

Winter 2020 • Free

Around the Table

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



IN THIS ISSUE: LOVIN' LOCAL, POWERED BY PLANTS, FOOD FOR THOUGHT, CO-OP KIDS, COMMUNITY, IN THE KITCHEN & OUR STAFF





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Around The Table is published by The Food Co-op on a quarterly basis and comes out in the winter, spring, summer and fall. If you are interested in contributing content for *Around The Table*, please contact marketing@foodcoop.coop to discuss your article idea. Articles should include stories about food, community, sustainability, or cooperation.

Around the Table is a celebration of the changing seasons, our local farmers and producers, what's happening in our local kitchens and community, and lots of opportunities to learn and share.

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Growing Local

by Kenna S. Eaton, General Manager

Winter is a time to settle in, to stay home and hunker down with a good book or a bowl of vegetable soup—at least it is for me. But at the Co-op, settling in means focusing on how we can follow through on our renovation work, so we're making changes to our changes—for the better, of course!

One of the big advantages of our recent project was that it grew our capacity to buy and sell local products. Now we have more holding capacity in both our produce and meat departments—two keys areas where our local entrepreneurs are growing their capacity as well. Late in the fall, our produce team meets with local growers to create “crop calendars.” These calendars provide a guide for our farmers, letting them know how much we plan to buy so that they can plant enough for us. Naturally, not every crop is successful every year, so we also determine who else can grow the kale (as an example) for us. While our meat department hasn't gotten that far yet—and may never need to—they are also busy working with local ranchers. Ongoing conversations about the changing needs of our customers helps farmers & producers plan and enables us to spread out our commitments to them while creating a baseline of what we hope to source locally.

Last year we updated our look and feel (often called brand). We rebuilt our website, refreshed the colors in the store, and retook local vendor pictures to post on our walls. If you haven't visited our website recently, please take a minute to check it out. One of the new features is a Local! portal, which when clicked, brings up stories and photos of our local producers, as well as access to their websites. It's super cool and we're excited to spread the LOVE (after all it is one of our core values).

Also, check out our weekly Food Co-op Deals, which features deals on locally produced goods from cheese to coffee to shampoo bars. While this flyer might change its look or timing in the new year, our commitment to focusing on local won't. We believe that buying local is good for the environment, good for the economy, and good for the community, including the Co-op community. So please join me in the new year in making the choice to “eat local first” whenever possible!



Splendid Seeds

by Karen Seabrook, WSU Seed Library Manager

The Jefferson County Washington State University Seed Library opened in Port Hadlock in February, 2019 to help promote local seed saving, and we have over 120 members now. Members “check out” seed and then collect seed from some of the plants they grow for the library. We’ve received about 10% return on the seeds “checked out” to members and many more seed donations from our wonderful seed savers.

Working with the Jefferson County Book Mobile, we were able to go to outlying areas like Quilcene, Brinnon, and Coyle. Celeste Bennett, Director of Mobile Services at Jefferson County Library, told us, “Many, many people loved the idea [of a seed library] and aligned their visit to [the seed library’s] hours on board.” In September and October, we hosted several seed cleaning workshops. Instead of quilting, we threshed and winnowed! We had FUN doing it and our workshops got rave reviews.

The WSU Seed Library strengthens our local food system. According to Cara Loriz, Executive Director of the Organic Seed Alliance, “Over the last century, the



decrease in seed diversity has been coupled with a concurrent loss in knowledge and skills necessary to keep this diversity alive and growing. We are happy to have the WSU Seed Library in our community, and to support this growing resource that contributes to a resilient and true community food system.” Through seed libraries, we can work together and bring our food crop varieties back, thereby passing on a more genetically diverse, resilient food crop to future generations. As Dan Barber wrote in a piece for the New York Times entitled *Save Our Food. Free the Seed*, “We are told that everything begins with seed. Everything ends with it, too.” Stated simply, our food system depends on the seeds.

The WSU Seed Library encourages everyone to help increase local diversity and resiliency by saving seed from open-pollinated (OP) plants, not hybrid (F1), and by buying organic seeds and plants when possible, from local nurseries when you can. The Seed Library also has a limited quantity of seeds available at no cost to Seed Library members.

UPCOMING EVENTS:

WSU Seed Library Seed Swap
Saturday, February 1, 2020, at WSU Classroom at 97 Oak Bay Road, Port Hadlock

WSU Seed Library opens March 1, 2020, at WSU Extension Office, 121 Oak Bay Road, Port Hadlock
-Garden Planning with Seed Saving in Mind presentations in February and March

WSU Seed Library website: <https://extension.wsu.edu/jefferson/master-gardener-seed-library/>



Local Vendor BLUE JAY KOMBUCHA



Welcome to BluJay. My name is Andrew Hamm, and I am the founder and brewmaster at the BluJay Kombucha Brewery. I work with my beautiful family at our Port Townsend fermentation kitchen—my wife Randelle, my father Pete, and my two amazing daughters, Jaden Amalie and Levyn Blu. Jaden and Levyn Blu are also the inspiration for our name: Blu and Jay.

At BluJay, we do our best to look toward the future for the betterment of the planet and our children—all children, for they truly are the holders of the future. We believe in sourcing as much as we can locally and from organic sources. There are some things—for instance, bottles and organic sugar—that we cannot find within Washington state, or even in the United States in the case of sugar. We hope that may change some day. We want to be part of industry moving towards sustaining local economies and the environment.

Great consideration is taken with every element that goes into and onto BluJay products. Lots of research has gone into our labeling and distribution to find the most sustainable methods available for these necessary components of a business. Our labels will soon be as environmentally sound as we can manage. Although our delivery at this point has a larger carbon footprint than we would like, we are working to convert to propane and eventually move to electrically delivered products.

After roughly 30 years in the chemistry area of the food industry, I was looking for a way to sustain myself and my family which also satisfied our need to do right by the environment that has so graciously provided for us. Our flagship product is kombucha, a wonderful drink, refreshing with lots of fun flavors, and a far more healthy choice than sodas or other sugar-laden drinks. Kombucha has components that are highly beneficial to the human body. It is rich in probiotics, billions of bacteria that are fundamental to the health of the human gut. These bacteria play a major role at an electro-chemical level. Energy and vitality are promoted by enriching the diet with these little critters. Acetic acids, enzymes, and amino acids are also produced through the fermentation of kombucha—and

all fermented foods. As well as kombucha, we have other adventures in fermentation coming: BluJay’s kimchis plus two or three varieties of hot sauce. As we like to say: Promote a happy gut, promote health, promote happiness.

We have so much appreciation for all the people who have helped bring this dream to life: Friends and family; the Jefferson County Farmers Market, for giving us a stable platform from which to leap towards our dream; all the local restaurants and stores, for trusting in our product and our abilities. Thank you Co-op, for your support and for the beautiful products you make available to all of the people and small businesses of Port Townsend and beyond. Most of all, thank you so much, all you beautiful people out there who love kombucha (and even those who don’t) and believe in local first.



Imperfectly Delicious Produce

by Laura Llewellyn, Produce Manager

Have you heard of imperfect produce? It is a term that refers to produce that is less than perfect looking. Studies show that upwards of 20 billion pounds of produce per year is culled out of the supply chain BEFORE it reaches grocery stores due to physical imperfections. By culled I mean wasted. It might never be harvested. Or it might be removed post-harvest because it doesn't meet the standard specifications of size, color, or shape that are considered sellable.

At The Food Co-op, we have been selling you imperfectly delicious (and nutritious) produce for years. We are just now telling you the story as to why we have made and will continue to make these buying decisions.

First, a little education in the terminology used in the produce industry. The terms fancy, premium, and no 1 describe perfect produce, although honestly it's never 100% perfect. Imperfect produce can be called number two (no 2), choice grade, field run, bulk, or deli grade, to name a few.

The main reason we buy imperfect produce is price. As I write this article, if I wanted to sell you perfect red bell peppers (think large, red, blocky peppers), I would have to charge you \$5 or \$6 per pound (or more). Instead, I am buying deli grade so that I can retail them at half the price. In other words, I can keep peppers affordable (most of the year) by buying ones that are either not 100% red or are misshapen. Another example is apples. Right now, we are regularly buying farm-direct apples in a bulk pack that may or may not be packed directly in the field (aka field run). This means in any given box there could be a range of sizes (and shapes). Which translates into our stacks of apples being less than perfectly straight, but it also means you have choice. You can buy a big Honeycrisp or a small one for the same great low price (per pound). You can also trust that when we make these buying decisions, we are passing these savings on to you.

Another reason for purchasing imperfect produce could be availability. For example, just about every fall the organic citrus market becomes almost nonexistent. In this situation, we will not buy conventional citrus. What we can buy during this time is usually ugly. Think of a lemon that has brown spots on the outside. Despite its looks it will be juicy and tart on the inside. My observation is that even fancy grade citrus can be quite variable and often does not look perfect.

A third reason could be the fact that the fruit or vegetable is naturally ugly. Take celeriac, for example. It's probably the gnarliest root vegetable out there, at least the ugliest that graces our shelves at the Co-op. It's so ugly I would bet most folks have never braved cutting into one. It is, however, one of my all-time favorite vegetables. It is so versatile! It can be used any way you would prepare a potato or it can be eaten raw in salads. It's grown locally (thank you, Red Dog Farm) and can be held in storage for much of the winter. This makes it a more sustainable alternative to celery, which must be transported all the way from California or Mexico in the winter. Another example of naturally ugly produce would be green citrus which is a result of the disease Huanglongbing (also known as citrus greening disease). This disease threatens the entire citrus industry because there is no cure. Unless, of course, we all get used to eating green oranges.

This all said, I would be remiss if I didn't mention that organic produce has come a long way. The idea that organic equals ugly is a thing of the past. However, when farmers have only natural means to defend their produce from pest and diseases, the result can be fruits and vegetables that vary in the way they look.

At the Co-op, we also value buying from small-scale producers. This would include all our local farms and many that we buy through distributors. Small scale means smaller fields and thus literally less plants to

select from. From my perspective, we don't need every head of broccoli (or carrot or potato) to look identical to the next. In turn this allows our local farms to waste less of the crop they grew for us (and thus for you).

At the Co-op, we don't want to just sell you green oranges. We want you to consistently find that our produce tastes great and, by and large, looks beautiful, too. We all shop for produce with our eyes. Perhaps this story will help you to celebrate the diversity of the produce department. Check out the half price shelf for a daily selection of the most imperfectly delicious produce we have to offer. And help us keep food waste down by being willing to buy less than perfect produce. Did I mention that you can trust us to keep your produce imperfectly delicious?



As part of our work to support local farms—and to help our members find easy, healthy recipes—we're inaugurating a new demo series highlighting how to use veggies that might seem unfamiliar or even a little intimidating. We'll also branch out into related questions, like what do I do with those veggies in my fridge that are going to go bad soon? Or why are there so many kinds of miso and what do I do with them? The demos will be twice a month in the store, usually the first Saturday between 3 and 5 pm and the third Tuesday between 1 and 3 pm.





ALTERNATIVE MILKS, HOW DO THEY MEASURE UP?

People choose to go dairy free for a variety of different reasons. Choosing which milk alternative to use can be a difficult task to navigate, so here are some things to consider when making your choice.

ADDED SUGAR: It is best to always go for the unsweetened version. Most of the milks taste just fine without the added sugar but some brands still add sweeteners.

TOO MANY ADDITIVES: Try to choose alternative milks with the shortest list of ingredients. Some brands can contain added thickeners, oils, sweeteners, or salt. Carrageenan*, a thickener and stabilizer, has received a lot of controversy about its pro-inflammatory and potentially toxic effects on the gut and can be found in some brands.

(*Carrageenan is on The Food Co-op's unacceptable ingredients list, meaning no new products in our store will have it listed on the ingredient panel. To see the complete list, please visit www.foodcoop.coop/product-requirements.)

TASTE: Each alternative milk has a different taste to it. Some are more versatile than others when it comes to cooking with them. Try a few different ones to see what your palate likes best.

| | CALORIES | FAT | PROTEIN | CARBS | SUGARS | FIBER | TASTE | NOTES |
|----------------|----------|------|---------|-------|--------|-------|---|--|
| COCONUT | low | high | low | low | low | high | thick, rich, creamy with slight coconut taste | Keto friendly, high in MCTs |
| HEMP | low | high | high | low | low | low | distinctive nutty flavor | Allergy free option, high in Omega 3s, calcium and magnesium, a complete protein |
| NUT | low | med | med | low | low | high | Mild, taste varies upon variety | Available in hazelnut, macadamia, walnut, peanut, and almond |
| OAT | high | med | high | high | high | high | Creamy texture, naturally sweet | Allergy free option, loaded with vitamins and minerals |
| PEA | med | high | high | low | low | low | smooth, creamy, doesn't taste like peas | Not a complete protein, watch for oils and high levels of omega 6 fats |
| RICE | high | low | low | high | high | low | slightly sweet and watery | GREAT choice for people with soy, nut or gluten allergy |
| SOY | med | med | high | low | low | low | Smooth, creamy | Some people are wary of its phytoestrogen and GMO content - best to buy ORGANIC |

* This table is a generalization comparing a variety of different nutrition labels in the store and online. They are by no means meant to be exact since each milk can vary greatly from brand to brand. For the most accurate picture, READ THE LABEL before you buy. See <https://www.cornucopia.org/scorecard/plant-based-beverages/>

Power Up with Plants!

LAURA'S WELLNESS PICKS

Kuli Kuli – Organic Pure Moringa Vegetable Powder (organic, raw, vegan... moringa is one of the most nutrient-dense plants).

Moringa is a tree with leaves more nutritious than kale that provide powerful anti-inflammatory benefits rivaling those of turmeric. It is grown abundantly in the tropics and is known in ancient cultures as the “Tree of Life.” Moringa is packed with protein, essential amino acids, 27 vitamins and 46 antioxidants. It has a matcha-like flavor and adds a healthful, mild burst of green to smoothies, savory dishes and sauces.



Nutiva – Hemp seed protein (organic, vegan. 15g protein, 5g fiber and 2.5g Omegas 3 and 6...no soy, dairy or sweeteners, also has an amino acid profile)

Hemp seeds are rich in healthy fats and essential fatty acids. They are also a great protein source and contain high amounts of vitamin E, phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc. The protein found in hemp seed is very digestible, making it a great choice for sensitive diets.

Garden of Life – Raw Organic Fit (28g of protein less than 1g sugar, vegan, gluten free, no dairy or soy...made with a blend of several plant-based proteins, amino acids and Ashwagandha).



Plant-based, vegan, high-protein powder specifically designed for weight loss and is made with 13 raw sprouted organic ingredients. Raw matters because heat and processing can denature protein, reducing its availability to your body.



Genuine Health – Fermented organic gut superfood (no protein in this one, but a great superfood for gut health and made from whole foods...dairy, soy and gluten free, vegan, a top seller).

It all starts in our gut, where trillions of bacteria live that are essential for optimal health. Made with 22 fully-fermented plant-based organic greens, superfoods and prebiotics, this supplement nourishes a healthy gut for total body well-being.

PLANT POWERED BURGERS

ARE THEY ALL THE SAME?

You can easily make your own delicious veggie burger – but, store bought burgers are convenient. Here are some things to consider when choosing.

INGREDIENTS: The ingredients vary within the different flavors of the same brand. Read the label! Choose what works for your dietary needs. Watch for sodium levels in some brands.

THE PROMISE: Does it promise to be a meat alternative, does it taste like meat? Or is it truly a vegetable burger? Is it grillable? Can you bake it?

HERE ARE SOME OPTIONS AVAILABLE AT THE FOOD CO-OP

LOCAL

Bob's Pecan Burger

Locally produced patty of pecans, garlic, onion, cheese, eggs & bread crumbs.



GRAIN



Quunch Quinoa Burger

Spicy Italian, Original
soy, nut free



Hilary's

Black Bean, Southwest Adzuki, Hemp & Greens, World's Best, Root Veggie
gluten, corn, nut, soy free



Gardein

Garden Veggie Burger
contains soy, wheat



Gardenburger

Portabella, Black Bean Chipotle, The Original
contains milk, wheat, soy

VEGGIE



Dr. Praeger's Veggie Burger

California
gluten free, soy free



Sunshine Burgers

Chickpea & Falafel, Southwest Garden Herb, BBQ, Shitake
free of gluten, wheat, soy, corn, oats, dairy, eggs, tree nuts, and peanuts

MEAT SUBSTITUTE



Field Roast Burger

Find tasty recipes
www.fieldroast.com
vegan, wheat, veggies



Beyond Meat Burger

A pea protein burger that looks, cooks, and satisfies like beef without GMOs, soy, or gluten!

SOY



Amy's Veggie Burger

California-
dairy free, vegan



Boca

Spicy Chicken, Original Chick'n, All American
vegan, soy, wheat

Nash's Organic Grains

REINVENTING THE GRAIN BELT

by Lisa Barclay, Product Research Committee

When Deb, chair of the Product Research Committee, suggested at our PRC meeting that we write about Nash's organic grains for *Around the Table*, we agreed. It seemed a good fit for the theme of "Powered by Plants," plus it would enable us to highlight a great local farm as well as dispel a misconception about the difference between organic and non-GMO.

Grains used to be a significant crop in the Dungeness Valley—as attested to by the huge grain elevator in downtown Sequim—but not by the early 2000s. Nash Huber and Sam McCullough (who started his farming career with Nash before he graduated from high school) began experimenting with rye/vetch as a cover crop. Cover crops return nutrients to the soil as well as help break cycles of pests or disease that might develop if you only plant green veggies. Next, they tried barley to use as feed for the chickens and pigs, before attempting to grow triticale and oats. With that experience under their belts, they planted their first wheat crop, a soft white wheat they got from one of the few local farmers who still grew wheat, Gene Adolphsen.

Growing crops here is a tricky business. (Well, really, it's tricky everywhere.) How much or how little rain falls changes each year. Plants grow differently in different soils, and soils can differ from field to field, and even within a field. Sometimes we have a Juneuary, and sometimes we have a wet August.

To find out what works best, Nash and Sam participated in grain trials run by the University of

Washington for three years. They planted up to 20 small plots each year of hard and soft wheat berries, experimenting with the possible combinations of climate, soil, and wheat variety to determine which produced the highest nutritional content, yield, disease resistance, and, crucially—baking quality!

In 2009 they planted their first wheat crop destined for human consumption, and today you can buy it at their farm store, the farmers markets, and the Co-op, both as berries and as flour. And of course it shows up all over town in things like Pane d'Amore bread and other local foods. Nash also grows organic rye, oats, dent corn, mustard seed, field peas, and Fava beans, with availability dependent on weather and crop rotation schedules. You'll find Nash's wheat berries and several varieties of flour in the Co-op's bulk section, and you can also special order them.

Nash's grains are certified organic, good for our health and for the environment—not to mention the health of farm workers. People sometimes confuse organic with non-GMO, or even think that non-GMO is the higher standard, which isn't true. Organic is always non-GMO, but non-GMO does not have to be organic. Non-GMO means no manipulation at the genetic level, nothing more. Crucially, non-GMO verification does not mean the plants were not treated with herbicides or pesticides. So whenever possible, buy organic or buy from local farmers whose practices you know. Luckily, with Nash's grains and veggies, you get local and organic!

Nash's Organic Grains

by Lisa Barclay, Product Research Committee

North Olympic Winter Salad

- ½ cups Nash's wheat berries, cooked and drained
 - ½ cups black beans, cooked and drained
 - ½ local Delicata squash, cubed, seeds removed but not peeled
 - 1 tablespoon Spanish (not Hungarian) smoked sweet paprika (optional)
 - ½ bunches of local kale, thinly shredded and tossed with olive oil and salt
- Field Roast Smoked Apple Sage Sausage (vegan), chopped and sautéed, optional (FR is a Seattle company)
- 1 local shallot or small red onion, thinly sliced or chopped (optional)
 - ¼ cup dried or fresh cranberries (optional)

You can swap out pretty much any of the ingredients, using whatever grains, beans, squash, and/or greens are in season locally or you have in the fridge. Adjust amounts to suit your taste. Mixing grains with your beans helps avoid the overactive intestines that can come with straight beans in a recipe.

Dressing (experiment as desired here)

- ¼ cup Miso Master chickpea miso (in Co-op refrigerator section on back left wall)
- ¼ cup vinegar—unseasoned rice or apple cider would be nice
- ⅛ cup lemon or lime juice (optional)
- ⅓ cloves garlic, crushed (optional)
- ½ inch piece of ginger, finely chopped (optional)
- Dash of toasted sesame oil (optional)
- Hot pepper flakes or hot sauce (optional)
- Freshly ground pepper (fresh pepper is a very underrated spice, I think)
- ½ lemon, seeded and chopped, skin, pith, and all—the slight bitterness of the pith is actually complementary to the salad (optional)



Putting It All Together

Dressing: mix all ingredients, thin with a little water or olive oil.

Cooking wheat berries: place berries in sauce pan with twice the water as berries. Simmer until desired texture, from 1/2 hour to an hour.

Cooking squash: Toss cubes in olive oil, salt, and paprika. Roast at 400 for about 10-20 minutes, depending on your oven.

Toss all ingredients, and then toss with dressing. Tastes good either warm or room temperature.

Optional ideas:

- sub out squash for avocado or mango chunks
- use any vinaigrette you prefer
- add feta or little mozzarella balls instead of Field Roast
- sprinkle some nuts on top
- sub cranberries with pomegranates
- switch up the grains



Cookery Books THROUGH THE AGES

by Liam Cannon, POS Tech

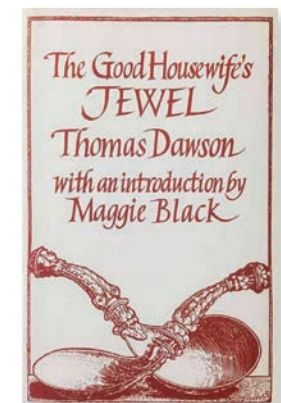
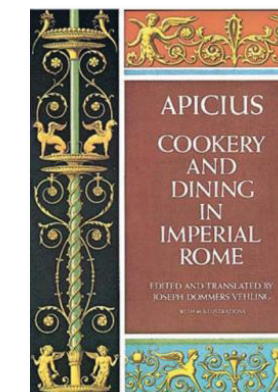
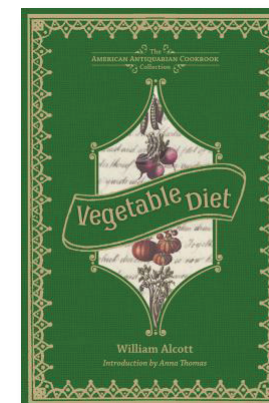
For those of us who enjoy cooking, whether we are new to the culinary arts or seasoned chefs, at some point we turn to a cookbook for inspiration. Have you ever wondered about the history of cookbooks, previously known as cookery books? There are so many books available to us now, one is hard pressed to imagine a time when recipes weren't freely accessible. But as with a lot of knowledge in antiquity, the art of *cury*—or cooking—was passed down from person to person verbally or by direct example.

Traveling down the huge rabbit hole we call the internet, you can be overwhelmed searching for the perfect recipe. It may even cross your mind that this cornucopia of information is pushing the printed recipe book towards extinction. Surprisingly, this is far from the truth. Many countries are now publishing more cookery books than ever. Their scope can be broad, containing a varied collection of recipes, or they can focus on a single ingredient, technique, or type of cuisine. Community cookery books commonly collect regional home-cooking recipes, sometimes including ethnic and social traditions or local history. Some cookery books are affiliated with a charitable event. The first of this kind was compiled by Civil War women's organizations to aid war victims. Cookery books can also focus on specific diets, such as the first known vegetarian book, William Alcott's *Vegetable Diet: As Sanctioned by Medical Men* (1851).

The world's oldest collection of recipes is a set of three clay tablets from Mesopotamia written in the Akkadian language, which date from about 1700 BC. They focus solely on creating food for royalty. The 1st century Roman cookbook *Apicius* was also written for those who served the wealthy. It had sections on how to maintain a household, along with exotic recipes for flamingo and peacock. Although the Chinese wrote many early recipe books, only one is known to survive. Hu Sihui's *Yinshan Zhengyao* (Important Principles of Food and Drink) was written during the Tang dynasty to serve the ruling court. It contains the first known recipe for what we now call Peking Duck. It also included a guide for eating properly to become healthier and keep diseases at bay.

There are many other older examples, but let's jump ahead to the 16th century, when books began to be published on a consistent basis. Most of these recipes focused on the "secrets of the wealthy." Publishers marketed these books to affluent society because they deemed the lower classes too illiterate and too poor to afford the ingredients or the book itself, as they were expensive commodities.

The Good Housewife's Jewel, published in 1585 by Thomas Dawson, is one of the more well-known English cookery books of the period. In addition to food recipes, he included medicinal remedies which sometime included sympathetic magic. It described



Cookery Books THROUGH THE AGES cont.

by Liam Cannon, POS Tech

“a tart to provoke courage in either man or woman,” requiring the brains of male sparrows. It also outlines a procedure for torn sinews, taking “worms while they be nice, crushing them and laying them on to the sore and it will knit the sinew that be broken in two.” Sugar was used in many of the dishes as was parsley and thyme (sage and rosemary came later). *The Jewell* has recipes that we still use today, like pancakes, except with a little ale added, and haggis. It also contained the first known published recipe for sweet potatoes. Other dishes have been lost over time, such as mortis, a sweet dish containing boiled chicken or fish, mixed with ground almonds and sugar, and then made into a pâté. If sweet, sugary fish is not your cup of tea, there were many other recipes to choose from.

Recipes of this period were not as precise as today’s. Quantities of ingredients were rarely given and then with vague references such as “a good handful of persely and a few sweet hearbs.” Cooking equipment and styles were varied, so heating instructions, when given, were more about the end result and educating the chef about visual clues. Cooking times were sometimes used, as in “let them seeth (boil) a quantyie of an houre,” but this was uncommon.

The Jewell is a prime example of a broad collection of recipes, whereas the 1610 book (take a deep

breath) *The Booke of Caruing, and Sewing: and All the Feastes in the Yeere, for the Seruive of a Prince or Any Other Estate, as Yee Shall Finde Each Office, the Seruice According in This Booke Follovving* applies to a particular type of food and specific situations. It outlines the proper preparation methods for all types of meat and fowl, and includes the intricacies of interacting with the servant hierarchy and the variances of serving nobility.

Let’s take a look at early America, when settlers brought manuscript cookery books with them. Not surprisingly, they were reprints of English books, which had the disadvantage of calling for ingredients that were not available in the New World. It wasn’t until 13 years after the American Revolution that the first American cookbook written by an American was published in the U.S. Self-proclaimed “American Orphan” Amelia Simmons wrote *American Cookery: or, the Art of Dressing Viands, Fish, Poultry and Vegetables, and the Best Modes of Making Pastes, Puffs, Pies, Tarts, Puddings, Custards and Preserves, and All Kinds of Cakes, from the Imperial Plumb to Plain Cake. Adapted to this Country, and All Grades of Life.* (I am glad that titles have shortened over time.) She incorporated indigenous ingredients like cranberries, corn, oats, cereal grains, and turkey, and included many innovations, such as using corncobs for smoking bacon.

The mid-1800s brought about an interest in new “scientific” cooking and homemaking techniques. Catherine Beecher and her sister, Harriet Beecher Stowe (who wrote *Uncle Tom’s Cabin*) pioneered the concept of efficient continuous work surfaces and built-in cupboards and shelves in their 1869 *American Woman’s Home*.

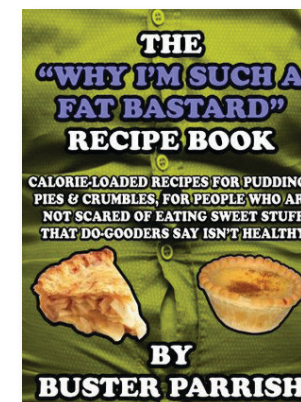
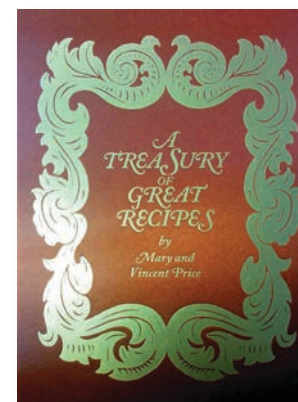
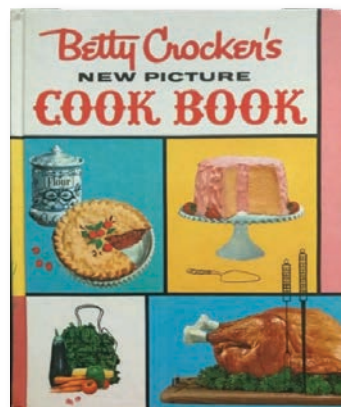
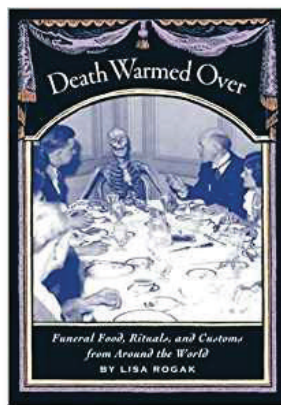
The 20th century brought us one of the most iconic, albeit fictional, cookbook authors, Betty Crocker. Her basic kitchen reference, known as “the kitchen bible” at the time, was a great source for recipes and cooking techniques that has now spanned many generations, adapting to social, political, and economic change.

Two of my favorite authors of modern times are Vincent and Mary Price. Most of us are familiar with Mr. Price’s acting career, but he was also an avid art collector and arts consultant, with a degree in art history. This allowed him to travel the world, collecting unusual recipes. Interestingly, his grandfather, Dr. Vincent Clarence Price, invented cream of tartar and held several patents for flavoring extracts and breakfast cereals.

This article wouldn’t be complete without a peek at a few cookbooks that will make you scratch your head and ask, “Why?” *The Twinkies Cookbook* tops the list.

I never thought you would need to address the issue of leftover Twinkies. *Manifold Destiny* is a complete guide of cooking on your automobile engine. Turn to The Official Star Trek Cooking Manual, written by Mary Ann Piccard (no relation to Jean Luc) if you want to make Romulan stew. Buster Parrish wrote The “Why I’m Such a Fat Bastard” *Recipe Book: Calorie-Loaded Recipes for Puddings, Pies & Crumbles, for People Who Are Not Scared of Eating Sweet Stuff That Do-Gooders Say Isn’t Healthy*. One unusual cookbook I own, which I find fascinating, is *Death Warmed Over: Funeral Food, Rituals, and Customs from Around the World* by Lisa Rogak.

Here at the Food Co-op, we are embarking on the creation of our very own cookbook (we will try to keep the title short), and we’d love to include your recipes. Send us your own culinary concoctions to share with our community. You can submit as many as you like, but they must be your recipes and not copied from another source. Submissions are not guaranteed publication in the cookbook. Please send your entries along with your name to liamc@foodcoop.coop before March 31, 2020.



Your New Co-op Sommelier

by James Robinson, Co-op Wine Specialist

My first day at the Co-op was September 28, 2019. Since then, I've come to know many Co-op members, and it's likely many of you have seen me—I'm the guy in aisle five wearing knee pads and a wrist brace, the guy who looks like he should be out skateboarding but is wrangling cases of wine and beer instead.

While my time as an employee has been short, my commitment to organic, sustainably and family farmed food and wine grapes has spanned the duration of my adult life. It has become the bedrock of my career as a wine professional and led me to become a certified sommelier. Over the course of 30 years, I have built beverage programs in small, farm-to-table restaurants that share the same ethos, principles, and values. Joining the Co-op crew is an extension of that vision and commitment, and I am honored to be a part of such a knowledgeable, dynamic, and caring team. Moreover, I am thrilled to offer beverages produced with love and reverence for the land and the people who consume them.

But what does all this mean for Co-op members and shoppers? It means that I will work diligently to bring the wine and beer program into deeper alignment with the Co-op's mission and core values. I will seek products that are produced locally whenever possible and will always keep an eye out for exciting new beer and wines from around the world. From Marrowstone to Morgon, I will strive to balance value with a producer's embrace of our shared mission and principles.

New arrivals from the Columbia Gorge, Oregon, France, Spain, Italy, Portugal, Chile, South Africa, and the Canary Islands have begun steadily trickling in. The Canary Islands? Absolutely. Recent releases from vanguard producers, keen on Tenerife's volcanic terroir, foretell an exciting vinicultural future.

What this also means is that someone's favorite item may be absent from the shelves. But barring a vintage change or production issue, most any favorite item can

be special ordered. I am happy to help with this—in fact, I encourage it. If you'd like help planning and ordering beverages for a wedding or any other celebration, or you would just like to stock up your cellar, I'd love to assist. I like members to think of aisle five as their own specialty bottle shop, complete with a knowledgeable and passionate steward, along with a variety mix that is as plentiful as it is affordable, all while reflecting our shared values—no kneepads required.



Some new arrivals: Devium 2017, French Creek Vineyard Red Wine, Analemma, Blanc de Noirs from Columbia Gorge, and Benji 2018, blanco/white, Envinato

Change is the Only Constant

by Owen Rowe, Board President

The Food Co-op went through some big changes in 2019. The store looks new from stem to stern and we love it! On the board, we're just as excited about our new mission and values statements. It feels great to acknowledge that we're working together to nourish our community, and it's really gratifying to see how our member-owners and staff have embraced our new mission statement and our seven values of Inclusion, Respect, Participation, Integrity, Love, Stewardship, and Resiliency.

In 2020, the board plans to tackle some more big questions, including:

How can The Food Co-op expand access to everyone in our community?

What is the financial impact of The Food Co-op, and how can we communicate and leverage that impact across our community?

How can we clarify our Bylaws—our governance commitment to members?

Look for more information about this work in future issues of *Around the Table* and on the board meeting agendas posted monthly in the store. If you're curious about joining the board in our work, now is the perfect time! Come to our board meeting at the

Co-op Annex on the 1st Tuesday of each month, at 5:30 pm, and tell us what piqued your interest.

Another big change is our annual schedule of board events. Thanks to member feedback, we've decided to split the Annual Meeting into two parts: a business meeting and a community celebration.

The business portion of the 2020 Annual Meeting will be held in late June, at the Co-op Annex on Lawrence Street—on a Saturday when the busses are running! This is the time for member-owners to learn about our 2019 financial results and the details of our business. We'll also introduce the candidates for The Food Co-op's board of directors. Voting will open at the annual meeting and continue into July, and the new directors will start their service in August.

Then in October, we'll have a celebration! Our staff and our local food growers and producers work hard all summer long, so we want to show them our appreciation. And October is Co-op month, so it's a great time for the board to show how much we appreciate our member-owners. We couldn't do it without you!

We look forward to another year of working together to nourish our community!

Staff formed a circle in order of years employed at the all staff meeting October, 2019.





2020 Beans for Bags Announcement

JANUARY/FEBRUARY

JUMP,
Jefferson Universal Movement
Playground

COAST,
Community Outreach
Association Shelter Team

MARCH/APRIL

Marine Science Center
NW Watershed Institute

MAY/JUNE

4-H Robotics Club
**Center Valley Animal
Rescue**

JULY/AUGUST

JC Mash
Foster Supports of JeffCo.

SEPTEMBER/OCTOBER

Jumping Mouse
Olympic Pets

NOVEMBER/DECEMBER

The Gathering Place
St. Vincent De Paul

Bring a Bag
Vote with your Bean
Give Back to Your Community!



Nurturing Little Green Thumbs

By Eve Adamson

When my two sisters and I were youngsters, my dad had a great idea. One warm May day, as the three of us stood in the grass of our big backyard watching and wondering what he was up to, he cut 15 six-foot lengths of molding left over from our recent basement remodel, stuck them into the warming dirt of our garden in three circles, and lashed the tops of each together with twine to make three “teepee” forms. Next, he tore open a packet of pole bean seeds and gave us each a small handful. He showed us how to plant them around each wooden stake, and then he watered the soil with the green garden hose, while we ran through the spray.

Every day, we went out to the backyard with my dad to check on our seeds. When the sprouts emerged, we cheered. He showed us how to pluck out the weeds and keep the soil moist. As the beans began to grow, in the impressively speedy way they tend to in the rich Iowa soil, something amazing happened. Without any prompting or guidance from us, vines sprouting leaves and bean pods began to wind around the wooden stakes until they reached the top. The leaves and tendrils grew thicker and denser, until one day, each of us could crawl inside our little green houses and be completely alone. I remember sitting in the cool dirt, quietly marveling at the way the vines filtered and freckled the bright July sun. It is one of my fondest childhood memories.

Sometimes I would pluck a tender raw bean and eat it. It tasted like spring to me — fresh and grassy. Or, I would collect them in a bowl and bring them into the kitchen, so my mother

could make them for dinner. I didn’t even mind eating them too much — with a little butter. They tasted nothing like those mushy beans from the can we had to eat in the winter, and those fresh beans prompted me to try the garden carrots, lettuces and tomatoes, too.

There’s something about growing things that appeals to kids, and several casual studies suggest that when kids grow their own vegetables, they are more likely to eat vegetables. It was certainly true in my case. Decades later, my own son, who at 14 remains suspicious of most green things, finally became more open minded when his summer camp grew a vegetable garden.

If gardening is the way to get kids to eat more vegetables (not to mention spend more time with you), then why aren’t we all doing it? Even if you only have a small backyard plot, or room for a few containers on your deck or porch, you can get growing together.

Gardening with your kids gives them many gifts. They learn where food really comes from. They learn how to work together with others toward a common goal. They learn practical skills. They learn how fresh food tastes. They learn the feel and smell of wet dirt and mulch. And they learn that they have the power to take something as small and full of potential as a seed, and nurture it until it becomes everything it was meant to be. Just like you are doing with them.

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Fun gardening projects with kids

TUBE GARDEN

Start your seeds and recycle at the same time. Toilet paper tubes are easy for small hands to manipulate. Plant tomato, pepper, pea or bean seeds in tubes filled with potting soil, in early spring. Prop them upright in a tray or flower pot. When the seeds sprout, pop the whole tube into the garden after the soil is warm.

SALAD IN A BOX

Any window box, bucket, basket or other container with drainage at the bottom will do. Fill it with potting soil and plant a variety of lettuces and spinach scattered over the top. Press into place and water lightly. Keep the soil moist. When the greens sprout, trim off a few leaves each day to include in a salad. For kids who don’t like bitter tastes, butter lettuces are a good choice.

MUSHROOM GARDEN

If your child has a daring palate, try growing mushrooms. Many companies sell mushroom growing kits that make it easy to spawn this fascinating fungus in a box at home.

HERB CIRCLES

A round container or a small circle dug out of your sod can become an herb circle. Plant basil, lavender, tarragon, thyme and edible nasturtium flowers in concentric circles. Your child can sample the different smells and tastes, and help you decide which herbs to add to which foods.

FLOWERS AND FRUIT GARDEN

For some kids, fruit is an easier sell than vegetables. Try planting watermelons, cantaloupe or honeydew melons, interspersed with native wildflowers, for a pretty and gastronomically satisfying garden experience.

BEAN TEEPEE

If you have the space, give your child a magical-seeming, ephemeral playhouse. You don’t have to use leftover molding like my dad did; any thin wooden pole or bamboo rod will work. For each teepee, put five or six poles, about 5 to 6 feet long, in the ground in a circle, approximately 3 feet in diameter. Prop or tie the tops together. Plant pole bean seeds around each stake. Water and mulch, then watch as each teepee leafs out, creating a private space just for small people.

SALSA GARDEN, PIZZA GARDEN OR SPAGHETTI GARDEN

Devote your garden plot to a food theme kids can relate to. For a salsa garden, plant tomatoes, tomatillos, bell peppers, jalapeño peppers, onions and cilantro. For a pizza garden, plant Roma tomatoes, onions, garlic, basil, spinach or whatever else you like on your pizza. For a spaghetti garden, try tomatoes, onions, garlic, oregano and thyme.

PUMPKIN GARDEN

Two or three pumpkin plants will sprawl and spawn just what you need for Halloween crafts as well as pumpkin pie, pumpkin butter, pumpkin bread, and pumpkin puree you can add to applesauce, smoothies, or even chili. Marigolds nestled between the vine make a prettier plot.

Find more ideas for gardening projects with kids and recipes for your harvest at <https://www.welcometothetable.coop/>

Winter Classes 2020 @ The Food Co-op

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

All are welcome!

| Date/Time | Event/Class | Non-member | Co-op member |
|---------------------------------|--|------------|--------------|
| Thurs. Jan. 2nd 11am - 1pm | Start Your Zero Waste Journey - Make Your Own Waste Reduction Kit! with Lily O'Shea at the Co-op Annex, 2110 Lawrence Street | Free | |
| Sat. Jan. 11th 4pm - 6pm | ASK THE CHEF Store Demo - Plant Powered Kitchen with Sidonie Maroon at The Food Co-op | Free | |
| Wed. Jan. 15th 12pm - 1pm | Lunch & Learn: Immune Boosting for Winter Wellness with Linden De Voil at the Co-op Annex, 2110 Lawrence St. | Free | |
| Sat. Jan. 18th 1pm - 3pm | Plant Powered Kitchen Workshop with Sidonie Maroon at the Co-op Annex, 2110 Lawrence St. | \$45 | \$35 |
| Sat. Feb. 8th 4-6pm | ASK THE CHEF Store Demo - Master the Instant Pot - Vegetarian Indian with Sidonie Maroon at The Food Co-op | Free | |
| Wed. Feb. 19th 12pm - 1pm | Cheers! Drinking Vinegars & Probiotic Ferments for Gut Health with Linden De Voil at the Co-op Annex, 2110 Lawrence St. | Free | |
| Sat. Feb. 15th 10:30am - 2pm | Cooking with the Co-op - Master the Instant Pot - Vegetarian Indian with Sidonie Maroon at Market Kitchen, 1433 W. Sims Way | \$45 | \$35 |
| Sat. Feb. 22nd 10:30am - 2pm | Cooking with the Co-op - Master the Instant Pot - Vegetarian Indian with Sidonie Maroon at Market Kitchen, 1433 W. Sims Way | \$45 | \$35 |
| Sun. Mar. 7th 4-6pm | ASK THE CHEF: Master the Instant Pot — Soups, Stews, Broths and Stocks with Sidonie Maroon at The Food Co-op | Free | |
| Sat. Mar. 14th 10:30am - 2pm | Cooking with the Co-op - Master the Instant Pot -Soups, Stews, Broths & Stocks with Sidonie Maroon at Market Kitchen, 1433 W. Sims Way | \$45 | \$35 |
| Wed. Mar. 18th 12pm - 1pm | Lunch and Learn: Naturally Radiant Skin with Linden De Voil at the Co-op Annex, 2110 Lawrence St. | Free | |
| Sat. Mar. 21st 11:30am - 2pm | Cooking with the Co-op - Master the Instant Pot -Soups, Stews, Broths & Stocks with Sidonie Maroon at Market Kitchen, 1433 W. Sims Way | \$45 | \$35 |
| Sat. Apr. 11th 4-6pm | ASK THE CHEF: World Flavors from Ukraine & Eastern Europe with Sidonie Maroon at The Food Co-op | Free | |
| Sat. Apr. 25th 11:30am - 2pm | Cooking with the Co-op - World Flavors for Home Kitchens: Ukraine & Eastern Europe with Sidonie Maroon at Market Kitchen, 1433 W. Sims Way | \$50 | \$40 |

A Plant Based Life

by Sidonie Maroon, Culinary Educator, A Blue Dot Kitchen

At my house, we eat local meat, eggs, and raw dairy, but plants make up the bulk of our meals. We eat well and my idea of simply. I grow a garden and forage wild greens. We avoid processed foods and try not to buy anything with over three to four ingredients on the label. Canned tomatoes, coconut milk, olive oil, and apple cider vinegar are about as crazy as I get, although I buy other types of vinegars if I'm feeling extravagant. And I can't say enough about buying bulk: all our legumes, seeds, nuts, and grains come from the Co-op's bulk section.

This means I cook what we eat, including our breads, fermented vegetables, sauces, crackers, treats, and snacks. I make the things people assume they have to buy. I didn't start out doing this, but it's happened after many years of asking myself, "I wonder if I could do that?"

It sounds like it takes a lot of time, but it doesn't. We lead full lives, and on an average day, I put in between one to one and a half hours in the kitchen, and that's for two sit-down meals. If I'm busy, and I often am, we eat leftovers. I feel grateful to grow and cook our food, because it connects me to my life. If I'm stressed out, or unfocused, I'll start chopping and sautéing onions. Onions are effective in clearing the tear ducts and whatever's holding you back.

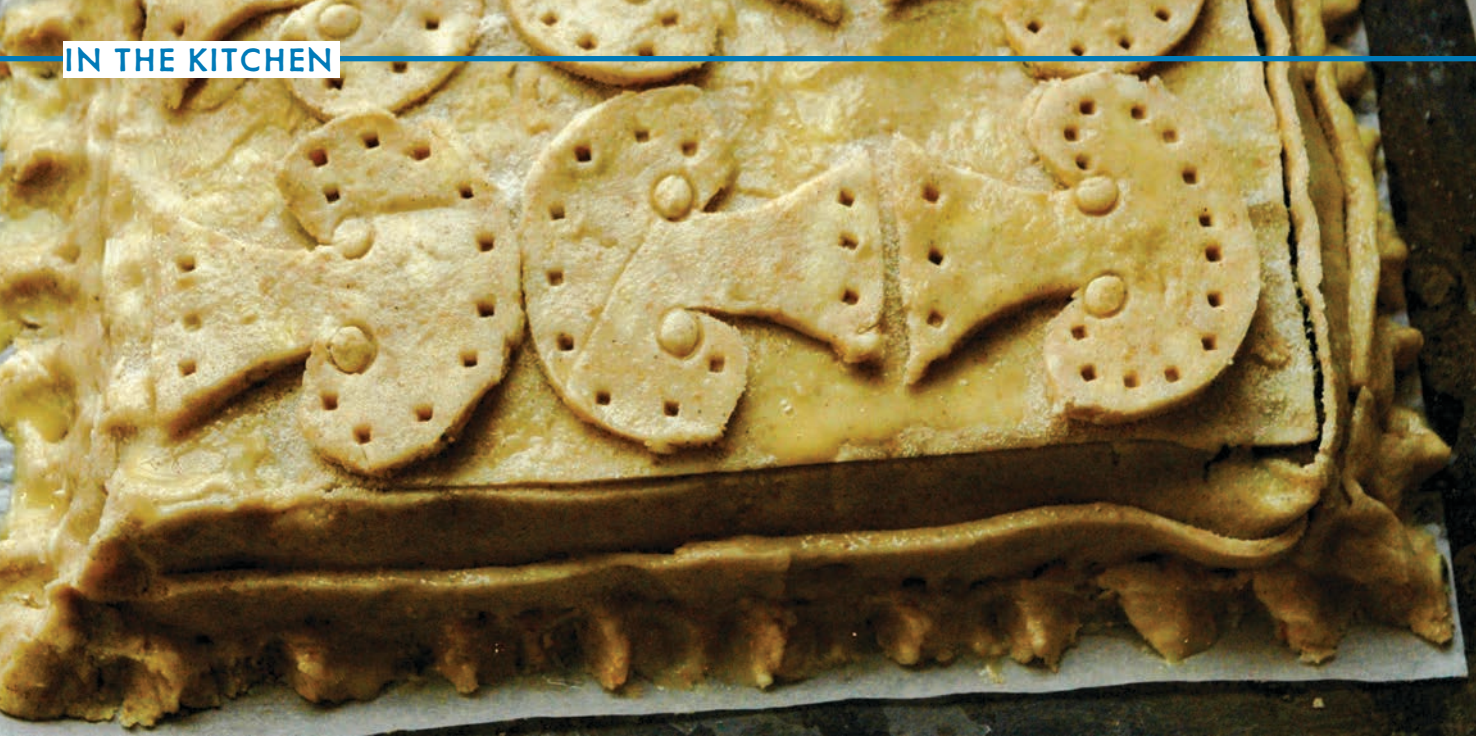
Cooking is my link to nature and to my people. I love how produce changes with the seasons, how

we need warm food in the winter and cool in the summer. I've planted seeds and cultivated crops. I've weeded, tended, harvested, cooked, and sat amid family and friends sharing stories and lives. Plants will open you up to the beauty and possibility of a rich, yet simple, life.

I plan our meals around plants—what's in the garden, what legume sounds good, what's in season, what I have. We eat our dinner in the late afternoon. I'll choose a legume and start it in the Instant Pot. If I'm cooking black beans, I'll add garlic, ancho chilies, salt, and water. I might roast sweet potatoes with sliced onions, drizzled with olive oil. The onions will cook down to utter sweetness using this technique. I'll harvest kale, and stir-fry it in red palm oil. I'll often make up a batch of sunflower seed tortillas and griddle them at the table. Before we eat, I'll puree the black beans and chilies together, add a bowl of cheese to the table, and serve the kale, onions, and sweet potatoes as toppings for impromptu tacos. Maybe our kids or a friend will join us.

It's plant-based eating, but it's also a way of cooking where peelings become stock, and what I don't use the worms will eat and their castings go back onto the garden. To me, "plant based" doesn't mean putting more vegetables on your plate—it's about a joyous life, complex with ordinary details. A plant-based life rich with the splendors of cooking and eating is worth living.





Porcini Pie

- 1 batch gluten-free flaky pie dough (recipe below)
- 2 large onions, cut into a medium dice
- 4 cloves garlic, minced
- 3 cups chopped crimini mushrooms
- 3 cups chopped shiitake mushrooms
- 1 bunch washed and chopped spinach, enough to make 1 cup cooked spinach
- 2 teaspoons dried thyme
- 1 cup dried porcini mushrooms
- 1 cup boiling water
- 3 tablespoons potato starch
- 1 tablespoon apple cider vinegar
- 1 ½ teaspoons sea salt
- 4 tablespoons unsalted butter
- 1 beaten egg with 1 teaspoon water, for egg wash

1. Make pie dough and chill. If you have time, preroll the top and bottom of the pie on parchment paper and chill in the fridge until needed.
2. Soak dried porcini in the boiling water until needed. Chop soaked porcini. Strain the liquid to remove dirt particles, and reserve it.
3. Sauté the onions in butter for 10 minutes. Add half

the mushrooms and sauté for 3 to 4 minutes, then add the other half. Altogether, sauté the onions and mushrooms for around 20 minutes or until sweet and melty. Add garlic, thyme, and chopped porcini, then spinach and sauté another 3 to 4 minutes. Add salt to taste and vinegar. Take off heat and cool. Put mixture in a food processor and pulse briefly to a finely chopped consistency.

4. Sprinkle the potato starch over the mixture and gently stir it in with a spoon. Chill the mushroom mixture until needed.
5. Lightly score 1 inch in around the bottom of a 10-inch square crust. Lay filling within this inner area and firm into shape with your hands. Lay top 10-inch crust over, with the mushroom decorations attached. Pinch top and bottom parts of pie together and brush with egg wash.
6. Bake in preheated 375 F/ 190 C oven for 45 minutes or until it smells delicious and is golden brown.

This pie has the rich umami flavor of mushrooms, yet a surprising lightness and delicacy of texture. A compliment worthy pie.



Pastry Dough

2 ⅓ cups pastry mix

1 cup or 2 sticks (226g) cold, cultured, unsalted butter, cut into a small dice

2 tablespoons apple cider vinegar in ½ cup plus 2 table-
spoons cold water or cold milk.

In a food processor or by hand:

1. Add the pastry flour and diced butter, pulse until the size of French lentils. Put into a mixing bowl and add the liquid. Bring together and form into 2-4 flat discs; chill before using.

Notes: Gluten-free doughs work best when allowed to fully expand their gums and gels (xanthan gum and flax meal). The chilling process allows the fat to harden, creating flakiness, and also allows the gums and gels to expand for better binding power. The acid liquid is also important because gluten free flours perform better in an acidic environment.

This mix can be used for any kind of pastry dough, tender or flaky.



Provençal Garlic Soup

INSPIRED BY JULIA CHILD'S RECIPE
MAKES 2 QUARTS – 40 MINUTES

- 2 heads garlic
- 2 quarts water
- 1 teaspoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1 teaspoon sea salt or to taste
- black pepper to taste
- 3 egg yolks
- ¼ cup olive oil
- Juice of one lemon

1. Bring 2 quarts of water to a boil in a soup pot. Break the unpeeled garlic into individual cloves. Drop them in the boiling water. After two minutes, scoop the cloves out with a sieve. Peel the garlic, taking out green inner parts, and return all the peeled cloves to the pot.
2. Add the herbs and salt. Simmer for 20 minutes. Puree the soup in a high-powered blender or with an immersion blender, and return it to the pot, bringing it to a low simmer. Meanwhile, in a bowl, slowly drizzle the olive oil into the egg yolks, whisking to make a liaison. While whisking, add a ladle of warm garlic stock. Continue to whisk so the eggs don't scramble. Add a second ladleful and continue whisking. Finally, pour the warmed egg and olive oil liaison into the soup and whisk until smooth. Add salt and black pepper to taste.

Serve with Gruyere cheese, toast, or a poached egg. A vitalizing, pick-me-up soup. The garlic's bite is tamed through simmering, and a liaison of egg yolks and oil, tempered with two ladlefuls of warm broth, creates structure and creaminess.

Lighten Up with Legumes

LEGUMES LEND PROTEIN TO THESE SATISFYING, LOW-FAT MAIN DISH RECIPES.



Crockpot Red Beans and Rice

SERVES: 4 – 6. PREP TIME: 15 MINUTES ACTIVE; 7 HOURS, 15 MINUTES TOTAL.

- 1 cup dried kidney beans
- 5 cups water
- ½ cup long grain brown rice
- 1 large red bell pepper, chopped
- 1 large carrot, chopped
- 2 tablespoons Cajun seasoning
- 1 bunch collard greens, chopped
- 1 teaspoon salt

1. Heat a pot of water to boiling, add kidney beans and boil beans for ten minutes. Drain beans.
2. Combine 5 cups water, drained kidney beans, brown rice, bell pepper, carrot and Cajun seasoning in a slow cooker. Cover and set on low, and cook for 6 hours.
3. Open the cooker, add the collard greens and salt, and stir. Cover and cook for another hour.
4. When the beans are tender, serve or transfer to containers to refrigerate or freeze.

This New Orleans classic is incredibly easy to prepare in a slow cooker. Try it as a side dish to roasted chicken, or as an entrée with a slice of cornbread.



Split Pea Soup with Spinach

BY: ROBIN ASBELL

SERVES: 4 – 6. PREP TIME: 30 MINUTES ACTIVE; 2 HOURS TOTAL.

- 1 ½ cups split peas
- 7 cups water
- 1 medium potato, cubed
- 3 ribs celery, chopped
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 bay leaf
- 1 teaspoon thyme
- 1 teaspoon salt
- 4 ounces baby spinach, chopped
- ½ teaspoon black pepper

1. Pick over the peas for any stones or twigs, if necessary, then put in a large pot with the water and bring to a boil. Reduce to a simmer, and add the potato, celery, onion, carrot, bay leaf, thyme and salt. Simmer for an hour and a half, checking occasionally to stir and add water if needed.
2. When the split peas are falling apart, stir in the spinach and simmer just until the spinach is wilted. Add black pepper. Serve hot.

Paired with a hunk of crusty bread, creamy split pea soup is comfort food that will warm you from the inside out.



Lemony Lentil Spinach Soup

SERVES: 4. PREP TIME: 10 MINUTES ACTIVE; 6 HOURS, 10 MINUTES TOTAL.

- 1 cup lentils
- ½ large lemon, seeds removed
- 2 large carrots, chopped
- 4 cups water
- 1 teaspoon oregano
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 cups fresh spinach, chopped
- ½ cup fresh parsley, chopped

1. Place the lentils, lemon half, carrots, water, oregano, salt and pepper in the slow cooker. Cover and set on low, and cook for 6 hours.
2. At 6 hours, take off the lid and stir in the spinach and parsley. Stir for 1 minute to wilt, adjust seasonings and serve.

Add oregano and a crumble of feta to give this lemony soup a Greek flavor profile. Serve with pita wedges and hummus.

Find these and other recipes, plus information about your food and where it comes from at <https://www.welcometothetable.coop/>



STAFF PICKS - Powered By Plants



“My favorite plant based product is Violife Just Like Mature Cheddar Slices!” – Maia, Store Float



“New favorite supplement - Reishi Mushroom Mycelium Powder for cardio and longevity.” –Kathy, Front End



“Love this protein powder for morning smoothies!” –Laura, Wellness



“Ambrosia apples are the best!” –Katy, Front End



“Love these meatless nuggets for a plant powered meal!” –Kristina, Bookkeeping



“Love the variety of locally roasted coffees!” –Laura, Bulk



“Zero Waste salad in a jar - plant power!” – Mabel, Kitchen

Anniversaries

September

- Kathy P 4 years
- Phil B 11 years
- Petra P 3 years
- Paul D 3 years

October

- Emily R. J. 2 years
- Richard F 3 years
- Marcia A 14 years
- Scott M 15 years
- Andrea D 15 years
- Linda D 7 years

November

- Andrew A 1 year
- Willow O 1 year
- Elisabeth H 1 year

HEARTY THANKS



Emily Rood-Johnson
October 2019



Black Beans
1/2 cup
7 grams



Chick Peas
1/2 cup cooked
7 grams



Split Peas
1/2 cup cooked
8 grams



Lentils
1/2 cup cooked
9 grams



Pinto
1/2 cup cooked
8 grams



Soybeans
1/2 cup cooked
14 grams

Plant Powered PROTEIN

Source: Wild World of Bulk | www.wildoats.com



Almonds
1 oz.
8 grams



Flaxseed
1 oz.
5 grams



Pumpkin Seeds
1 oz.
9.4 grams



Walnuts
1 oz.
7 grams



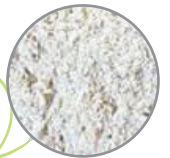
Cashew
1 oz.
14.5 grams



Brown Rice
1/2 cup cooked
4 grams



Cous Cous
1/2 cup cooked
5 grams



Oat Flour
1/4 cup
4 grams



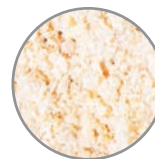
Brown Rice Flour
1/4 cup
7 grams



Quinoa
1/2 cup cooked
6 grams



Oatmeal
1/2 cup cooked
3 grams



Chickpea Flour
1/4 cup
12 grams



Soy Flour
1/4 cup
20 grams



414 KEARNEY STREET, PORT TOWNSEND, WA 98368

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