A passionate community working together for sustainability, progressive land and animal stewardship, human rights, social and economic justice.
The 10% monthly Member-Owner discount was an experiment that the co-op adopted for 2014. We hoped that the extra discount would increase sales and draw people into the store on a more regular basis.

Unfortunately, the 10% monthly discount did not raise sales and the cost of the discount was high. We realized that for the long term health of your co-op we needed to change the benefit. However, we still want to continue to offer Member-Owners extra savings and an opportunity to stock-up on a regular basis.

So starting now, in 2015, People’s will send each Member-Owner a postcard (on recycled paper printed with vegetable inks) every quarter - January, April, August, and October. This card is a coupon that will let you take 10% off of one shopping trip of your choice. Make sure to bring it with you when you plan to stock up!

In addition to the quarterly 10% postcard coupons, People’s will send each Member-Owner two surprise discounts during the year. These extra deals could be anything. All these coupons will go out through the mail, so make sure your address is up to date! (You can do this with any cashier.)

Thank you for adapting with us as we implement this new discount. People’s appreciates the loyalty of Member-Owners like you, and your ability to change with us as we navigate how to serve you and run our store in the best way possible.

Please let us know what you think! Send me your questions or comments at marketing_membership@peoples.coop or call us at (503) 674-2642.

-Jenna Chen
Marketing and Membership Coordinator

NEW YEAR, NEW MEMBER-OWNER DISCOUNT

Starting in January 2015, Member-Owners of People’s Food Co-op will see a slight change in their benefits. All active Member-Owners will receive a 10% discount once a quarter instead of once a month.

People's Farmers' Market
Is open year 'round.
Rain or shine.

(It'll probably rain.)

Every Wednesday 2:00-7:00pm
On SE 21st Ave between Powell & Division

People's Farmers' Market
is open year 'round.
Rain or shine.

Every Wednesday 2:00-7:00pm
On SE 21st Ave between Powell & Division
by Jenna Chen
Marketing and Membership Coordinator and Collective Manager

Raising chickens for their eggs is no easy feat. The amount of time, energy, and resources that go into producing 1 dozen eggs is astounding – this truly is a food that we take for granted. In writing this article, I interviewed three different egg farmers (WAG, Phoenix and Vitality Farms) – and visited two (WAG and Vitality Farms). This article seeks to provide useful information about 3 of our egg vendors and about egg farming itself, so you can make informed decisions about which eggs you want to buy.

Additionally, what started as an article about our egg farmers illuminated complex economies of scale in our organic farming industry – where small farmers are barely breaking even and larger farms backed by capital investors make organic food more affordable and accessible.

“What kind of eggs are these?”

When cashiers ask this question, most customers answer, “the cheapest ones”. However, there is much to consider before choosing eggs solely based on price. Both WAG and Phoenix Farms operate on a very small scale. Due to their size, they purchase feed in smaller amounts, have less chickens, fewer employees and produce less eggs. Their higher price per dozen reflects small farmers’ constant disadvantage. Both Phoenix and WAG have trouble breaking even on their organic eggs, especially in the winter, when their hens lay half as many eggs and eat twice as much feed. The two farmers also require “day jobs” to make a living, and farm chickens as a side venture.

Souriya, owner and manager of Phoenix Farms, shared that even if he wanted to expand, it would be impossible. Federal law regulates that any farm over 3,000 chickens must do annual salmonella testing, which costs $10,000 to test a batch of 1000 eggs. This cost, Souriya says, would take Phoenix Farms of business.

On the other hand, Vitality Farms is a large farm with over 3,000 chickens, selling organic pasture-raised eggs for $3.79 a dozen. How do they do it? In a word: money. Vitality Farms is owned by Farmland LP, a real estate company based out of San Francisco whose mission is to “convert conventional farmland into certified Organic, sustainable farmland and demonstrate that sustainable agriculture at-scale is more economically viable than chemical-dependent commodity agriculture.”

Farmland LP is comprised of financial investors, real estate agents, and farmers who genuinely want to use their money to improve our food system. Vitality Farms in Corvallis, previously a bankrupt grass seed farm, was the 1st farm that they acquired and are in the process of transforming.

The difference between small and large farms is stark. Vitality Farms employs 16 people on 1,000 acres, farming chickens alongside lamb, cattle, and compost. This diversified farm has state of the art machinery, infrastructure, and access to resources small farmers can only dream of. With the capital from Farmland LP, Vitality Farms is able to purchase 40,000 lbs of wheat at one time, and has industrial machinery to mill their feed on site. This saves immense time and money, and as a result, the customer sees a lower price.

Free Range, Pasture-Raised, Cage-Free

But the size of a farm isn’t everything – the living conditions of the hens are often the #1 concern customers have when choosing eggs. With more and more labels that exclaim “cage-free” and “free-range,” how is one to know the difference? The USDA does not regulate how the terms “free-range”...
**EGG FARM COMPARISON**

For PART 1 of our eggs-post, we visited or talked with three of our egg vendors. Here is what we learned about those farms.

|------|-----------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------|-----------------------------------------------------------------------------------|
| **WAG Eggs*** *(WAG stands for William, Abby, and Gregory, the names of Scott's children)*  
Aurora, OR  
Not certified organic. *(The egg washing process is the only part that is non-organic.)* |
Scott's largely uncultivated farmland spans 50 acres.  
The 400 chickens live on 22 acres.  
The chickens, roosters, and sheep live side by side on a large open green pasture.  
4 mobile chicken coops provide necessary shelter for winter and night. The coops are moved 50ft every 3 days to keep the chickens on fresh pasture.  
A regular light bulb inside the coops turns on at 5:30am and off at 9:00pm to help stimulate the chickens to lay eggs. |
| The birds eat primarily off of the land, and are supplemented with organic layer pellet feed from Eugene.  
Organic feed typically has corn, soy, and wheat.  
He also feeds the chickens oyster shells for added calcium, for nice hard, durable shells. |
| People often joke that WAG farm is where chickens go to retire.  
Scott keeps the chickens until they die of natural causes.  
When the hens molt or stop laying due to season, he waits patiently, not knowing which ones are productive and which ones are not. |
| **Phoenix’s Egg Farm**  
NW Portland & St. Helens, OR  
Certified Organic  
$6.99/dozen in bulk. |
Their two properties span a total of 20 acres of farmland.  
They keep 2,000 chickens, 1,500 ducks, and 50 quails – the majority of the birds live on the St. Helens property.  
All birds live together and are free to roam outside.  
Tents, coops, and greenhouses are set up for shelter around the properties.  
At night, Souriya herds all birds into a barn (with light) where they are safe from night predators. |
| Each breed of bird is fed a slightly different type of feed, (ducks need more protein than chickens).  
All feed is Certified Organic layer pellet feed.  
A blend of wheat, corn, and soy.  
Birds also eat whatever is foraged in the open pasture. |
| Souriya keeps his birds for 3 years.  
After 3 years, their peak laying time is over, and he sells them to other families for laying or for consumption. |
| **Vitality Farm**  
Corvallis, OR  
Certified Organic  
$3.79/dozen in bulk. |
The farm spans 1,000 acres.  
They keep 4,500 laying hens. They also farm lamb and graze cattle for consumption.  
The chickens live primarily outside on open pasture with voluntary access to a large, state of the art moveable greenhouses.  
Sheep and cows live in nearby pastures, and all animal waste is composted on site.  
Vitality buys large quantities of locally grown Organic peas, barley, and wheat and mills it into feed on their property.  
Probiotics and omega oil are added for extra nutrients.  
Birds also eat whatever is foraged in the open pasture. |
| They wait through one molting period then will “cull” the hens that are not laying.  
They have local buyers lined up to buy their hens for consumption, but have not had to replace all their birds yet. |

*People's visited this farm and can verify all information**
*People’s did not visit this farm, all information came via phone interview with Souriya, the owner

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**EGG F.A.Q.**

People’s typically sells 600 dozen eggs every week!  
Each egg contains 6 grams of protein, all 9 essential amino acids as well as a wide range of essential vitamins, minerals, and fatty acids.  
The nutrients found in eggs help the body maintain and repair muscles, hair, skin, and nails, while providing long-lasting energy.
“pasture-raised”, or “cage-free” are used on labels. Farms that advertise these terms are not held accountable by anybody unless they choose to be certified by a Third Party such as, Food Alliance, Certified Humane, or Animal Welfare Approved.

In Most Cases the Terms Mean the Following:

Cage-free: Birds live uncaged inside barns but generally do not have access to the outdoors.

Free-range: Birds live primarily indoors, uncaged, with access to the outside. However, “access to the outside” is not regulated and often refers to a small patch of grass outside of the barn that the chickens could go to, but never actually do because they are not used to being outdoors.

Pasture-raised: Birds live primarily outside on open pastures. This term is unregulated, and the size and quality of pasture are open to interpretation.

The Choice is Yours

With many different egg farms and varying prices, it might be hard to decide which eggs to put in your basket. Do you want to support the small, local farmer that keeps his hens until they die of natural causes? Or do you want to save a couple dollars, and buy eggs from the large farm with financial investors? In both cases, the chickens live outside on open pasture and eat organic feed. This choice, however difficult, is a privilege and a right. It demonstrates that the food we buy is a gesture of which businesses we want to support and that eating, if we want it to be, is a political act.

Scott of WAG Eggs collects eggs from mobile chicken coops at least 2 times a day. Roosters at WAG Eggs intermingle with the laying hens. Vitality Farm is able to purchase huge quantities of organic grains which they mill into feed for chickens. This helps them sell high quality eggs at an affordable price.

Survey Says!

Part 2 of a discussion about what you told us in 2013.

By Shawn Furst
Development Manager and Collective Manager

Every two years, we ask you, our Member-Owners, how you think we’re doing on a variety of measures. We ask questions about customer service, product selection, and how well we’re meeting your needs and fulfilling our Ends (see inside covers). We also collect some demographic data of our customer base.

We began collecting survey responses in November of 2013, and by the end of January, 16% of our active Member-Owners had completed the survey – that’s 584 surveys out of about 3,700 active Member-Owners (the number at that time for those keeping count).

A quick note: We think it’s important to keep in mind, when looking at these survey results, that we didn’t select our survey respondents in a random, scientific way. That is, the people who filled out the survey were self-selecting, and chose to take the survey. The survey was predominantly available online, took about 20 minutes to complete, and was written in English. We had a computer available in the store for people who didn’t have easy access to the Internet. However, by-and-large, people who lack the time to take the survey, do not have Internet readily accessible, and those who don’t know English well are likely underrepresented in this survey.

In this edition of Grassroots, we’ll reflect back some info on what you told us regarding People’s as a workplace, product features that are important to you, and a little bit on pricing.

People’s as a workplace

Since it opened in 1970, People’s has almost always had a Collective Management. This means we don’t have a General Manager. Instead of one person in charge, each of our 30 Co-Managers takes on duties both in their specialty job (like Produce Keeper or Finance Coordinator) and as a Manager of the whole store. Smaller decisions can be made by individuals or small groups, and more far-reaching decisions are made by larger groups, or the whole Collective Management. Collective Management is a type of democratic workplace.

As a group, the Collective Management (or CM) decides on its wages and benefits, and we find the balance of fair wages and good benefits while also ensuring the financial sustainability of the Co-op.

Seventy percent of you told us that it’s of crucial importance to you that People’s workers are well paid, with good benefits. Fifty percent of you said that it was of crucial importance to you that People’s has a democratic workplace.

How Much Do You Value These Aspects of People’s as a Workplace?

<table>
<thead>
<tr>
<th>Feature</th>
<th>Crucial</th>
<th>Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workers are well paid with good benefits</td>
<td>70%</td>
<td>23%</td>
</tr>
<tr>
<td>People’s is a democratic workplace</td>
<td>50%</td>
<td>36%</td>
</tr>
</tbody>
</table>

To learn more about the Collective Management, visit: http://peoples.coop/why-peoples/collective-management
Each year, we compare prices for top sellers and staples to our closest competitor. Last year, the price for our staple products were 9.6% less expensive overall. Our top sellers were 19% less expensive overall. Some examples are below.

What I’ve learned from examining these survey results is that People’s Member-Owners love your store, and are deeply passionate about your health, the health and well-being of your communities, and the vitality of the animals and land in your Foodshed.

Notably, “Value priced” was the 11th (out of 13) most important product characteristic to you. At the same time, we know that high quality, Organic food is more expensive than “conventional” groceries, and that, for the vast majority of Americans, the value of our wages has been dropping since the 1970’s. For these and so many other reasons, People’s works hard to keep our prices as low as possible while keeping the quality of our products high. This way, we can help as many people as possible access clean, healthful food – something we consider a human right.

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![Price Comparison Snapshot](image)

A comparison of staples and top selling items with our closet competitor as of December 2014

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PEOPLE’S PRICE</th>
<th>NEW SEASON’S MARKET (7-CORNERS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic Rolled Oats</td>
<td>$1.49/lb</td>
<td>$1.49/lb</td>
</tr>
<tr>
<td>Organic Honey</td>
<td>$5.79/lb</td>
<td>$6.99/lb</td>
</tr>
<tr>
<td>Organic Tofu</td>
<td>$2.39/lb</td>
<td>$2.79/lb</td>
</tr>
<tr>
<td>Gary’s Milk 1/2 Gallon</td>
<td>$4.39</td>
<td>$4.49</td>
</tr>
<tr>
<td>Nature’s Path ecopack cereals</td>
<td>$8.62</td>
<td>$9.49</td>
</tr>
<tr>
<td>Medicinal Tinctures</td>
<td>$6.99/oz (bulk)</td>
<td>$12.99/oz</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>$1.99/lb</td>
<td>$1.99/lb</td>
</tr>
<tr>
<td>Organic Chia Seeds</td>
<td>$1.19/lb</td>
<td>$1.99/lb</td>
</tr>
<tr>
<td>Pacific Almond Milk</td>
<td>$2.89</td>
<td>$3.19</td>
</tr>
<tr>
<td>Organic Frozen Blueberries</td>
<td>$5.79/lb (bulk)</td>
<td>$5.32/lb (12 oz. bag)</td>
</tr>
<tr>
<td>Dr. Bronner’s Coconut Oil 14 oz</td>
<td>$9.99</td>
<td>$10.99</td>
</tr>
<tr>
<td>Organic Short Grain Brown Rice</td>
<td>$1.99/lb</td>
<td>$2.49/lb</td>
</tr>
</tbody>
</table>
CERTIFIED DELICIOUS!

Organic Certification at the Farmers’ Market

By Ashley Todd
Farmers’ Market Manager and Collective Manager

Almost every week at the Farmers’ Market, someone comes to the Info Booth and says, “This market is all organic, right?” And every week that’s a hard question for me to answer. The story used to be that People’s was the only all organic market in town. But that was back in the day, before “organic” was a word that belonged to the government. Nowadays, things are more complicated, and food producers can’t even use the word if they’re not Certified Organic.

While the concept of organic farming has been around for decades, the USDA implemented the Organic Certification program in 2002 to maintain national standards for organic products, increase consumer confidence in organics, and promote interstate commerce.1 “Organic” is now a brand, and many farms get certified simply because certification makes it easier to sell their produce wholesale, or across state lines. Others get certified because they believe in consistent national standards for all producers, and because they think it’s important for small farmers to be part of the “Organics” conversation. Farmer Jim Byne of Springwood Organics agrees, saying “without a third party certifying, and records…organic farms cannot mean different things to different people.” For him, certification sets a standard, and is a way to demonstrate professionalism and commitment to organic practices.

DESPITE THE MANY BENEFITS OF BEING CERTIFIED, MANY FARMERS WHO USE ORGANIC GROWING PRACTICES STILL CHOOSE TO FORGO CERTIFICATION. SOME OF THEM CITE THE PROHIBITIVE COSTS AND LARGE AMOUNT OF PAPERWORK, WHILE OTHERS HAVE MORE PHILOSOPHICAL REASONS.

There are many farmers who agree that certification is important, but are wary of the government’s role in agriculture. Many of them choose alternative certifications like Certified Naturally Grown (CNG). CNG is an independent certification that was developed by farmers in response to the USDA “co-opting” organics. CNG farms must adhere to at least the same standards as Certified Organic farms (in many cases CNG standards are stricter), but it is far less expensive, bureaucratic, and paperwork-heavy than the USDA’s program.2 This makes it more accessible to smaller farms, and a better fit for those who do the majority of their business directly, in farmers’ markets or CSA shares.3

Of course some farmers choose CNG for philosophical reasons as well. Naked Acres Farm, which sells both produce and animal products, is Certified Naturally Grown and Animal Welfare Approved because those certifications “exceed the standards set forth in ‘Organic’ certification and are not regulated by a governmental agency.”4 The farm’s owners, Gus & Margo Liszka, believe that CNG’s farmer-to-farmer inspection model, which builds community among farmers, promotes higher standards than USDA Organic certification, and is a better fit for small farms like theirs.

Despite the many benefits of being certified, many farmers who use organic growing practices still choose to forgo certification. Some of them cite the prohibitive costs and large amount of paperwork, while others have more philosophical reasons.

THE ORGANIC LABEL … ALLOWS CONSUMERS TO MAKE ASSUMPTIONS ABOUT HOW FOOD IS GROWN. IT STOPS IMPORTANT CONVERSATIONS FROM HAPPENING AND CREATES A FALSE SENSE OF SECURITY, ENABLING SHOPPERS TO IGNORE THE MANY FLAWS IN THE USDA’S ORGANIC PROGRAM.

One such farmer is Mark Basik, who owns Flying Onion Farm. He feels certifications are less important for farmers who mainly sell directly to customers, at Farmers’ Markets or in CSA shares. Shoppers and CSA shareholders can communicate directly with farmers about their practices, growing conditions, etc., and farmers are able to build personal relationships and trust with them. The Organic label, in his view, allows consumers to make assumptions about how food is grown. It stops important conversations from happening and creates a false sense of security, enabling shoppers to ignore the many flaws in the USDA’s Organic program.

Regardless of our beliefs about organic farming or the government, it’s clear that certification is a complicated matter. What are we, as concerned consumers, to do? There’s no easy answer. Just as each farmer has to decide what approach works best for them, so do we have to determine what we value as shoppers. Some people may continue to seek out the Organic label, while others may want some certification, even if it’s not the government’s. Still others will just buy from farmers they like and trust. In any case, we would do well to consider a farm’s certifications (or lack thereof) an entry point for conversation. Labels should not answer the question “How was this food grown?”, but be the beginning of a dialogue with our farmers about their farms, growing practices, and philosophies. 4

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3. CSA, or Community Supported Agriculture, is an alternative, locally-based model of food distribution. CSA members pay at the beginning of the growing season for a share of the anticipated harvest, then receive weekly shares of the farm’s products.

THE ORGANIC LABEL... ALLOWS CONSUMERS TO MAKE ASSUMPTIONS ABOUT HOW FOOD IS GROWN. IT STOPS IMPORTANT CONVERSATIONS FROM HAPPENING AND CREATES A FALSE SENSE OF SECURITY, ENABLING SHOPPERS TO IGNORE THE MANY FLAWS IN THE USDA’S ORGANIC PROGRAM.
FRESH TURMERIC:
The Golden Winter Elixir from the Farmacy

By Kim Card
Collective Manager and Produce Keeper Extraordinaire

One of the most common questions our produce department gets in the fall is: when will fresh turmeric arrive? This mild member of the ginger family is finding its way into the hearts of more and more people in the Pacific Northwest.

Early winter is when we usually find it arriving to our shelves. What this amazing underground rhizome lacks in its mild flavor it more than makes up for in a vibrant color that will stain your clothes, dish towels, and even cutting board (something I kind of like). Turmeric is native to the sub Himalayan region and now grows in many tropic and subtropical regions around the world. The fresh turmeric that graces our produce department makes its way to us from Hawaii. As a member of the ginger family, the two work very synergistically, like cousins that get along versus sibling rivalry. You will often find it in traditional Indian and Chinese medicines and foods.

The many benefits of this delightfully bright plant rest in how rich it is in vitamins like vitamin-C, B-6, niacin, riboflavin, calcium, iron, potassium, manganese, magnesium, copper, and zinc. It has been found to help with anemia, radiation sickness, removing harmful free radicals, and boosting the immune system. Turmeric is best known for its anti-inflammatory properties, which makes room for all kinds of healing in the body.

But what do you do with this vibrant rhizome? How do you cook with it? A fine and favorite way is grated into hot water with ginger, simmered for 10 minutes. Add some lemon, honey, cayenne pepper and drink hot. Here, lipopolysaccharide, a major substance of turmeric that stimulates the body’s immune system really shines. Its antibacterial, antiviral and antifungal agents can emerge and help increase your ability to ward off or assist in the recovery of the seasonal cold, flu, or cough.

You can also sauté or shred it into the cooking water of rice, or quinoa. It will add a subtle, earthy flavor and vibrancy to your dish. If you have not yet met this lovely plant, swing by produce and allow us to introduce you to them.

GOLDEN MILK
YOUR NEW COLD AND FLU REMEDY - SERVES 2

INGREDIENTS
• 2 cups almond milk or any preferred milk choice
• ½ inch fresh turmeric, finely chopped
• ½ inch fresh ginger, finely chopped
• 1 cinnamon stick or 1 teaspoon ground cinnamon
• 1 tablespoon local honey
• Small pinch of black pepper

INSTRUCTIONS
Combine all ingredients into a small saucepan and bring to a light boil, careful to not let the milk overheat. Stir until milk is hot and golden. Remove from heat, cover, and let sit for a few minutes for deeper infusion. Strain and drink warm.

OTHER VARIATIONS
• Add 2-3 whole cardamom pods while boiling
• Add a pinch of cayenne for a kick
• Add 2-3 whole black peppercorns
• Add 2 tablespoons coconut oil
• Add more honey or maple syrup to sweeten
• Add vanilla extract to taste

Recipe adapted from www.nutritionstripped.com and www.freshbitesdaily.com
BELLE AGLAIA

Skin Care Products Safe Enough to Eat

Sopie Kouame, the owner and founder of Belle Aglaia, believes that nature has the power to fulfill all of our basic skin care needs. Originally from the Ivory Coast, she grew up making balms and salves from foraged plants. With experience in the cosmetic industry and a child with eczema, she was inspired to start making her own lotions and salves. Her organic, all-natural face cream and hand and body lotion showcase natural ingredients that are high in antioxidants, the key ingredient necessary in preventing and repairing skin damage.

She uses the natural healing properties of citrus, herbs, and spices to create a light but luscious product that hydrates and nourishes your skin. She maintains that every ingredient used in her products is safe enough to eat.

You can find Sopie’s Face Cream and Hand and Body Lotion in our personal care aisle across from produce. Face Cream and Lotion come in two scents, Organic Youth and Timeless Time. Lib balms come in hibiscus lavender or green tea.

SOPIE’S SKIN CARE REGIME

#1 - WASH
It’s important to wash your skin every day. The skin is our body’s first defense mechanism against pollutants in the air and is prone to sun damage, so it is important to keep it clean. Sopie recommends using an all-natural cleanser or try washing your face with tea, green or chamomile.

#2 - EXFOLIATE TWICE A WEEK
By removing dead skin cells from the surface, your skin will regenerate constantly, produce new cells, and create a firmer more wrinkle-resistant skin.

#3 - MOISTURIZE
Your skin, just like your body, needs hydration. Sopie’s face cream is specifically designed to penetrate your deep facial tissue and moisturize the cells.

#4 - GENTLE FACIAL MASSAGE
Sopie swears you’ll never need Botox with regular facial massages. Use your palm to gently rub circles around your face. Massage stimulates blood flow to the area, and keeps your facial muscles happy.

SOUTH RIVER MISO

Family Owned, Artisan Miso Makers Since 1981

Miso! Miso is a delicious seasoning and fermented paste often used as flavoring in soup. Miso is high in protein, contains all the essential amino acids, and contains a large amount of digestive enzymes and probiotic microorganisms. It hails from Japanese cuisine and culture, and its nutrients are often considered powerful daily medicines.

South River Miso makes their miso with traditional Japanese practices in the foothills of the Berkshire Mountains in Conway, Massachusetts. First, they cook all of their beans over a wood fire until completely broken down. After inoculating aspergillus mold into grains such as rice, barley, or millet and leaving it to ferment for two days, koji is born. The beans are then mashed by foot (in clean organic cotton socks) and then mixed with the koji. The newly created miso is then aged in wooden vats for 3 weeks to 3 years.

The time and care that is put into South River Miso shines through in the flavor and texture of their product. Try a lighter variety of miso, like chickpea, or golden millet, for a sweeter taste, good for salads or light soups. The darker varieties like, three-year barley or hearty brown rice, have been aged longer, and have a deeper, more rich flavor, good for your favorite marinade or sauce.

We carry multiple varieties of South River Miso in our perishables cooler. Prices range from $12.99-$14.79. We occasionally sell the Adzuki Bean miso in our bulk cooler.

QUICK & EASY MISO SOUP

SERVES 3

INGREDIENTS

- 1/2 small yellow onion, sliced in half moons
- 1 cup shitake mushrooms
- 1 cup chopped kale, collards, watercress, or other seasonal greens
- 1 carrot cut into thin rounds
- 1 three-inch piece wakame sea vegetable for additional flavor and trace minerals (optional)
- 1 quart water
- 3-4 tablespoons of light or dark miso
- Chopped scallion, parsley, or cilantro for garnish

INSTRUCTIONS

- Heat sesame oil in sauce pan until hot but not scalding.
- Sauté onions and mushrooms in sesame oil until tender.
- Add water, bring to boil over high flame.
- Add carrots, reduce flame to medium and simmer for 3 minutes.
- Add greens and simmer until tender.
- In a small bowl, blend miso with 3-4 tablespoons of liquid from pot.
- Reduce flame to low, add diluted miso, and simmer briefly.
- Garnish and serve.

Optional: add an egg right before the soup is done and let it cook for 1 minute, this adds extra depth, richness, and more protein to the soup.

Recipe adapted from Southrivermiso.com
SAVE FERN'S EDGE!

Oregon’s Only Raw Goat Milk Dairy Needs Your Help

If we want to encourage ethical farming, agriculture and large farming operations. Economy that unevenly supports big they are doing everything right in an financial trouble precisely because I believe that they are experiencing is intimately familiar with Fern’s Edge, and artisan cheeses. As someone who where we carry their delicious raw milk
intention. When you operate with care and good
is even harder to make it as a farmer throughout the United States, and it is even harder to make it as a farmer when you operate with care and good intention.

I worked as a milker at Fern’s Edge Goat Dairy, and I currently work at People’s, where we carry their delicious raw milk and artisan cheeses. As someone who is intimately familiar with Fern’s Edge, I believe that they are experiencing financial trouble precisely because they are doing everything right in an economy that unevenly supports big agriculture and large farming operations. If we want to encourage ethical farming, it is important to support our farmers and give back to them when they need our help.

Why Fern’s Edge Stands Out
Fern’s Edge is the only supplier of raw goat milk to co-ops and small grocers in Oregon. Families who want raw milk but cannot go to a farm to pick it up have no other source in our community. They treat their goats with affection and respect. Goats graze in rolling pastures where they have plenty of room to run and play. All of the goats have names, and those who work on the farm are strongly encouraged to put the goats’ well-being first. As a milker, I got lots of goat kisses and head rubs! They prioritize herd health and high-quality, healthful food for our community.

Fern’s Edge exceeds minimum Oregon Dairy Association requirements by using a more costly sanitation protocol for their milking equipment that avoids bleach (a big concern for chemically sensitive people). They feed no-spray hay and organic grain to the goats, and farm workers have lots of hands-on interaction with the goats to ensure that each animal’s health is closely monitored.

Strict health and sanitation standards are essential for raw milk production and streamlined feed processing. Instead, raw milk dairies must avoid contaminating milk with pathogens in the first place, and Fern’s Edge scrupulously follows procedures that ensure that their milk is healthful and safe to drink.

Fern’s Edge is a farmstead dairy, which means that they produce all milk and cheese on-site. This is an expensive way to produce food, but allows for direct supervision of all aspects of food production and meticulous attention to quality. This attention to quality comes at a cost, and the farm is struggling to survive despite its steady sales and enthusiastic customer base.

Why Fern’s Edge Needs Help
Fern’s Edge has no shortage of demand - in fact, they sell every drop of milk and have vendors lined up for more. If they could increase production they could also increase profits - but they need bigger infrastructure in order to save on feed costs and increase production, while ensuring humane conditions for the goats.

Fern’s Edge needs a bigger hay barn. Small farmers need space to store bulk feed at once.

Limited space has been a huge financial burden for Fern’s Edge, as they are in a position to financially contribute, but we can spread the word about this wonderful farm and the need to support responsible, humane agriculture in our region.

Thank you for loving your farmers! ☺

To donate, mail check or money order to:
Fern’s Edge Dairy
39456 HWY 58
Lowell, OR 97452

A recent crowdfunding campaign raised part of the funds that they need to implement these changes, and People’s Food Co-op will provide a $10,000 loan that will add to this amount, but there will still be a shortfall of a few thousand dollars. If you can help, let us know! Send a donation to Fern’s Edge, every little bit counts! We know not everyone is in a position to financially contribute, but we can spread the word about this

Those who work and volunteer at the dairy are encouraged to put the well-being of the animals first.

Shari knows and names each of the goats at Fern’s Edge and strives to treat each animal with affection and respect.

By Mathilde Lind
Substitute Staff

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39456 HWY 58
Lowell, OR 97452
Portland cider renaissance. Food Co-op, is a forefront player in the Cider Riot!, which is carried by People’s techniques. One brand in particular, is breaking new ground in the alcoholic There is another emerging market in wine lovers globally. of our Pinot Noir continues to captivate away from the Lager dominated market. quality beers brazen enough to break such as I.P.A., Red Ale, and Porter made mixes. Hoppy, and heavy malty beers kale, radicchio, and sorrel to our salad the domestic coffee market in the 80’s. We add bitter greens such as and innovation completely changed States. Our reputation for coffee roasting food and beverage trends in the United producing some of the most interesting Oregon has well-deserved notoriety for Oregon's Cider Renaissance Ryan Gaughan Collective Manager and Alcohol Buyer Oregon's Cider Renaissance Oregon has well-deserved notoriety for producing some of the most interesting food and beverage trends in the United States. Our reputation for coffee roasting and innovation completely changed the domestic coffee market in the 80’s and 90’s. We add bitter greens such as kale, radicchio, and sorrel to our salad mixes. Hoppy, and heavy malty beers such as I.P.A., Red Ale, and Porter made the name “Portland” synonymous with quality beers brazen enough to break away from the Lager dominated market. And the deep red, complex characteristics of our Pinot Noir continues to captivate wine lovers globally. There is another emerging market in Oregon, this time for hard cider, which is breaking new ground in the alcoholic beverage world by utilizing old-world techniques. One brand in particular, Cider Riot!, which is carried by People’s Food Co-op, is a forefront player in the Portland cider renaissance. Cider has an interesting and complicated history in the United States. You could say that public enthusiasm for the beverage went into hibernation for a long period, beginning with the Prohibition, and cider is just now being rediscovered by new generations of food enthusiasts.

Cider was actually the most common and widely enjoyed alcoholic beverage in the U.S. during the Colonial times and early nationhood. Waves of European immigrants in the mid-nineteenth century brought the taste for beer, but cider production continued to be a mainstay of farming life in this country for well into the early 1900’s. Early hard cider making in the U.S. relied upon hybrid apples, such as Roxbury Russet, which were developed in North America. These apples were used because of the specific dry, or tannic, qualities of the fruit. Most of these apples were too bitter for regular consumption, and were instead developed because of the dynamic characteristics they brought to cider.

Prohibition fundamentally altered the prominence of cider in the U.S., as the production, sale, and consumption of alcoholic beverages was made illegal by the federal government in 1919. Oregon has its own distinctly peculiar history during this time period, as the state rose to prominence as a hop-producing powerhouse (hops are a critical ingredient in most beer production.) Even though alcohol production was outlawed during the Prohibition, Oregon hop growers continued to produce hops for the export market. By the end of the Prohibition in 1933, Oregon was the world’s largest producer of hops. With the Prohibition, the market for the continued production of dry, tannic apples was almost eradicated. Due to a lack of refrigeration technologies and shipping infrastructure, it was not economical to harvest and export these specific apples to the world market. Without customers to buy these cider specific apples, most farmers were forced to chop down their trees to plant other crops (like hops).

Thankfully, a few pockets of less than law-abiding farmers in Oregon, Washington, and Virginia kept some of their varietals intact, saving this traditional knowledge for our eventual benefit today. Cider Riot! embodies this legacy by producing English West Country style hard cider, utilizing varietal and juice apples sourced from within our immediate region.

The Birth of Cider Riot! Cider Riot! is owned and operated by Abram Goldman-Armstrong and Izaak Butler, two life-long friends from Oregon’s Yamhill County who have been pressing and enjoying cider together since well before they were of legal age. Both men spent their teenage years to varying degrees working on the White Oak farm of Alan Foster outside of Newberg. Foster was the producer of White Oak Cider, an early forerunner in a cider revitalization which introduced traditional English and French varietals such as Yarlington Mill, Harr’s Master Jersey, and Somersett Red Streak to the American cider making scene.

What began as Abram’s hobby of producing his own cider using hand crank style presses eventually developed into a much larger vision. One year, after producing 60 gallons of home press cider on Abram’s parents’ farm, Alan Foster encouraged Abram to use his industrial pressing and collection equipment at White Oak.

Friends and family raved about the product, and encouraged Abram to begin producing cider commercially. Finally, after enduring a stalled application due to the federal government shutdown in 2013, Abram secured a commercial license as a cidery, brought Izaak onto the team, and went into business.

The Art of Cider Making Traditional cider making relies heavily on Bitter-Sharp and Sharp apples to produce the dry, tannic qualities, or “complexities”, sought after in the production of English West Country style cider. Abram and Izaak harvest these types of fruit from the White Oak Cider farm, just as they have done since adolescence. These tannic apples are fermented by themselves to produce their “1763” cider, a West Country style cider. “Burncider” Dry Draught Cider combines tannic apples as needed with commercially produced dessert apple juice (from more familiar varietals like Gala, Red & Gold Delicious, and Granny Smith) sourced from the Yakima and Hood River valleys.

Cider making, much like wine production, is an art of blending the perfect mixture of fruit with the perfect amount of time. Each cider that Abram and Izaak produce is a unique alchemy of different combinations of the range of apples, Sweet to Sharp. The tannic apples hand-harvested at White Oak in October are allowed to sit, or “sweat”, for 1-3

The Four Main Classifications of Apples
1. Sweets (high in sugar)
2. Bittersweets (high in sugar and tannin)
3. Bittersharps (high in tannin and acid)
4. Sharps (high in acid).
Try Cider Riot!
I had the pleasure of visiting Abram and Izaak in October 2014, first at the White Oak farm in Newberg when they were pressing juice, and later in the year at their cider production facility in Portland. The farm at White Oak is nestled in the bucolic splendor of Yamhill County’s wine growing region, set against the organic certified Brickhouse Winery. Although White Oak is not certified organic itself, Biodynamic farming practices are employed. Abram assured me that no pesticides are sprayed directly onto the fruit or trees, and that every effort is made by Cider Riot to maintain the health of these special varietals.

If you have been turned off by hard cider before, especially if mass produced ciders like Hornby’s and Wyder’s left a back-sweetened distaste in your mouth, I strongly encourage you to set aside your prejudices and give Cider Riot a taste. The dry, tannic taste of their cider pairs excellently with Cada Dia cheese, or Vtopia cashew cheeses, both available at People’s. Cider Riot will be on sale at People’s throughout the Winter, so now is a perfect time to try something new.

weeks, which brings out the sugars of the fruit. They are then processed through machinery which pulverizes the apples into a thick paste, from which the juice is separated using a hydraulic press. The freshly pressed juice is pumped into large storage containers, and transported to the Cider Riot facility located at NE 60th and E Burnside, in Portland.

Wine yeast is added after the juice is transferred into fermentation tanks, which is when the bacterial magic rapidly accelerates. Fermentation is what produces the alcoholic qualities of the beverage, and different lengths of fermentation time ranging from 1-10 months are used for different ciders. Other ingredients, such as hops or berries, can be added at this time, which infuse their flavors with the fermenting apple juice. Vegan wine finings are introduced which filter out lingering apple sediment and yeast. Finally, the cider is force carbonated and bottled.

Warm Up This Winter With The Crowd Favorite From People’s First Ever Vegetarian Chili Cook-Off

**JAPANESE YAM TOFU CHILI**

Our 1st ever Chili Cook Off was a hit! We had 8 wonderful, delicious chilis, and lots of hungry judges. The chili that was voted #1 was Tami Cheng’s Japanese Yam Tofu Chili, and she was kind enough to share the recipe with us.

**YIELD:** Makes about 3 quarts, 6 servings  **TOTAL TIME:** 3 hours

**INGREDIENTS:**

**Chili:**
- 3 dry New Mexico, or California Chillies, stems and seeds removed
- 3 dry Ancho chillies, stems and seeds removed
- 2 Chipotle chillies, stems and seeds removed
- 1 big yellow onion, diced
- 1 green bell pepper, diced
- 1 orange bell pepper, diced
- 1 Japanese yam (replaced with sweet potato if not in season)
- 1 extra-firm tofu, diced
- 1 can chipotle chili’s in adobo sauce
- (use 2 chipotle chilies from the can and 2 tablespoons sauce for the chili, use the remaining for tofu marinade)
- 1 can black-eyed peas
- 1 can black beans
- 1 1/2 cans diced tomato with green chili sauce
- 2 tablespoons grape seed oil
- 5 cloves garlic crushed (crushed as season)
- 3 dry New Mexico, or California Chilies, stems and seeds removed
- 3 dry New Mexico, or California Chilies, stems and seeds removed
- 2 tablespoons cocoa powder
- 2 bay leaves
- 2 teaspoons dried oregano
- 3 tablespoons soy sauce
- some frozen corn
- 2 teaspoons bourbon (optional adult friendly)
- Shredded cheese, Cilantro, green onion, radish, avocado

**Baked Tofu Marinade:**
- 3 tablespoons soy sauce
- 2 teaspoons dried oregano
- 3 tablespoons cocoa powder
- 2 bay leaves
- 2 teaspoons oil

**DIRECTIONS:**

**Chili:**
- Dice tofu into small cubes and leave them in Marinade overnight.
- Grind the 3 types of chillies in a grinder - this makes the chili powder.
- Dice all vegetables in roughly the same size.
- Preheat the oven to 450 degrees. Spray or brush a little oil on a cookie sheet. Place the tofu on the oiled cookie sheet. Bake for 20 minutes turning once after the first 10 minutes.
- Heat oil in a large pot over medium-high heat until shimmering. Add onions and garlic and cook, stirring frequently, until softened but not browned, about 3 minutes. Add yam, cumin, coriander, and dried oregano and cook; stirring constantly, until fragrant, about 2 mins. Add chili powder, soy sauce, and green pepper and cook, stirring constantly until fragrant, about 30 seconds. Drain and add all beans, tomato sauce, vegetable stock, bay leaves, 2 chipotle chilies from can and sauce. Stir to combine.
- Bring to a boil over high heat, reduce to a bare simmer, and cook, stirring frequently, until softened but not browned, about 3 minutes. Add yam, cumin, coriander, and dried oregano and cook; stirring constantly, until fragrant, about 2 mins. Add chili powder, soy sauce, and green pepper and cook, stirring constantly until fragrant, about 30 seconds. Drain and add all beans, tomato sauce, vegetable stock, bay leaves, 2 chipotle chilies from can and sauce. Stir to combine.
- Add 1/4 cup orange juice
- chipotle chilies in adobo sauce (left over from chili)
- 2 tablespoons apple cider vinegar
- 3 tablespoons soy sauce
All events are FREE and open to the public unless otherwise stated. See www.peoples.coop/community, or our in-store calendar for details and information on free weekly yoga classes for Member-Owners. Please register where applicable.

MINDFULY NAVIGATING THE POST-HOLIDAY BLUES
Sunday, January 10; 3:45-4:30pm
Winter in the Northwest can be challenging, especially after the holiday fanatic dies down. We can often get lost in the stress surrounding family gatherings and find ourselves feeling down. Despite these shadow aspects, the winings and find ourselves feeling down. Despite these shadow aspects, the winning.

JAPANESE NABÉ
Sunday, January 18; 2-4:00pm
Nabe (nah-bay) is the Japanese word for “cooking pot”, and it is also used to describe a wide range of delicious and warming one-pot Japanese dishes. In this macrobiotic cooking class you’ll learn how to make a traditional Japanese soup base (dashi) then use it for three deliciously different one-pot dishes: a rich miso-flavored nabe featuring mochi and lots of veggies, a mild nabe with noodles, tofu and enlisting individual dipping sauces, and a hearty vegan stew called Kenchin-jō that originated in the kitchens of Buddhist monasteries. What better way to stay warm on a January afternoon? Led by Patty Bauer and Sandee Coggins. Suggested donation $10. Call People’s to register.

KEEPING YOUR NEW YEAR’S RESOLUTION – UNCOOKING 201
BRUNCH AND PRESENTATION
Saturday, January 24; 12-1:45pm
If you are having trouble keeping your new year’s resolutions, welcome to Janan’s UnCooking201 class. Nutritional changes can both make you eat and why you eat. Come discover what a living green diet can do for and how delicious real food can be, when knowledgeably well prepared. Class includes a 4 course tasting menu and a Q&A session with River. River Bowen has over 19 years’ professional experience as a life-foood chef and instructor and is the author of the upcoming book Diet for a Co-op. Cost of 4-course gourmet lunch and presentation is $30. If finances are tight, email instructor - sliding scale or barter may be available. 10% discount for Co-op Member-Owners, senior citizens and students. For more information and to pre-register, email dietforagreenplanet@gmail.com.

INTRO TO PRANIC HEALING
Saturday, January 24; 2-4:00pm
Learn and practice to use the energy that is naturally available to heal physical injuries such as muscle sprains, insect bites, minor cuts, bruises, and headaches. Pranic Healing is based on the same principles as acupuncture: that we have a physical body and an energy body. Learn how to keep your energy body clear and strong, which helps accelerate the body’s self-healing capacity. This workshop’s theoretical and experiential format provides enough supervised practice time for each participant to develop confidence so they can continue to evaluate their energy fields and perform these techniques once they return home. Taught by Liz Burny, owner of Heart to Heart Healing, and a certified Pranic Healing Instructor and experienced Energy Healer. Free and open to all. Call People’s to register.

DAIRY FREE MILKS MADE CHEAPLY AND EASILY
Sunday, January 25; 2-4:00pm
Soy, rice, grain, and nuts are indispensable in many of our kitchens, but what an expense of money and packaging! Pick up some techniques to make your own with tools ranging from simple to high tech and of experience to share. The focus is on seven good values that are also applicable to other homemade crafts/art. Class cost is $20, a 10% discount is available for People's Member-Owners. Register online at michellepatterns.com

GYP: PLANNING, DESIGN & FRAMEWORK
Tuesday, February 3; 7-9:00pm
See page 26 for more information.

STRESS ENERGY: TAKE IT OR LEAVE IT!
Saturday, February 7; 2-4:00pm
Learn how to keep your energy body clear and strong to reduce stress and prevent burnout. In this class you will learn techniques to avoid taking on other people’s stress and energy practice techniques to release stress energy that has already been absorbed. We will identify the bodily energy fields learn how to assess our energy systems for signs of unwarranted stress, especially stress. This is an interactive and experiential workshop designed so the student will be able to replicate the practices in their own home. Free and open to all, call People’s to register.

THERESA’S VALENTINE’S DESSERTS
Saturday, February 7; 2-4:00pm
Astonish your loved ones with the most delicious, simple Enlightened deserts. Creative solutions for a busy lifestyle, we’ll create Raspberry Parfaits with a chocolate crust, Raspberries filled with Enlightened Chocolate Mousse and Mocha filled cookie sandwiches that will blow your mind. All these treats will tantalize the taste buds as well as Enlightened Yellow Lemon Filled cookie sandwiches that are perfect to impress your friends with your kitchen prowess. Suggested donation $5, with nobody turned away. Call People’s to register.

SEW IT AND SELL IT ONLINE
Saturday, January 31; 2-5:00pm
Spend the afternoon learning how to go about selling handmade goods online. Learn about the often different selling venues as well as other ways to sell through your own site, etc. Learn about shipping info, taking great photos, promotions and more. Michelle has been selling online full-time for almost 7-years and has lots of experience to share. The focus is on seven good values that are also applicable to other homemade crafts/art. Class cost is $20, a 10% discount is available for People’s Member-Owners. Register online at michellepatterns.com.

GYOP: PLANNING, DESIGN & FRAMEWORK
Tuesday, February 3; 7-9:00pm
See page 26 for more information.

BASEL SELF DEFENSE - PART 1
Tuesday, February 10; 6-7:00pm
These classes will go over physical defense maneuvers against unwanted grabs and holds. We will learn some basic strikes like punches and kicks. We will also do going over ways to go for help under someone who is on top of you. This is a very hands on class where we will be physically grabbing and holding each other to work on the defenses. Taught by Dug Martell, self defense instructor at Westside Academy of Kung Fu. Free and open to all, call People’s to register.

MACRO MARINA MAGIC
Sunday, February 15; 2-4:00pm
Do you love a rich flavorful marinara sauce but want to minimize nightshades in your diet? We’ll take you step-by-step through the recipe for a delicious “nomato” marinara sauce and share several ways to use it. Try a tempeh marinara sauce over pasta, a polenta dish, and yes...lasagna! And on the day after Valentine’s Day, of course there will be a sweet treat for dessert. Led by Patty Bauer and Sandee Coggins. Suggested donation $10. Call People’s to register.

GYP: PLANNING, DESIGN & FRAMEWORK
Tuesday, February 3; 7-9:00pm
See page 26 for more information.

BASEL SELF DEFENSE - PART 2
Tuesday, February 17; 6-7:00pm
Continued from part 1.

HOMEMADE TEMPEH, TOFU & SEITAN
Sunday, February 22; 2-4:00pm
Popular, meaty ways to go from all the base of many a hearty comfort meal, these three items CAN come straight from your own kitchen rather than mys- terious packages and cans! This orientation to ingredients and techniques will demystify these products and set you up to save money on staple items AND you won’t forget a nourishing dessert snack! Led by Patty Bauer and Sandee Coggins. Suggested donation $5. Call People’s to register.

DAILY DETOX
Saturday, February 28; 2-4:00pm
Your body has built-in intelligence that can remove the impurities that we encounter on a daily basis. Our job is to support the systems inside of us that make this process easy for the body. This workshop is designed to help you become unafraid of all that’s toxic. Learn what your body needs to easily handle your toxic load and diet and lifestyle. Led by Susan Bass, a Digestion & Detox Specialist drawing on the knowledge of the oldest continu- ously practiced health-care system in the world, Ayurveda. Free and open to all. Call People’s to register.

WINTER EVENTS & EDUCATION
A local diet changes with the seasons. Planting season begins in February. Until the first crops of spring are ready, we eat nourishing root crops often cooked in stews and soups to warm our bodies. The cold weather has taken a toll on the hardy greens including Kale, Chard, and Mustards, which have nourished us throughout the winter.

As these hardy greens grow thin, the Slender Nettles begin to pop up out of the forest to provide nourishment. It is not a coincidence that Slender Nettles are used medicinally as a tonic due to their high concentration of minerals. The first crops for the spring begin to be planted at this time. Peas, spring greens, and the earliest of the cole crops (Brassicas). Many gardeners do not realize that the trick to growing great cold crops (Broccoli, Cauliflower, Cabbage, Kohlrabi, etc) lies in our timing. These crops like the cold weather for establishing a solid, vast root structure. This gives them the foundation for providing large heads and a reliable harvest.

This workshop series is designed to help you maximize your yields and endeavors in the garden by providing an overview of key activities to engage in at the right time each month, from February through June. Each month, Marisha will provide participants with a road map for the month ahead, as well as focusing on a pertinent topic for the month, including garden design, putting up the harvest, attracting pollinators, water catchment, and seed saving.

Are you interested in growing more food for your household? In Portland, we can grow vegetables at home for a year-round harvest. Don’t worry! This can be done on the small scale. A parcel as small as an urban lot can provide enough produce for a household when designed for your location and the place. Permaculture offers a design based on the intrinsic characteristics of the forest to provide nourishment. It is the foundation for providing large heads and a reliable harvest.

Facilitator Marisha Auerbach has been actively practicing, studying, and teaching Permaculture in the Pacific Northwest for over a decade, specializing in food production, seed saving, ecology, and useful plants. She teaches at PCC, Bastyr University, Pacific University, and offers an online permaculture program through OSU. She holds advanced permaculture certificates in Permaculture Aid Work and Keyline Planning.
GET IN TOUCH WITH YOUR BOARD OF DIRECTORS

All Directors bod@peoples.coop

Lisa Bogar, lisa@peoples.coop
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David Wadley david@peoples.coop
Amy Wong amy.wong@peoples.coop

People’s Board Member Josh Monihl has resigned from People’s Board to relocate to be near family out of state. Thank you Josh for your service to People’s. We’ll miss you!

ATTEND A BOARD MEETING!
Board of Directors Meetings are held the 4th Tuesday of every month from 5:30-8:30pm. Members-Owners are always welcome. There is a free, light vegetarian dinner served from 5:30pm to 6pm that you can enjoy with your Board Director 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:
- January 27, 6-8:30pm
- February 24, 6-8:30pm
- March 24, 6-8:30pm

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

Our Ends Statement, Adopted by our Board of Directors in 2008

THE 7 COOPERATIVE PRINCIPLES

1. VOLUNTARY, OPEN MEMBERSHIP
   Open to all without gender, racial, social, 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.