

SPRING 2017 | FREE

grassroots

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP



Run for the
BOARD!

**A PASSIONATE
COMMUNITY**

WORKING TOGETHER

for SUSTAINABILITY,

PROGRESSIVE *Land & Animal* STEWARDSHIP

**HUMAN RIGHTS, SOCIAL & ECONOMIC
»JUSTICE«**

**THRIVING AND LOCAL ECONOMIES.
COOPERATIVE**

WELCOMING COMMUNITY

WHERE **ALL** ARE VALUED.

..... **A**

DEMOCRATIC WORKPLACE

WHERE ALL **Voices** ARE VALUED.
WORKERS

ACCESS TO HEALTHFUL FOODS

**OUR CUSTOMERS CAN
TRUST.**

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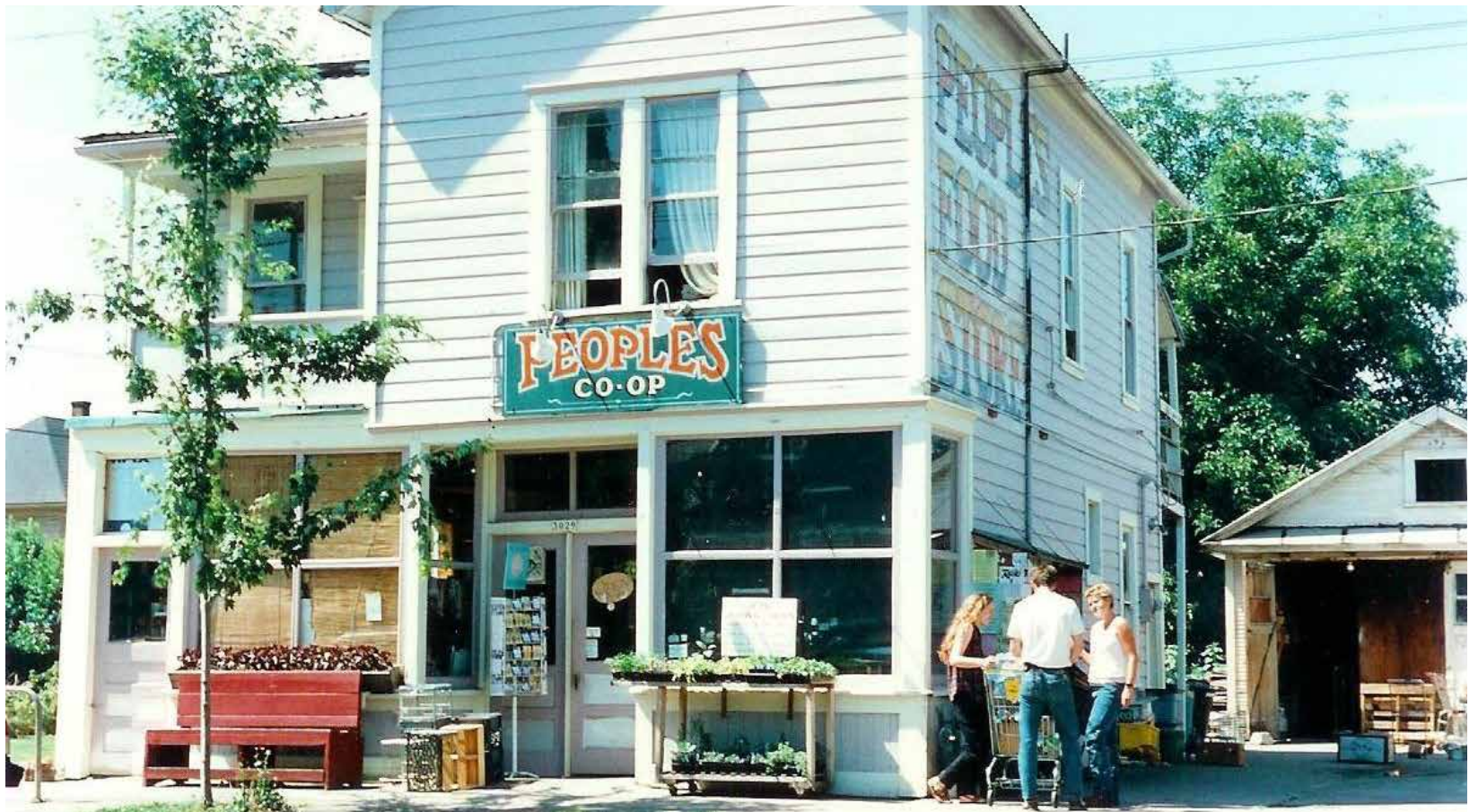
Learn to make some easy-peasy, delicious bread.

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People's Ends Statement, adopted by the Board of Directors in 2007, guides the goals and values of the day to day operations of People's Food Co-op.

people's
FOOD CO-OP



Run for the Board! And the Elections Committee!

People's wouldn't exist if people didn't want it to. From the very beginning, the Co-op has existed because people wanted different food, a different system, and a place to connect with folks in their community. And those people took responsibility to do the work to make their dream of that place a reality.

This year, we'll be electing two Member-Owners to be a part of the new Elections Committee in addition to three new Directors. The Elections Committee will help run the election process and recruit Member-Owners to run for the Board.

Every year when we open elections, we're asking that some Member-Owners make an investment in this place and our vision for it. We're asking folks to help keep this dream alive.

Need more info?

Pick up a Board Candidate Nomination packet in the store or online at: www.peoples.coop/elections

Feel free to contact your Board Secretary, Amy Wong, with any questions at: amy@peoples.coop.

Why should I run for the Board or the Elections Committee?

- Get more involved with Long Term Planning
- Connect with our Member-Owners
- Get to know our staff
- Get a 15% discount at the register
- Become familiar with policy governance and co-op structures
- Make sure the co-op is legally and financially sound
- Put your knowledge & skills to use
- Investigate the Co-op's place in our community
- Help the Co-op continue to thrive!

Nominate Your Favorite Nonprofit to Receive \$1000!

In 2007, People's started the People's Cooperative Community Fund (PCCF) through the Twin Pines Cooperative Foundation (TPCF). People's contributes 1% of our net profits after taxes to the TPCF, which then loans that money to budding cooperatives and nonprofit organizations. Those loans accumulate interest, and each year we look to our Member-Owners to help us pass that money on to a local organization doing important work in our community.

If you know about a cool nonprofit doing work that aligns with our Ends, use the form on the right (or online at peoples.coop/elections) to nominate them to receive \$1000! Member-Owners will vote on the nominated organizations during the elections in June and July, and the organization with the most votes will receive \$1000.

PAST RECIPIENTS

2016

Greeley Forest Garden

2015

Montavilla Food Co-op

2014

BARK: Defending &
Restoring Mt. Hood

2013

Learning Gardens Lab
Montavilla Food Co-op
Northwest Environmental
Defense Center (NFDC)

People's Cooperative Community Fund (PCCF) Nomination Form

What organization would you like to nominate?

ORGANIZATION	
WEBSITE	
501(C)3 ID #*	

*A valid tax ID is required. Find it on the organization's website or give them a call.

Please include a statement that communicates the work and mission of the organization.

Optional Information (helpful but not necessary)

YOUR NAME	
PHONE #	
EMAIL	
ORGANIZATION'S CONTACT PERSON	
PHONE #	
EMAIL	
MAILING ADDRESS	

Please return this form to the Co-op by April 29, 2017.
Any questions? Contact our Marketing & Membership Manager, Sofie, at: sofie@peoples.coop.

Green Cleaning

Spring Cleaning with DIY Green Cleaners

BY CHLOÉ LEPELTIER

We've all made the resolution to de-clutter and to be more organized in the New Year... and then life happened: four months have passed and here we are, not making much progress on this resolution at all. But there's no need to give up now! Winter is finally coming to an end, so just open your windows and let in all that refreshing, motivating spring air. It's the perfect time to kick off your de-cluttering and organizing endeavor, and you can start with a good ol' deep cleaning session.

Spring cleaning can be a daunting task. Here are some tips for setting cleaning goals, getting (and staying) motivated, and a guide to making your own green cleaners.

Set reasonable goals.

Whether it's scrubbing your stove or wiping the windows, setting attainable goals can help to motivate you, and can encourage you to keep going. Decide from the beginning that you'll allow yourself to stop after you've reached your goal for the day. If your goal is to scrub the stove, your mission will be accomplished once the stove is clean. If you feel like you can do more than that – like scrub the sink or mop the floor – good for you! Otherwise, pick up where you left off the next day. What's important is for you to know that when you stopped, you had reached your goal. Motivation is key and you'll quickly get to a spotless home, one room or appliance or cabinet at a time!

If it's hard for you to stay motivated while cleaning, just remember: you can stand anything for 10 seconds. After that, you start on a new 10 seconds. And you can do a lot more than you'd think in 10 seconds. Also, unless you're highly motivated and want to power through it in a weekend, why not spread it over a whole week, focusing on only one area per day?

Schedule your cleaning time.

Whether it's a deep cleaning or a maintenance cleaning session and, more importantly, if you share this task with a partner or housemates, schedule your cleaning time! Knowing that a special date or time coming up (or a special date every week or month) is dedicated to this task makes the decision-making process way easier. No arguing, no convincing, no debating – it's in the calendar, so that's when it should be done!

Gather your supplies + make your green cleaners!

Make sure that you have everything you need for the moment when you'll decide to tackle this major project. There's nothing more frustrating than realizing that one key ingredient is missing when you've motivated yourself to start.

Below are a couple of essential green cleaner recipes: one is for an all-purpose cleaner, and one is for a scrubbing powder. Store them with all of your other cleaning supplies, perhaps in a handy tote so you can efficiently carry them from room to room.

You can easily find all of these ingredients at People's Food Co-op. Don't forget to check the bulk section first!

All-Purpose Cleaner

This cleaner is great for counters, walls, hardwood, laminate or tile floors.

- 1 tablespoon borax
- ¼ teaspoon liquid castile soap
- Hot water
- 15 drops of your favorite essential oil
- 16oz spray bottle
- Funnel
- Measuring spoons

Add the borax and castile soap to the bottle. Fill the bottle with hot water. Close the bottle and shake it to dissolve the borax. Let the mixture cool. Add the essential oils.

Scrubbing Powder

The essential oil scent may fade over time, but the cleaner will still work!

- 1 cup baking soda
- 1 cup borax
- 1 cup kosher salt
- 20 drops of your favorite essential oils
- Parmesan Shaker
- Measuring cups

Just combine all the ingredients in the shaker and stir together! 🌀

Find more DIY cleaning products in Chloé's complete Natural Cleaning Products Guide and follow her journey to a simpler, greener and happier life on her blog, *Conscious by Chloé*.

Chloé will also be teaching how to make natural cleaning products here at People's Co-op on Saturday 29th April at 10am. Check out the calendar to get your tickets.

Chloé Lepeltier is a French globetrotter now based in Portland, Oregon. Her passions span multiple disciplines – from feminist literature to sustainable fashion to backcountry snowboarding – with curiosity and creativity as the common thread. She infuses spontaneity, nature, and her eye for beauty to capture moments in words and images on Conscious by Chloé, a blog where she chronicles her daily style, travels and life and aims to inspire and motivate her readers to live a simpler, greener and happier life.



Mending is an Act of Resistance

BY NINA + SONYA MONTENEGRO OF THE FAR WOODS

Two years ago we took a pledge to not buy any new clothes in order to boycott fast fashion and our throwaway culture. Though it initially seemed like it would be a challenge, it has been one of the most enriching experiences of our lives, completely shifting the way we interact with the things in our lives and how we attend to them. We have learned how to mend holes in our jeans, darn our socks, and sew our own clothing. We set up clothing swaps and started teaching others to mend their clothes. We made ourselves available to mend dear friends' beloved button downs. Through it all, we've come to realize that the way we Americans engage with the world around us on a daily basis – the food we waste, the clothes we toss, the tools we neglect to care for because they are cheap to replace – is fundamentally an issue of respect. In order to revive a sense of reverence in our culture, we must choose the items we invite into our lives carefully, and extend the lives of those we decide to acquire and hold onto. Learning to mend helps us come into a more meaningful relationship with our clothing. But it is also an act that demonstrates resistance, resilience, and compassion.

Mending is an act of resistance.

Eighty-five percent of Americans' clothing ends up in a landfill. Mending is an act diametrically opposed to this status quo, where disposability, planned obsolescence, and exploitative labor tragically reign supreme.

Mending is an act of resilience.

To arm yourself with the skills of mending is to extract yourself (at least partially) from a destructive cycle of waste and dependence. Mending others' clothes in your community multiplies this effort and increases community resilience.

Mending is an act of compassion.

To restore usefulness in a thing is to respect all the resources and labor that went into creating it, and honor its place in our lives, no matter how humble. Restoring usefulness also respects an object's full potential – once it is mended it may serve its original purpose

for a long time, even in another, repurposed form. Mending something that belongs to another person is a true act of love and friendship. Caring for something that another person cares about is deeply satisfying and strengthens connections in community.

For most of human history, clothes were an expensive investment, and so it was necessary to mend them. Only just recently have we come to think of clothing as disposable – but now we must consider the true, often hidden, cost of our clothing and choose to mend. Sign up for our newsletter to hear about upcoming mending workshops: <http://eepurl.com/bPphrr> 📧

MAKE YOUR OWN PRODUCE BAG WITH THE FAR WOODS Saturday May 6th, 10am-1pm

In this class we will be learning the basics of hand sewing as we each make a beautiful drawstring produce bag. Beginners and those with no sewing experience welcomed. Those who wish to brush up on hand sewing skills and practice while creating a functional product will also find this class useful. Let's make the leap together away from plastic bags! This is a crucial step toward a lesser impact grocery experience. Materials provided, but if you have a special fabric at home you'd like to use, please feel free to bring it. Open to all! \$25 + \$5 for materials.

We are The Far Woods, a sister design team living on a small farm outside of Portland. We make artworks that reflect our deepest desires about the world and serve as educational tools and inspiration for reconnection to nature, food, and one another. We seek to contribute to a great Culture Shift in which there is a land ethic, a reverence for nature, a rejection of the dominant throw-away mentality, and direct connection to where our food and the things we use come from. Our shop can be found online at www.thefarwoods.etsy.com

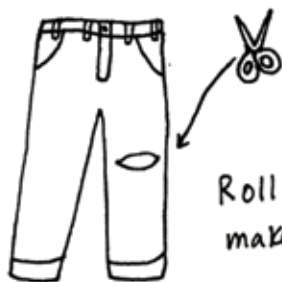
visible mending

HOW TO MEND A HOLE IN THE KNEE OF A PAIR OF JEANS!

with The Far Woods

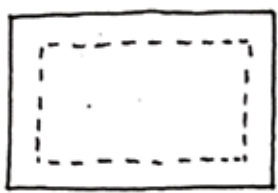
the.farwoods.etsy.com the.farwoods@gmail.com

1 CHOOSE A FABRIC to mend your jeans with. Cottons and denims are best. No stretchy Knits, nylons or spandex.

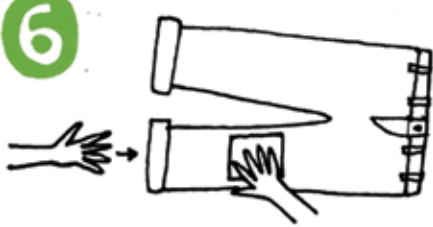


Clean up hole; cut off tatters and loose threads.

Roll the pant leg up to make it shorter.

5  FOLD edges under $\frac{1}{2}$ inch and PRESS flat with iron.



6  LAY pant leg flat on table, straightening out so there are no puckers, ripples or wrinkles.

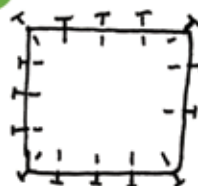
Carefully slip your hand into the pant leg and hold steady as you place the patch on the hole with your other hand.

2  MEASURE hole in the knee of jeans.

ADD one inch on every side to find measurement of patch.

— in. by — in.

7 PINNING! Be sure you go thru the patch fabric AND the pant leg fabric with each pin. Be careful not to pin the back of the pant, however. Pin each corner and a few times on each side, about an inch apart.



3 IRON fabric flat.



8 WHIP STITCH around the patch perimeter. 

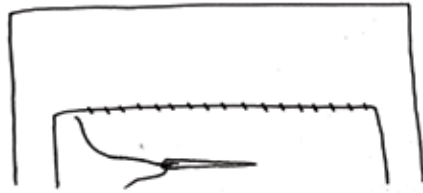


Should be small stitches, barely visible, and neat.

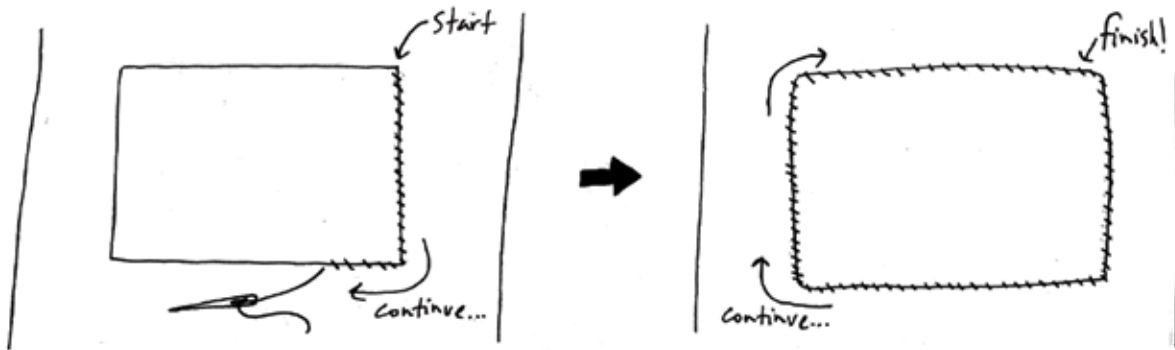
4 MEASURE and CUT OUT patch.



8 (continued)



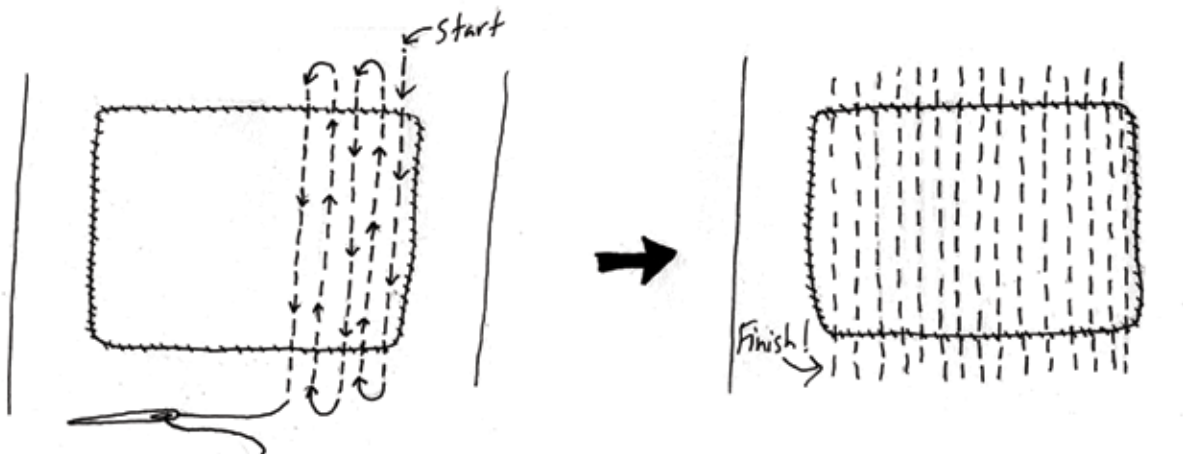
Should be small stitches, barely visible, and neat.



9 RUNNING STITCH.



Now, running stitch back and forth over the patch area and the surrounding area. Sew beyond the patch. Can go either direction, or both.





Pizza with a Purpose

The Amazing Pie at Scottie's Pizza Parlor

BY RYAN GAUGHAN, ALCOHOL BUYER

Nestled on SE Division Street between 21st and 22nd Avenues, only a few block from People's, there's a pizza renaissance in the air. When the wind is just right, you can catch a whiff of it on the street, the tantalizing aroma of dough, fire, and tomatoes luring you inside to a down home, straightforward pizza oasis that stands out among the plethora of new restaurants in the neighborhood.

It's not Domino's, and no, it's not the deli from New Seasons Market. While both entities are significantly larger corporations, neither have even come close to matching the spirit of social justice and economic equality, relatively speaking, of Scottie's Pizza Parlor.

Wildly successful for a business open less than two years, Scottie's Pizza has been featured multiple times in local and national food reviews, and won the adoration of hundreds of hardcore pizza fanatics throughout the city. You won't find a massive menu with tons of kitschy pizza puns. And, as the unassuming menu board politely points out, "Sorry, no gluten free pizza," although Scottie points out that they do offer some cider and salads for the gluten free crowd.

What's present, instead, is some deeply satisfying pizza, arguably some of the best in the city, made by a business with a dramatically different set of priorities.

I had the opportunity to sit down with Scottie, the name bearer of this outstanding institution, over a slice of pie in an attempt to unravel the deep philosophy of craft that drives the business. It's Valentine's Day, and a 10-year-old girl on the way home from school swings into the store to deliver handmade, self addressed cards to Scottie and a few other workers. "She's one of our first customers, and stops by to say hello all the time."

Pizza is a very profitable product. Its primary ingredient, dough, is relatively inexpensive to produce, and the pizza itself is quick to serve. Not surprisingly, pizza is therefore one of the world's most popular foods, and it has firmly entrenched itself as a major component of food culture in Portland. As a result, the price for a whole pie can sometimes reach prohibitive levels, as competing pizzerias continually offer atypical ingredients and tout local buying practices to up the price point.

For Scottie, a self-professed "pizza nerd" who spent his summers with his dad in New York City, it was difficult to stomach the inflated price of pizza from some places in town. In NYC, pizza is a very simplistic, low cost food that is enjoyed by people from all walks of life. More importantly, NYC pizza is simple, primarily dough, sauce, cheese, and perhaps a meat option. It's comforting, readily accessible, and sublime... when it's done right.

“It’s funny, but \$15 an hour really isn’t enough,” says Scottie. “I’m glad that we offer it as a base wage, but realistically, people need to be making at least \$20 in Portland’s economy, if they want to pay rent and have anything left over for savings.”

Scottie spent many years delving deep into the mysteries of dough fermentation as an at-home pizza enthusiast. He jokes that he kept spreadsheets about the various factors that influenced his pursuit of the perfect sourdough, like time, ambient temperature, and flour ratios. He even found a way to “hack” his home oven to trigger the self-cleaning feature, the hottest temperature an oven reaches, while still being able to open the oven door to bake pizza in the high heat, Neapolitan method.

Scottie, with his love of cooking and food experimentation, knew that he wanted to open a restaurant. Having left his job in the computer industry, he began slogging away in the trenches as a Portland brunch worker, where low wages, 10+ hour days with no breaks, and verbally abusive cooks and bosses are often the norm. He shrugged off the suggestion that pizza, his first love, could be taken seriously enough to justify opening a restaurant, until he landed some shifts at Handsome Pizza and East Glisan Pizza. It was there that Scottie encountered other cooks who loved all the simple beauty of pizza as much as he did, and, importantly, provided him with the commercial kitchen space to explore his craft.

Many motivators continued to push Scottie in the direction of opening his own pizza restaurant, but he knew that certain things had to be fundamentally different, both with the product and the business model. From the get-go, he knew that he wanted to be able to pay anyone who worked there a minimum wage of \$15 per hour. Scottie built this into his business plan, and vowed that if he couldn’t provide this wage to employees, it would be a deal breaker.

And when they opened doors in July 2015, that’s exactly what he did. Scottie’s Pizza became Portland’s premier living wage pizza restaurant, becoming recognized by several local labor unions and the “Fight for \$15” campaign for their efforts. Word got around pretty quick about the authentic NY style pizza being served on Division Street, and some positive food reviews and blog posts ignited sales much more rapidly than the business was expecting.

“It’s funny, but \$15 an hour really isn’t enough,” says Scottie. “I’m glad that we offer it as a base wage, but realistically, people need to be making at least \$20 in Portland’s economy if they want to pay rent and have anything left over for savings.” Scottie’s makes up for it where they can. As a small business of only seven employees, Scottie’s is technically exempt from state law which requires an employer to provide 1 hour of paid sick time per every 30 hours worked, but the business provides it anyway. “We front load 20 hours of PTO right when people start, and then it starts accruing at the state mandated rate,” says Scottie. “What’s remarkable is that it isn’t that costly to provide a living wage and paid time off. It’s affordable, and it should be considered by employers as a cost of living issue.”

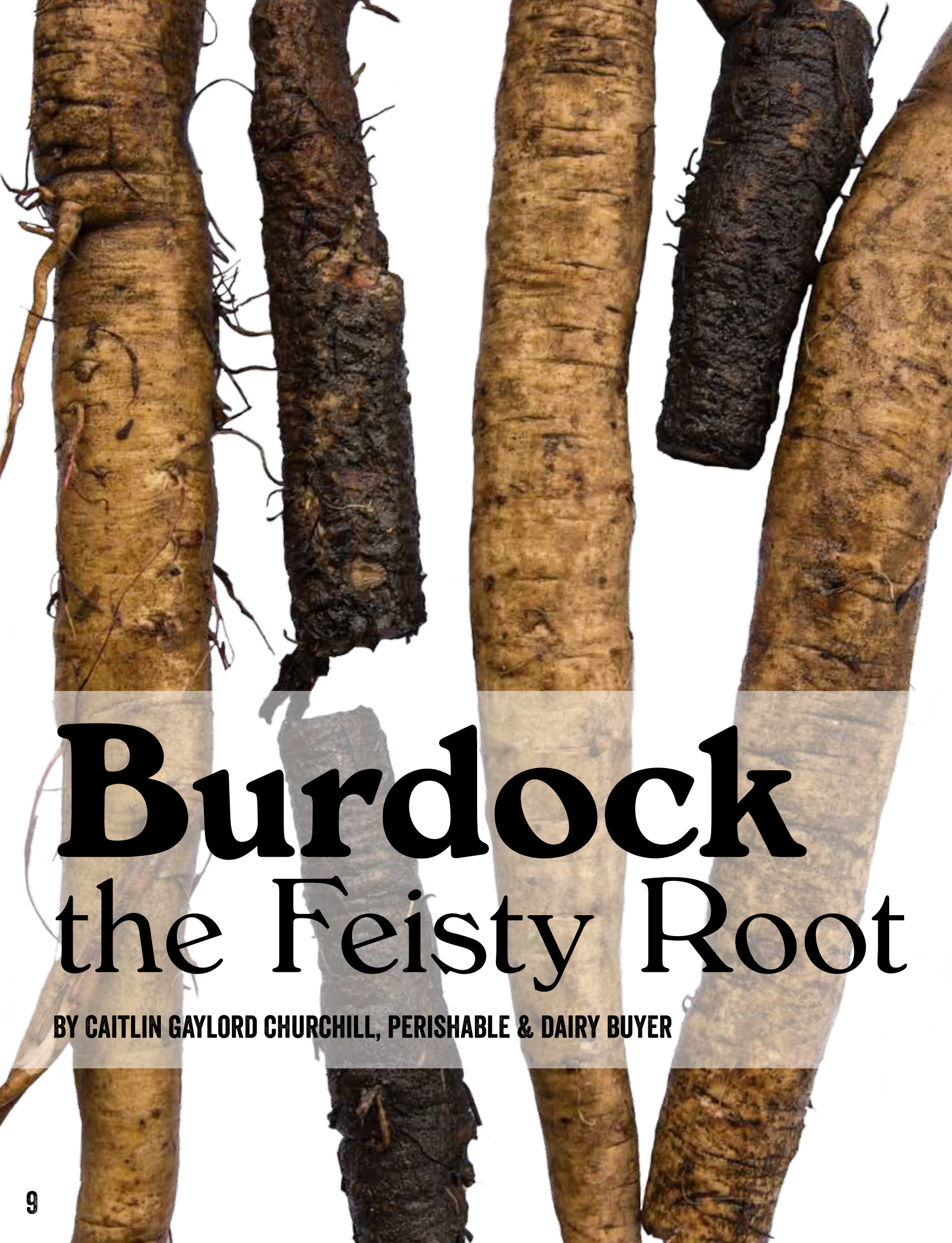
Scottie’s provides workers with other economic benefits seldom heard of in the restaurant industry, including paying for food handler and OLCC licenses and non-slip shoes. “I’ve been able to hire some amazing people, who appreciate the artistry of making this kind of food, who take ownership of their work. He laughs, “Instead of working 80 hours a week, like in the beginning, I’m down to maybe 50.”

I asked Scottie some questions about the ingredients sourcing for the restaurant, and I was surprised to learn that a large percentage of what he uses is local, some of it organic. Non-GMO flour from Shepherd’s Grain, sourced primarily from the Pacific Northwest, is used as the sourdough base. The tomato sauce is made in-house, of course, from organic tomatoes sourced from California. Organic greens and veggies are purchased from local distributors. The roasted green chiles used in the “New Mexico style” signature pizza, of course, originate from New Mexico, “where the legit stuff comes from,” say Scottie, and are roasted locally by Los Roast. But you don’t see any of this advertised anywhere in the restaurant, or on the menu.

“We use quality ingredients, because if we didn’t, the pizza wouldn’t taste the way it needs to and the customer would know.” It’s a humble approach, to commit to providing the best without publicly proclaiming it, even more so when you still manage to come in at around \$2-\$3 per slice.

If I’m not in love with everything about this place already, I’m even more excited about the community solidarity efforts that Scottie’s Pizza has been a part of. Scottie’s has held benefit days where a percentage of sales are donated to causes that don’t typically receive large amounts of funding. Proceeds from these efforts have gone directly to helping with the Standing Rock defense, as well as the Burgerville Workers Union. Scottie himself has been known to show up on BVWU picket lines with a stack of boxed pizza, handing out free slices to workers and union supporters alike. A chalkboard hanging near the counter encourages customers to “pay it forward” through which pizza is made available to anyone who doesn’t have enough money to pay for it that day.

“It would feel weird if I was making this big salary off of this business and everyone else who worked there wasn’t,” says Scottie. Those kinds of values permeate much of what Scottie’s Pizza does, both through worker equity and empowerment in the restaurant, and through material aid in the broader community. 🍕



Burdock the Feisty Root

BY CAITLIN GAYLORD CHURCHILL, PERISHABLE & DAIRY BUYER

As a child I had wild, knot-filled hair

and my mother would accuse me of running feral through a field of burrs. Burrs are the dried and sticky flowers of the burdock plant, which is commonly viewed as a difficult to remove weed. When I would finally consent to her brushing out my hair, which took hours and many applications of conditioner, she would find a feather or a small stick in the center of whichever knot I let her get to the bottom of. At night she would read to me, and frequently I wanted to hear the story of the Buffalo Woman. In the story a man has to identify his wife, who has assumed her true form as a buffalo amongst hundreds of other buffalo cows. He is able to do this because of a burdock burr, placed on her hide by his son. As a child, I felt comforted by the archetype of a woman as a beast, found by her lover in the full manifestation of her wildness. As I grew into a person who menstruates and changes with the moon, I find comfort in connecting with my wild self. Even when I'm angry and pacing, stomping the ground with my feet, the people who love me still seek me out.

Unsurprisingly, burdock root is supportive to people who are being effected by various hormonal processes. Burdock can be helpful to people journeying through puberty or menstruation, and to people who have skin conditions like acne and eczema. The action of burdock is diuretic and assistive to the movement of oils in the body. Matthew Wood writes in *The Earthwise Herbal*, "Because sex hormones are made from oil and require oil for transmission through the body, and all hormones require adequate fluids for movement, burdock comes up as... an endocrine remedy." It stimulates elimination, and reduces fluid in the body. Burdock is a member of the Asteracea family, which includes daisy and chamomile. If you have an allergy to any flower or plant in that family, steer clear of burdock in all its forms. Additionally burdock is a mild uterine stimulant and is not to be used by pregnant people.¹

Burdock is a food that I consider medicinal, but not something that would make me think, "Oh I'll have a snack of burdock root." Typically, I use it to complement other dishes or as a springtime tea. The most common way that I use burdock is in soup with a miso base. Its astringent quality reminds me of celery crossed with asparagus, and it adds an earthiness to the broth. While not traditional, this miso soup is reminiscent of a type popular in hippie retreat centers.

Miso Soup with Burdock

- 2 tablespoons of high heat oil of your choice (sunflower or even coconut works)
- 1 small sweet potato diced
- 1 white onion, diced
- 1 green onion, julienned
- 1 medium sized burdock root, chopped (not peeled)
- 3 pieces of wakame (seaweed)
- 20 shiitake mushrooms, chopped
- 1 inch piece of ginger, peeled & diced
- 1 to 4 garlic cloves, diced (depending on how much you like garlic)
- 1/4 cup South River Miso, any flavor
- 4-5 cups of water
- Dash of tamari or coconut aminos (or both)
- Salt, to taste

Prep all the veggies. Sauté the onions, peppers, and mushrooms over medium heat in a large pot. When they are soft but not all the way cooked, add the water, wakame, sweet potato, and burdock, and bring to a boil. Reduce to a simmer and cook until the sweet potatoes are cooked through. Add the garlic and ginger and turn off the heat, letting the garlic cook in the cooling soup. After about 5 minutes, when the soup has completely stopped boiling, ladle a cup of just the broth into a bowl. Add the miso to the cup of broth and whisk until combined. Then add the miso-broth mixture back into the soup to taste. Add salt or coconut aminos to taste, if you wish.

*It is vital that the broth not be boiling when you add the miso because that would kill the beneficial bacteria in the paste.

Spring Cleaning Tea

Supporting your kidneys, nourishing your blood, and helping your eliminatory systems is a great way to get ready for spring. This tea is yummy warm or cold – try it both ways and see which temperature you prefer. While I'm a very big fan of honey and milk in teas, this one is kind of delicate and...asparagus flavored. I recommend it plain. This tea also requires a little journey to gather the ingredients

THE JOURNEY:

- Go to the Portland Nursery and buy a bag of the asparagus roots that they sell for planting.
- Go to Peoples Co-op and buy a burdock root.

Go home and gently wash all the roots in cold water, in a strainer, to remove any dirt. Cut the burdock so it fits in a pot (preferably ceramic or glass if you have it, and with a lid). Put both roots in the pot, cover with water, and then cover the pot with a lid. Bring to a boil, and then reduce to a simmer. Let it cook for at least 20 minutes, or up to an hour. When the tea is ready, there may be some dirt at the bottom of the pot, because the tea is made of roots. You can strain the tea through cheesecloth or a coffee filter when pouring it if drinking dirt isn't your thing.

If you'd like to try burdock but tea and miso don't really excite you, I recommend looking into Japanese recipes featuring burdock. Or, experiment with burdock by adding a small amount of the root to a savory dish that you like. My friend Dana puts one part shredded burdock to three parts grated sweet potato in her paleo latkes. It can also be shredded raw into a salad. I hope you feel inspired to try this feisty root.🌱

1. Peter Holmes, *The Energetics of Western Herbs: Treatment Strategies Integrating Western & Oriental Herbal Medicine*, Vol. 2.



Wild at Heart

Learning from Weeds

BY LISA MOES, PRODUCE KEEPER

Lately I've been questioning what constitutes a real life. This time of year, as the dormant plant life awakens, I watch and try to learn more from them. As much as I enjoy opening seed packets and creating a cozy home for those seeds in the soil, I marvel at the other plants – otherwise known as weeds – that are already growing there. They don't need me, or any human for that matter, and they continue with strong roots and the determination to survive no matter what. Ralph Waldo Emerson once wrote, "What is a weed? A plant whose virtues have not as yet been discovered." Well, there are a few of my favorite weeds that I and others appreciate, and the following guide will hopefully encourage you to take a second look at these humble, yet powerful plants.

Chickweed

Chickweed says spring to me. This small-leaved ground cover is a sign that the earth is waking up from winter. Chickweed is high in Vitamin C and has a bright, fresh taste. I enjoy it in salads, for making pesto, blending it into juices, and as a tasty sandwich addition. Chickweed is also a wonderful external healer. The pulp can be applied to wounds, blemishes, and sunburns. It has a cooling and regenerative nature that aids the healing process. There are salves, oils, poultices, lotions, teas, and juices that include chickweed to heal internally and externally.

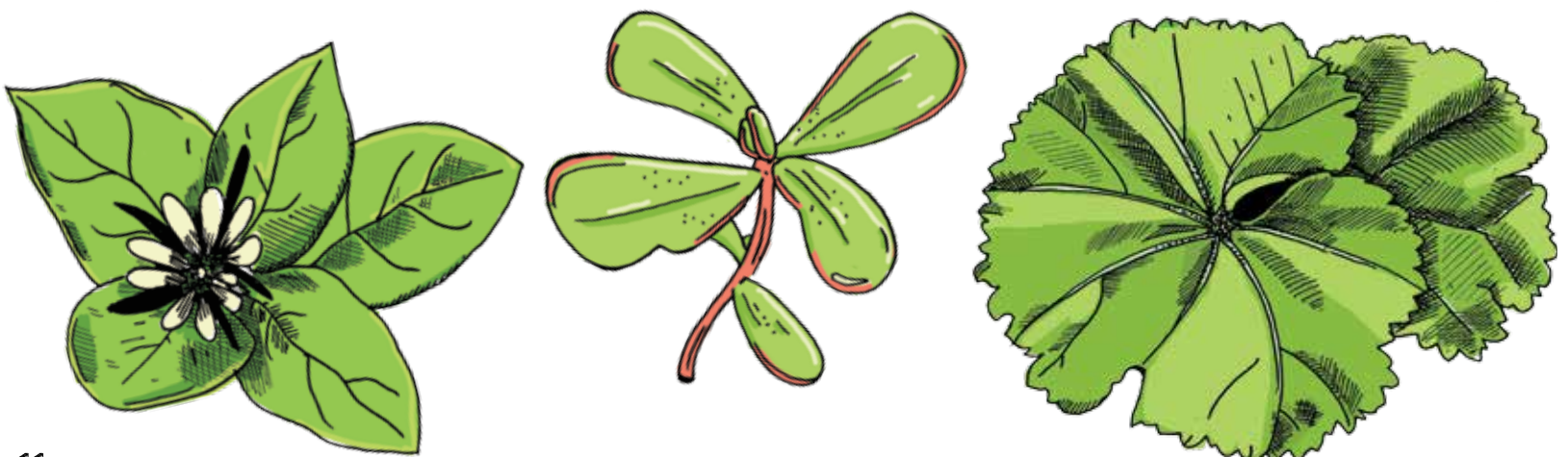
A chickweed seed's history speaks to its strength to endure. Chickweed seeds are extremely resilient and pass through the digestive systems of many small birds and animals. In fact, the weed was named chickweed because birds mainly distribute its seeds.

Chickweed has been used throughout history by many cultures: traditional Chinese medicine values it for healing wounds. It has also been used in predicting weather, due to the fact that it closes its flowers before it rains.

Purslane

A true survivor, purslane seeds have the ability to exist over forty years in dormancy, waiting to spring back to life. This low-growing succulent herb can be a delicious and filling salad ingredient, a rich addition to gazpacho, or included in any recipe where a hearty green is needed. It is especially high in vitamins A, C, and E, as well as B complex, with key minerals such as magnesium, calcium, and potassium. Purslane has more omega-3 fatty acids than any other plant. Omega-3 fatty acids are anti-inflammatory and can help strengthen the immune system, increase clarity of mind, and regulate moods. Applied externally, purslane pulp or juice aids in healing the skin and helps with sensitive teeth. It is also a good source of melatonin, a hormone that helps regulate sleep.

As a ground cover, purslane keeps moisture in the soil, while its roots break up compacted ground to bring up nutrients. Purslane endures in many parts of the world and is prized for being one of the most nutritious plants.



Mallow

I remember mallow plants growing in large patches in the fields when I was a child. I didn't know what they were called, but I knew the little wheel-shaped fruits they produced were yummy to eat. Besides these edible seed treats, mallow leaves and roots are very valuable. Mallow is used for green juices, soups, and desserts. The root can be cooked like a potato or blended with water to make a simple milk. The whole plant has a thickening quality when blended and can be used as a binding agent in soups or breads. The water used to soak mallow can be used as an egg replacer. This gelatinous quality also aids externally in drawing toxins from the body. Crushed mallow leaves applied to the skin help heal bruises and are useful in drawing out venom from insect bites and bee stings. As for its history, mallow is one of the earliest plants associated with humans. It is valued as a food, a medicine, and as a source of fiber for cloth and rope. Cotton and jute are both members of the mallow family. And yes, it was the original source for making marshmallows.

Lambsquarter

The sight of healthy lambsquarter indicates vital and powerful soil. As a cover crop, it builds and enriches the earth. When it is turned under, the minerals go back to replenish the land. Known as a good replacement for spinach, lambsquarter greens are a great source of chlorophyll. Rich in vitamins A, C, and B, as well as thiamine, riboflavin, and niacin, lambsquarter leaves are best eaten when young for optimal taste. Eaten raw, the greens are useful as a remedy for anemia, due to its high iron content and ability to increase blood cell count and circulation. The seeds are related to domesticated quinoa and can be used in the same way. However, wild seeds are more potent and just a few can provide enough nutrients. The roots are ground to make soap for external cleansing and also for an internally cleansing tea. With my love of word origins, I discovered the history of naming lambsquarter. It most likely stemmed from Druid and Celtic traditions celebrating the seasons. There were eight holidays, with the four seasons as the main cross and then another four dates that were cross quarter marks between the solstices and equinoxes. Hence the time in early August, which was called the Lammas quarter, was the time when lambsquarter was ready to harvest.



Clover

Clover was another plant that enriched my childhood. Of course, I would spend hours scanning the large clover field hoping to discover that one elusive plant with the four lucky leaves. The clover flowers were also sweet landing spots to observe pollinators like bees doing their work. And the bees also taught my barefooted self to walk carefully over the clover patch.

Clovers are legumes with massive root systems that seek out dense nutrients. The roots contain nitrogen-fixing bacteria that help other plants like fruit trees and vegetables. The leaves, seeds, and flowers are all highly nutritious and healing. Eaten early in the season, cloverleaves are mild; later on in the season, when their flavor becomes too strong to eat fresh, they can be dried for tea. Clover juice is also beneficial for conditioning hair and adding to bath water for mineral-rich cleansing. The leaves and flowers have high levels of magnesium and calcium, which aid in muscular health. Known for its many benefits, pagan cultures carried clovers with them for protection and luck. This led to the Irish tradition of the lucky shamrock charm, and to me spending many summer afternoons in a clover patch.

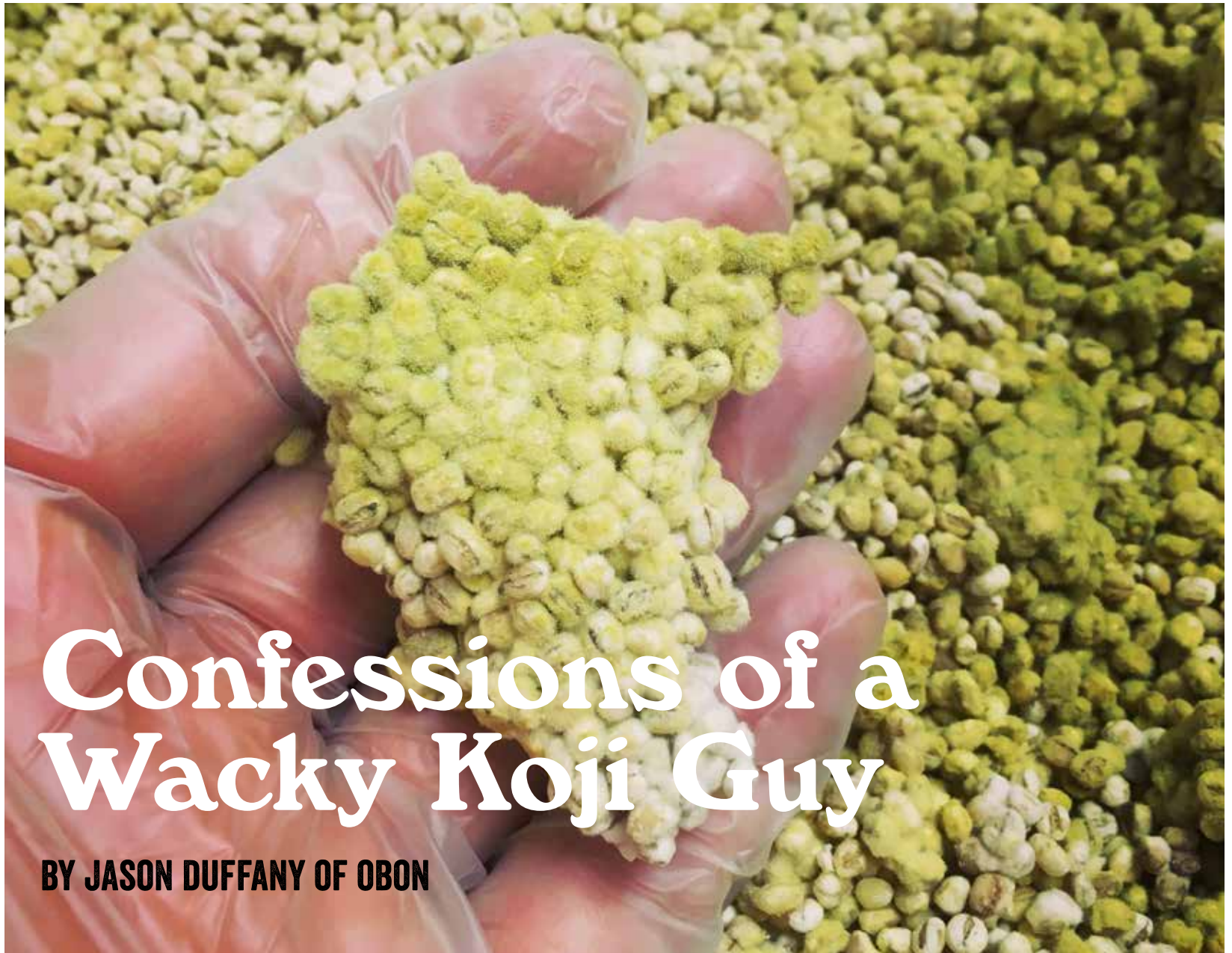


There are many more wild weeds that I could endorse, but the list would be too long for this article. Hopefully the few that I have mentioned will make you think twice about the lowly plants that appear in sidewalk cracks, open fields, neglected garden plots, and as "nuisances" in lawns. As I continue to examine the importance of a real existence, I know weeds are guiding me. They are patient, waiting years to emerge to their full potential. They are tolerant, flourishing and growing in conditions where nothing else can. They are restorative, giving of themselves to help others. They are modest and unassuming, while containing all this vital energy and power. They are strong and resilient, and even when uprooted and trampled they survive.

Weeds continue to be my best teachers. I'll leave you with a quote from another seeker of the "real life," Henry David Thoreau. In his book *Walden*, he wrote:

"I have made a satisfactory dinner... simply of a dish of purslane... I learned that a man may use as simple a diet as the animals and yet retain health and strength... Yet men have come to such a pass that they frequently starve, not from want of necessities, but for want of luxuries." ❖





Confessions of a Wacky Koji Guy

BY JASON DUFFANY OF OBON

Photo: Mature pearled barley koji, courtesy of Jason Duffany.

This little article is meant to be part informational, part confessional. I'll tell you the benefits of having this delectable mold in your life, as well as why I keep it in mine.

Koji (scientific name, *Aspergillus oryzae*) is – from our perspective as multi-celled, conscience organisms – a lowly life form. It's a simple mold, or more palatably, a fungus. But this fungus is essential to the creation of many trendy and delicious east-Asian recipes. There are at least six basic types of miso all made by utilizing koji, which is grown on various grains, to break down edible compounds in beans. And then there's Asia's most popular condiment (at least from western society's perspective): soy sauce, and its gluten-free cousin, tamari. Also immensely popular is the Japanese rice wine, sake. All would never have existed if some ancient and brave Chinese person hadn't tasted the first moldy rice that was accidentally inoculated by this wonder of nature.

The first mention of koji comes from Chinese literature dating back to 300 BC, but there is archaeological evidence of its usage dating 1000 or more years before that. These early scientists (chefs?!) are credited with being the first humans in civilization to harness the power of enzymes to transform complex plant constituents into simpler compounds, sugars, and proteins, similar

to our own bodies' digestive systems. Essentially, koji's enzymes pre-digest food for us, and make it arguably much tastier in the process. In fact, one of the amino acids produced through the enzymes breaking down proteins is glutamate, which, when synthesized and combined with salt (monosodium glutamate), is the very definition of the word umami, Japanese for "pleasant savory taste." Despite its villainization, MSG – umami – is now widely considered to be the fifth category of flavor (the other four are salty, bitter, sour, and sweet).

Nutritionally, though we should all be skeptical of this marketing term, koji is regarded as a super food. It is high in vitamins B2 and B6, which help maintain a healthy nervous system, relieve depression, and help the body to break down and absorb proteins. Koji also contains a number of components that aid in keeping us fresh and good looking, including ferulic acid, cysteine, and biotin. Ferulic acid is an antioxidant that promotes cell metabolism, keeping skin smooth and elastic. Cysteine is an amino acid that helps sustain strong nails and hair. Biotin is great for maintaining healthy hair and nails as well, but it is also essential to keeping our metabolic, digestive, cardiovascular, and nervous systems fit. Some other great news that should help us in this modern, toxic environment we've created for ourselves is that koji produces kojic

“Maybe the original discovery of koji wasn’t a happy mistake, but a calculated move by an organism that is many times older than our species. But then perhaps we should embrace its ancient wisdom and allow it to rule us as a benevolent shepherd.”

acid, which has been shown to have protective properties from radiation-induced cellular damage.

Personally, I’ve been living immersed in the world of koji for the last few years, obsessed with its rich, sweet fragrance, and the creations I concoct with it. Besides making misos, amazake, tamari, and the salty condiment shio koji, I’ve started grinding it into a fine powder and adding it to everything I can: salad dressings, marinades, sauces, cookies, soups, curries – anything that can benefit from its subtle malty flavor. I really can’t get enough, and at times I make it even when our little company, Obon, doesn’t need it. I actually think I do it just so I can enjoy opening my homemade incubator to be greeted by and enveloped in its sweet, musky fragrance.

There are other single-celled organisms out there with nefarious agendas. Organisms that make us think we’re doing something for ourselves, but in reality they’re tricking us into helping them propagate. The most obvious example as of late is the parasitic protist, *Toxoplasma gondii*, which is known to reproduce only inside living cats’ guts. When ingested by rodents through fecal matter, this bug infects them with the disease toxoplasmosis, which in turn, causes them to permanently lose their fear of cats. This sort of mind control makes them easy prey for the felines and thus the parasite gets a free ride back into a mouser’s stomach. Along the same lines, humans infected with toxoplasmosis find themselves fervently smitten with cats. It’s been postulated this effect could be the origin of the term “crazy cat lady.”

My reaction to *Aspergillus oryzae* might be considered similar. Though I’m inclined to think there’s nothing unseemly about my preoccupation, sometimes I feel a twinge of guilt at feeling so complete of a person when I inhale the mushroomy fragrance of my sweet obsession. I can’t say for certain, but if anybody ever came up with a perfume that mimicked the scent of koji, I might be inclined to follow wearers of it to wherever they might lead me.

Perhaps this is the real and final purpose of the fungus: mind control over the masses, outright domination over us humans. Maybe the original discovery of koji wasn’t a happy mistake, but a calculated move by an organism that is many times older than our species. But then perhaps we should embrace its ancient wisdom and allow it to rule us as a benevolent shepherd. Maybe in the sharing of koji throughout the world, we can finally achieve the highest of human aspirations: world peace. Maybe it can break

down man-made political borders by helping us understand each other’s primal desire to consume something that make us all a little more whole. Maybe, just maybe... 🍷

Visit Obon at the People’s Farmers’ Market on Wednesdays from 2-7pm. We highly recommend the Onigiri!

Fermenting with Koji

Saturday May 27th, 11am-1pm

Koji, the common name for the fungus *Aspergillus oryzae*, is integral to making many popular east-Asian delicacies. Its first mention in Chinese literature dates back to 300BC, making it a grandmother of ferments. Soy sauce, miso, and sake are all made using koji! It is grown on various substrates consisting of cooked grains & legumes (traditionally barley, rice or soy) each lending their own unique flavor to the finished product. There are some tricks to keeping its temperature & humidity in the correct range during its 48-60 hours of incubation, but nothing that can’t be readily accomplished in a modern home kitchen. Join Jason Duffany, co-founder of the Japanese food catering company Obon, for a hands-on talk & demo about the many uses & health benefits of this mysterious (but delectable) mold. \$35-\$65 sliding scale. Open to all.



A Guide to Sprouting

BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER

Winter is finally giving way to spring:

the rain is slowing down a bit, temperatures are rising, and I'm wearing fewer layers. This limbo between winter and spring has me yearning for fresh greens, but I'm still waiting for the seeds that I've planted to come up in my garden and for more great local produce to arrive at the Co-op. Since I don't want to wish for a speedier rise in temperatures (climate change is doing plenty – why jinx it?), sprouts can fill the gap and those fresh veggie cravings.

Why sprout?

Lots of nuts, seeds, legumes, and grains contain natural chemicals that prevent them from sprouting prematurely. This is obviously an evolutionary advantage: if the seeds just sprouted whenever, they would be less likely to be in the right conditions to grow into a plant and make more seeds! But those chemicals also make some of the nutrients in these foods less available to us when we eat them and make digestion more difficult in general. Sprouting takes care of that!

Sprouts are also delicious and, frankly, really fun. The texture of little green curlicues in salads or sandwiches is great. You can also add sprouted bean to soups and stir fries (the cooking time is way faster!). Sprouted grains make a great base for salads, and can also be dried in an oven or dehydrator and then ground into flour.

What will sprout?

Any fresh, raw seed – including nuts and grains! – should sprout. Some raw nuts, like almonds and peanuts, have been pasteurized,

which does prevent them from sprouting. There might be other reasons why something wouldn't sprout, like age or poor quality. If you're in the bulk department wondering, just find a staff member to find out more.

Materials

- A mason jar
- Cheese cloth and a rubber band or a sprout screen and mason jar ring
- Seeds to sprout (make sure they are organic or chemical free!)
- Lots of water
- Maybe a bowl

How to Sprout

Put a few tablespoons of seeds in a pint mason jar. Cover the seeds with cool water, swirl the water around, and drain. Add about a cup of cool water and let the seeds soak for at least 4 and up to 12 hours.

Drain the water and rinse the seeds again. Invert the jar in a bowl or your sink so excess water will drain, but make sure air can still circulate easily. Rinse the seeds twice a day (in the morning and the evening) for three to six days.

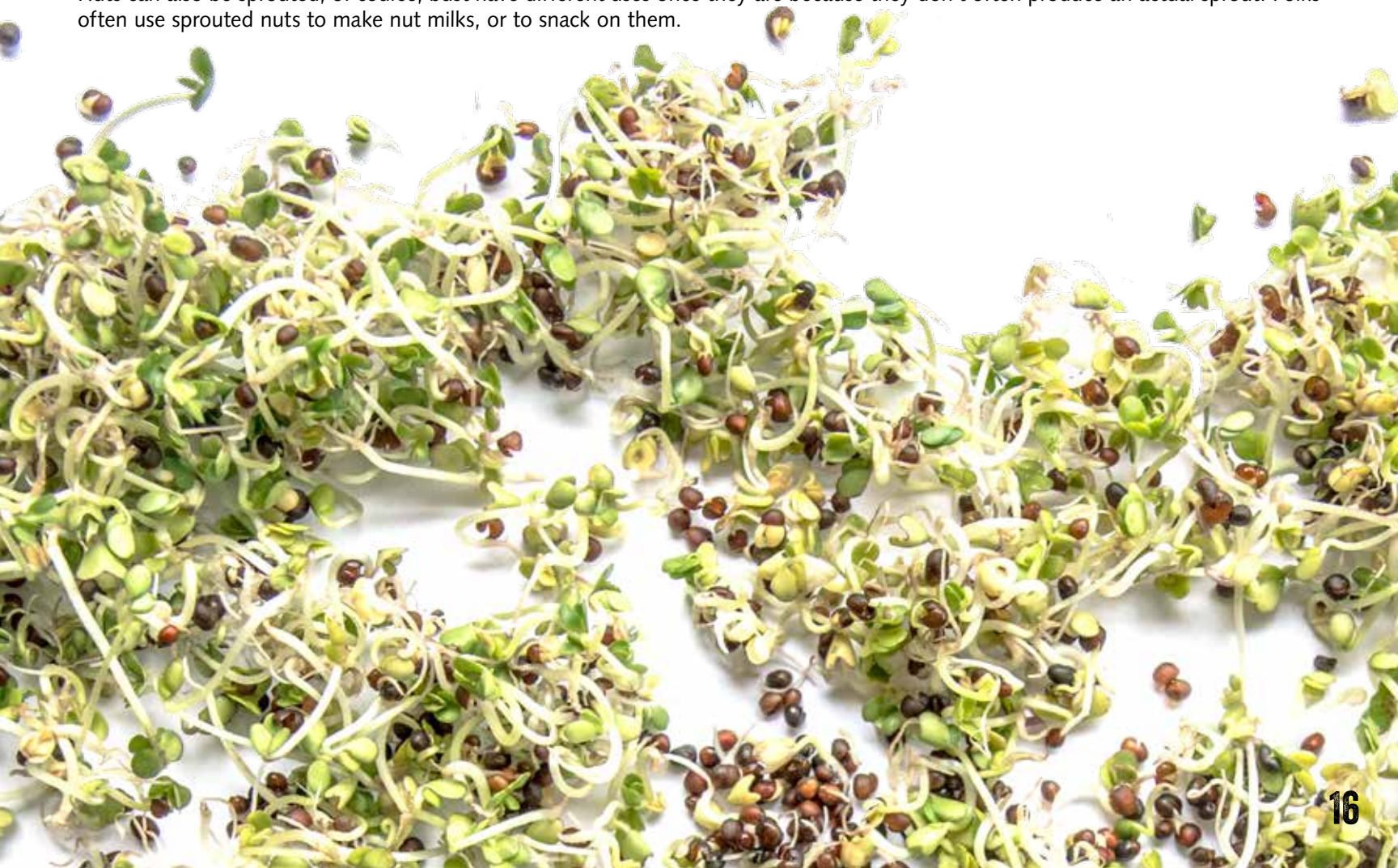
When the seeds are about one or two inches long, they are ready to eat! (Some seeds will have shorter sprouts, like pumpkin, amaranth, sunflower, millet, and quinoa). Cover the jar with its regular lid and refrigerate to store them. Enjoy!

A Handy Guide to Get You Started

	SOAKING TIME	DAYS TO SPROUT	FLAVOR NOTES
SEEDS			
Broccoli	8 hours	3-6 days	Mild broccoli.
Radish	6 hours	5 days	Spicy!
Fenugreek	6 hours	5 days	A hint of maple.
Clover	5 hours	5 days	Mild & nutty.
Alfalfa	8 hours	2-5 days	Earthy.
Pumpkin (hulled)	4 hours	24 hours	
BEANS			
Adzuki	8-12 hours	2-4 days	Hazelnuts meet beans.
Mung	8-12 hours	2-5 days	Crisp green water.
Peas	8-12 hours	2-3 days	Sweet, fresh peas.
Chickpeas	8-12 hours	2-3 days	Real earthy & buttery.
Lentils	8-12 hours	2-3 days	Spicy.
GRAINS			
Quinoa	2 hours	1 day	Extra nutty.
Amaranth	3 hours	1 day	Tiny, crunchy, fresh.
Buckwheat	6 hours	5-7 days	Nutty & plump.
Rye	6 hours	5-7 days	Sweet & nutty.

This list is just to get you started! There are way more seeds, beans, and grains that can be sprouted to a delicious end.

Nuts can also be sprouted, of course, but have different uses once they are because they don't often produce an actual sprout! Folks often use sprouted nuts to make nut milks, or to snack on them.



Sprout Salad

Adapted some from *Near & Far: Recipes Inspired by Home & Travel* by Heidi Swanson, a very good vegetarian cookbook.

- 2 cups sprouted mung beans
- 1/3 cup toasted almonds, chopped
- 1 ripe avocado, chopped
- Extra-virgin olive oil
- Salt & pepper to taste

Yogurt dressing (optional)

- ¾ cup Greek-style yogurt or vegan yogurt substitute
- ¼ teaspoon fine sea salt
- 1 handful arugula, chopped
- 1 small bunch chives, minced

In a large bowl, toss the mung beans and the almonds with a drizzle of olive oil and a pinch of salt. Add the avocados and gently fold once or twice more. Season with pepper if you want.

In a small bowl, combine the yogurt, salt, arugula, and chives. Serve the mug bean salad next to the yogurt mixture, maybe with another drizzle of olive oil on top. If you happen to have chive flowers, use them to garnish the salad.

Note: If you want to make something along these lines but aren't into the yogurt, just add the arugula and chives to the mung beans with the almonds! Squeeze some lemon juice over the top to account for some tang.

Potatoes with Sprouted Fenugreek

Adapted from tikulicious.wordpress.com.

- 2 large potatoes
- 1 cup fenugreek sprouts
- Pinch of cumin seeds
- 1 half inch of fresh ginger, peeled and grated or minced
- 1 small onion, chopped
- 2 fresh green chilies, chopped
- 4 tablespoons cilantro, chopped
- 1 tablespoon canola or other neutral cooking oil
- Pinch of asafoetida
- Salt to taste
- 1 teaspoon chili powder
- 1 teaspoon turmeric powder
- 1 teaspoon lime juice

Wash the potatoes and cut them into small cubes. Boil the potatoes until you can easily puncture them with a knife but they maintain their shape, about 5 minutes.

Heat the oil in a pan over medium heat. Add the cumin to the oil and let them sputter. Add the ginger, onions, and chilies, and sprinkle the asafoetida powder over them. Sauté until the onions are light golden brown and add the potatoes and half of the cilantro. Sprinkle the salt, chili powder and the turmeric powder over the potatoes, and stir to coat. Cook until the potatoes start to get a bit crispy. When they seem done to you (try one!) add the sprouts. Toss a few times so that the sprouts warm but don't cook thoroughly. Remove from heat and add the remaining cilantro and lime juice. Serve with rice, roti, or other bread. This also makes a delicious sandwich filling.

Sprouted Buckwheat Granola

Recipe adapted from nutritionstripped.com and ashleyneese.com.

- 2 cups raw buckwheat groats, soaked and sprouted
- ½ cup sunflower seeds (or your favorite nut or seed, chopped if they're big!)
- Liquid sweetener (maple syrup, agave, honey) or date paste (method follows)
- ¼ cup coconut oil, melted
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon fine salt
- Dried fruit, chopped if large (optional)

Preheat oven to 400°F. In a large mixing bowl, combine the coconut oil, sweetener, vanilla, cinnamon, and sea salt. Add the buckwheat sprouts, and stir to ensure the sprouts are coated. A rubber spatula might be best for the job. Spread the mixture evenly on a lined baking sheet and bake for 20 minutes. Stir the granola, and bake for another 20 minutes or until golden brown. Remove from the oven and let the granola cool. Add dried fruit if you so desire!

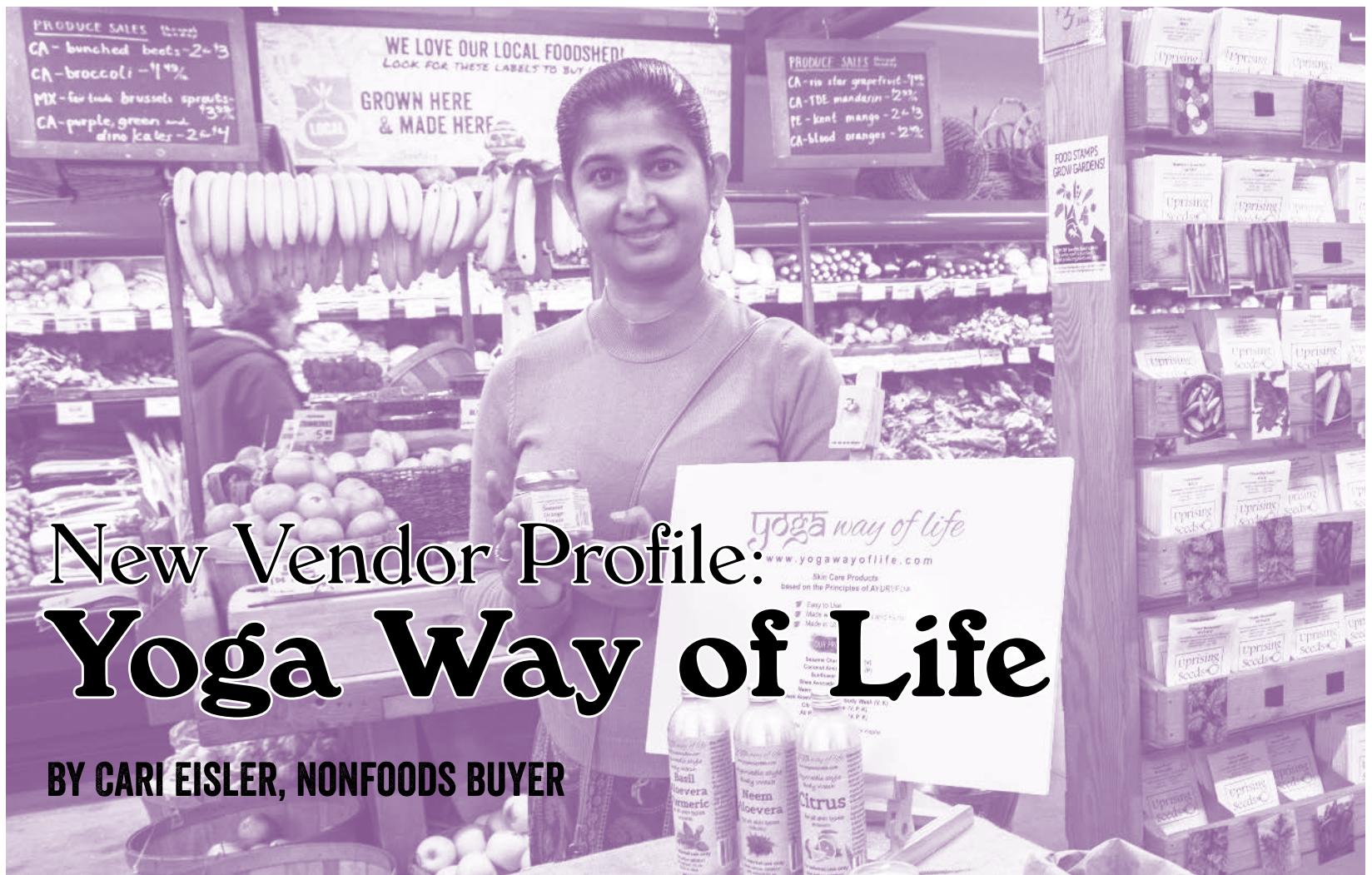
Date paste

- ½ cup pitted dates at room temperature
- ¼ cup very hot water

Cover the dates with the water. Let soften for a moment. Transfer to a blender (or use an immersion blender) and blend until smooth. The date paste will make for a clumpier granola, but you can substitute a liquid sweetener without issue.

If want to make a raw granola, omit the coconut oil, soak the sunflower seeds for 4-6 hours, use the date paste, and dehydrate for 8-10 hours at 115°F.





New Vendor Profile: Yoga Way of Life

BY CARI EISLER, NONFOODS BUYER

Yoga Way of Life cofounder Bharti Nagal collaborated with a team of Ayurvedic doctors to formulate her products, all of which use organic herbs and oils. A former IT specialist, Bharti is committed to Ayurvedic principles and providing a natural, organic alternative to other chemical-laden skin care products on the market. Ayurveda translates to “life knowledge” and is one of the world’s oldest whole-body healing systems at more than 3000 years old. The tradition is based on the belief that health and wellness depend on a delicate balance between the three fundamental bioelements called doshas: Vata (Space & Air), Pitta (Fire & Water), and Kapha (Water & Earth). These energies make up every individual and perform different physiological functions in the body. Many of the Yoga Way of Life products, which are made in Washington, are specific to each dosha and help to address symptoms of dosha imbalance like wrinkles, acne, oiliness, and dryness.

My winter skin felt both calmed and soothed by the Sesame Orange Cream. It is formulated to balance Vata dosha and its healing qualities extend beyond its usefulness for dry skin. Regular massaging with this cream has the potential to bolster the ability to handle stress, promote physical strength, and nourish muscles and skin, all while promoting joint movement and sound sleep. This cream, with all its potential, exemplifies the Ayurvedic principle of balancing body, mind and spirit.

The Coconut Almond Cream is formulated for balancing Pitta dosha and is good for oily skin. The coconut oil used in it is known in Ayurvedic formulas for its cooling properties and is therefore beneficial to the Pitta dosha, which is associated with the fire element.

The Sunflower Cream is designed to balance Kapha dosha and is made with a unique blend of sunflower, jojoba, and virgin coconut oils. Sunflower and jojoba oils are effective for many types of skin irritation.

All of the creams contain manjista root, which Ayurvedic medicine considers to be valuable for its rejuvenative properties. It has notable potential to improve complexion, acne, and evenness of skin tone. Manjista is also antibacterial and anti-inflammatory, properties that make it terrific for skin care.

In addition to the creams, Yoga Way of Life also offers bar soaps that are formulated for each dosha and are both gentle and moisturizing. The shea butter in the Vata soap is extra moisturizing and is paired with oat powder for its soothing quality. Neem, rosemary, turmeric and basil, with their antibacterial properties, help clear up skin rashes, eczema, and acne. The Pitta soap has barley grass and honey to decelerate signs of aging, and the Kapha soap is designed to be uplifting and invigorating with essential oils of sage and lime. Next time you find yourself in the body care section of the store, I recommend smelling the Basil Aloe Vera Turmeric body wash; using wonderfully scented soap in the shower would bring some delight to your bathing.

Hopefully you’ll catch Bharti when she is in the store demoing her products and have an opportunity to chat with her, as she is a wealth of knowledge about her products and Ayurveda. In the meantime, find a whole host of information on doshas and Ayurveda (plus terrific vegetarian recipes) on her website: yogawayoflife.com.



Great Bread Without the Work

BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER



This recipe isn't a secret. When The New York Times published now famed baker Jim Lahey's no-knead bread for the first time over ten years ago, it quickly became the most popular recipe that the newspaper ever published.

There is good reason for this, which you'll soon find out if you give this a shot (and, really, there is no reason not to if you haven't already – unless, you know, you don't eat bread). This recipe is dead simple. The ingredients are basic and super inexpensive. It doesn't require any special tools. But the results are really very good: that crispy crust that can be hard to get baking at home, a nice texture that will sop up sauce or soup or olive oil, a decent-sized loaf, a gentle tang from plenty of fermentation time.

It is also ripe for experimentation. Maybe you want to mix in some different kinds of flours – whole wheat, spelt, rye, some oat. Or add some herbs or spices – rosemary, caraway. Throw in some seeds or nuts, toss in some smashed garlic cloves or olives, mix in some cinnamon and raisins. The bulk section is really your playground, here.

We'll offer two departing places: an all whole-wheat sandwich loaf and the classic recipe (if you want to add in some whole wheat flavor, start with swapping a third of the all purpose flour for another flour of your choice). From there, get experimenting!

Recipes adapted very slightly from The New York Times.

No Knead Bread

- 3 cups all-purpose or bread flour, more for dusting
- ¼ teaspoon instant yeast (just give a little more time for the active dry yeast!)
- 1 ¼ teaspoons salt
- Water
- Cornmeal, or wheat bran as needed

In a large bowl combine flour, yeast and salt. Add 1 5/8 cups water and stir with your fingers until the dough is combined and there is no more dry flour; it will be shaggy and sticky. Cover the bowl with plastic wrap. Let the dough rest at least 12 hours, preferably about 18, at warm room temperature (around 70°F).

The dough is ready when its surface is dotted with bubbles. Lightly flour a work surface and place dough on it; sprinkle it with a little more flour and fold it over on itself once or twice. Cover loosely with plastic wrap and let rest about 15 minutes.

Using just enough flour to keep dough from sticking to work surface or to your fingers, gently and quickly shape dough into a ball. Generously coat a cotton towel (not terry cloth) or parchment paper with flour, wheat bran or cornmeal; put dough seam side (where the folds are) down on towel and dust with more flour, bran or cornmeal. Cover with another cotton towel and let rise for about 2 hours. When it is ready, the dough will be more than double in size and will not readily spring back when poked with a finger.

At least 30 minutes before the dough is ready, heat your oven to 450°F. Put a 6- to 8-quart heavy covered pot (cast iron, enamel, Pyrex, or ceramic) in the oven as it heats. When dough is ready,

carefully remove pot from oven. Slide your hand under the towel and turn the dough over into the pot, seam side up; it may look like a mess, but that is O.K. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and bake 30 minutes, then remove the lid and bake another 15 to 30 minutes, until the loaf is beautifully browned. Cool on a rack. Slice into it and enjoy!

No Knead Whole Wheat Sandwich Bread

- 2 cups whole wheat flour
- ½ cup whole rye flour
- ½ cup coarse cornmeal
- 1 teaspoon instant yeast
- 1 ½ teaspoons salt
- Oil as needed

Combine flours, cornmeal, yeast and salt in a large bowl. Add 1 1/2 cups water and stir until blended; dough will be shaggy. Cover bowl with plastic wrap. Let the dough rest about 4 hours at a warm room temperature, around 70 degrees.

Oil a standard loaf pan (8 or 9 inches by 4 inches; nonstick works well). Lightly oil your hands and shape dough into a rough rectangle. Put it in pan, pressing it out to the edges. Brush top with a little more oil. Cover with plastic wrap and let rest 1 hour more.

Preheat oven to 350°F. Bake bread about 45 minutes, or until loaf reaches an internal temperature of 210°. Remove the bread from the pan and cool on a rack.

Notes

Want to mix it up, but don't know where to start? Variations on this recipe are all over the internet. Give it a Google. Some of my favorite variation guides, of sorts, are from The Kitchn and Green Kitchen Stories.

When I made the no-knead bread with 1/3 spelt flour, my dough was super wet and hard to form after 18 hours! I did my best and threw it in the pot, and it turned out pretty great. The results are pictured! 🍞

More interested in sourdough? People's is offering another sourdough starter class on May 30th! Check out the details on the event calendar in the back of this magazine, and sign up at peoplescoop.eventbrite.com.



Spring Events

APRIL
29

MAKE YOUR OWN GREEN CLEANERS



Saturday, April 29, 10-11:30am

How would you like to clean your house without toxic chemicals while saving money? During this workshop, you will learn to make up to 10 efficient cleaning products from 10 natural ingredients that you can find at the Co-op (some even in the bulk section). No chemicals, no plastic, no waste. That's a great way to take care of your home while reducing your impact on the (and your) environment. You'll leave with your own green cleaner to use! \$10. Open to everyone. Registration required.

MAY
6

MAKE YOUR OWN PRODUCE BAG WITH THE FAR WOODS



Saturday, May 6, 10am-1pm

In this class we will be learning the basics of hand sewing as we each make a beautiful drawstring produce bag. Beginners and those with no sewing experience welcomed. Those who wish to brush up on hand sewing skills and practice while creating a functional product will also find this class useful. Let's make the leap together away from plastic bags! This is a crucial step toward a lesser impact grocery experience. Materials provided, but if you have a special fabric at home you'd like to use, please feel free to bring it. Open to all! \$25 + \$5 for materials. Registration required.

MAY
21

SNACK & DRAW!



Sunday, May 21, 5-7pm

Join People's Design Manager, Gabi, in the Community Room for a cozy evening of snacks and drawing! At this freeform drawing night, we'll have a still-life set up for you to draw from, but if you'd rather draw the space or the people around you, that's great, too. This isn't a drawing class (though Gabi will be happy to share tips and tricks and feedback) – it's an opportunity for you to relax and to transpose your perception of the world around you onto paper. We'll have some printed drawings from a handful of artists in a variety of drawing styles hanging in the room for inspiration. No artistic experience or skill required – everyone is welcome! Just bring your favorite drawing tools and a sketchbook or pad of paper. Free!

MAY
27

FERMENTING WITH KOJI



Saturday, May 27, 11am-1pm

Koji, the common name for the fungus *Aspergillus oryzae*, is integral to making many popular east-Asian delicacies. It's first mention in Chinese literature dates back to 300BC, making it a grandmother of ferments. Soy sauce, miso, and sake are all made using koji! It is grown on various substrates consisting of cooked grains & legumes (traditionally barley, rice or soy) each lending their own unique flavor to the finished product. There are some tricks to keeping it's temperature and humidity in the correct range during its 48-60 hours of incubation, but nothing that can't be readily accomplished in a modern home kitchen. Join Jason Duffany, co-founder of the Japanese food catering company Obon, for a hands-on talk & demo about the many uses & health benefits of this mysterious (but delectable) mold. \$35-\$65 sliding scale. Open to all. Registration required.

EVERY
SAT.

HUMANS OF COLOR YOGA



Now Every Saturday! 7:15-8:45pm

This class has been thoughtfully created by humans of color for humans of color. Our intention is to provide a safe space for those who identify as a person of color to come together to move, learn, talk, and create community with other humans like themselves. This will also be a gathering place for connecting and building communities of color. Free and open to all.

APRIL
5

NW VEG MASTER PROGRAM



Every Wednesday, April 5 through May 24, 6-8:45pm

This eight-week program will provide you with in-depth information about a healthy, environmentally sustainable, plant-based diet. Presentations will cover plant-based nutrition, the link between diet and chronic disease prevention, the environmental impacts of the foods we grow and eat, the lives of farm animals, and animal rights and welfare philosophies. This program will arm you with the tools you need to answer the tough questions about plant-based diets and vegan living. Everyone is welcome. The entire program is just \$45 for Northwest VEG members, \$60 for non-members, or \$30 for students and low-income folks. Register at NWWveg.org.

APRIL
22

UNDERSTANDING OPPRESSION



Saturdays, April 22, May 20, and June 17, 3-5pm

Our Ends Statement reads: "A passionate community working together for a safe, welcoming community where all are valued." To reach this End, we must intentionally create opportunities for dialogue within our community, for learning about oppression and each other. Join us for this info session during which we will create a common language and commitment for addressing how oppression shows up at People's and how we will interrupt it. This event is part of a monthly group that gathers at People's on **the third Saturday of each month from 3-5pm**. Free and open to all.

**MAY
30**

MAKE YOUR OWN SOURDOUGH STARTER

Tuesday, May 30, 6:30-8:30pm

This class is intended to introduce or refresh students on the basic functions of using wild yeast to make naturally fermented, healthful and delicious food! We'll cover the basic functions of a sourdough starter, looking at how it works and how we might use it, and then scope the process of making sourdough bread – examining dough and starters at different stages, and sampling a bread made by the instructor. We'll learn about what makes a naturally leavened bread, take a look at a few traditional methods, and then make our own sourdough starter to take home, along with a set of recipes! Free and open to all. Registration required.

**JUNE
3**

MINDFUL WRITING WITH REBECCA

Saturday, June 3, 10am-2pm

Both meditation and writing can help us explore our minds and make friends with what we find there. Bringing mindfulness to writing helps us work with our thoughts in all their vivid wildness, and even have fun in the process! In this workshop, we'll learn a basic meditation practice, then delve into brief writing sessions, using simple techniques to bring awareness to our experience as we write. We'll learn to give feedback in a kind and supportive way that increases the awareness of both giver and receiver. This workshop is open to all, regardless of experience with either writing or meditation. Bring a notebook and a favorite pen. \$30. Registration required.

**JUNE
7**

FOOD, SOCIAL IDENTITIES & JUSTICE

Wednesdays, June 7-28, 6:30-8:30pm

In this course, we will come together each week to discuss how our social identities and experiences in life help shape our answers to these questions and influence our ideas about food and justice. We will briefly touch on a number of topics including the philosophical definition of justice and the difference between moral and political claims about justice, urban vs. rural divisions in agricultural ethics, classism, sexism, and racism in food justice movements, labor rights in the restaurant industry, and gendered care labor. Readings outside of class will be drawn from both academic and popular sources. Foodies, chefs, cooks, farmers, and all critical thinkers welcome! \$94. Scholarships available. Offered in tandem with the Portland Underground Grad School. Register at pugspdx.com.

REGISTER ONLINE:

PEOPLESOOPEVENTBRITE.COM

REGISTER BY PHONE:

503.232.9051 EXT. 249

Grow your own Produce

COLE CROPS, GREENS, & SOIL BUILDING

Tuesday, April 11, 7-9pm

April is 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.

WARM-SEASON CROPS, EDIBLE FLOWERS, & ATTRACTING POLLINATORS

Tuesday, May 2, 7-9pm

In May, the weather typically gets warmer and many flowers begin to bloom. We will discuss reliable varieties of warm 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.

MAINTENANCE & HARVEST

Tuesday, June 6, 7-9pm

June completes 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.

Classes are \$25 per class or \$100 for 5 classes. A 20% discount is available to People's Member-Owners, please email Marisha directly to receive the discount.

For more information, contact Marisha Auerbach at queenbee@herbnwisdom.com.

Get in Touch with Your Board of Directors

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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 5:30-6:00pm that you can enjoy with your Board Directors and discuss your ideas casually. Afterwards stick around for the official meeting from 6:00-8:30pm. 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:

Tuesday, April 25, 6-8:30pm

Tuesday, May 23, 6-8:30pm

Tuesday, June 27, 6-8:30pm

The Seven 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 + Independence

Cooperatives are autonomous, self-help organizations controlled by their members.

#5 Education, Training + 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.



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PRESORTED STANDARD
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Earth Day

at the Farmers' Market

April 19, 2-6pm

JOIN US FOR OUR ANNUAL EARTH DAY CELEBRATION! FREE PLANT STARTS, GREAT LOCAL ENVIRONMENTAL ORGANIZATIONS, CRAFTS, AND DELICIOUS FOOD AND GREAT ORGANIC PRODUCE FROM OUR MARKET VENDORS!