

the
thymes

First Alternative
NATURAL FOODS CO-OP

Winter 2022-23

December • January • February
Volume 7 • Issue 1



In this issue: Sheet Pan Dinners • Brussels Sprouts • Radicchio and Other Chicories • Winter Squash Recipes • Maya Kaimal Indian Simmer Sauces • Winter and Spring Wellness Guide • and more...



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NATURAL FOODS CO-OP

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Winter is the time for...

Cooking up Cooperation

Adam Payson, *Thymes* Editor

Skiing the snow-capped Cascades, hiking the trails in and around Corvallis, or watching the rain roll into the coast—these are all great ways to pass the Oregon winter, but there's no winter pastime quite as rewarding (and cozy) as cooking.

That's why we've dedicated this issue of the Thymes to keeping you cooking through the winter. Thumb through this issue for recipes featuring winter favorites such as Brussels sprouts (page 8) and winter squash (page 16.) Time-saving Sheet Pan Dinners (page 4) are perfect for those busy winter days, and in Donna's Kitchen, we're featuring some extra-affordable comfort food favorites, courtesy of *Winter Warmth*, our Budget Bites meal plan from winter 2021.

While you're waiting for the pan to heat up, we've got some fun and educational reads, like a winter-to-spring wellness guide (page 18), a check-in with locally grown chicories like radicchio (page 6), and a taste of Inclusive Trade with Maya Kaimal's Indian Simmer Sauces (page 10.) Wash it all down with a lineup of some of our favorite dark beers (page 20) and a Side by Side look at our growing Non-alcoholic Beer selection (page 22.) Let's get cooking, Cooperators!



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Sheet Pan Dinners: Simply Delicious

Quick dinners for making the most of winter's quick days

Tired of complicated recipes that have you emptying your kitchen cabinets of pots, pans, and cooking utensils? Ditch the after-dinner dish pile and simplify meal prep with sheet pan dinners! Tossing a combination of your favorite veggies, starches, and proteins onto a sheet pan and roasting them is easy as can be, offers endless options, and keeps the dishes to a minimum.

Look below for some imagination sparking ideas, or follow one of the three recipes to the right.

Sheet Pan Dinner Ideas:

Hawaiian Sweet & Sour
Chicken with Veggies
and Pineapple

Tuna Steaks, Beets,
and Potatoes

Pork Chops, Fennel, and Apples

Chicken Drumsticks,
Broccoli, and Yams

Tempeh, Brussels
Sprouts, and Carrots

Maple Teriyaki Tofu
and Veggies

Salmon Puttanesca
with Red Onion, Cherry
Tomatoes, and Capers

Sheet Pan Lemon Chicken with Sweet Potato

Serves 4 to 6 • Prep time: 1 hour total; 20 minutes active.

3 tablespoons olive oil	1 medium sweet potato, unpeeled, cut crosswise in 1/2-inch slices
2 tablespoons fresh lemon juice	
1 tablespoon lemon zest	
1 tablespoon fresh rosemary, chopped	1 large parsnip, sliced in rounds
1/2 teaspoon salt	1 large onion, cut in 8 wedges
1/2 teaspoon black pepper	
2 pounds boneless, skinless chicken thighs (about 6 to 8)	1/2 cup chopped fresh parsley

In a storage container large enough to hold the chicken pieces, whisk the olive oil, lemon juice and zest, rosemary, and salt and pepper. Add the chicken and toss to coat. Marinate overnight or at least 4 hours. Heat oven to 425°F. Spread the prepared vegetables in a large roasting pan. Drain the marinade from the chicken into the pan and toss with the vegetables. Place the chicken on top and put in the oven. Roast for 40 minutes, shaking the pan to loosen the vegetables every 10 minutes. When the chicken pieces are browned, test for doneness by inserting an instant-read thermometer into the thickest part of a thigh. It should read 160°F. When the chicken is fully cooked and the vegetables are tender, place them on a serving platter and top with parsley.

Recipes reprinted by permission from grocery.coop. Find recipes and information about your food and where it comes from at grocery.coop.



Roasted Cauliflower and Potatoes with Feta

Serves 4 • Prep time: 45 minutes; 15 minutes active.

1 small cauliflower	1 teaspoon paprika
2 medium Yukon Gold potatoes, unpeeled	½ teaspoon salt
1 large carrot	4 ounces feta cheese, crumbled
2 tablespoons olive oil	½ cup chopped parsley

Heat the oven to 425°F. Slice the cauliflower into large florets with a knife so that the flat side of the florets can make full contact with the pan and caramelize during baking. Dice the potatoes into 1/2-inch cubes and slice the carrots crosswise, about 1/3-inch thick.

Place on a large rimmed baking sheet, drizzle with olive oil and sprinkle with paprika and salt. Toss vegetables to coat and spread out on the pan.

Bake for 30 minutes, shaking and turning the pan halfway through. When the vegetables are tender and easily pierced with a knife, remove from the oven and toss with feta and parsley. Serve hot.



Sheet Pan Steak with Bleu Cheese and Broccoli

Serves 2 • Prep time: 20 minutes.

8 ounces button mushrooms, halved or quartered	vinegar
1 small red bell pepper, cored and sliced vertically	1 teaspoon salt, divided
3 cups broccoli florets	½ teaspoon freshly ground black pepper
2 tablespoons olive oil, divided	8-ounce ribeye or strip steak, about one inch thick
1 tablespoon balsamic	2 tablespoons crumbled bleu cheese

Position the oven's top rack to 6 inches below the broiler. Place the mushrooms, peppers, broccoli and half of the salt on the sheet pan and drizzle with half of the olive oil. Toss to coat. Move the vegetables to the sides of the pan, making room in the center for the steak. If desired, cut the steak into two even portions. Rub the steak with the remaining olive oil and sprinkle both sides with remaining salt and pepper. Place in the center of the pan.

Broil the steak for 4 minutes, turn and broil for 5 minutes more. Transfer steak and vegetables to plates, and sprinkle steak with bleu cheese.



Radicchio and Other Chicories

Bitter is better when it comes to these wintry greens

From our coffee to our IPAs, Oregonians are sweet on bitterness, which explains the growing popularity of radicchio and other chicories. Local farmers are growing more, restaurateurs are expanding their uses, and our Owners and shoppers are gobbling them up.

These leafy relatives of lettuce are a late-fall to winter crop that grows very well here in the Pacific Northwest. Flavors vary from variety to variety, but they all share a pleasing bitterness and crispy-crunchy texture that makes them a perfect complement to bold flavors. Strong, pungent cheeses, like the award-winning bleu cheeses of Rogue Creamery, are a great pairing, as are rich, roasted nuts, like La Mancha Ranch & Orchard and Meridian Farm hazelnuts. Just about any traditional lettuce-based salad can be enlivened with the bitter, crunchy addition of some radicchio or frisee. *(Find more pairing options to the right.)*

Here are a few of the chicories we expect to see this winter at the Co-op, along with some fun facts and ideas for enjoyment. Look for them along with other fresh, local, organic veggies at the Co-op.

Radicchio: The common *chiogga* (key-OH-jah) variety of this Italian chicory has tightly-packed burgundy-colored leaves with white ribs. Other varieties we may see from local growers this winter include *treviso*, which looks like a long slender version of *chiogga*, or *castelfranco* and *bianco* both of which grow in looser heads with splashes of the deep red radicchio coloring on their cream colored leaves.

Frisee: The bright and lacy leaves of frisee may look like they belong under the sea, but where they're really at home is in your next salad. It couldn't be easier—just hold the tightly packed bunch by its base and start chopping. The finely cut leaves will add a crisp body and bright flavor to any salad.

Escarole: The mild child of the chicory family, escarole has broader, less curly leaves along with a more mild—but still bitter—flavor. Texture-wise it's the closest to a traditional lettuce. Its broader leaves add some versatility as well. Use them to make gluten-free wraps or as a burger bun alternative.

Preparation...

The bitter flavors of radicchio and other chicories will mellow with heat. Try sauteing, roasting, or frying them, especially in fatty oils or butter which will further mellow the flavors.

And Pairing Notes.

Bitterness is one of the five basic tastes. Here's some ideas on pairing bitter chicories with the other primary tastes.

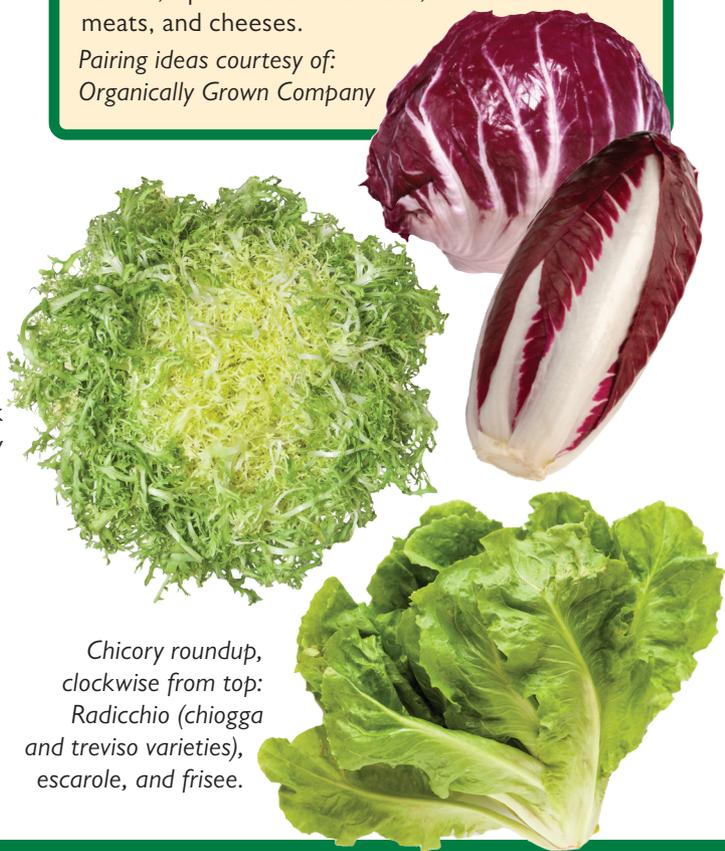
Sweet: Candied nuts and fruits, honey, syrup or molasses, and winter veggies.

Sour: Wine- and vinegar-based dressings, cured meats, buttermilk, or sour cream.

Salty: Hard cheeses like Parmesan and Romano, capers, and more cured meats.

Umami: (AKA Pungency) Anchovies, alliums, ripe cheeses like bleus, smoked meats, and cheeses.

*Pairing ideas courtesy of:
Organically Grown Company*



*Chicory roundup,
clockwise from top:
Radicchio (chiogga
and treviso varieties),
escarole, and frisee.*



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January 10 - February 11, 2023



60th Birthday Party Celebration

Saturday, January 21, 2023

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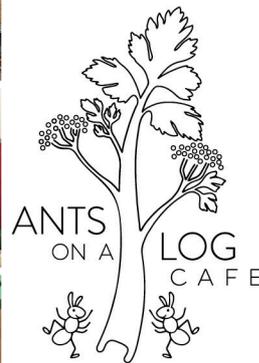
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All About Brussels Sprouts

We're here to shout about sprouts

Brussels sprouts got an unfair shake in America's culinary memory, but it wasn't the vegetable's fault. When overcooked, Brussels sprouts have a mushy, unpleasant texture and a smell that's even worse. Memories of carelessly prepared sprouts like these made their way into a generation of cartoons and comedy, and made Brussels sprouts into a much-maligned punchline.

Farmers have always known better, though. Prepared properly, Brussels sprouts are a versatile delight, with a crisp texture and roasty, nutty flavor. They're a popular late-fall and winter crop because they're more than just cold tolerant—a good hard freeze actually improves their flavor, making them less bitter and more sweet. This happens because the plant defends itself from the cold by breaking starches into sugars.

You'll sometimes find Brussels sprouts available still-on-the-stalk (pictured to the right) at the Co-op and farmers' markets. If you've got room in the fridge, it's a great way to get your sprouts because they can continue to pull nourishment from the moisture in the thick stalk. When you're ready to cook, just snap them off and enjoy. We've got a couple recipes on the next page to help further sprout your interest. Other great ways to enjoy them include shaving raw sprouts onto a salad with a box grater, or slicing them very thin, tossing them in oil and using them as a pizza topping.

Look for more suggestions on our social media profiles this winter, or ask your produce stocker. Everyone's got their favorite methods, and we all love chatting about food here at the Co-op!

Preparation...

Before cooking, trim the woody bottom and remove damaged or unwanted leaves until you reach the tightly packed interior.



And Pairing Notes.

The deep flavor of Brussels sprouts means you can go big with your pairings. They easily go toe-to-toe with hearty meats like bacon, steaks, and burgers, as well as hard, salty cheeses like Parmesan. Sweet or zesty notes like lemon juice or maple syrup make for a mouth-watering combo too.



Golden Crusted Brussels Sprouts

Serves 4 • Prep time: 25 minutes; 15 minutes active.

1 pound small Brussels sprouts, trimmed and halved
2 Tbsp extra-virgin olive oil, divided
Salt and pepper, to taste
¼ cup grated Parmesan or Pecorino Romano cheese

Toss Brussels sprouts in a bowl with 1 Tbsp olive oil. Heat 1 Tbsp of olive oil in large skillet over medium heat. (Don't overheat the skillet, or the outsides of the brussels sprouts will cook too quickly.) Place the Brussels sprouts in the pan, cut side down in a single layer. Sprinkle with salt, cover, and cook for 5 minutes, until the bottoms of the sprouts show a hint of browning. Cut into or taste one of the sprouts to gauge whether they're tender throughout. If not, cover and cook a few more minutes.

Once just tender, uncover, turn up the heat, and cook 3-5 more minutes, until the cut sides are deep brown and caramelized. Use a spatula to toss them once or twice to get some browning on the rounded side. Season with more salt, a few grinds of pepper, and a dusting of grated cheese. Serve hot.



Pomegranate Glazed Brussels Sprouts

Serves 4 • Prep time: 45 minutes; 15 minutes active.

1 pound Brussels sprouts, trimmed and halved
1 Tbsp olive oil
Pinch each of salt and black pepper
2 Tbsp pomegranate juice
1 Tbsp balsamic vinegar
2 Tbsp pomegranate seeds

Preheat the oven to 375°F. Toss the Brussels sprouts with the oil, salt and pepper, place on a rimmed sheet pan and roast in the oven for 20 minutes.

Remove the pan from oven and pour the pomegranate juice and vinegar over the Brussels sprouts, stirring well to coat. Return the pan to the oven for another 15 minutes, stirring the sprouts halfway through baking.

Remove from the oven when the sprouts are tender and the pomegranate vinegar glaze has been absorbed. Toss with the pomegranate seeds and serve warm.

Recipe courtesy of grocery.coop



Cooking with Maya Kaimal

Indian Simmer Sauces and Everyday Dal for all

Maya, the founder and chief creative force at Maya Kaimal, brings her passion for cooking to everything she creates. Raised on the exquisitely spiced South Indian curries and stews of her father, Chandran, Maya later learned to cook them herself with the help of her aunt Kamala. Now she's dedicated to passing her lifetime of knowledge and passion to anyone who loves tasty food. Whether it's a quick lunch or a slow-simmered dinner you're hungry for, Maya Kaimal's kitchen has something everyone will love.

Organic Everyday Dal: Each single-serving bag of Maya Kaimal's Organic Everyday Dal is overflowing with flavor. Keep the cupboard stocked with your favorites, and a protein-packed lunch that tastes like a labor of love is never more than 90 seconds away.

Indian Simmer Sauces: Start with your favorite meat or other protein, toss in some grains, some greens, and just about any other veggie and bring it all into a beautiful harmony with a jar of Simmer Sauce. From rich and creamy Goan Coconut to tangy Tikka Masalas, complex Curries, and a spicy Vindaloo, there's a world of flavor in every jar. Enrich your Kitchen with Maya Kaimal Indian Simmer Sauces and Everyday Dal at the Co-op.

Maya cooking in her home kitchen





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Donna's Kitchen

the Best of
Budget Bites



Donna Tarasawa
Outreach Specialist

Budget Bites is an award-winning meal plan series that serves up six tasty recipes for two people in every edition. It's not just recipes, either. Cooking tips, nutrition facts, and a detailed shopping list make Budget Bites a frugal gourmand's dream come true.

Look for free copies of the latest edition in our two Corvallis stores and find years of back-issues online at firstalt.coop/budget-bites. There's an issue for every occasion, including those chilly winter evenings that call for some comfort food. Here are four recipes from Winter Warmth, our cozy winter-ready meal plan from 2021. Cozy foods, not costly foods!

Donna's Kitchen Meatloaf: This juicy meatloaf is made with rolled oats instead of bread crumbs, making it totally wheat free. It also makes a mean meatloaf sandwich! If you want to keep it wheat free, the Co-op has great gluten-free bread options every day.

Mashed Potatoes: Is that new-fallen snow? No, it's another wintertime favorite, a heaping bowl of mashed potatoes! This iteration of the classic dish is a dairy-lover's dream with cream cheese, sour cream, butter, and milk. Great with Donna's Kitchen Meatloaf.

Yam and Black Bean Chili: Warm your tummy and fill your home with the cozy aroma of this colorful chili. Like with any great chili, this recipe is open for interpretation. Throw in unused veggies or leftover meat from the fridge, go to town on the toppings, and don't forget some cornbread to sop it all up.

Cornbread Muffins: These quick and easy cornbread muffins make a perfect side, or you can slather them with honey and butter for a sweet and crumbly snack.



A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

WINTER WARMTH WINTER 2021 VOL. II



Look for new Budget Bites in-store quarterly and find years of tasty back-issues online.



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

Donna's Kitchen Meatloaf



BUDGET
BITES



Mashed Potatoes



BUDGET
BITES



Yam and Black Bean Chili



BUDGET
BITES



Cornbread Muffins



BUDGET
BITES



Mashed Potatoes

Ingredients:

2 baking potatoes, peeled and chopped	2 Tbsp milk
2 oz cream cheese, softened	3 Tbsp butter, divided
¼ cup sour cream	½ tsp sea salt
	¼ tsp paprika

Cook potatoes in boiling water 15 minutes or until tender; drain. Mash potatoes with electric mixer. Add cream cheese, sour cream, milk, 1 ½ Tbsp butter and salt and beat at medium speed until smooth. Top with paprika and remaining butter and serve.

Donna's Kitchen Meatloaf

Ingredients:

1# ground beef	¾ tsp sea salt
½ onion, diced	1 egg
½ cup celery, diced	¼ cup ketchup
1 cup oats	¼ cup brown sugar

Mix ground beef, onion, celery, oats, salt and egg. Form into a loaf and place in a loaf pan; cover and bake at 350°F for 45 minutes. Mix ketchup and brown sugar. Spread over top of meatloaf; bake, uncovered, 15 minutes or until meat is cooked through. Let stand 5-10 minutes for easier slicing.

This recipe is fully wheat free, using rolled oats instead of bread crumbs. It produces a full loaf, so you'll likely have leftovers. Leftover meatloaf makes absolutely delicious sandwiches! Try a meatloaf sandwich!

Cornbread Muffins

Ingredients:

2 eggs	1 Tbsp baking powder
¼ cup honey	1 tsp salt
¾ cup milk	½ cup butter, melted
1 ¼ cups Baker's Choice flour	Honey and butter for serving
¾ cup yellow cornmeal	

Preheat oven to 350°F. Line 12 cup muffin pan with paper liners. In a medium bowl, whisk eggs, add honey and then the milk. Set aside. In a large bowl, whisk together the flour, cornmeal, baking powder, and salt. Add the milk mixture and the melted butter to the dry ingredients. Whisk until just blended. Do not overmix. Spoon batter evenly into prepared muffin pan, filling each cup about ¾ full. Bake for 15 to 20 minutes, or until the tops are set and golden. Serve with honey and butter.

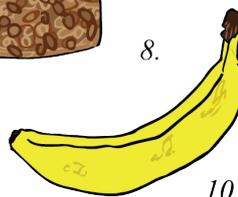
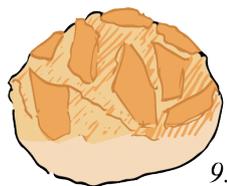
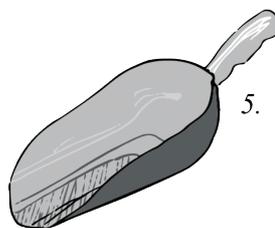
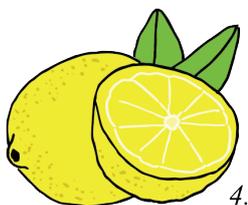
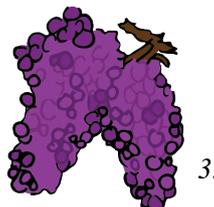
Yam Black Bean Chili

Ingredients:

2 cloves garlic, minced	½ cup hot water
1 small onion, diced	1 ½ tsp vegetable broth powder
2 Tbsp olive oil	1 ½ tsp chili powder
2 yams, peeled and chopped	½ tsp cumin
2 medium carrots, sliced	½ tsp cayenne
½ red bell pepper, chopped	½ tsp garlic powder
1 (15 oz) can black beans	½ tsp sea salt
1 (15 oz) can diced tomatoes	⅛ tsp black pepper

In a large saucepan sauté garlic and onions in olive oil for 2 minutes. Add yams, carrots, and bell pepper and cook until onions are soft, about 5 minutes. Reduce heat to medium-low and add remaining ingredients, stirring to combine well. Simmer, covered and stirring occasionally over med-low heat, for 30 minutes, until vegetables are tender. Serve in a bowl topped with your favorite chili toppings.

FIRST ALTERNATIVE CO•OPOLOGY



1. Homegrown Our store began with the seed of an idea that was nourished by community.

2. Resilient With deep community roots and the wind at our backs, the cooperative spirit can't be plucked.

3. Community The Co-op community hangs together, like a bunch of sweet, Valley-grown grapes.

4. Organic It can't all be grown or made locally, so when we need to purchase items from far away, we look for organic.

5. Cooperative The collective power of our shoppers, growers, and producers help us scoop up great deals for all.

6. Inclusive A beautiful and cooperative bouquet takes many colors, shapes, and sizes.

7. Fresh Like using fresh-cut herbs, relying on the Co-op means you get the freshest groceries.

8. Sustainable From bulk to environmental initiatives, we have over 50 years of sustainable experience.

9. Local Supporting local businesses keeps money here, helping our neighbors rise like bread.

10. Fun We want everyone to have a good time at the Co-op, so we'll always be ready with a banana-sized smile!

Taste of the Season: Winter Squash

Three recipes display the versatility of these winter faves

Winter is a season for warm and hearty home-cooked eats and when it's time to get cooking, there's no better place to get what you need than at the Co-op.

Don't think of us as just a grocery store, though. We're a community of food-lovers and kitchen-dwellers that swap recipes like old stories. When you can't think of what to cook, we're more than happy to help!

With winter on our mind (and more tasty winter squash showing up all the time) we're excited to share this trio of seasonal recipes. Not only do they highlight some of our favorite squash, they also feature other seasonal favorites like apples, kale, cabbage, and those aromatic wintertime spices that make will fill your home with the scent of the season. Find everything you need at First Alternative.



Left to right: Butternut, Acorn, Spaghetti, and Delicata squash.

Cinnamon Apple Stuffed Squash

Serves 4-6 • Total Time: 60 minutes

- | | |
|--|-------------------------------------|
| 2 acorn squash, cut in half, seeds removed | ½ cup dried cranberries |
| 3 tablespoons butter | 2 tablespoons maple syrup |
| 3 cups diced yellow onion | ⅓ cup water |
| 2 celery stalks, diced | ½ teaspoon cinnamon |
| 3 cups diced apple, cored and seeds removed (about 2 large apples) | Pinch each of salt and black pepper |

Preheat oven to 375°F. Place acorn squash halves face down on a rimmed sheet pan or baking dish and add ½ inch of water to the pan. Bake squash for 40 minutes. While the squash is baking, heat the butter in a saucepan over medium heat. Add the onion and celery and sauté for 5 to 10 minutes until soft. Add the apples, cranberries, maple syrup, water and cinnamon; stir well and cook another 5 to 10 minutes until the apples begin to soften. Season with salt and pepper. Remove from heat. After the squash has baked for 40 minutes, remove from the oven, turn them cut side up and fill each with the apple stuffing. Place back into the oven and bake another 15 to 20 minutes until the squash is tender. Serve warm.

Recipes reprinted by permission from grocery.coop. Find recipes and information about your food and where it comes from at grocery.coop.



Winter Squash and Apple Bake

Serves 8 • Prep time: 1 hour 20 minutes; 20 minutes active

2 pounds winter squash, peeled, seeded and cut into ¼-inch thick slices
2 Granny Smith apples, cored and cut into ¼- to ½-inch thick slices
3 tablespoons maple syrup
3 tablespoons brown sugar
2 tablespoons flour
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground allspice
Pinch of salt and black pepper
¼ cup cold butter, cut into small pieces
1 tablespoon butter, melted

Preheat the oven to 375° F. Grease a 9 x 13 inch casserole dish with melted butter. Evenly layer the squash and apple slices in the casserole dish, alternating and slightly overlapping the squash slices with the apple slices, until all slices are gone. Drizzle the maple syrup over the squash and apples.

In a small bowl, mix together the brown sugar, flour, spices, salt and pepper. Mix the butter into the flour/sugar mix with your fingers to make a crumbly mixture. Sprinkle the mixture evenly over the top of the squash and apples. Cover the dish with foil and bake for about 40 minutes or until the squash and apples start to become tender. Remove the foil, and let casserole brown for another 15 minutes. Serve warm.



Squash, Cabbage and Kale Kimchi

Makes 4 cups • Prep time: 1.5 days; 30 minutes active

1 ½ pounds butternut or other squash, peeled
4 cups water
2 tablespoons kosher salt
2 cups slivered cabbage
2 cups slivered kale
1 ½ teaspoons kosher salt
1 tablespoon fish sauce or tamari
3 cloves garlic, chopped
2 tablespoons red pepper flakes
1 teaspoon sugar

Peel and thinly slice the squash, no thicker than ⅛". In a large bowl, mix the water and 2 tablespoons kosher salt until the salt is dissolved. Add the squash slices and stir, then let stand for 2 hours to soften.

Drain the squash, reserving the brine. In a medium bowl, toss the cabbage and kale with 1 ½ teaspoons salt and massage for one minute, squeezing liquid out at the end of the time. Let stand for at least 15 minutes, then massage again, squeezing at the end. Rinse with cool water, wring out the shreds and put in a bowl with the drained squash slices.

In a cup, stir the fish sauce or tamari, garlic, red pepper flakes and sugar and pour over the squash mixture. Toss to mix well. Transfer to a large jar or glass storage tub and pour the reserved brine over just to a cover the lower half of the vegetables. Cover and let stand for a day at room temperature, then refrigerate and serve for up to a week.

—Recipe by Robin Asbell



Wellness thyme

Now & Later
Preparing for the spring
while surviving the winter

It takes some extra effort to make it from winter into spring with health intact. A little guidance can make it easier, so here's a quick roadmap for surviving the winter and preparing for spring, with stops in the Co-op Wellness aisle.

Surviving the Winter

This winter, it's a good idea to keep a jar of **Source Naturals Wellness Formula** on hand for comprehensive immune support in a pinch.

Its high-potency dose of vitamin-C is backed-up by a blend of thirty-plus vitamins, minerals, and herbs for unmatched seasonal fortification. Dose up the moment you begin to feel unbalanced and get your winter back on track.

When it comes to everyday maintenance of your wintertime wellbeing, you don't need to fish for answers—because the answer is fish! Omega-3 packed fish oil, to be precise.

Nordic Naturals Omega-3D is made with 100% wild-caught sardines and anchovies, but it doesn't taste like fish. A fresh lemon taste will remind you it's here to zest up your winter.

Beyond the omegas, every dose includes added vitamin D3, to support healthy bones, cognition, and immunity. Supplementing your D3 intake in the winter is crucial. Your body makes its own with ample sun exposure, but that's tough in the winter. Instead, it's time for the supplements to shine!

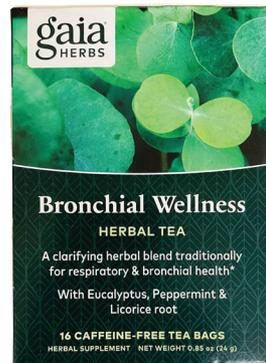


Preparing for Spring

Baraka Neti Pot will help you breathe easy as winter turns to spring and seasonal allergens rear their snotty heads. Flush the congestion with their **Mineral Salt Rinse**, containing trace minerals that help break down sinus mucus.

Gaia Herbs Brochial Wellness Herbal Tea makes a caffeine-free, aromatic cup of tea that delights and awakens the senses with eucalyptus, peppermint, plantain, and licorice root. This spring, a daily cuppa is all it takes to support your respiratory and bronchial health.

Put some spring in your step with a daily blast of **Mickelberry Gardens Fire Cider Honey Tonic**. Made with apple cider vinegar, local honey, and a zesty blend of roots, peppers, and alliums. It supports digestion, helps clear sinuses, and boosts energy. Feeling fiery? Make your own with a recipe from our pals at Mt. Rose Herbs: blog.mountainroseherbs.com/fire-cider.



Frontier Co-op Spices

Bulk or packaged, they'll spice up your life

Cooperatives have consistently been on the frontier of positive change and progress in the food industry. How have we managed that? Harmony. Food cooperatives build harmonious, sustainable relationships between food producers and growers, retailers, and customers. There's no better example than Frontier Co-op.

Started 1976 by two people in an Eastern Iowa cabin, Frontier Co-op has grown into a major supplier to the natural products industry. One that can be relied on to always source ingredients ethically, treat employees fairly, and operate sustainably.

Beyond the Frontier:

Look for **Aura Cacia** Essential Oils in Wellness, and **Simply Organic** dips and gravy mixes, and **Plant Boss** meat substitute in the grocery aisle. All part of the Frontier Co-op family!

The quality of their spices reflect all this, and you'll be able to taste it. Bring harmony to your favorite dishes with Frontier Co-op Spices, found packaged in the baking section (reusable jar included) and the spice section in our Bulk department, where you can always get as little or as much as you need. **Here's how you do it:**

Weigh your empty container and write this "tare" weight on it along with the product's PLU or bin number, found on the bin or container label.



You've got the green light to stock up on a rainbow of spices from Frontier Co-op, available packaged and in bulk every day at First Alternative Co-op. Stop in!

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Dark Beers Light Up the Night

A six-pack of dark beers to warm up the long winter nights

Dark Oregon nights call for dark, malty delights, and the Co-op's beer section is your one-stop destination for them. Can't pick just one? You don't have too! Check out this mixed six-pack:

Crux Fermentation Project

PCT Porter This chocolate-tinged porter from Bend will help you make the long hike through winter one sip at a time.

Worthy Brewing Co. Lights

Out Stout Another Bend beer, this nutty stout is perfect for

stargazing on cold clear night. Bundle up and bring a snack!

Rogue Brewing Hazelnut

Brown Nectar Let's head to the coast! The nectar from Newport infuses an ale with hazelnuts. Yum.

Fort George Cavatica Stout

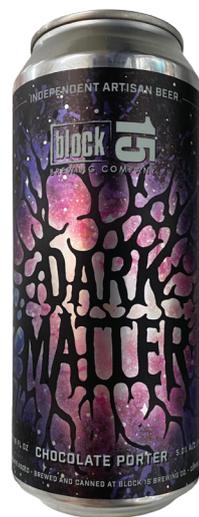
Further up the coast and into the abyss. This inky-black double stout from the Astoria brewers is a rich and roasty powerhouse.

Oakshire Brewing Overcast

Espresso Stout It's off to Eugene for a real eye-opener. This rich oatmeal stout is brewed with coffee. Don't drink it too late!

Block 15 Brewing Co. Dark

Matter Back home in Corvallis, it's time to get out of those wet clothes and into a nice dry porter. You can't do better than Block!



Mix-and-Match at the Co-op

Curate the perfect four-pack or six-pack in the Co-op beer section. Heck, you don't even have to get an even number of beers! How about a 5-pack of favorites? When you can mix-and-match beers (and ciders) to your heart's content, the sky's the limit.

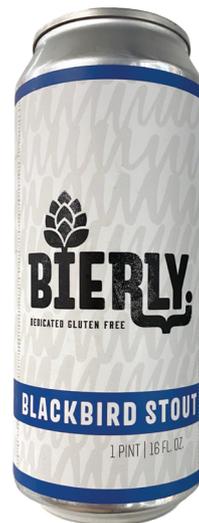
Protip: You'll find the individual price of a beer in the bottom right corner of the shelf tag.

Gluten-Free Brews Beer without wheat is perfectly neat! Here's a pair of winter-friendly winners that prove it. Look for more, at the Co-op.

Bierly Blackbird Stout The McMinville brewer's fly-by-night stout is brewed with malted millet and rice for a roasty, earthy taste.

Watchstander Stout This Seattle brewery is looking out for all you gluten-free beer lovers with this malty, and subtly-sweet stout.

Take a tour of our non-alcoholic beers (and some hop waters) on page 22.





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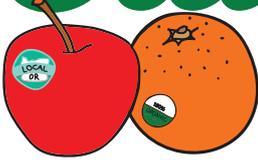
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Side by Side




with **Yadira Ruiz**
of **Sunbow Produce**

The season of celebrations is upon us! In the Mid-Willamette Valley, this also coincides with short, dark, cold and rainy days. Either are reason enough to shake up your routines and rituals and try something new.

In the last few years I've noticed the prevalence of Zero Alcohol beverages and if you live in a bigger city, this might also mean Zero Proof bars. These are gathering zones for folks who want to avoid bars that serve alcohol but still want the atmosphere and socializing. They feature beverages that are inventive, delicious, and are alcohol free. Corvallis has yet to catch on to this trend but luckily the Co-op has a nice selection of NA (Non-Alcoholic) treats.

Whether you're hosting an inclusive gathering, participating in Dry January after over-indulging, or in the mood to try something new, I think you'll find the range of options intriguing and delicious.

Since not everyone likes the taste of beer and others might find it best to avoid flavors that could trigger a relapse, I've assigned each of our subjects a number between 1-5, with 1 being the least similar to alcohol in flavor and 5 the most similar.

You'll find that there are extremes on the scale, and not much middle ground. These NA drinks either taste like beer or not! Do bear in mind it's been years since I've had alcohol on a regular basis so my tastebuds likely skew to the sensitive side.

Festive and Alcohol Free

If you want to round out your alcohol free options beyond these sparkling beverages, consider some delicious festive stand-bys: mulled cider with a twist of orange, hot chocolate with almond, hazelnut or vanilla flavoring, coffee with fun add-ins like eggnog, plant based creamers and peppermint stir sticks.

Pelican Brewing Sparkle Hops

Very light and refreshing. This sparkling water has an essence of hops with a very subtle lemony finish. It's not at all a beer wanna-be. I found it to be the most effervescent of the bunch. Ingredients: Citra hops, lemon puree.



Lagunitas Hop Hoppy Refresher Sweet, fruity, fragrant with subtle bitter notes for a well-rounded experience. This one has a lighter sparkle which I found delightful. I could see drinking this on a regular basis. Ingredients: hops, nutritional brewers yeast, natural flavors.



Surreal Brewing Co. Juicy Mavs Hazy IPA

A very drinkable, NA beer. It has a slightly bitter flavor that you'd expect in an IPA but is not overpowering, nor is it the primary flavor in this drink. Ingredients: Non-GMO malted barley, oats, hops, yeast.



"Pouring" over our Non Alcoholic Beers

Surreal Brewing Co. Natural Bridges Kolsch Style

Very light, I couldn't detect any stand out flavors in this one. It's a nicely rounded and mild drink. Ingredients: Non-GMO malted barley, oats, hops, yeast.

Athletic Brewing Co. Free Wave Hazy IPA

This was the first of the NA beers that made me say "whoa", that tastes just like beer. This one is proudly bitter just like you'd expect in a hazy IPA. Ingredients: Organic Vienna Malt, malted barley, wheat, hops, yeast.

Clausthaler original NA

This German import tastes just like a light bodied beer. Ingredients: barley malt, hops.



Athletic Brewing Co. All Out Extra Dark

This is a full-bodied NA beer with chocolatey, malty notes. Ingredients: Organic Vienna malt, malted barley, oats, wheat, hops and yeast.

Clausthaler Dry Hopped NA

An amber style NA beer. A good option if you aren't into dark beers or IPAs but still want something with a medium body. Ingredients: Barley malt, hops.

Guinness 0 NA Draught

Tastes just like you'd expect it to, if you've ever had a Guinness. No ingredients listed.



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Making Spirits Bright

December 3 at 3:00pm and 7:00pm

Majestic Chamber Music presents Winter in Italy

December 10 at 3:00pm

A Christmas Carol

December 16 & 17 at 7:30pm

Gunhild Carling Holiday Show

December 20 at 7:00pm

January

Corvallis Comedy Night presents Laurie Kilmartin

January 14 at 7:30pm

The MajesticTheatre Presents: The Wolves

January 20, 21, 27, 28 at 7:30pm

January 22, 29 at 2:30pm

February

Majestic Movie Extravaganza presents The Princess Bride

February 11 at 7:30pm

The Majestic Theatre Presents: ROE

February 24, 25, March 3, 4 at 7:00pm

February 26, March 5 at 2:00 PM

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