

Fall 2019 • Free

COMMONS

THE FOOD CO-OP QUARTERLY NEWSLETTER • PORT TOWNSEND, WA



IN THIS ISSUE: *Gratitude*

Opportunity, Local, Food, Kids, Sharing, Community & Recipes!



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The Commons is published by The Food Co-op on a quarterly basis and comes out in January, April, July, and October. If you are interested in contributing content for *The Commons*, please contact marketing@foodcoop.coop to discuss your article idea. Articles should include stories about food, community, sustainability, and cooperation.

THE COMMONS FALL 2019

Each issue is a celebration of the changing season, our local farmers and producers, what's happening in our local kitchens and gardens, and opportunities to learn and share.

GRATITUDE

Our writers speak of gratitude as we head into the harvest season, a time of giving thanks and sharing food.

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So Much to be Grateful For!

by Kenna S. Eaton, General Manager

When I saw gratitude was the theme for this issue of the Commons, my first thought was how much I have to be grateful for. Just in the past two years alone, we have accomplished so much at the Co-op, building a new addition and refreshing almost our entire store. I'm grateful for our staff, who backed the project 100%, working tirelessly and cheerfully as they relocated the shelving as well as the contents of their departments and moved their workstations (sometimes more than once). Check out the website for some cool time lapse film of some of the midnight moves. During all that disruption, our teams focused on getting the job done, done well, and without interrupting your shopping too much. Staff pitched in whenever asked and often even without being asked. From beginning to end, it was a wonderful example of teamwork and participation. For that I am truly grateful.

I am also grateful to our awesome board of directors, who believed in our capacity to make this project happen. They didn't approve the expansion plan without first ensuring that we had done our homework and that we could afford this investment in our building. They trusted we were capable but also verified along the way that we were doing what we said we would do and in the manner we said we would do it. They supported the expansion wholeheartedly, and for that I am truly grateful.

I am also grateful to our local farmers and producers, all 130 of them! Part of the inspiration for our expansion came directly from them—we wanted to increase our capacity to buy and, in turn, sell more locally produced goods. During the expansion project, our vendors weathered repeated changes in ordering and delivery locations as the store evolved. We are truly indebted to all of them for their patience with the process and their steadfast dedication to making our community stronger.

Finally, I am grateful for our amazing members, who supported our store throughout the long process despite many challenges, from relocated doorways to porta-potties, from sawing to banging, and no dining room for almost a year. You took it all with humor and patience, even the search for that favorite product when it migrated yet again! (Sometimes there was a silver lining—you'd find a cool new product in its spot that you'd never known existed.) Thank you for your suggestions, comments, and kudos. Thank you for your patience as we make the final tweaks and adjustments. And thank you, all of you, for your belief in your cooperative as we work together to nourish our community. For all of you, I am truly grateful.



Rachel from Red Dog Farm delivers fresh local produce



Take Our Co-Opportunity Test

by Lisa Barclay, Board Member



- Do you find yourself at the Co-op almost every day, sometimes twice a day?
- Do you find yourself sighing with happiness when the first Purple Sprouting Broccoli arrives from Nash (or perhaps for you it's Red Dog radicchio, Finnriver blueberries, Midori Shishito peppers, River Run Hakurei turnips...)?
- Do you chat with staff as you wend your way through the store—perhaps Kathy as you pass the Customer Service Desk, Seth as you choose your deli salad, or Linda as you check out.
- Are you grateful that we have such an amazing food co-op in our small town?
- Do you like to organize things—events, meetings, or even documents?
- Are you good at listening?
- When there is a problem or a disagreement, do you seek solutions that everyone can live with?
- Are you interested in governance, perhaps in running for city or county office someday?
- Do you want to help make your community stronger and more resilient?
- Can you cook? (Ok, just kidding on that one.)

If you answered “yes” to many of these questions, maybe you should think about serving on your Food Co-op board!

I cannot deny it: board work does take a certain amount of time, usually 10 but sometimes 20 hours a month or so. It depends on how much work you want to take on. And yes, there are meetings!

If you have small children, don't let that stop you if you are interested in serving. Two of our board members have new babies, and we do

our best to make board work doable for them—for instance, by arranging child care at the Annex during board meetings.

Also, no prior board experience is necessary—we provide training to all potential candidates. This training takes time, though, so if you are interested, be sure to come to our next board meeting, November 5, to get started. The meeting is at the Annex (2110 Lawrence St.) from 5:30 to 8:30 pm, with a break for dinner.

Hope to see you soon!

BOARD MEETINGS

First Tuesdays of the month
The Co-op Annex
2110 Lawrence St.
5:30 to 8:30 pm
with a dinner break

Bunny's Bath-New Look, New Owner

The Co-op worked with Lyn Faas, an environmental chemist, for many years as she grew her expanding product line of natural soaps and body care. Lyn began her business in 2002 formulating handmade soaps and lotions using plant based oils. Last summer, Amy Pacifera purchased the business, kept the name and recently gave the product line a new fresh look.

Amy worked for years as a baker, but she always loved natural body care products, so when the chance came to take over Bunny's Bath, she took it. Her experience as a baker serves her well in her new career as the chief "cook" of Bunny's handmade soaps and skin products. And working at home enables her to spend plenty of time with her young daughter.



Amy just released a rebrand of Bunny's Bath, transitioning from the old logo to a new one featuring a "moon bunny." Amy found myths of a moon bunny in several cultures as she began her research for her rebrand project. In a Chinese version, the Jade

Rabbit is a companion to the moon goddess and pounds the elixir of life in her mortar and pestle. The Cree believe that the bunny rode to the moon by holding onto a crane's long legs. The bunny still rides the moon, and during mid-August, the shape of a bunny is visible on the moon from earth.



Find Bunny's Bath in Wellness-south nook BODY CARE section.

Bunny's Bath

Amy Pacifera, new owner of Bunny's Bath

Port Townsend, WA — 5 miles from the Co-op

When Amy's not tending to her business, she enjoys hiking, yoga, lighting candles, relaxing in hot water, and improvising silly songs for her new daughter.

BEANS for BAGS

by Andrea Stafford, Marketing Manager

We reward people for their sustainability efforts by giving 5 cents back for each reusable bag or container used. You can then either keep the bag credit, OR get a bean. Get a bean, you ask? If you choose a bean (= \$.05), you can choose where that money goes by dropping that bean into a jar, which represents 1 of 3 non-profits in the Jefferson County Community. Non-profits are nominated by member/owners and chosen by the Community Engagement Committee facilitated by our BOD. Two jars are rotated out bi-monthly, the third jar represents the Jefferson County Food Bank, which is supported year round.



In order to make a larger impact in areas that connect with our values, The Food Co-op gives priority to organizations and community groups that fit into the following categories.

- Improving Food Access
- Sustainable Agriculture, Land, and Sea Stewardship
- Healthy Kids, Families, and Animals
- Supporting the Co-operative Model



THE PROCESS:

October/November: Beans for Bags nominations open for 2020. Nomination forms will be available online or at the customer services desk. Forms due by Nov. 30th for consideration.



Early December: Board Community Engagement Committee will meet to vote on the 2019 recipients.

Late December: 2020 recipients announced.

Thanks so much for joining us in this process! Keep using those bags/containers because small change makes big change in our community. Over \$12,000 in donations, or 240,000 bags a year to be more exact.

Funds collected so far:

\$2,993.75	JC Food Bank
\$474.60	The Benji Project
\$692.20	JC Immigrant Rights Association
\$545.65	Sunfield Land for Learning
\$569.75	JC Farmers Markets
\$740.25	North Olympic Salmon Coalition
\$540.60	Food Bank Farm and Gardens
\$792.80	Peninsula Trails Coalition
\$405.70	JC YMCA

September/October:

JC Food Bank, Community Boat Project & Local Food Council

November/December:

JC Food Bank, Humane Society of Jefferson County & Port Townsend Cooperative Playschool

WIN \$250!



HOW?

Go to: www.foodcoop.coop/commons and take our Co-op Commons survey to be entered to win a \$250 Co-op Gift Card!

DIY Lip Balm

Delight someone special with a homemade gift!

Making your own lip balm is beyond easy. In a matter of minutes, you can craft a few tins to give as gifts (and one to keep for pampering yourself). What makes DIY lip balm so great? Not only can you make it just the way you like it, you can control the ingredients and use simple, natural ones — no petroleum found here! You should be able to find the supplies you need for this project in the Co-op's body care section.



TO MAKE LIP BALM SUPER SHINY, adjust the recipe by adding one teaspoon more of carrier oil.

Lip Balm Recipe

- 1 tablespoon grated beeswax
- 1 tablespoon shea butter
- 2 tablespoons carrier oil (sunflower, castor, almond or jojoba)
- 10–15 drops essential oil
- 1 teaspoon honey (optional)

1. Melt beeswax, shea butter and oil together in a small bowl in the microwave. Or use a double boiler or a heat-safe bowl over simmering water.
2. Stir until ingredients are liquid, then add essential oils and optional honey. Mix well
3. Transfer to a large eyedropper, syringe, or container with a spout, and divide liquid among four ½ ounce lip balm tins.

Customize with essential oils for endless scent combinations:

CHOCOLATE MINT: 7 drops peppermint, replace shea butter with cocoa butter

CINNAMON-SUGAR DONUT: 4 drops vanilla, 4 drops cinnamon, 2 drops clove oil

COCONUT: Use coconut oil as the carrier oil

VANILLA ORANGE: 5 drops vanilla, 5 drops sweet orange

ROOT BEER FLOAT: 3 drops anise, 3 drops spearmint, 2 drops vanilla

VANILLA ROSE: 5 drops vanilla, 5 drops rose

MEDICATED (has antibacterial properties): 5 drops tea tree, 5 drops peppermint



DIY Bath Salts

EASY
Gift
IDEA

Choose your ingredients for beauty and budget. Exotic salts will likely cost more than the common salts, but can be lovely as a gift. Fine grain salts will dissolve completely, a larger grain will take longer. Focus your essential oils on different intentions such as relaxation, invigoration, or congestion relief.

Bath Salts Recipe

In a large bowl, mix to combine:

6 parts coarse sea salt

3 parts Epsom salts

1 part baking soda

5 - 20 drops of essential oil

(optional) 2 - 3 tablespoons dried herbs

Place herbs in a small cotton bag to keep the tub tidy.

SEA SALT contains trace mineral found in sea water. The color and texture vary depending on where the salt is harvested. Himalayan sea salt creates a heavy mineral bath.

EPSOM SALT is not really salt, it is a naturally occurring mineral compound of magnesium and sulfate, and its inexpensive.

IODIZED SALT is not recommended.

PACKAGING

Choose a tightly sealed jar or bag to seal out moisture.

Gifts of Gratitude

from the Wellness Department

Made in PT



Plastic Free



Made in Washington



When Food was Money

By Liam Cannon, POS Tech



Ever since Grog agreed to trade his mammoth for Zorg's 200 pterodactyl eggs, there has been a bartering system. Since money wasn't invented yet, Grog had to use what he had available. By definition, bartering is an exchange of goods or services without using money. What we call money has changed over time and that definition is a bit blurry. Our system of exchanging one thing for another hasn't changed much over time. Let's explore how food has been used as money throughout history.

Without getting bogged down in the fine details of economics, there are three primary types of exchanges. *Representative money* is a token or certificate that has no value in itself but is backed by something of value which can be exchanged for a commodity. *Fiat money* has no intrinsic value, no backing commodity and has its value determined by a governmental body. *Commodity money*, which is what we are interested in here, has value in itself and is recognized by both parties as having value.

B.C. Chinese treatise. Salt's historic importance is present in our language too. Have you ever wondered where the phrase "not worth his salt" comes from? It came from the common practice of ancient Grecian slave traders using salt to barter for their slaves. The Romans gave us "salary" from the Latin word "salarium" which means "salt money." Soldiers and civil administrators were paid an allowance of salt which in turn could be used to purchase other goods.



Because cocoa trees were once very rare and highly desirable, they were also used as a form of currency in several cultures. The Maya were among the first to cultivate cocoa trees and along with the Aztecs were the first

to use its beans as a means of bartering. The bean was held in such reverence, that they created Xocoatl, a chocolate flavored drink available only to warriors and nobility. It is uncertain why, but Aztecs kept their cocoa in bags holding precisely 24,000 beans. The Spanish, after invading Aztec lands in 1519, brought cocoa beans back to the European continent. From here, it spread to Latin America, where its bartering power in 1712 Brazil emerged as a decreed legal commodity along with sugar and cloves. Unfortunately, once cocoa beans became a widely acceptable form of payment, fraud raised its ugly head. It wasn't



Of all of the foods that have been used as money throughout history, salt has been used the longest. In fact it is still used in remote parts of Ethiopia today. It has always played an important role in the world's economy, caused wars, and influenced human migration. The first known documented reference to this dates back to a 2700

uncommon for unscrupulous traders to remove the tasty innards of the bean and replace it with mud, maintaining its appropriate weight to unsuspecting buyers. It was discovered that dirt made a poor substitute for chocolate. Mud pies were discovered later.

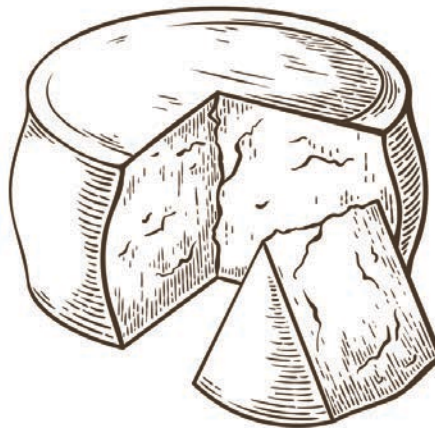
Northeast of Australia in the Soloman Islands, inhabitants once used the Reng as their currency. It was a ball of turmeric spice wrapped in coconut fibers.

Prior to the Ming Dynasty (1368-1644) China commonly used tea bricks as currency. They were formed by pressing ground black, green or fermented tea leaves into molds. Sometimes the tea was mixed with manure, blood, or flour as a binding agent to maintain its block-like form. The Chinese Emperor personally oversaw its production and had a monopoly on the process.



Before the 7th century, Japan used gold powder, arrowheads and rice grains for payment. It was common for the governmental military, to collect taxes from the villagers in the form of rice. I wonder if I can use rice to pay my property taxes? They used a form of measurement, borrowed from China, called the koku which is roughly equivalent to 5 bushels or 48 US gallons.

While not exactly food, the Bafian people of what is now known as the Republic of Cameroon, used a potato masher for their currency. The tool, sometimes called an ensuba, was made of heavy iron, about 11 pounds, and was used for only major transactions. Goats, cattle, and salt were also used as a medium of exchange.



In old Italy there is a form of currency that's anything but cheesy. It is cheese, specifically Parmigiano Reggiano. Not to be confused with its well know imitation, Parmesan. Current Italian trademark laws protect the name Parmigiano Reggiano: the cheese must be made with its specific recipe, using specific high quality ingredients within a specific region of Italy. It was originally used for transactions as far back as Medieval times, but is now making a comeback as bank collateral held in temperature controlled vaults. Credito Emiliano is one of the banks reviving Italy's financial systems. As an example, Mauro Rossi needed a bank loan for his small business. He provided 20,000 wheels of Parmigiano Reggiano to the bank in order to attain his loan as collateral. Because this cheese requires 18-36 months of aging and is highly prized worldwide, one wheel is worth thousands of dollars. Most Italian banks consider this to be a serious asset.

These are just a few examples of how food has been used as currency throughout history. One thing is evident though, only quality food seemed to have long lasting value. Maybe past civilizations saw value in eating quality, nutritious foods. Before you use that fast-food hamburger to purchase a new car, think again.

Liam Cannon has worked for the Co-op for 4½ years, as a cashier and currently a POS Tech. He's always been interested in history and food. Liam is writing a book about Victorian era advertising, which led him to launch his new online business, "Victorian Tees."

The coop explorers!



Our Farms, Our Food

by Lisa Barclay, Board Secretary

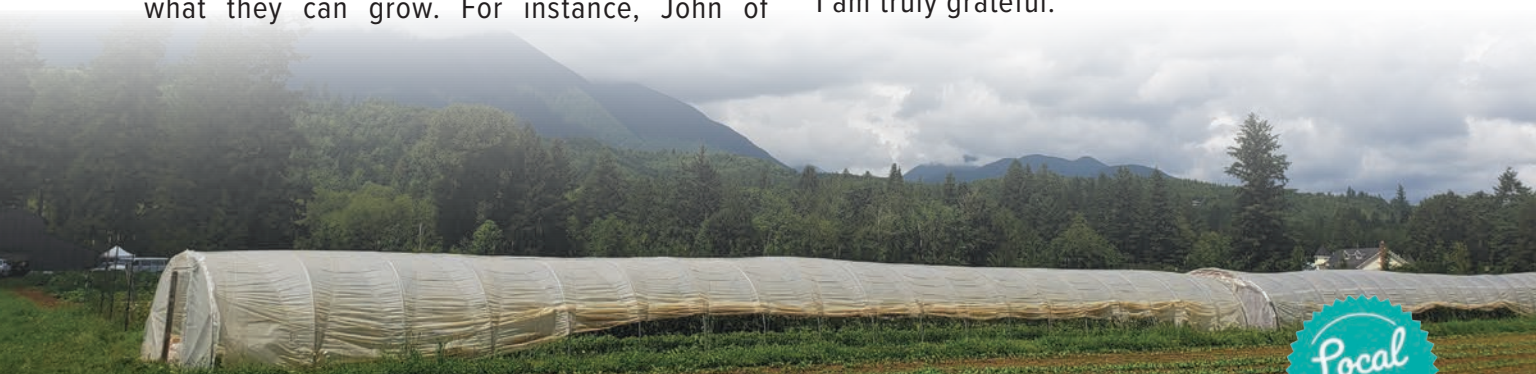
I work trade at a local farm, so I know what it is like to crawl around weeding tiny carrots or to toss tons of squash to harvest a field. But I only do it four hours a week—our local farmers do it for six or even seven days a week. I'm extremely grateful that they love farming enough to do this!

"Why is local food so important? Three reasons immediately stand out for me: taste, nutrition, and community resilience."

Taste and nutrition depend a lot on freshness. Most foods begin to lose flavor and nutrients as soon as they are picked, so not having far to travel can make a big difference. Healthy soil also contributes to taste and nutrition, and our local farms take care of their soil, helping ensure micronutrients for plants to take up and pass on to us. Plus, they love food and farming, so they experiment to see what they can grow. For instance, John of

SpringRain Farm has been able to grow ginger! Midori's popcorn is amazing—small, dense, flavorful kernels. And Rachael's goat milk ricotta (Mystery Bay Farm) is a revelation each spring, just to name a few successes. Our farms support local resilience in several ways. As with all locally owned businesses, they help keep our money in our community. But growing our own food also protects us from the consequences of disasters, natural or otherwise. A diverse range of local farms is more resilient than a distant, centralized agribusiness. In times of increasing uncertainty, both climatic and political, it's good to know where your food comes from and to have it be close. Plus, diverse farms can hedge against individual crop failure or disaster, as when unseasonable snow last year caused migrating birds to eat all Nash's purple sprouting broccoli.

This is a hard area to farm—the glacial soil can be thin and summer is short—but our farmers persevere. For their hard work and great food, I am truly grateful.



What's Local & In Season

In the fall we have a bounty of local produce! As we head into the colder months our local list shortens a bit but we receive local produce all year round. Right now look for:

Apples, Arugula, Baby Broccoli, Beets, Broccoli, Brussels Sprouts, Burdock Root, Cabbage, Carrots, Cauliflower, Celery, Chard, Collards, Endive, Frisée, Escarole, Dandelion, Fennel, Garlic, Herbs, Horseradish, Jerusalem Artichokes, Kales, Kohlrabi, Leek, Lettuces, Microgreens, Mustard Greens, Parsnip, Pea Greens, Potato, Pumpkin, Quince, Radicchio, Radish, Rutabaga, Salad Mix, Spinach, Squash, Stir Fry Mix, Turnip, Winter Squash

CAMPAIGN GOALS



Grow and sustain sales for local farmers and food producers



Grow sales for locally owned food business i.e. grocery stores, bakeries, restaurants, fisheries, and wine, cider and beer makers



Minimize barriers for institutional food buyers i.e. hospitals, schools, retirement homes, community organizations who want to purchase local and regionally sourced food



Increase access to local and regionally sourced food for low-income and rural populations



Serve as the trusted community resource for finding seasonal, local and regional foods from the Olympic Peninsula region.



Educate consumers on how to use local crops and when they are in season.

EAT LOCAL FIRST

Olympic Peninsula

The Eat Local First - Olympic Peninsula (**ELFOP**) campaign strengthens Olympic Peninsula farms and producers by engaging the community through education, promotion and access to build a diverse and vibrant local food economy.

ELFOP is a collective impact marketing campaign (members shown below) designed to educate consumers through various channels of distribution about local/regional food choices available in Jefferson and Clallam counties. The campaign will help build market demand and increase access to locally grown and produced food through targeted strategies to engage certain sectors of the community including low-income and rural communities, institutional purchasers and culinary professionals.

The Eat Local First Olympic Peninsula campaign is hosting a Farm to Table Trade Meeting on November 18, 2019 at the Fort Worden conference center. This event builds on the success of last year's Local Food Expo. The Trade Meeting will serve as an opportunity

for producers and growers to connect with buyers across the region who are looking to purchase locally sourced foods. There will be a panel discussion of best practices from the perspective of an institution, a restaurant and a retailer. A farmer will also be part of the panel to share their experience and knowledge of working with these types of purchasers. There will also be an opportunity for buyers and producers to meet one on one. Eat Local First partners planning the event are inviting producers and buyers from Clallam, Jefferson and Kitsap Counties. They anticipate at least 100 participants representing each sector. This event is part of the ongoing work of the Eat Local First campaign intended to strengthen regional farms and producers by engaging the community through education, promotion and access to build a diverse local food economy.

Find out more at <https://supportlocalfood.org/eat-local-first-olympic-peninsula>



Smart, Creative Alternatives to Lawns

by Barbara Faurot, WSU Extension Master Gardener & Veteran Master Gardener Muriel Nesbit

In the United States, we grow roughly 40 million acres of lawn, making turf grass our single largest irrigated “crop.

“More than three trillion gallons of clean water are used each year to water lawns!”*

This creates excessive run-off of water, fertilizer, and herbicides, resulting in lower stream flows, drier soil, and negative impacts on fish and wildlife. And a lot of work for people who water, fertilize, weed, mow, and rake their lawns. If you're ready to re-think your lawn, there are several alternatives and some small changes that can help save water, time, and money; support native pollinators and other wildlife; and create beautiful, fragrant features in the home landscape. By reducing the area of your lawn, you can create a cottage garden, with a dense mix of plantings, such as pollinator-friendly perennials, herbs, shrubs, mosses, and small trees. You can incorporate pathways with mulch, gravel, or hardscape. Of course, your plants will still need some water, but the plant density will help shade roots and preserve soil moisture.

A flowering lawn, or “ecology lawn,” is a mix of grasses, herbs, and wildflowers that can be treated much like a regular lawn but requires less water and fertilizer, and less frequent mowing. Introducing low-growing flowers to your lawn

helps pollinators, creates deeper roots, and improves soil health. Possible plant choices are *Trifolium repens* (Dutch white clover), which captures nitrogen and helps feed the lawn; *Thymus* spp. (creeping thyme); *Prunella vulgaris* (self-heal); and others. “Ecology lawn” seed mixes developed for the Pacific Northwest are also available commercially.

To get started, either over-seed a traditional lawn with pollinator-friendly seeds or create a blank slate by removing existing grass and planting your desired mix of grasses and perennials. You can experiment with a small section of your lawn to start. Many walkable ground covers are attractive and durable, and require less water. Examples are *Herniaria glabra* (green carpet creeper), *Fragaria chiloensis* (coastal strawberry), *Carex praegracilis* (short green sedge), *Thymus praecox* (woolly thyme), and *Pratia pendunculata* (little star creeper). Each has different attributes in terms of drainage, “mowability,” tolerance to foot traffic, and water needs.

For an existing lawn, you can water as needed instead of using an automatic sprinkler. Slow-release organic fertilizers help reduce the need for both fertilizer and “weed and feed” products, which can introduce unnecessary herbicides into your soil. Use herbicides sparingly and only where needed.

* According to the U.S. Environmental Protection Agency, Office of Wastewater Management.

If you're looking for guidance on any of these lawn alternatives, contact the Jefferson County Master Gardeners online at extension.wsu.edu/jefferson/plant-clinic/ or attend our Plant Clinics starting in April. For more information on landscaping and gardening, view our upcoming events at extension.wsu.edu/jefferson/calendar, or check out the Master Gardener Foundation's annual Yard & Garden Lecture Series beginning in January 2020 at jcmgf.org.

Fall Classes & Events @ The Food Co-op

For our complete class & event, list visit: www.foodcoop.coop/calendar

Date/Time	Event/Class	<i>All are welcome!</i>	
		Non-member	Co-op member
Sat Oct 5th 10:30am-2:30pm	Cooking with the Co-op - Glorious Foods of Greece with Sidonie Maroon at Market Kitchen	\$40	\$25
Sun Oct 6th 5-6:00pm	ASK THE CHEF Store Demo - Glorious Foods of Greece at The Food Co-op	Free	
Sat Oct 12th 10:30am-2:30pm	Cooking with the Co-op - Glorious Foods of Greece with Sidonie Maroon at Market Kitchen	\$40	\$25
Sun Oct 13th 11:30am - 2pm	Ayurvedic: Inspired Detox with Bharti Nagal at Market Kitchen	\$50	\$40
Wed Oct 16 noon - 1pm	Lunch & Learn: Edible Mushrooms with Linden de Voil at the Co-op Annex	\$5	Free
Sun Oct 27th noon-1:30pm	Wild Edibles Walk: Beach Edition with Nancy Slick - meet at North Beach	\$30	\$25
Sun Nov 3rd noon-1:30pm	Wild Edibles Walk with Nancy Slick - meet in the Food Co-op courtyard	\$30	\$25
Sat Nov 2nd 1pm - 3pm	Spices, Flavor, Technique, Meal Planning & Innovation with Sidonie Maroon at The Co-op Annex	\$40	\$25
Sun Nov 3rd 5-6:00pm	ASK THE CHEF Free Store Demo - Recipes from Provence with Sidonie Maroon at The Food Co-op	Free	
Sat Nov 9th 1pm - 3pm	Spices, Flavor, Technique, Meal Planning & Innovation with Sidonie Maroon at The Co-op Annex	\$40	\$25
Sat Dec 7th 1pm - 3pm	Healthy & Happy Holidays with Sidonie Maroon at The Co-op Annex	\$40	\$25
Sat Dec 8 5-6:00pm	ASK THE CHEF Free Store Demo - Holiday Appetizers with Sidonie Maroon at The Food Co-op	Free	
Sat Dec 14 1pm - 3pm	Healthy & Happy Holidays with Sidonie Maroon at The Co-op Annex	\$40	\$25

 @ The Food Co-op
414 Kearney Street Port Townsend

 @ The Food Co-op ANNEX
2110 Lawrence St. Port Townsend

 @ Market Kitchen
1433 W. Sims Way Port Townsend

Helping Our Neighbors Eat Well

by Bekka Bloom, Dove House

The Food Co-op helps Dove House supply basic needs to our neighbors in Jefferson County who have experienced trauma. When basic needs are taken care of, survivors are better able to focus on the many things that comprise a stable, healthy, and meaningful life. The Co-op's annual \$500 grant supports our emergency shelter's Healthy Meals program and increases access to organic, whole foods for clients who are in need of groceries.

Dove House's emergency domestic violence shelter is much more than a place to sleep. It is where approximately 60 families call home each year for an average stay of 104 days. With a variety of services, shelter guests begin healing and deciding their next steps. For many of the families who stay in our shelter, mealtimes have often been a time when violence, or the threat of violence, was present in their lives. Healthy

Meals offers family-style, sit-down meals that are an opportunity to experience safe and enjoyable dinnertimes as well as build community and peer support at the shelter. Shelter guests are invited to assist in preparing the meals while discussing how to incorporate seasonal vegetables, stock a pantry using bulk items, and sharing creative ideas for using leftovers. Recipes for the meals are provided, and leftovers are stored in the shelter fridge for all guests to enjoy.

A portion of the Co-op's grant comes in the form of gift cards that are given to our clients who are in need of groceries. Our partnership with the Co-op increases access to healthy food, including organic choices, alternatives for those with food sensitivities, and bulk purchasing options for those who may not yet be familiar with The Food Co-op or who have wanted to try new eating choices but have lacked the financial access in the past.



Horses + Lizards + Hampsters = Love

by Anna Maria Wolf

Before I could speak, I loved animals and just wanted to be around them. I announced that I wanted to be a vet at the age of four. I had cats, guinea-pigs, a rabbit, and a tortoise, but I begged for a dog. Finally, when I was ten, I got my first dog, Patch, an English Springer Spaniel, aged two. He started to lose his vision a couple of years later and my parents took him in to the vet to let him cross the Rainbow Bridge, thinking it was for best. Heartbroken and sobbing, I didn't know what I was going to do without my best friend. Then my parents came home and suddenly I saw Patch leap out of the car! The vet had sent him home, where he lived a long, healthy life and never let his blindness slow him down.

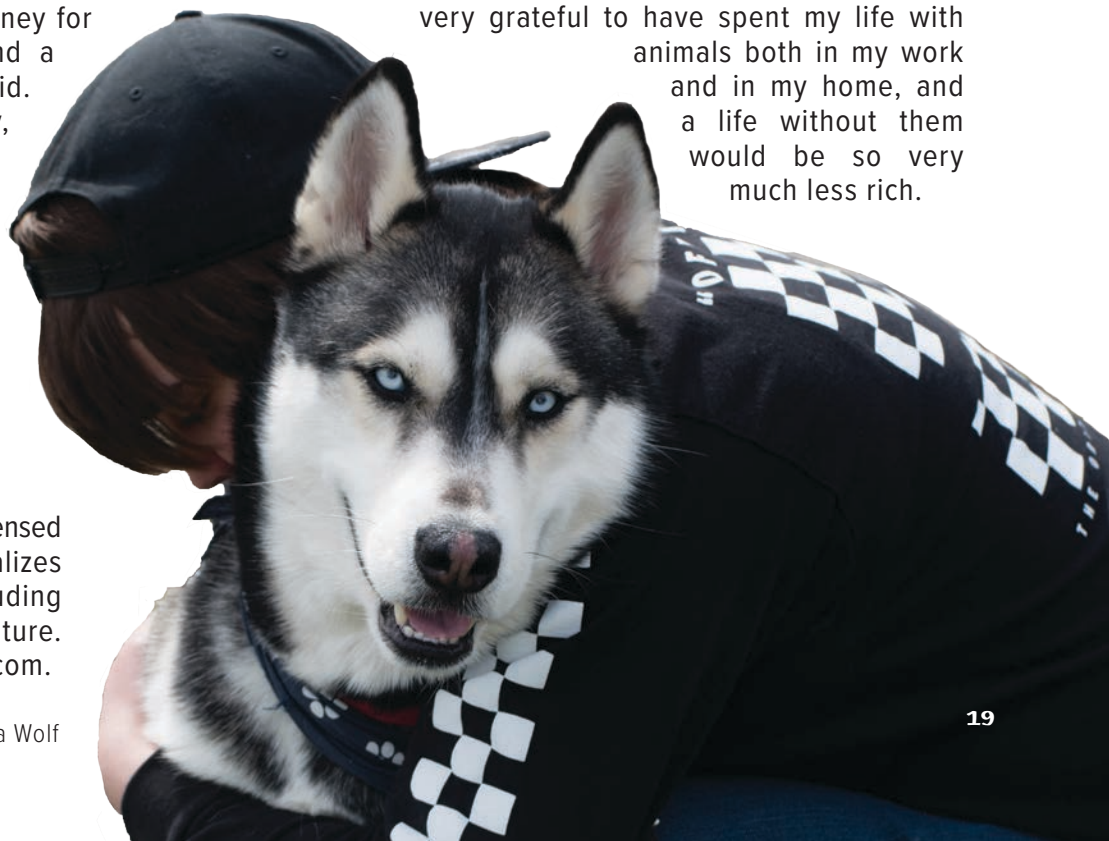
Animals can teach us so much about resilience, healing, and living in the moment. I begged for a horse and spent every weekend at the local horse barn, cleaning stables for an extra ride and to be with the horses. My parents said if I saved up the money for a horse, they would find a place to keep it. So I did. When I was sixteen, Harry, the Appaloosa, came into my life, and we moved into a place

with an old barn and pasture. When my parents got divorced, my mother converted the old stone barn into a house, and we lived there. I rode many miles on this amazing horse—every day for a year to my first job on a farm before I went to college, and to dairy farms twice a day, at dusk and dawn, through rain and snow, when I was in vet school. I learned a lot about balance, and determination, and achievement.

I became a holistic vet when my beloved dog Isis almost died but was saved with holistic medicine. All my life I have rescued many animals. I find the animals we need come into our lives when we need them. I've learned from chickens, from lizards, and from hamsters, and I've seen how animals can transform us throughout our lives. Lately, I needed more fun and laughter, and out of the blue, my latest dog, Trico, bounced into my life. Through animals, I've learned much about love and compassion, loss and sorrow, patience and frustration, and of course, laughter. I am so very grateful to have spent my life with animals both in my work and in my home, and a life without them would be so very much less rich.

Dr. Anna Maria Wolf is a licensed veterinarian who specializes in holistic care including homeopathy and acupuncture. Check www.petsynergy.com.

photo by Dr. Anna Maria Wolf



Gratefully Befriending Food

CLASS
INSTRUCTOR
SEE PG 15

by Sidonie Maroon, A Blue Dot Kitchen

Students often ask how to get out of a kitchen rut. You know, making the same meal over and over, and dreading cooking. My advice is to befriend your food—bring one ingredient, tool, or approach into your life at a time. Go deep and explore, take risks and allow adventure. Let yourself have the time and space to get to know the ingredients and tools of the kitchen, just as you would for any pursuit or passion. Food is important—give it its due, one pineapple or potato at a time.

I like getting to know ingredients, to see if they have a place in my kitchen. This year I've added red palm oil, avocado oil, bones to make pho, and psyllium seed husk to my diet, because we used them in the Co-op cooking classes.

Sometimes I use familiar ingredients in unusual ways. For instance, I now use sunflower seeds to make chapatis and bread. I've used sunflower seeds all of my life, but never as a flour—or as a fermented cheese, or as a dessert base.

I enjoy setting my own pace, not trying to make too many changes at one time. It takes the pressure off and makes cooking enjoyable. I like to stay curious. I ask the Produce staff for a taste of unfamiliar fruits and vegetables. Or I ask Jacob, the meat manager, what he does with an unfamiliar cut or the Grocery staff about products on the shelf. If I hear about something interesting that the Co-op doesn't carry, I'll ask them to stock it. They now carry monk fruit powder because I asked.

When I'm out of the habit of using an ingredient, I'll befriend it again. Right now, I'm hanging with black beans. They've showed up for the Brazilian stews and the Oaxaca regional foods classes, and I discovered that they're fabulous for adding moisture to baked goods, as in black bean brownies.

One ingredient leads to another, so I'm never short of food friends. New ingredients lead to new techniques, new techniques lead to new equipment, new equipment inspires new ways of doing the same old thing. Ingredients, techniques, and equipment lead to new recipes, articles, and people to help me understand food better and spice up my culinary landscape.

Befriend real food, instead of packages. Individual food ingredients are where the challenge and adventure lies. Here's some ingredients I've befriended: millet, mung beans, yams, coconut sugar, tomatillos, celeriac, and beets.

This year, I've made two appliance friends. I've learned to use the Instant Pot, writing lots of recipes for it and incorporating them into my cooking classes. I cook beans and meat in the Instant Pot, plus I make yogurt and almost all of our Indian dishes in it. The Vitamix has also become indispensable. I use it to grind nuts and seeds into flour as well as to puree velvety sauces and soups.



You can freeze the extra refried black beans and sauce in small containers for quick meals.

Instant Pot Black Bean Enchilada Sauce & Refried Beans

Makes 5 cups beans and 2 cups sauce
1 ½ hours including cooking time

With this recipe, you get a flavorful sauce and refried beans all in one. To make black bean enchiladas, dip soft corn tortillas in the sauce, layer cheese inside, and fold into fourths. Serve the refried beans on the side with a spicy salsa.

Instant Pot Ingredients

- 2 cups dried black beans, rinsed & picked through
- 6 cups water
- 1 white onion, sliced
- 6 cloves garlic, peeled
- 1 dried pasilla chili
- 1 dried ancho chili
- ½ teaspoon anise seed
- 2 bay leaves
- 2 teaspoons sea salt
- 1 tablespoon avocado oil

Finishing Ingredients for Bean Sauce

- 1 cup water
- ½ teaspoon sea salt
- 1 tablespoon apple cider vinegar

Finishing Ingredients for Beans

- 1 teaspoon sea salt
- 2 tablespoons avocado oil
- 2 teaspoons apple cider vinegar

Directions

In Instant Pot

Add the dried beans to the pot with the other ingredients, stir to combine. Check the seal, put on the lid, and set to high pressure for 25 minutes with a natural release.

Finishing the Sauce

Strain the cooked beans and flavor ingredients, reserving the bean liquor. Add bean liquor back to the Instant Pot. Take the chilies out of the strained beans, remove their tops, and rinse the seeds away (a few seeds are ok). Add the chilies to a high-speed blender with 1 cup of water and 1 cup cooked beans. Puree until smooth. Add the puree to the bean liquor. Set the Instant Pot to medium sauté and simmer the sauce down for 15 minutes, reducing the heat, if necessary, and stirring occasionally so that the sauce doesn't burn. It should thicken but still be pourable. Taste and then add salt and vinegar.

Finishing the Beans

Add beans and flavor additions to a high-powered blender with 2 tablespoons avocado oil and 2 teaspoons of apple cider vinegar.

Black Bean Brownies

Makes one 9-inch square cake

You are not going to believe that these delicious, moist brownies are made with black beans! They're also low in sugar, gluten, and dairy and egg free.

Ingredients

- 1¼ cup sunflower seeds
- 1 cup carob flour
- 3 tablespoons flax meal
- 2 tablespoons roasted chicory root
- 1 teaspoon cinnamon
- ¼ teaspoon baking soda
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- 1 teaspoon monk fruit powder
- 1 cup unsalted black beans
- ¼ cup olive oil
- ¼ cup honey
- 2 tablespoons water
- 2 teaspoons vanilla extract
- 2 tablespoons apple cider vinegar

Directions

Grease the bottom of a 9-inch square cake pan. Preheat the oven to 350 F. In a high-powered blender, grind the dry ingredients into a coarse flour. Scrape out the dry ingredients into a mixing bowl. Add wet ingredients to the blender. Blend until smooth. Add wet ingredients to dry and mix together with a rubber spatula. Pour batter into cake pan and bake for 25 minutes. Cool before cutting.

Spicy Apple Chutney

Makes about 1 ½ cup

Ingredients

- 1 Tbsp. olive oil
- 1 large or 2 small shallots, chopped
- 1 ½ tsp. yellow mustard seeds
- generous pinch kosher salt
- 1 large apple, cored and chopped
- 1 jalapeño pepper, pith and seeds removed, finely chopped, or
- 1/8 tsp cayenne pepper
- 1 Tbsp. fresh lemon juice

Steps

In a small sauce pot over medium heat, sauté shallots and mustard seeds in oil with a generous pinch of salt until mustard seeds begin to pop, about 3 minutes. Add apples, jalapeño or cayenne, and lemon juice. Cook, stirring frequently, until apples begin to break down, about 5 minutes. Transfer to a jar and store in the fridge until ready to use.

Mindful Meals by Ana offers weekly meal delivery of locally sourced, organic, and seasonal dishes. See www.mindfulmealsbyana.com.



Wild Mushroom Legume Burgers & Spicy Apple Chutney

by Ana Tkacik

For wild foragers, autumn is a particularly fruitful season. Sleepy mycelium begin to blossom, sending up glorious mushrooms of every shape. We gather these wild foods ethically by taking only a portion of the mushrooms and spreading spores of gratitude as we walk on the soft forest floor. Thanks to the thriving ecosystems of the Pacific Northwest, we are nourished for the winter to come.

This recipe is versatile. Most any wild mushroom—oyster, chanterelle, lobster, shiitake, cremini, portobello —can be chopped up, cooked down, and added, along with your favorite beans or lentils and autumn seasonings.

See [Edible Mushroom class](#) - page 17



Wild Mushroom Legume Burgers

Makes 4 large burgers or 8 sliders

Ingredients

- ¼ cup olive oil, divided
- 1 small yellow onion, finely chopped
- 1 celery stalk, finely chopped
- 1 carrot, finely chopped
- 10 ounces (about 4 cups) chopped mushrooms, dirt rubbed off with a dry towel and rough stems removed
- 2 small garlic cloves, minced
- ½ tsp. dried thyme
- 1 tsp. smoked paprika
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. fresh parsley, chopped
- 1 cup cooked beans or lentils of your choice, divided-2 eggs, lightly beaten
- ⅓ cup Panko breadcrumbs
- salt and pepper to taste

Optional toppings

Spicy apple chutney, Avocado slices, Smoked Gouda, Fresh arugula or spring mix

Steps

• In a large skillet over medium-low heat, sauté onions, celery, carrots in 2 tablespoons of oil with a generous pinch of salt, stirring occasionally until onions are translucent, about 10 minutes. Transfer to a large heatproof bowl and set aside.

• Return skillet to the stovetop and increase heat to medium. Add chopped mushrooms and another generous pinch of salt. Cook, stirring frequently, until moisture released by the mushrooms has evaporated, about 5 minutes. Add garlic, thyme, and smoked paprika, and cook for another minute or two, until fragrant. Stir in balsamic vinegar and parsley until the vinegar is absorbed completely. Transfer spiced mushrooms to the veggie bowl and set aside to cool.

• In a blender or food processor, combine eggs and ¾ cup beans/lentils of choice. Blend until beans are mashed. Using a rubber spatula, scoop bean mash into the veggie/mushroom bowl. Add the remaining ¼ cup whole beans/lentils and breadcrumbs. Stir everything together to combine. Place in the fridge for a few minutes to firm up.

• Preheat oven to 350°F. Using slightly wet hands, form burger mixture into patties. There should be just enough for 4 large burgers or 8 sliders. Add remaining 2 tablespoons oil to a large skillet over medium-high heat. One by one, gently drop the mushroom patties into the skillet. Cook until golden brown and slightly crisp, about 2 minutes per side. Transfer to a baking sheet and bake 5 minutes for sliders or 10 minutes for burgers. Serve in toasted buns with spicy apple chutney (recipe below), smoked Gouda, avocado slices, and fresh arugula.





Sugar & Spice

Recipes by Robin Asbell

Spice up your holiday spread with these much-loved treats!

GINGERBREAD COOKIES

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

ROYAL ICING

~2 cups powdered sugar
1 large pasteurized egg white or
2 1/2 tablespoons meringue powder
1/4 teaspoon lemon juice
~2 tablespoons water

1 1/2 cups unbleached flour
1 cup whole wheat pastry
1/2 flour teaspoon baking soda
1/4 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1 stick unsalted butter, softened
1/4 cup light brown sugar
1/2 cup molasses
1 large egg

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

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

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

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

POPPY SEED RUGELACH

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

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

1. Cream butter and cream cheese together until fluffy. Add flour, sugar, salt and beat to combine. Form 2 disks, wrap in plastic wrap; chill 4 hours
2. In a coffee grinder, grind poppy seeds coarsely then heat in a pan with milk, honey, raisins and zest. Stir over medium-low until thickened, approx. 20 minutes, then cool completely.
3. Preheat oven to 325°F and line two sheet pans with parchment. Roll out dough to make two 12" rounds about 1/8" thick, then spread each with half the filling. Use a pizza cutter to cut each round in 12 wedges. Roll up each piece from the wide end, bend in tips to make a crescent. Place on pan, chill 1 hour.
4. Bake for 40 minutes, switching the pans between oven racks halfway through. When done, cool cookies on pan for 10 minutes, then transfer to cooling racks.



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



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

CHOCOLATE GLAZED NUT BRITTLE

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

- 2 cups sugar
- ½ cup water
- 1 stick unsalted butter
- ⅓ cup light corn syrup
- ½ teaspoon baking soda
- 2½ cups roasted salted peanuts or cashews plus an optional ¼ cup, finely chopped
- 8 ounces dark chocolate, melted

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

STAFF PICKS - Foods We Are Grateful For



Abundant local produce! "I'm grateful to know where my food comes from!" - Scott



Everything potato! "Double stuffed potatoes, Greek Potato Salad, Vegan Potato Salad!" - Mazzie



Quinoa! "Quinoa is versatile, a rice substitute and protein packed - important for long distance training!" - Rodney



Dark Roast Dandelion Tea & Dungeness Raw Cream! "This great coffee substitute keeps me from getting too wild!" - Sarah



Food on a board! "I love finger foods served up on a nice platter." -Cara



SpringRain Whole Organic Chicken
"Love it!" - Jacob

Anniversaries

June

Virginia C	20 years
Greg T	14 years
Tracy N	12 years
Seth H	11 years
Patricia K	5 years
Ben T	3 years
Laura S	2 years
Michael M	2 years
Shelby S	1 year
Josh M	1 year
Mazzie P	1 year

July

Walter H	18 years
Jo H	18 years
Adam C	8 years
David D	6 years
Patty F	6 years
Laura L	4 years
Peter K	2 years
Olivia G	1 year
Mindy C	1 year
Alex G	1 year

August

Deborah Sh	28 years
Hank W	13 years
Katy M	13 years
Barbara L	9 years
Dan W	4 years
Roarke J	3 years
Cameron B	2 years
Sharon D	2 years
Rodney J	1 year
Katelyn P	1 year
Kathy H	1 year

Hearty THANKS



June 2019.
Congratulations Kathy P.



July 2019.
Congratulations Sharon D.



BASIC DOUGH

Use 3:2:1 ratio

3 flour: 2 fat: 1 water

1 cup flour

6 Tablespoon butter

¼ teaspoon salt

3 Tablespoons ice water

Coconut oil
makes a vegan
crust!

Cut butter into flour & salt

*see FLAKY CRUST

Sprinkle with water.

Form ball.

Refrigerate.

Roll out on floured

surface larger than

your pie pan.

Fold extra dough

in and pinch

scalloped edges.

TOOL KIT

French Rolling Pin

Dough Scraper

Marble Pastry Board

Steel Pie Weight Chain*

Cookie Cutters

Pastry Cutter Wheel

Pastry Brush

Pastry Blender

PUMPKIN PIE

¾ cup sugar

½ teaspoon salt

1 teaspoon cinnamon

½ teaspoon ginger

¼ teaspoon clove

2 large eggs

1 can pumpkin

1 can evaporated milk

BLEND all ingredients

POUR into pie shell

BAKE 425 degrees for 15 minutes

REDUCE heat to 350 degrees for

40-50 minutes until knife comes

out clean.

SERVE with fresh whipping cream.

*FLAKY CRUST

FOOD PROCESSOR: Cut fat into small chunks (remember to keep cold - this is important to achieve flakiness) and add to flour in a food processor pulsing *just* enough to break up the fat into pea sized bits, drizzle the ice water in until a dough ball is formed - refrigerate!

HAND METHOD: Cut fat into small chunks, add to flour using two butter knives to cut pea sized pieces. Make a well and add ice water to center and use your hands to make a dough ball - work quickly. Extra dough can be made ahead of time and frozen in single pie servings. Thaw in refrigerator.

How To WEAVE A TOP

To add a top to your pie, double the dough recipe! See www.foodcoop.coop/blog/weave

Pie

brings people together.

You can't make one without sharing.

Pie Wisdom

- ♥ Leave chunks of butter in dough. Don't handle the dough too long, hands generate heat.
- ♥ Keep dough cold every step of the way - refrigerate your bowl and pastry cutter, use ice water.
 - ♥ 2 days in the fridge relaxes the gluten and prevents baked crust from shrinking. If you want to pre-bake your crust, use the pie weights (*steel balls/chain or dried beans)
 - ♥ Try whole wheat crust, it enhances flavor of the filling.

PASTRY CUT OUT TIPS

ROLL out scraps of pie crust ⅛" thick on a floured surface.
DIP cookie cutter in flour for clean cuts.
PAINT cutouts with a mixture of raw egg yolk and food coloring.
DRAW veins on leaves with a butter knife.
GLUE the cutout shapes to the pie crust by dabbing the bottoms with water.
BRUSH the crust and cut outs with an egg wash and sprinkle with sugar for sparkle.
COVER with foil when shapes are browned to prevent burning.