the bulk of the global \$137 billion in profits. It would cost approximately .7% of their profits to change this cruel and unjust practice, that's it!

The Netflix documentary series Rotten delves into this topic in Season 2 and after I watched it, I couldn't claim innocence in the candy aisle. Chocolate and sugar are two industries with a seriously bloody history and unjust present, but we're often too distracted by the delights of the products to think about it for too long. I can't control the way the world runs but I do think we should be talking about where our food comes from and doing what makes sense to each of us to create a food system that prizes people and food over profit.

Our values inform much of what we do, I believe it should always reflect our buying practices. Thankfully, the Co-op makes this so much easier than most other grocery stores! Here's a dive into their deep selection of all-ethical lineup of chocolate bars.



Let's Get Nuts!

Lily's Salted Almond Milk Choc Style 40% Cocoa

With Stevia: Very sweet for a "no sugar added" chocolate. The creamy texture is great for chewing or melting, while the almond bits will invite your bite.

Beyond Good Madagascar Salted Almond 63% Cacao:

Did you know cacao is fermented before it's made into chocolate? This funky fruity bar invites you to imagine the process while chowing down. Organic and Direct Trade certified.

Unreal Dark Chocolate Peanut Butter Cups:

Delicious. While its claim to use less sugar than leading brands is true, it's only by 1-3 grams per cup. Unreal uses sustainable palm oil and fair trade chocolate.

Ocho Dark Chocolate PB:

Vegan! Thick organic chocolate shell surrounds a delightful, light peanut butter center with crunchy salt crystals throughout.

Theo PB Cups 55% dark:

Decadent, organic, creamy as all get-out. Perfect balance of thick semi-dark fair trade chocolate and peanut butter goodness.

Justin's Dark Chocolate PB Cups:

Sweeter than Theo, just as delicious. Made with organic, Rainforest Alliance cocoa, orangutan-friendly palm oil, and gluten free.

Go Max Go Jokerz:

Vegan! A chocolaty shell coats a caramel nougat center studded with peanuts. You get a little bit of all the flavors and textures in every bite.

Caramel Comfort

Equal Exchange Dark Chocolate Caramel 55% Cacao:

Malty, sweet and crunchy, yum! Equal Exchange is a worker owned cooperative, which is great!

Tony's Chocoloney Milk Chocolate Caramel

Sea Salt: Creamy chocolate with crunchy, salty, chewy bits inside. A texture party in your mouth. Tony's pays farmers based on a Living Income Model. Visit tonyschocoloney.com for more info.

Beyond Good Uganda Salted Caramel 73% Cacao:

This Direct Trade Certified bar has a lot of nuance! Funky, fruity, balanced sweetness, creamy chocolate with crunchy caramel bits.



Ethically-made Chocolate Bars

Selection varies by location

Alter Eco Burnt Caramel 70% Dark: Surprisingly mellow fair trade chocolate takes a backseat to crunchy sweet caramel bits and salt flakes. Alter Eco works to convert cacao monoculture into biodiverse forests.

Lily's Salted Caramel Milk Chocolate style 40% Cocoa with Stevia: Creamy milk chocolate style has a wonderful subtle, sweetness balanced by subtle earthiness. The use of sugar substitutes is not obvious.

Cocomels Coconut Milk Caramels: Vegan and organic! Thick chocolate coats a chewy, perfectly sweet caramel center with a hint of coconut flavor.

Coconut & Cacao

Theo Coconut Bites 70% Dark: Organic dark chocolate over dreamy, creamy, flaky coconut center.

Go Max Go Mahalo: A vegan version with an almond added for a little crunch. I could snack on these all day.

Ocho Dark Chocolate Coconut: Another organic option and really great if you love thick chocolate.

Mint Mastery

Alter Eco 90% Cacao Mint Blackout: Sure, the name refers to how dark the chocolate is, but for me, it's because I almost blacked out from deliciousness. The crunchy bits take it over the top.

Theo Mint 70% Dark: Bitter dark chocolate with boozy notes. The mint takes a backseat unless you let it melt slowly and then the mint really shines through.

Equal Exchange Dark Chocolate Mint 67% Cacao: The most balanced of the mint chocolates this one has fruity notes, is more sweet than bitter and the crunchy mint bits are delightful and not at all overwhelming.

The Very Berry

Alter Eco Raspberry Blackout 85% Cacao: Low sugar! Nicely bitter organic dark chocolate is complimented beautifully by tangy raspberries but it does contain seeds so watch out.

Theo Raspberry 70% Dark: Organic, earthy and lightly bitter dark chocolate loaded with crunchy, brightly flavored raspberries (has seeds!).

Chocolove Raspberries in Dark Chocolate: The perfect balance of lightly bitter dark chocolate and tart crunchy berries—and lots of raspberry seeds.

Endangered Species Tart Raspberries + Dark Chocolate 72% Cacao: A sweeter dark chocolate balanced out by earthy notes. The raspberries are more subtle here with fewer seeds. Endangered Species donates 10% of their profits to wildlife conservation.

Tony's Chocoloney White Chocolate Raspberry Popping Candy: This confectionary treat has crunchy candy that fizzes in your mouth. The white chocolate raspberry combo reminds me of melted berry ice cream.

Paleo Powered

Evolved Coconut Butter Cups: This low sugar cup really leans into the coconut, flavor-wise.

Caramel Coconut Butter Cups: Low sugar! Has the same ingredients as the Coconut Butter Cups but the flavor and texture are scrumptious. Paleo magic!

Plant Milk-Based

Equal Exchange Coconut Milk Chocolate 55%: Super creamy and smooth. Light coconut flavor, very sweet. Perfect if you like to melt chocolate in your mouth.

Endangered Species Oatmilk Sea Salt, Almonds and Dark Chocolate: Balanced chocolate accented by almond bits. Great if you like to chew your choco.

Classic Milk Chocolate

Tony's Chocoloney Milk Chocolate: The fruitiest of the milk chocolates I sampled with a subtle earthiness.

Divine Milk Chocolate: This creamy chocolate has a thick bar and a subtle peppery flavor that's almost savory...it reminded me of bechamel.

Equal Exchange Milk Chocolate: Very similar in flavor to the Divine bar but comes in a thinner bar that melts faster and had less savory notes. 

(Read about a recent, local addition to the lineup, Moku Chocolate, on page 4 —Ed.)



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The Thanksgiving Play
October 27th at 7:30pm &
October 28th at 2:30pm

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Choose Your Own Carol
December 17th -18th at 7:30pm

January 2022

Rando Extravagando 2.9
January 14th - 15th at 7:30pm

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