A PASSIONATE COMMUNITY WORKING TOGETHER FOR SUSTAINABILITY, PROGRESSIVE LAND AND ANIMAL STEWARDSHIP, HUMAN RIGHTS, SOCIAL AND ECONOMIC JUSTICE.

THRIVING COOPERATIVE AND LOCAL ECONOMIES

A SAFE, WELCOMING COMMUNITY WHERE ALL ARE VALUED

DEMOCRATIC WORKPLACE WHERE ALL WORKERS’ VOICES ARE VALUED

ACCESS TO HEALTHFUL FOODS OUR CUSTOMERS CAN TRUST

INGREDIENTS:

1 / News About Patronage Dividends
   Getting real about the challenges facing People’s and the cost of not making a profit in 2014.

2 / Get On Board!
   Learn about running for and serving on the co-op’s Board of Directors.

3 / Stinging Nettles
   The annual spring sting!

5 / Delicious Nettle Pesto!
   Make your own healthy pesto out of all those nettles we talked about.

6 / Eggs-posed! (Part II)
   The second half of our exploration into the farms that supply the co-op with eggs.

11 / Planting Peas!
   A helpful guide to growing peas in your garden this spring.

13 / Love the Wednesday Farmers’ Market?
   Learn about a new market advisory committee and how you can be a part of it.

15 / Ancestro Azteca Bars!
   Learn about these amazing bars and the entrepreneur behind them.

19 / Green Bins = Food Waste Only
   Learn about the changes to our county’s composting system and get the scoop on green containers.

21 / Spring Cleanse with HealthForce
   Rejuvenate yourself this gentle 3 day cleanse.

23 / What’s Happening at the Co-op?
   Calendar of spring classes and events

25 / Grow Your Own Produce
   Featured community room class series with Marisha Auerbach.

GRASS/ROOTS

If you have questions or comments please contact Jenna Chen, Marketing & Membership Coordinator by emailing marketing_membership@peoples.coop or by calling the co-op.
NO PATRONAGE DIVIDENDS FOR 2014

Low Sales Growth and Negative Net Income Impacts Member-Owners

By Jenna Chen  
Marketing and Membership Coordinator

2014 was a very interesting year for People’s Food Co-op. Division St. transformed into a new, modern shopping street with high-rise apartments while the rest of Portland continues to see new development and rapid growth. A 10% monthly Member-Owner discount ushered in waves of new Member-Owners who, our long-time shoppers enjoyed extra savings each month. We signed up our 10,000th Member-Owner and had the most successful Co-op month equity drive to date. But despite our efforts to boost sales and get new people into the store, our sales growth for 2014 totaled a mere .2% above 2013. Sales growth is the increase in sales from the previous year. If our sales growth does not keep up with the rate of inflation (2.6% for 2014), we are losing money. We also had a negative net income for the year (an estimated -$25,000 pending tax returns). Net income is a company’s total earnings after factoring in costs and expenses, or simply put, our profit. With such low sales growth and a negative net income – we are unable to distribute patronage dividends this year.

NO PROFIT, NO PATRONAGE

With no profits made in 2014, Member-Owners will not receive a patronage dividend because we have no profit to share or distribute. This is the first year since 2007—when the patronage system was implemented—that Member-Owners will not receive a dividend. In years that the Co-op makes a profit, People’s Co-op gives a percentage of the profits to share with Member-Owners. This is then distributed to all active Member-Owners as a dividend check. In recent years, patronage payout has equaled about 1% of each Member-Owner’s purchases for the year. Member-Owners who enjoyed the 10% monthly discount throughout 2014 likely received more immediate savings at the register than their patronage dividend would have been.

WHAT ARE WE DOING?  OUR NEXT STEPS

Declining sales growth at People’s has been a trend over the past five years. With competition rising in Portland, we must act in order to stay competitive in the grocery industry. The collective management is currently working on a long-term plan with concrete goal setting for the years ahead. The collective management, Board of Directors, Member-Ownership, and others from People’s many communities will need to come together to contribute to the Co-op’s vision for the future.

In addition to the long-term plan, we re-named the Co-op’s 10% Discount to a quarterly 10% coupon mailed directly to your house; this will save us an estimated $467 M. s. We are working to make this benefit more responsive to sales trends. Expense budgets have been trimmed. We are focusing on pricing strategies and reducing shrink. The collective management is keeping an eye on our labor hours. But we can’t do this without you! We are your community owned co-op and your choice to shop here keeps us doing what we do. If you value our work, our produce, our products, and want to continue to see us succeed, we encourage you to help us.

We are excited about electing new directors to represent 2014’s most votes from our Member-Owners to the Board of Directors for 2015. These new directors to represent our membership in the elections cycle. Each candidate will bring unique experiences, opportunities for you to learn about your Board candidates, and get excited about electing new directors to represent you. The summer issue of Grass/Roost will feature interviews with the candidates. There will also be several in-person “Meet the Candidates” opportunities in the coming months. Watch for future announcements about these events.

So get on board! We want you involved as directors AND voters. This is local, direct democracy in action, y’all. It’s fun, important, and WE OWN IT!

LOVE PEOPLE’S? - GET ON BOARD!

Two open Board of Directors seats up for election in 2015.

By Heidi Olejnik, Board Secretary and Jenna Chen, Membership and Marketing Coordinator

With sunshine and spring in the air, it is time again to start thinking about your People’s 2015 Board of Directors election coming up this summer. As always, this event culminates at the Annual Meeting on Saturday, July 18th. However, it is not too soon to start considering your involvement! This year there will be two director seats up for election. We encourage passionate, interested Member-Owners to consider these roles.

If you love your co-op and have ever wanted to give back to the Co-op to further our mission, this is a great opportunity. We encourage folks from a variety of backgrounds to bring their unique knowledge and experience to the table. Don’t worry if you aren’t an expert at realizing a natural foods store – day to day operations are not the purview of the Board anyway. Specific information and the tools you need to serve on the Board of Directors will be covered in orientations and trainings.

DON’T HAVE TIME TO RUN? MAKE SURE TO VOTE!

If this all sounds good to you, but you don’t have the time and energy right now, consider committing to participate as a voter in the Board elections. Last year only 2% of our active Member-Owners voted for directors to represent them. Our goal this year is to get at least 10% of our Member-Owners to participate in elections - help us meet our goal!

PEOPLE’S COOPERATIVE COMMUNITY FUND

Each year during the election process, Member-Owners nominate community organizations and then elect which group will receive the funds. In 2014, BARK, the Oregon non-profit committed to defending and restoring Mt. Hood, received the most votes from our Member-Owners. If you are interested in nominating a non-profit for 2015 fill out a PCF nomination form. See the back page.

STAY IN THE LOOP!

Our goal this year is to get 10% of our membership participating in the elections cycle. There are several in-person opportunities for you to learn about your Board candidates, and get excited about electing new directors to represent you. Check it out for yourself!

INTERESTED IN RUNNING?

There will be a candidate orientation April 12th, 3-5:30pm in the Community Room for those who are interested and want to learn more about being on the Board.

You can find a Board of Directors Nomination packet and application in the store or online at http://s.coop/nomination and http://s.coop/getboardon.

The deadline for submitting packets with your intention to run is April 27th.

If you have questions contact Membership and Marketing Coordinator, Jenna Chen by calling the co-op or sending an e-mail to Jenna.Chen@peoples.coop or e-mail Board Director and Secretary Heidi Olejnik at heidi.olejnik@peoples.coop
**THE ANNUAL SPRING STING**

*Take advantage of fresh local nettles while you can!*

By Kim Card
Collective Manager and Produce Keeper Extraordinaire
Photos by Molly Beckel

This year green things seemed to spring up early. I noticed one February day walking by our edible garden next to the co-op that the nettles were spreading their spiky leaves already. It’s the first sighting of this stinging mint that gets me excited for the coming seasons of spring and summer. But what is it about this plant that makes us Portlanders go crazy with delight in spotting and foraging for this wonderful food that others consider a weed? Is anyone else addicted to the sting?

For me, when I see nettles, my body has a specific reaction. It’s like it knows it’s time to clean out the sluggish winter foods I’ve eaten; those heavier winter meals that bring comfort and joy in the short days and long nights. But why?

Nettles are high in protein and act on the protein pathways of the body, which can help increase the absorption of protein. They are also known to be full of many vitamins and minerals, which is why dried nettles are in so many blood building and mineral enriching teas. The leaf has long been used as an anti-inflammatory herb, and when used purposefully, their stinging properties can actually bring about pain relief and ease joint pain. Nettles have also been used as a textile since as early as the Bronze Age and more recently in WWI by Germany for uniforms when cotton was unavailable. Some countries are looking at bring back a nettle textile industry.

In your garden, nettles encourage beneficial insects and can be the home for several butterfly populations, the larva of which will feed off the roots of nettles. Being rich in nitrogen, it can be used as a fertilizer and compost activator. Nettles are as easy to cook with as spinach (except for the stinging part) and the taste is just as mild. You can sauté them, steam them, or toss them in a soup. And if you are daring, pluck a leaf from underneath, roll it into a ball and pop it in your mouth fresh.

Maybe what I love about stinging nettles the most is the lesson from the Aesop Fables, and as we are in an exciting time of standing up to forces of oppression and spring uprisings, seeing this bold plant is a reminder that even a spindly little plant can be a force to be reckoned with.

People’s will be getting nettles weekly from Wild Things, a Beavercreek, Oregon-based farm and forager. They have been Peoples’ primary supplier of nettles for many years. Long time shoppers and Member-Owners would likely recognize them from their days at the Peoples Farmer’s Market. Get nettles while you can, they’ll most likely be gone by the end of April!

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*THE BOY AND THE NETTLES*

A boy was stung by a Nettle. He ran home and told his Mother, saying, “Although it hurts me very much, I only touched it gently.”

“That was just why it stung you,” said his Mother. “The next time you touch a Nettle, grasp it boldly, and it will be soft as silk to your hand, and not in the least hurt you.” Whatever you do, do with all your might.
NETTLE PESTO

Ingredients:
- 1/2 pound nettles
- 4 large garlic cloves, smashed
- 1/2 cup toasted pine nuts (or alternative)
- 1/2 teaspoon salt
- Freshly ground pepper
- 1 tablespoon freshly squeezed lemon juice
- 1 1/4 cups extra virgin olive oil
- 1/3 cup grated Parmesan cheese

Preparation:
- Bring a large pot of salted water to a simmer for the nettles.
- Add the nettles directly from their bag and cook, stirring continuously, for 2 minutes. (This takes away their sting).
- Dump into a colander to drain. When the nettles are cool enough to handle, wrap them in a clean dish towel and wring out as much moisture as possible, like you would for spinach. You’ll have about a cup of cooked, squished nettles.
- In a food processor or blender, combine the garlic, nuts, salt, and pepper to taste until finely chopped.
- Add the nettles, breaking them up as you drop them in, and the lemon juice and blend until finely chopped.
- With the machine running, add the oil in a slow, steady stream, and process until smooth.
- Add the cheese, pulse briefly, and season to taste with additional salt, pepper, or lemon juice.

EGGS-PÔSÉ

(Part 2)

by Jenna Chen
Marketing and Membership Coordinator and Collective Manager

As you may have noticed after reading the Winter edition of the Eggs-posé, People's carries more eggs than just the three farms that we featured. For the second part of the Eggs-posé, we feature our remaining egg vendors and finally, as a consumer, you can make a fully educated decision about which eggs to buy. Keep reading to see what we learned.
UPDATE SINCE PART 1

People’s is no longer ordering chicken eggs from Phoenix Farms. The laying hens at Phoenix will no longer be fed organic feed, and so their eggs are no longer organic. We will continue to carry their duck and quail eggs.

DECK FAMILY FARM

Christine Deck and her husband John started cultivating 320 acres of land in Junction City, OR only 10 years ago. What used to be a conventional livestock farm they transformed into an organic oasis of open green pasture. The animals and humans that live on this farm have a symbiotic relationship. The humans rely on the animals as a source of income and sustenance and in return the animals survive, and be close to the food we eat. Christine and John Deck are strong advocates for small farms and what it truly takes to produce good quality, local food. Deck Family Farm has an open farm policy – they encourage customers to see where their food comes from. Visit their website and be sure to call to see where their food comes from. Christine insists that her chickens are healthy, happier, and better layers with yogurt fermented grains as feed.

In addition to taking great care of the animals on their farm, Deck Family Farm is dedicated to using land in the most sustainable and efficient way possible. They put in a fence along Owens Creek, which runs along their property, and planted 50,000 trees, restoring the riparian corridor. These actions help protect the natural habitats of the local water systems and allow Deck Family Farm to be Certified Salmon Safe.

Deck Family Farm reminds me of how generations lived before cities grew and populations boomed. They are a shining example that life outside the city can still exist, be profitable, and fulfilling. Their beautiful farm employs 10 and is still growing. They work to inspire our younger generations to continue to live off the land, use natural resources to survive, and be close to the food we eat. Christine and John Deck are strong advocates for small farms and what it truly takes to produce good quality, local food. Deck Family Farm has an open farm policy – they encourage customers to come and see where their food comes from.

For PART 2 of our eggs-posé, we visited or talked with three of our egg vendors. Here is what we learned about those farms.

**EGG FARM COMPARISON**

For PART 2 of our eggs-posé, we visited or talked with three of our egg vendors. Here is what we learned about those farms.

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<td>Deck Family Farm ** Junction City, OR</td>
<td>Deck Family Farm is 320 acres and they have recently started leasing land outside their property for more space. They keep 1,300 laying hens.</td>
<td>The 1,300 laying hens and a dozen or so roosters live on open pasture and have access to moveable chicken coops. The coops are only lit when they are close enough to the house for an extension cord to reach. The hens are moved to a different pasture twice a week. Chickens, cows and pigs all work together to till and fertilize the fields for pasture.</td>
<td>Grains (all soy-free) are milled on site for feed, and then soaked in Nancy’s Organic yogurt, left to ferment for two days, and then the wet mixture is fed to the chickens. Why yogurt? The natural bacteria and probiotic enzymes in yogurt are just as beneficial for chickens as they are for humans. Christine insists that her chickens are healthy, happier, and moveable with yogurt fermented grains as feed.</td>
<td>They mill their own feed on site, which is a custom blend of barley, alfalfa, minerals and camelina seed pulp as the main protein source. The feed is not Certified Organic and neither are the eggs.</td>
<td>They cull their hens every 2 years. The hens are then sold as stewing hens to local food producer Salt, Fire, and Time.</td>
<td>They get a new breed of hens each year, but their flock is always changing.</td>
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<td>Certified Organic $7.99/dozen in bulk</td>
<td>Pleasant Valley Farms keeps 700 hens on 1,200 acres of land.</td>
<td>The chickens roam free and have access to mobile coops, which get moved regularly. There are no roosters in this group, so these eggs are not fertile.</td>
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<td>Pleasant Valley Farm * NEW! Sweet Home, OR</td>
<td>Steibers Farm is the largest of our egg suppliers. They are primarily located in Yelm, WA. Steibers Farm spans over 1,000 acres and they keep over 500,000 laying hens and 120,000-200,000 chicks at a time. They raise organic, non-organic, cage-free, and not cage-free eggs. The only eggs we carry from this group, so these eggs are not fertile.</td>
<td>The 1,300 laying hens and a dozen or so roosters live on open pasture and have access to moveable chicken coops. The coops are only lit when they are close enough to the house for an extension cord to reach. The hens are moved to a different pasture twice a week. Chickens, cows and pigs all work together to till and fertilize the fields for pasture.</td>
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<td>Certified Humane Non-GMO Project Verified</td>
<td>Steibers Farm is over 1,000 acres. They keep 500,000 laying hens and 120,000-200,000 chicks.</td>
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*People’s visited this farm, all information came via phone interviews.*
After touring and interviewing half a dozen local egg farmers, there was one common thread that permeated through all of them - farming is hard and good food costs money. All of the farmers I interviewed expressed their commitment to being a local food producer despite the low profits and long work days. They expressed the need for more consumers to be educated on the true cost of food. They encourage shoppers to ask questions, be curious, and find out where their food is really coming from. As a consumer, we have immense power in what we choose to buy, and we must make these choices with intention and knowledge.

Did you know you can make additional investments to your PeopleShare online? Go to the following link to reinvest when you get an investment reminder, or any ol' time you feel like it: http://bit.ly/11x1MpA

Remember: A full share in the co-op is $180, but if you're feeling generous, you can invest up to $300 in one share. Your investments keep your co-op strong. You really do own it.

GROW YOUR OWN!
GET SEEDS, STARTS & SOILS HERE!
YOU CAN BUY SEEDS AND STARTS WITH YOUR OREGON TRAIL CARD.

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WE OWN IT.
LOVE PEAS? TRELLIS ABOUT IT!

Helpful Hints for Growing Peas This Spring

By Tilly Lind, Substitute Staff

Peas are one of the delights of the early spring garden. One of my first childhood memories is of eating peas in the garden, fresh out of the pod, while my mother tried to keep enough in the basket so that she had a decent batch for the freezer. As an adult, I have never managed to keep myself away from fresh peas, no matter how I try to plant enough to put some up for the year!

Peas for fresh eating (as opposed to soup peas or cowpeas) come in three main varieties – shelling peas, snap peas, and snow peas. There is considerable variety within these categories. Some peas require trellising, while others need minimal support – sometimes just a stake for individual plants. Snap peas sometimes come in “stringless” varieties, but these can produce weaker plants, as the gene for the strings in the pods also controls the fiber content in the plant’s stems. Peas are vulnerable to mildew, wilt, and pea enation mosaic virus, an aphid-transmitted disease that distorts the leaves and pods. To avoid mildew and wilt, common problems in the wet Pacific Northwest, plant in well-drained soil, mulch at the base of the plants, and water at the roots. The best solution for enation is to plant resistant varieties; there are several heirloom varieties that are highly resistant.

Peas are an excellent plant to grow in a crop rotation system because, like other legumes, they enrich the soil with nitrogen. Some gardeners use pea inoculants to help seedlings to begin producing nitrogen, but, while it can be helpful, it is not strictly necessary. In our region with its mild winters, peas can be one of the first and last vegetable crops in the garden. Ideal planting times begin in late February, and a second crop may be planted in late summer for a fall crop. Pea plants do not produce well in temperatures consistently over 75 degrees, so plan accordingly! A late spring planting is vulnerable to sudden summer heat waves.

To extend your harvest, either plant several varieties that mature at different rates, or plant multiple rows of a single variety, with each row planted a week or two out from the previous one. I like to set up a high trellis and plant a more aggressively-vining variety close to it. I will plant a shorter variety like (Green Arrow shelling peas) in the next row, generally staking the plants individually. Trellises are easy to build from bamboo or from found materials, and they can be quite beautiful even before the peas cover them with green leaves and sweet purple and white flowers!

After harvest, the sugars in peas quickly convert to starches, so peas lose that lovely sweet flavor very quickly. The best way to store them is by freezing them. This works best if you bring down the temperature rapidly by laying them out in a thin layer on a sheet pan in the freezer, then pouring them into freezer bags or other containers.

These varieties can be found at People’s!

- **Maestro**: Very sweet and very productive shelling peas showing excellent resistance to both enation and powdery mildew. Long pods hold up to 10 peas and grow on 24” vines that do not need staking. Wonderful for snacking and freezing!

- **Ho Lan Dow**: Smaller podded snow pea with the high flavor, coupled with excellent scores for disease resistance and yield. This seed is not widely available, and as far as we know, has never been available organically grown until now.

- **Cascadia**: Bred by Jim Bagget of OSU for northwest gardens, Cascadia is a tremendous snap pea. The 2.5-3’ vines produce an early abundance of sweet, plump pods comparable in quality to the venerable Sugar Snap. We found these to be productive, easy to care for, and the best tasting of our trials. The vines benefit from support. Shorter than other full-vining snap pea varieties but they are Mighty! Some resistance to powdery mildew.

- **Sugar Ann**: Sugar Ann is our first snap pea out of the garden every year. Dwarf vines grow to only 2’ and do not require support. Medium sized pods offer excellent sweet eating. Our favorite of the early varieties and deserving of a place in anyone’s garden to celebrate the first peas of the season.

These varieties are available from Uprising Seeds located in Bellingham, WA. Descriptions courtesy of Uprisings Seeds.
If you love the Wednesday Market consider serving on the Market Advisory Board!

By Ashley Todd, Farmers’ Market Coordinator, Collective Manager

Do you love the People’s Farmers’ Market? Do you have experience with committee work and/or group decision-making? Do you want to be more involved with the Co-op and Farmers’ Market?

If you answered yes to the above questions, we want you (yes, you!) to consider serving on our Farmers’ Market Advisory Committee.

WHAT IS THE FARMERS’ MARKET ADVISORY COMMITTEE?
The Farmers’ Market Advisory Committee (MAC) is an elected body of stakeholders that supports the Farmers’ Market Coordinator (that’s me!) by getting information from vendors, customers, and community members, and providing feedback on market policies and operations. The MAC also acts as a channel for communication between the Farmers’ Market and People’s Collective Management.

WHAT DOES THE MAC DO?
The MAC’s primary responsibilities are to make thoughtful, informed, and well-balanced decisions about vendor grievances and to provide input to People’s Staff for their decision-making process. More specifically, the MAC provides input on market operations and policies, communicates with and solicits feedback from vendors and other stakeholders, and works with members of People’s staff to ensure the market runs smoothly and all voices are heard.

In addition, you’d be committing to participate in committee email discussions, arrive on time and prepared for all meetings, communicate in a professional and respectful way within and as a representative of the MAC, and support the goals and mission of the People’s Farmers’ Market for a term of 2 years.

WHAT BENEFITS ARE THERE TO SERVING ON THE MAC?

First, you will be helping us make People’s Farmers’ Market the best market in town! By representing the community we serve, your voice will help us to maintain the market’s integrity and character. By participating in the Market’s decision-making processes and sharing information about shoppers’ interests and concerns, you will also be helping us extend our democratic principles beyond our walls and into the community. You will gain valuable experience with committee work and consensus decision-making. And finally, since you’ll be contributing your time and energy to People’s, you will be eligible for a HOO discount of up to 10% at the register.

WHAT WOULD MY ROLE ON THE MAC BE?
As the MAC community member and shopper, you’ll be the voice of the people! This includes presenting shoppers’ issues, concerns, and ideas to the MAC, and to the collective management by extension. You’ll also be responsible for soliciting feedback from other shoppers and community members whenever issues within the MAC’s jurisdiction arise, and sharing what you’ve learned with the MAC.

WHO’S ON IT?

- The Farmers’ Market Advisory Committee (MAC) is an elected body of stakeholders that supports the Farmers’ Market Coordinator (that’s me!) by getting information from vendors, customers, and community members, and providing feedback on market policies and operations. The MAC also acts as a channel for communication between the Farmers’ Market and People’s Collective Management.
- The advisory committee is made up of representatives from the market vendors, People’s staff and a member of the Farmers’ Market shopper community who gather input and help People’s collective management make decisions relating to the market.
- Democratic participation has always been a value of the co-op and we want to bring the same value to the Wednesday market!

WHAT BENEFITS ARE THERE TO SERVING ON THE MAC?

- You’d also be responsible for soliciting feedback from other shoppers and community members whenever issues within the MAC’s jurisdiction arise, and sharing what you’ve learned with the MAC.
- This includes presenting shoppers’ issues, concerns, and ideas to the MAC, and to the collective management by extension.
- You’ll also be responsible for soliciting feedback from other shoppers and community members whenever issues within the MAC’s jurisdiction arise, and sharing what you’ve learned with the MAC.
- The committee will help ensure that the markets vendors and regular shoppers are included in decisions that effect the market.
- Democratic participation has always been a value of the co-op and we want to bring the same value to the Wednesday market!
- The MAC community member/shopper will be elected by Member-Owners in tandem with the Board of Directors elections. Candidate bios will appear in the Summer edition of Grass/Roots. More updates on how to run and vote are coming soon, but if you are interested or have any questions before then, please contact me at ashley.todd@peoples.coop.

WANT MORE INFO?

Contact the Farmers’ Market Coordinator by stopping by the info booth any Wednesday or e-mail ashley.todd@peoples.coop.

THE FARMERS’ MARKET ADVISORY COMMITTEE (MAC)

WHAT IS IT?
The advisory committee is made up of representatives from the market vendors, People’s staff and a member of the Farmers’ Market shopper community who gather input and help People’s collective management make decisions relating to the market.

WHY DO WE NEED IT?
The committee will help ensure that the markets vendors and regular shoppers are included in decisions that effect the market.

WHAT DO COMMITTEE MEMBERS DO?

- Attend a meeting quarterly. (Four a year)
- Answer e-mails.
- Talk with and get input about market policies or grievances from shoppers and vendors.
- Makes recommendations about market policies and grievances to the collective management of the co-op.

WHO’S ON IT?

- 2 FARMER-VENDORS elected by the market vendors +
- 1 PREPARED FOOD-VENDOR elected by the market vendors +
- 1 MEMBER OF PEOPLE’S STAFF elected by the Collective Management +
- 1 THE FARMERS’ MARKET COORDINATOR +
- 1 COMMUNITY MEMBER/ MARKET SHOPPER elected by People’s Member-Owners

= 6 MEMBERS OF THE MAC

SOUNDS GREAT! HOW DO I SIGN UP?
The MAC community member/shopper will be elected by Member-Owners in tandem with the Board of Directors elections. Candidate bios will appear in the Summer edition of Grass/Roots. More updates on how to run and vote are coming soon, but if you are interested or have any questions before then, please contact me at ashley.todd@peoples.coop or stop by the Farmers’ Market Info Booth to chat.
Bringing Mesoamerican Food Traditions to People’s Food Co-op with the help of Micro Mercantes.

Ancestro azteca bars:

AZTECA BARS ARE AN HOMAGE TO SANDRA’S NATIVE STATE OF OAXACA, IN SOUTHERN MEXICO. IN OAXACA THESE DULCES TIPICOS ARE COMMONLY KNOWN AS ALEGRIÁ, OR, “COOKIES OF HAPPINESS”

Sandra’s bars are an homage to her native state of Oaxaca.

AZTECA BARS ARE HEARTY AND DELICIOUS! FIND THEM NEAR THE REGISTERS FOR $4.49 EACH.

Taking Azteca Bars, for example. Sandra currently produces them in her home, which has a license as a certified domestic commercial kitchen. This helps her save money on commissary kitchen rental costs, but poses its own limitations in terms of food storage and production capacity. Furthermore, the process of popping amaranth, one of the main ingredients in Azteca Bars, is time consuming. Sandra can only pop 2 tablespoons of amaranth at one time on her stove without burning the seed, which means it takes her approximately 3-4 hours to fill a 5-gallon bucket.

Many entrepreneurs face multiple challenges during the start-up phase of operations. One of the main challenges is limited access to capital. Without proper access to capital, many entrepreneurs are unable to purchase necessary equipment and supplies, which can limit their production capacity and ability to meet demand. To address this challenge, organizations such as Micro Mercantes provide financial support to entrepreneurs in the beginning stages of developing their small food production businesses through programs such as the Individual Development Account (IDA). This capital helps entrepreneurs like Sandra save money on commissary kitchen rental costs, which can be a significant expense.

Ancestro produces the delicious Azteca Bars, which you can find at the cash registers at People’s.

Many participants in Micro Mercantes speak Spanish as a primary language, and are first or second generation immigrants to the United States. As a member of the Buyers Team at People’s, I was invited to speak with students in the Micro Mercantes program about what kind of participating in the conversation with the Micro Mercantes students was really fun, if not a little challenging for me because my conversational Spanish skills are not as good as they should be. Thankfully, Pedro Ferbel-Azcarate (of Three Sisters Nixtamal, purveyors of fine masa harina and tortillas at People’s Co-op and Farmers’ Market) graciously volunteered to attend the event and assist with interpreting. Pedro provided a wealth of knowledge and experience for the students about starting a successful food production business, and helped communicate the important nuances of what sets People’s apart from other natural foods retailers in the city.

Many entrepreneurs often face difficulties in accessing capital due to the fact that the food industry is a high risk industry. Organizations such as Micro Mercantes provide financial support to entrepreneurs through programs such as the Individual Development Account (IDA). This capital helps entrepreneurs save money on commissary kitchen rental costs, which can be a significant expense.

Many entrepreneurs get their start at People’s, which is a special thing because it means that the co-op is always on the cutting edge of new products and ideas. One shining example of this is Ancestro, singularly owned and operated (for now) by Sandra Ulrreras. Ancestro produces the delicious Azteca Bars, which you can find at the cash registers at People’s.

I met Sandra in December 2014 at a special event hosted by Micro Mercantes, a program of Hacienda Community Development Corporation (CDC) in Portland that helps entrepreneurs in the beginning stages of developing food production businesses. Many participants in Micro Mercantes speak Spanish as a primary language, and are first or second generation immigrants to the United States. As a member of the Buyers Team at People’s, I was invited to speak with students in the Micro Mercantes program about what kind of participating in the conversation with the Micro Mercantes students was really fun, if not a little challenging for me because my conversational Spanish skills are not as good as they should be. Thankfully, Pedro Ferbel-Azcarate (of Three Sisters Nixtamal, purveyors of fine masa harina and tortillas at People’s Food Co-op and Farmers’ Market) graciously volunteered to attend the event and assist with interpreting. Pedro provided a wealth of knowledge and experience for the students about starting a successful food production business, and helped communicate the important nuances of what sets People’s apart from other natural foods retailers in the city.

Pedro Ferbel-Azcarate

Ancestro’s product really stood out to me because it already met the major buying guidelines for People’s. Azteca Bars use primarily all organic, plant based ingredients and are simultaneously delicious and unique. Furthermore, Azteca Bars had design packaging, an ingredient list, and a UPC “bar code”, all critical elements for a food product to be sold by a retailer. Sandra was pretty much ready to go with Azteca Bars, and only needed some additional guidance.

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By Ryan Gaughan, Raw Foods & Alcohol Buyer, Collective Manager

People’s Food Co-op plays many important roles in supporting the genuine local food economy. We pay a premium price to small farmers for their products, reflecting the real cost of labor and profit margin necessary to maintain their economic survival. Grocery items that are produced blocks away from the co-op share shelf space with leading national brands. And, importantly, we are willing to work with new producers to help them market their products at the co-op, serving as a stepping stone towards broader distribution and economic viability for their new businesses.

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Sandra was inspired to begin producing Azteca Bars because she found herself making Alegria for her family, and wanted to find a way to include more nutritious ingredients.

Azteca Bars contain ingredients that are native to the Aztec, pre-hispanic diet including cacao, coconut, sunflower, and chia seeds. These foods were being cultivated and consumed by Mesoamerican people long before European colonists arrived in the lands now referred to as the Americas. Today, they are utilized in Azteca Bars to increase the nutritional content of Alegria, and to satisfy increasing consumer demand for organic, non-GMO ingredients.

MICRO MERCANTES AND THE HACIENDA CDC

Many entrepreneur food producers struggle with developing their business from the “start up” phase of operations into something that can be financially sustainable. The effort to move past the break-even point and into profitability is very difficult. Thankfully, organizations such as Micro Mercantes exist to provide education, resources, and most important of all, friendship and support to everyday people seeking to make better lives for themselves.

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scale machine for popping amaranth which will greatly increase her production capacity, eventually leading to more sales and greater chance of economic survival for Ancestro.

Micro Mercantes and Hacienda CDC also provide an opportunity for new food producers to rent out affordable commissary kitchen space, the highlight of which is the new Portland Mercado project, scheduled to open this April 11th SE 72nd & SE Foster, in Portland. The Portland Mercado exists, according to their mission statement, as “...an economic development project based on Latino cultural heritage that brings together diverse cultures through entertainment, art, and food. For people like Sandra who want to keep their product family owned and produced, but will eventually need access to commercial kitchen space in order to grow, incubators like the Portland Mercado can serve as a vital stepping stone.

The relationship between People’s Food Co-op and organizations like Micro Mercantes is important. Unlike most other grocery stores, People’s is willing and able to work with new food producers to help them enter the market, and eventually develop their product for distribution on a larger scale. We have the unique position of being accommodating to people producing foods indigenous to their culture, while simultaneously encouraging the use of organic and non-GMO ingredients. In this way, the Buyers Team at People’s helps the co-op to meet critical components of our Ends Statement, specifically, “Thriving Cooperative and Local Economies,” and “Access to Healthful Foods Our Customers Can Trust.”

Hacienda CDC is Oregon’s largest Latino-led, Latino-serving organization. Hacienda CDC was created due to a lack of affordable housing in Portland in 1992 and now provides 381 units of affordable, community-centered rental housing. Since then the CDC has expanded its reach, embracing a holistic approach to development and serving Latinos throughout Portland with programs in Community Economic Development, Homeownership Support, and Youth & Family Support Services.

A part of Hacienda CDC, Micro Mercantes provides commercial kitchen space, business classes and important connections to entrepreneurs in the beginning stages of their businesses.

The Portland Mercado—a sister organization of Micro Mercantes—is an incubator model that provides affordable retail space for businesses to launch and grow, and a hub for Latino culture in Portland. 15-20 new businesses will start-up in an area of Portland seeking healthy and delicious food options and better economic opportunities for all.

You can connect and learn more about Ancestro on Facebook: https://www.facebook.com/ancestroproducts

To learn more about the programs mentioned in this article, please visit:
Micro Mercantes: www.micromercantes.com
Portland Mercado: www.portlandmercado.com
Hacienda Community Development Corporation “CDC”: www.haciendacdc.org

PEOPLE’S CO-OP SHOPPER GUIDE
Our store is unique and shopping here presents a few little quirks. Here are some things that will make your experience better and shopping here easier for you and our staff.

When shopping at People’s, remember to use a cart, basket, or bag provided by the co-op instead of shopping into your own bag.

When using the scales in the bulk department, check to make sure that they are set at zero out and set to pounds (lbs).

Weigh your container BEFORE filling it with bulk goods to make sure you don’t end up paying too much. Remember to write down the weight of the empty container where your cashier will see it.

If you’re re-using a container for a bulk purchase, it can be helpful to cross-out or put a sticker over an old bar code. Sometimes these items will accidentally scan at the register and we don’t want you to mistakenly charge you for an item you didn’t buy!
GREEN BINS = FOOD WASTE ONLY

- FOOD WASTE
- LEAVES, YARD WASTE
- TEA BAGS
- PAPER TOWELS
- NAPKINS
- COMPOSTABLE CUPS, DISHES, OR SILVERWARE
- PLASSTIC, POLYSTIRENE, GLASS, METAL, AND OTHER NON-RESIDUAL ITEMS

As of March 1st, Metro, the regional government for the Portland Metropolitan area, has changed the composting system for businesses in our region. Green bins are now for food waste only. These changes do NOT affect your residential compost/yard waste program.

By Brandon Hyde, Physical Plant Manager, Collective Manager

WHY THE CHANGES?
Commercial compost is now being processed in a methane digester where food scraps are being transformed into methane for electricity and soil amendments for farms. The methane digester can only handle food scraps.

WHAT DOES THIS MEAN FOR US?
Our green bins are now for collecting food waste ONLY (tea bags, coffee filters, and compostable bags are still accepted). This means no more compostable cups, containers, utensils, or paper towels. These items now go in the trash.

RECYCLING LOCATION CHANGES
In the store and out in the courtyard, you may notice some changes to the locations of our recycling containers. We are working to centralize everything so our staff members. Thanks for your help in keep our recycling and waste streams properly sorted.

FACING THE TRUTH ABOUT "COMPOSTABLES" AND OTHER LIMITED USE ITEMS
Changes like these are forcing people to face the reality of our decisions and look for more sustainable options. Many of the one time use containers that are labeled as "green" or "biodegradable" may not actually be very sustainable and this is something that we need to face sooner rather than later.

When evaluating the environmental impact of products such as compostable, recyclable and disposable cups, some estimate that over 80% of the impact of these products occurs before the product is even used. The production and harvesting of resources, the manufacturing, packing and shipping of these products create substantial environmental impact before we even consider what happens to the cup after it is used (composted, recycled, or landfilled). Many of these "green" products, highlighted for their positives, often have downsides that overshadow or completely outweigh the benefits.

The "compostable" and biodegradable products do have the potential to break down eventually, however, they often break down into smaller particles that contaminate the land and water, and in their decomposition process they release greenhouse gases. This is one reason why many landfills are now being designed to not allow the landfill materials to break down – to prevent the release of more greenhouse gases.

There are new cups and containers (both "compostable" and non-compostable types) that are made from renewable biological materials from plants, algae or microorganisms. While the idea of utilizing raw materials that come from more natural sources is appealing and sounds pretty "green", these crops are often GMO and are often heavily bathed in fossil fuel based fertilizers and pesticides. The production of these products uses land and resources that could be used for growing food crops, and these cups look like plastic and thus end up contaminating the plastic recycling stream and compromising the recycling process.

It may not seem like there are many solutions when we begin to evaluate the options. So where do we go from here?

Our recommendation is go reusable! Carry your own reusable utensils and to-go coffee mugs. Throw a jar in your bag to take away your favorite smoothie or juice. Buy some reusable produce bags for those green beans when shopping. And lean more toward the bulk and produce sections, shopping into your own reusable containers.

And when disposable seems like the only option, opt for higher recycled content.

The Bottom Line
Everyday we vote with our choices. When it comes to supporting organic farms and the regeneration of our soils and planet, we must also begin to recognize all aspects of the products we buy including the packaging and what happens to the packaging after its use. Each time we buy a product, we are not only supporting the company or farm that produces the product but also the farms, farmers and companies that produce the raw materials and manufacture the packaging. Less packaging and use of reusable items means we are voting for a world with less trash and supporting more systems that regenerate and protect our soil, air and water. So next time you leave the house, remember to bring your mug, jar, spoon, and bags.
A FRESH START
Spring is the Perfect Time to Renew and Refresh Your Body With a Cleanse

By Jenna Chen
Marketing and Membership Coordinator and Collective Manager

Spring is here and the earth is awakening from its winter slumber. Leaves are turning vibrant green, flowers are blooming, and temperatures are rising. This season of transition and new beginnings is a great opportunity to give your body a chance to also renew and refresh. Cleansing our bodies of toxins is a necessary task we must do periodically to remain in a healthy working state. While our bodies all need different things be at our best, because our bodies all need different things be at our best. While cleansing are often seen as extreme diets or fasts, they can be as simple as a one-day or three-day activity that leave your body functioning more efficiently and your mind thinking more clearly.

HealthForce is a vegan, gluten-free, therapeutic superfoods company that seeks to provide the highest quality plant based nutritional supplements to help your body be at its best. Co-founded by Jameth Sheridan (Naturopath and Doctor of Holistic Medicine) and Kim Sheridan (Naturopath), HealthForce products and their ingredients go through rigorous testing that so far surpass the qualifications of Organic Certification, they have created their own TruGanic Certification. HealthForce TruGanic products are tested by third parties to ensure that their contents are 100% pesticide-free, insecticide-free, herbicide-free, GMO-free, and radiation-free.

People's carries a wide selection of HealthForce products at excellent prices. For the entire month of April all HealthForce products will be on sale. We will also feature cleanse kits from HealthForce, which have all the products you need to cleanse in a convenient and comprehensive kit.

Before starting a cleanse, it is always best to consult your doctor to see if it's right for you.

GENTLE 3-DAY CLEANSE WITH HEALTHFORCE
This is a gentle 3-day cleanse that you can do easily without changing your diet or daily routine. The following products are meant to cleanse your entire digestive system. The colon is one of our main detoxification and elimination routes. A sluggish bowel breeds toxicity that can adversely affect the health of the entire body. Regular bowel movements and a clean colon are fundamental to better health.

DAY 1 - DRAW THE TOXINS
Intestinal Drawing Formula

This formula is designed to draw in and absorb poisons from the bowel and allow you to eliminate them without reabsorbing these poisons. First, the Cha Milk Thistle and Flax seeds scrub the intestinal villi hairs that absorb nutrients in our intestines and colon. The villi can often get coated with old, undigested food, which can lead to bloating, leaky gut and inflammation. Second, the Zeolite, Charcoal and Plantain absorb the toxins being excreted by your body. Marshmallow and Slippery Elm soothe the mucous membranes in the gastrointestinal tract to help you get eliminate the toxins gently.

DAY 2 - MOVE THEM OUT
Intestinal Movement Formula

This formula works in tandem with the Intestinal Drawing Formula and further helps your body get rid of the toxins through your colon. The Intestinal Movement Formula was designed to produce maximum colon cleansing and proper movement with little or no discomfort. The herb Chanca Piedra aids in detoxification of the liver and other herbal components support digestion, the immune system, blood sugar balance, and reduce harmful microbes.

DAY 3 - CLEANSE & NOURISH
Vitamineral Green

Vitamineral Green is a superior, nutritionally dense, therapeutic green superfood powder that nutritionally supports blood sugar, detoxification, the immune system, liver, kidneys, blood, bones, colon, pancreas, muscles, brain, regularity, circulation, and longevity. It is an extremely potent and comprehensive array of nature’s most nutritive and cleansing superfoods. It contains probiotic bacteria, enzymes, and micro nutrient greens that your body can’t get from eating normal foods. It is safe and gentle enough for children and pregnant women.

#1 - CHOOSE YOUR LIQUID!
USE ABOUT 2 CUPS.
• Water
• Milk or Nut Milk
• Coconut Water
• Tea
• Juice

#2 - ADD SOME GREENS!
USE ABOUT 2 CUPS FRESH GREENS.
• Kale
• Spinach
• Collard Greens
• Beet Greens
• Dandelion Greens
• Swiss Chard

#3 - BLEND LIQUID & GREENS!

#4 - ADD SOME FRUIT!
USE ABOUT 3 CUPS RIPE FRUIT. (At least one cup should be frozen to chill the smoothie).
• Berries
• Banana
• Apple
• Pear
• Mango
• Pineapple

#5 - BLEND IT AGAIN!!

#6 - ADD SOME EXTRAS!
• Hemp Seeds
• Cacao Nibs
• Protein Powder
• Oats
• Chia Seeds
• Cinnamon
• Maca
• Coconut oil
• Nut Butters
• HealthForce Vitamineral Green

#7 - MAKE IT SWEET!
Your smoothie may already be sweet enough. If not consider adding:
• Dates
• Honey
• Agave
• Vanilla
• Maple Syrup
• Coconut Palm Sugar

#8 - BLEND IT AGAIN!!!!!

#9 - ENJOY!
Making Your Own Shoes - A 9 Week Series

Mondays, March 30 – May 11
The turnshoe is an ancient technology for making lightweight, flexible, and durable footwear. Mixing in some modern technology (duct tape!) along the way, this class starts by measuring your feet and ends with a new pair of shoes.

Nuno Zori Woven Fabric Shoes
Tuesday, May 19; 6:00-9:00pm
Nuno Zori means “fabric shoes” and they’re a traditional type of indoor foot-ware in Japan. Originally made out of old slides and worn by woodcutters to protect their feet from splinters, these fabric flip flops are made by weav-ing fabric around rope. This traditional technique upholds the Buddhist adage “Mottani” or “waste not want not” by making worn out textiles useful again.

Super Brain Yoga
Tuesday, May 24; 6:00-8:00pm
Take the guess work out of brain healing.

Free Rollling for Kids
Saturday, May 23; 9:00am-12:00pm
Aim to promote improved healthy growth and movement patterns. Healthy kids receive a structural check-up and holistic bodywork. Treatment plans for concerns such as scoliosis, growing pains, pigeon toes. Free 10-30min rolling session. Ages 0-10. Free and open to all. For more information and how to register please visit www.portlandroller.com.

Farm. Free and open to all!

Free Rolfing for Kids
Tuesday, April 22; 6:00-7:00pm
Help us celebrate Mother Earth with a grand celebration at the Farmers’ Market! There will be a seed swap bring some, take some! Live music, a creative all ages craft booth with animal masks and flower crowns and we will be giv-ing away starts from Wildcat Mountain Farm. Free and open to all.

Earth Day at the Farmers’ Market
Wednesday, April 22; 2:00-7:00pm
We will celebrate Earth Day with community, local businesses, food, music, and crafts. Come and join us as we come together to celebrate our planet. $5 per child, with no one turned away. Call People’s to RSVP.

Lili Trenkova in a panel discussion about Animal Liberation?
Saturday, April 18; 3:00-4:00pm
Are you curious about what signing with infants, signing with their children, or are simply becoming babysitter certified, work in play, discussion, and shared resources. Country Dance Party
Sunday, April 19; 3:30-6:30pm
English Dance Party for all who know music for English country dancing. Free and open to all.

Habla Yoga
Sunday, May 3; 2:00-3:00pm
We will explore through a relaxing and dynamic bilingual Spanish/English yoga class designed to improve language and health at the same time. Habla Yoga was created to cultivate conscious listening and health by creating a welcoming space for exploring awareness and understanding and connections within ourselves and communities. Habla Yoga community classes are accessible for all levels of language and yoga. To learn more please visit hablayoga.com. Free and open to all.

Olive and Dingo: Portland’s Favorite Clowns
Saturday, May 9; 10:30-11:30am
Olive and Dingo are bright and cheery, cartoonish characters. They call them-selves: Clowns. And will ideally improve any past assumptions you may have of “clowns.” With Olive at the microphone and Dingo on guitar they excite young and old with music, stories in song & color, comedy and love for their fans. Every show is about a 45-minute tiny rock concert for kids! Olive and Dingo aim to inspire kids and families to care about each other & our impact on the planet. $5 per child, with no one turned away. Call People’s to RSVP.

Super Brain Yoga
Tuesday, April 21; 6:00-8:00pm
Whether you are a student, parent of a special needs child, or caring for an elderly relative, this class will give you some serious hands-on tools to strengthen and support brain energy. Used regularly, it can increase in academic and behavioral performance, strength-en memory capacity and balance brain energy. Led by Liza Burney of Heart to Heart Healing. Free and open to all. Call People’s to register.

Know Gluten Panel with Tabor Bread and Happy Campers
Tuesday, April 7; 6:00-7:30pm
Join Tabor Bread, Happy Campers, and Dr. Lisa Shaver for an exciting conversation about gluten! Is gluten-free just a trend? Is all gluten bad? How do I know what kind of gluten to eat? Bring your questions! This is an open, educational forum that will include an audience Q&A with our panel of industry experts. Free and open to all, call People’s to register.

Secrets of Sauerkraut Success (+ Quick Japanese Pickles)
Sunday, April 12; 2:00-4:00pm
Do you want to make your own sauerkraut but don’t know where to start? Have you tried making sauerkraut yourself only to have it turn out mushy, dark or an ominous shade of pink? In this class professional sauerkraut chef Sandee Coggins of Cascade Naturals will lead you step-by-step through the secrets to delicious sauerkraut, then use it to make a mouth-watering tempeh reuben sandwich - come a little hungry! We’ll also talk about why eating a variety of fermented foods is so important for health and share a few ridiculously easy recipes for quick Japanese pickles. Suggested donation of $10 with nobody turned away. Call People’s to register.

Equipment and Mindfulness
Here and Now: Introduction to Mindfulness
Saturday, April 14; 4:30-7:30pm
This workshop is a collaboration of Japanese Children’s Book Lending Library (Kujira Bunko) and a counselor Makiho Matsumoto. We would like to introduce the mindfulness method to anyone interested and provide an opportunity to talk about personal issues related to parenting, everyday life, etc. Fee is $25 per person, $20 for a Kujira Bunko Member. Email to register kujirabunko@gmail.com.

English Country Dance Party
Sunday, April 19; 3:30-6:30pm
English Dance Party for all who know music for English country dancing. Fee and open to all.

English Country Dance Party
Sunday, April 19; 3:30-6:30pm
English Dance Party for all who know how to dance, teach, call, or play the music for English country dancing. Fee and open to all.

Introduction to American Sign Language (ASL)
Saturday, April 18; 3:00-4:00pm
Explore basic signs through song, dance, play, discussion, and shared resources. This class is inclusive to all who are pregnant, guardians or caretakers of infants or children, have aspirations of becoming babysitter certified, work in preschool or school settings, are already signing with their children, or are simply curious about what signing with infants, toddlers, or preschool age children looks like! Emphasis will be placed on signs that first come up in typical language development, as well as those that prove helpful in redirecting children in play and social interaction with peers and adults. All ages are welcome; minors must be accompanied by an adult. Free and open to all, donations accepted. Call People’s to register.

KNOW GLUTEN PANEL WITH TABOR BREAD AND HAPPY CAMPERS
Tuesday, April 7; 6:00-7:30pm
Join Tabor Bread, Happy Campers, and Dr. Lisa Shaver for an exciting conversation about gluten! Is gluten-free just a trend? Is all gluten bad? How do I know what kind of gluten to eat? Bring your questions! This is an open, educational forum that will include an audience Q&A with our panel of industry experts. Free and open to all, call People’s to register.

Know Gluten Panel with Tabor Bread and Happy Campers
Tuesday, April 7; 6:00-7:30pm
Join Tabor Bread, Happy Campers, and Dr. Lisa Shaver for an exciting conversation about gluten! Is gluten-free just a trend? Is all gluten bad? How do I know what kind of gluten to eat? Bring your questions! This is an open, educational forum that will include an audience Q&A with our panel of industry experts. Free and open to all, call People’s to register.

HERE AND NOW: INTRODUCTION TO MINDFULNESS
Please note: this event is in Japanese
Saturday, April 14; 4:30-7:30pm
This workshop is a collaboration of Japanese Children’s Book Lending Library (Kujira Bunko) and a counselor Makiho Matsumoto. We would like to introduce the mindfulness method to anyone interested and provide an opportunity to talk about personal issues related to parenting, everyday life, etc. Fee is $25 per person, $20 for a Kujira Bunko Member. Email to register kujirabunko@gmail.com.
In the spring, it is essential to provide compost for the garden. Compost aids in the drainage of our soil and also aids in the water holding capacity of the soil. Compost also enhances the nutrients in the soil as well as the nutrient holding capacity of the soil. A diligent gardener is also an avid compostor, reveling in the alchemy of turning waste into black gold.

The summertime is the season of the fruit. Peak flowering in the garden happens around the beginning of May. As our food plants receive pollination, they begin to set fruit which provides the basis of our summertime food production. Beans, Zucchinis, Tomatoes, Peppers, and Squash are all the products of successful pollination on our garden plants. These vegetables benefit from being picked small, and picked often to stimulate high productivity to support our summertime diets. Fruit season begins in June with the Strawberries, followed by Raspberries, Plums, Blueberries, Apples, Figs, and more. An integrated garden design will anticipate the potential diseases that could affect our crops and plan for an inherent biological response such as using chickens, companion planting, or integrated pest management.

Many years ago, this knowledge provided the foundation for food security in a community. Nowadays, we live within a global economy where we can eat whatever we want, whenever we want, regardless of seasonal context. Much of the knowledge for feeding a family based on local food production has been lost, as the global food economy dominates our current culture.

If you are interested in learning more about growing food year round, this monthly workshop series is designed to help keep gardeners on track with tasks in the garden to achieve an abundant yield. Each month, the “Grow Your Own Produce” workshop series highlights what to do in the garden as well as a topic relevant for the month, including garden planning, food preservation, attracting pollinators, water catchment, seed saving, and soil building. You can register for the entire workshop series, or for each workshop individually.

In April, a key time for all of the Cole Crops, such as Broccoli, Kale, Cauliflower, Collards, and Cabbage. It is also a time of planting greens. As many plants are being planted in the garden during this month and the months to come, we will highlight soil building strategies in this class.

In May, the weather typically gets warmer and many flowers begin to bloom. We will discuss varieties of winter season crops to grow in your garden and ways to maximize microclimate and production. Many of these plants require insects for pollination. You will learn about pollination, pollinator insects, and flowers that are useful for attracting these special critters. Many of these flowers have multifunctions. We will highlight edible flowers, their functions in landscapes, and recipes.

In June, our planting of the summer vegetable garden and then it is time to focus on maximizing the harvest. For the urban gardener, this may mean optimizing a small space to produce as much food as possible. We will discuss strategies for optimizing yield of your vegetable crops throughout the growing season. We will highlight the best types of trellises for plants that like to grow up.

In July, we will focus on different types of fruiting crops that are available right now. We will also talk about different approaches and recipes to using the harvest of berries. In addition, we will learn practices for collecting and drying herbs for your home. Our bioregion has a long drought period during the summer. We will talk about water catchment and how to determine what type of system would work best for your household. As always, this class will highlight what is happening in the garden in July, how to preserve your harvest, and prepare for the coming month.

In August, it is time to save seeds. The weather has been dry and many plants are ripening their seed. This workshop will cover the basics of saving seed and offer you the opportunity to gather some hands-on experience. August is a key month to get many starts in the ground for harvest in the winter and early spring. We will highlight key varieties and garden planning. As always, this class will highlight what is happening in the garden in August, how to preserve your harvest, and prepare for the coming month. Handouts will include a to do list for the month, information on seed saving, and other pertinent information.

In September, it is time to put the harvest up! This is a key month for all of the winter harvest. We will talk about different types of garlic and best varieties for your region. We will also highlight nourishing soup recipes from local herbs, veggies, and stocks. As always, this class will highlight what is happening in the garden in September, how to tend to your garden, and prepare for the coming month. Handouts will include a to do list for the month, information on preserving, and other pertinent information.

In October, the weather has become cold and the garden has been put to bed. However, the birds, insects, and other critters still need habitat to keep them around. During this class, we will discuss ways to encourage these allies to stick around in your garden. By having active food webs in the garden, we invite collaboration and enhance fertility cycles on site. As this is our final class for 2015, this class will provide juicy information to help you begin planning for the 2016 garden season. We will also highlight nourishing soup recipes from local herbs, veggies, and stocks. As always, this class will highlight what is happening in the garden in November, how to tend to your garden, and prepare for the coming month. Handouts will include a to do list for the month, information on wildlife, soup recipes, and other pertinent information.

Classes are $25 each or $100 for the entire series. A 20% discount is available for People’s Members. Owners, email Marisha to register and receive the discount at queenbee@herbnwidsom.com.
YOUR BOARD OF DIRECTORS
Email All Directors: bod@peoples.coop

ATTEND A BOARD MEETING!
Board of Directors Meetings are held the 4th Tuesday of every month from 5:30-8:30pm. Member-Owners are always welcome. There is a free, light vegetarian dinner served from 5:30pm to 6pm that you can enjoy with your Board Directors and discuss your ideas casually. Afterwards, stick around for the official meeting from 6pm-8:30pm. This is a great chance to get your message to the Board or to just see what's going on at your co-op.

UPCOMING MEETINGS:
April 28, 6-8:30pm
May 26, 6-8:30pm
June 23, 6-8:30pm

THE 7 COOPERATIVE PRINCIPLES

1. VOLUNTARY, OPEN MEMBERSHIP
Open to all without gender, social, racial, political, or religious discrimination.

2. DEMOCRATIC MEMBER CONTROL
One member, one vote.

3. MEMBER ECONOMIC PARTICIPATION
Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.

4. AUTONOMY AND INDEPENDENCE
Cooperatives are autonomous, self-help organizations controlled by their members.

5. EDUCATION, TRAINING AND INFORMATION
Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.

6. COOPERATION AMONG COOPERATIVES
Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.

7. CONCERN FOR THE COMMUNITY
While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.