

Connect



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Welcome, Fall!

By Zetty Nemlowill/Marketing Director

Can you believe how fast summer flew by? It's time to start getting comfortable indoors, trading squash for berries, and waking up early to pack school lunches. This newsletter will provide some simple recipes for back to school, fall health and wellness tips and more great information to help you ease into the season.

With all the changes that come with a new season, we're also introducing some enhancements to our newsletter. You may notice a different format which includes a cleaner, more visual design and additional content. We're still the same co-op you know and love; we're just getting better at sharing our story with everyone.

It's really cool to be able to go to the National Co+op Grocer's (NCG) conference Marketing Matters and see examples of other co-ops' work to gain ideas and network with peers to learn better practices. NCG is a business services cooperative for retail food co-ops located throughout the United States representing 150 food co-ops operating over 200 stores in 38 states. With marketing resources and purchasing power, we really are stronger together!

Not only is our co-op trying out a new newsletter format, but we're also adapting the way we distribute it. Our quarterly newsletters will be available in the store and online at www.astoria.coop. Our weekly emails provide updates (if you're not signed up for our emails please let me know (zetty@astoria.coop)).

So this will mean a little less mail for you to sort through and a tremendous cost savings for the Co-op, so we can focus on providing you great food and better prices. We really appreciate you taking the time to read our publication. I hope you like our newsletter and its new look!

Co-op Marketing Director Zetty Nemlowill



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On the cover: local carrot photo by Trav Williams of Broken Banjo Photography. Thank you Trav for this awesome shot!

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1355 Exchange Street Suite 1
Astoria, OR 97103
www.astoria.coop
Open daily 8-8

All shoppers welcome

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The Fruit Box Project Grows

By Merianne Myers for North Coast Food Web

Astoria Co-op Grocery and its many shoppers have been abiding supporters of the work we do at North Coast Food Web (NCFW). None of our projects showcases that collaboration more eloquently than the Fruit Box Project.

The Co-op supplies NCFW with gorgeous seasonal whole fruit which we purchase at cost and deliver to Astoria, Seaside and Warrenton High Schools every Monday morning

for 33 weeks of the school year. Realizing that many of the students who would show up in the principal's office for disciplinary reasons were hungry, it seemed easy and logical to offer a sweet introduction to what might be a difficult conversation and supply a little good nutrition in the process.

Over the years, the baskets of fruit have become a pit stop for any student who needs a bite of good food. Through the support of Co-op shoppers who

drop donations in the collection jars at checkout or buy tickets to Farm to Fork dinners which raise funds for this purpose or who drop their bean in the NCFW jar when it appears outside the front doors, we are able to continue to fuel this worthy project.

This year, with additional support from private donors, we are able to offer the Fruit Box Project to Knappa High as well and to increase the quantity of fruit our volunteers deliver weekly.

From everyone at NCFW and from every hungry student who has made their way to the fruit basket to find not only a tasty, healthy snack but solid evidence that this community cares about them, THANK YOU!

Return of Fall

Return of Rhythm and Routine

By Dr. Allie Evans/Co-op Board President

With back-to-school time approaching and the end of the summer drawing to a close, it is a time for all of us to settle into routines and restore our very simple commitment to wellness. All of the hormones of our body follow an innate bio-rhythm and when we create rhythm in our lifestyle our body settles into it and our physiology follows. Whether you have kids going back to school or you are simply observing the change of seasons by watching the school buses drive by and enjoying the taste of pumpkins and squash on your plate, I urge you all to make very simple and attainable goals for yourselves in order to restore pattern and predictability to your inner and outer lives. Here is a list of simple ideas to help you all step into more vibrant living:

Move your body daily. You do not need to join a gym, simply commit to a walk for 20 minutes daily or any other form of moving your body. Be simple; movement creates heart rhythm and the operations of the body follow it.

Many people do not eat enough throughout the day. We often skip meals to get more work done. Most people do better with stable blood sugar which means feeding your body small amounts of healthy whole foods every few hours. So perhaps setting the intention to eat smaller, more frequent foods works better for you than three meals daily.

Think outside the box for breakfast. For both your kids and yourself consider other ideas for breakfast. Savory foods are common in many countries.

Consider leftover dinner, soup, burritos, roasted veggies, and sweet potato fries. Making a quiche for the week ahead of time with whatever veggies are in your fridge works well.

School and work lunches: get outside of the sandwich rut. Again do not underestimate the power of dinner leftovers for lunch. Sometimes thinking more internationally helps. Think about slices of salami and cheese, hummus and babaganoush, cucumber salads, sliced fruit, chicken salad (see recipe), hard-boiled eggs, chef salad, veggies and dip, pickles, sushi rolls, bread and cheese, and fruit salad.

Drink water daily. Half of your body weight in ounces daily is what the body requires.

Kindness and sharing: always balance the focus on self with a larger focus on what you can do for others. Push yourself to share in whatever way pushes your comfort zone. Be kind more than you think you can. The energy we give is that which comes back to us. Ultimately our reason for wanting full and vibrant health is to be able to be the best person we can. It is to make the biggest difference in the world and to spread the most light we can.

Accept that you are human and forgive yourself if you stray from your path. In every moment of the day you have the ability to restart your entire life from that moment on. We are all perfectly imperfect, so embrace that. If you have a day that is entirely off, simply start again. Enjoy life even in the difficult moments. We are lucky to have today, so inject light and joy into each and every moment.

Enjoy the transition into the fall and I look forward to seeing you all filling your carts with the fall bounty, enjoying a cup of soup at the Co-op, and celebrating together at the Annual Meeting.

On the following page, I've included some of my simple, go-to back to school recipes (all are gluten-free).

Dr. Allie Evans has served on the Co-op Board since 2003. She practices naturopathic medicine at Astoria Integrative Family Medicine and is a mother of two.



Back to School Recipes

By Dr. Allie Evans/Co-op Board President



Oatmeal Applesauce Pancakes

(easy to double)

- 1 cup oats (whole)
- ½ cup applesauce
- 1 egg

1. Put oats, egg, and applesauce in a food processor or blender and blend it really well.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle and lightly brown on both sides.
3. Variations: add vanilla, a pinch of salt, and cinnamon too. You can also replace oats with ¼ cup almond meal.



Overnight Chicken Salad

4 servings (easy to double or half)

- 2 chicken breasts
- Herbs and spices
- 4 celery stalks
- 2 green onions
- Mayonnaise

1. Put chicken in crock pot, season generously. I like garlic & onion powder, rosemary, thyme, basil, salt & pepper (fresh herbs are great).
2. Cook on low overnight.
3. In the morning slice up the celery, onions and chicken and mix with mayo to taste.



Flourless Peanut Butter Chocolate Chip Cookies

Great for school lunches and high in protein

- 1 cup peanut butter
- 2 eggs
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup chocolate chips

1. Combine all ingredients in mixer.
2. Bake at 350 degrees for 10-12 minutes.

Allyson Gardner of Green
Fork Farm in Nehalem Valley

(Photo credit: Trav Williams, Broken Banjo
Photography)



New Local Farms

Produce Report by Danny Rasmussen/Produce Manager

I originally hail from Chicago, but I've worked in the Astoria Co-op Grocery produce department for four years. I'm thrilled to have the opportunity to serve our owners and shoppers as the produce manager, and excited to make connections with the growing population of farmers and food producers in Clatsop County. While I enjoy every type of fruit and vegetable that you find at the Co-op, my favorites include onions, citrus, pluots, figs, and mushrooms. In my free time, I am busy learning how to be a father to my brand new daughter and harvesting all the food that my fiancée grows on our small farm is Svensen. Come say hi to me in the produce department and let me know if you have any questions or concerns.

One exciting development I've encountered in my short time as produce manager is a new crop of local small farmers. It is a great sign for our regional food economy that young and talented people are getting into farming, and we couldn't be happier to feature their delicious products. You can read about these new farms on the next page.



Danny Rasmussen (pictured above) recently took the reigns as produce manager from Kelly Huckestein. Kelly is focusing on farming and opened Spring Up Farm in Knappa.



Photo Credit: Jacob Moore

Pink Poppy Farm **Jacob & Madeline Moore (Chinook, WA)**

Jacob and Madeline went to Ireland for three months and worked on organic farms which took their interest in gardening to a new level. Jacob worked in the oyster industry in which he gained experience in larger scale farming. He says all the time he was spending on oysters made him appreciate microgreens, which grow quickly and can be harvested quickly. Microgreens are tender, visually stimulating, and nutritious. Use them in salads, sandwiches, as a garnish, lightly cooked in a stir fry, or eat them raw.



Photo Credit: Trav Williams, Broken Banjo Photography

Green Fork Farm **Allyson Gardner (Nehalem Valley, OR)**

Allyson started farming because of the inequality within the food system. A lack of year-round locally grown nutrient-rich food was evident. Not wanting to cross-compete for the CSA or Farmers Market niche of other local farmers, she decided to focus on the wholesale market. Green Fork is a small-scale heirloom and heritage vegetable operation in its second year of growth and sells produce to small local businesses. Green Fork Farm serves a 30 mile radius and currently has 10 local outlets.



Spring Up Farm **Kelly Huckestein & Sam Seulean (Knappa, OR)**

Sam and Kelly moved to Astoria from the Willamette Valley with farming in mind. They had both worked on farms for a number of years and wanted to try starting their own business. While there are an abundance of farms in other parts of Oregon, the coast seemed like a place that needed more vegetable farms. Kelly also had family in the area and had grown up visiting relatives in Astoria. The 2016 season is their first growing season, serving the River People Farmers Market, Astoria Co-op Grocery and a few local restaurants.

It is a great sign for our regional food economy that young and talented people are getting into farming, and we couldn't be happier to feature their delicious products.

Generally Speaking

By Matt Stanley/General Manager

Helping our Co-op mature while preparing for expansion and staying relevant amidst organic and local foods in the mainstream. Plus a summary of our economic and community impact.



Over the last year and a half the Co-op Board of Directors has spent considerable time overseeing the continued maturation of the business as we prepare for expansion. We also sought ways to maintain the relevance of our Co-op amidst increased competition and continued mainstreaming of organic and local foods.

A primary way we are making the Co-op more accessible and welcoming regards pricing. We've joined forces with 150 food co-ops nationwide to bring our community the Co+op Basics program. Co+op Basics includes items in an increasing amount of categories at amazing everyday prices. The program has helped us grow sales considerably which in turn allows our store to further leverage our volume. We saw 14% growth in sales during 2015 and over 20% sales growth so far in 2016. Needless to say, more and more community members are turning to the Co-op for their grocery needs!

Additionally, we are connecting the community to our store by way of their financial investment in the Co-op. In October 2015, we ran our Equity Drive with a modest goal of \$10,000. Instead, our current and new owners together helped us raise nearly \$30,000 in owner equity during the month, and all in \$25 increments! Our planning includes continued use of this unique and powerful way that owners connect with our co-op. In 2017 we hope to be ready to issue

preferred shares as a primary way for our Co-op to finance our expansion and relocation.

Finally, we continue to develop our staff with a framework based on preparation for operating a significantly larger store. In early 2016 we received help with an Organizational Assessment in order to ensure we have the skills and systems necessary to make our expansion a success. We continue to send staff to workshops and trainings relevant to their areas of work in order to maintain engagement with their roles in a growing business.

It is critical that we continue to grow our sales in the current location in order to maintain momentum as we prepare for expansion. Thank you for your continued support of your local Co-op!

Annual Report

Each year we look back on the previous calendar year to ascertain the Co-op's

financial and organizational health as well as the store's impact on the community.

As we plan continued growth through expansion of the store, we will continue to improve how and what we measure so that our owners can see the positive impact supporting the Co-op entails.

The Co-op is not aiming to grow for the sake of being bigger. In addition to offering improved product offering and services, we aim to increase the positive influence our store has on employees, the local economy, environment, and the community-at-large.

The next few pages include a summary of our Annual Report. You can learn more at our Annual Meeting too.

We've joined forces with 150 food co-ops nationwide to bring our community the Co+op Basics program. Co+op Basics includes items in an increasing amount of categories at amazing everyday prices. The program has helped us grow sales considerably.

Organic pasta sauce 2.99



Annual Report at a Glance

As our sales and ownership grow, so does our ability to do cool things such as support local producers and community causes.



Sustainability

Being Earth-friendly has always been a priority of the Co-op's, and we're thinking about new methods as we prepare for expansion. Here are a few actions we are taking now:

- Beans for Bags: our reusable bag incentive program (started May 2015) has measured nearly 30,000 times in which shoppers have used a reusable tote. We donate the money we would have spent on paper bags to local non-profits.
- Food Waste: nothing goes in the dumpster! We donate anything that's still edible to the Clatsop Community Action Regional Food Bank. Produce and deli scraps go to local farmers for compost or animal feed.



Community

Our support of the community grows as the Co-op grows! For example, our donations and your change at registers have helped North Coast Food Web's "Project Fruit Box" provide more than 2,000 pieces of organic fruit for local schools in 2015.



Co-op Owners

We're proud to be a consumer-owned grocer. Here are some highlights of owner activity:

- 345 new owners in 2015
- \$63,596 owner equity in 2015 (all-time record)
- 75% of sales to owners
- 3700 owners as of August 2016

Annual Report at a Glance

The Co-op currently employs 28 workers and expects to pay about \$800,000 in wages in 2016. Strong sales growth supports good local jobs.



Employees

- Currently 28 staff (with 16 at Co-op for more than three years)
- At least \$800,000 wages projected in 2016
- Livable Wage Model: all staff start at \$11.50 per hour (average wage is \$16.66 per hour)



Financial Health

Part of being a transparent business is letting you know the financial health of the Co-op. We're proud to say the store is in good health, confirmed by a clean audit performed by a third party. Sales growth for the first half of 2016 was 23%.



Local Producers

The Co-op works directly with at least 25 coastal producers. Sales of local products totaled more than \$250,000 in 2015. We're excited to create an even bigger market for local producers as we grow.



ANNUAL MEETING

September 14 at 6:00-8:00 p.m.

The Red Building Loft 20 Basin St., Astoria

Co-op owners, we hope you can join us for a fun evening on the beautiful Astoria waterfront that includes dinner, drinks, friends, and the latest information about your Co-op. The meeting includes a Board of Directors election (candidates are on following pages), Annual Report by General Manager Matt Stanley, and dinner catered by North Coast Food Web.

Board Election

Our community owners elect a Board of Directors to oversee our grocery store. An election will happen at our Annual Meeting.



Allie Evans/ Current Board President

Q: What is your familiarity with Astoria Co-op Grocery?

A: My life has been largely centered around co-ops since college. I have lived in housing co-ops, worked at food co-ops, and shopped at co-ops. What draws me to the cooperative model is working together toward something we all believe in and reaping the benefits (in this case good food) while forming a sense of family and inter-connectedness. Naturally, I joined our Co-op when I moved to the coast in 2004. I joined our Board of Directors in 2010 and have served as President of the board since 2013.

Q: How does your education, professional background, and skills make you a good candidate for the Co-op board?

A: Professionally, I am a Naturopathic Physician (family medicine) but hold a very important other title as a mom. I graduated from University of Michigan and came out west to study medicine in Portland. There is an overlap in looking at the way the body works as a whole integrated unit and looking at the way our Co-op works much in the same way. A successful cooperative business and a vital and healthy body flow much in the same way and of course you cannot have a healthy body without a place to buy nourishing food.

Q: Why have you chosen to run for re-election to the Co-op board?

A: I am running for re-election to the Board because I am so excited and proud to be a part of the process of evolving and growing our store and our impact on the local economy and creating community and health. We are at such an exciting time as we enter into expansion. I would like to continue being a part of this process.

Q: What do you hope to accomplish during your term if re-elected?

A: During this term on the board I am committed to providing board oversight and guidance through the process of creating a new store that serves the community. I am also committed to continually improving board structure and process to ensure that we are able to meet changing demands of governing a larger store.

Board Election

Dan joined the Board in spring of this year. He is up for his first election and is looking forward to continuing his work with the Board.



Dan Reef

Q: What is your familiarity with Astoria Co-op Grocery?

A: My wife actually discovered the Co-op in 2001. We became members (owners) and have been doing all our healthy choice/organic shopping ever since. The friendly and knowledgeable staff is always such fun and willing to help or follow up on any product questions.

Q: How does your education, professional background, and skills make you a good candidate for the Co-op board?

A: I was born and raised in Astoria and graduated from Astoria High School in 1982. After high school I traveled five western states building retail stores. In 1988 I started work for a commercial contractor from 1995 until 2014. My job was the on-site superintendent. I performed all the duties to build all sorts of commercial buildings including grocery stores, banks, schools, colleges, medical/dental, warehousing, condos, apartments, police stations, fire stations, and more. In 2014 I hung up my commercial construction hat and took a job with the City of Astoria's public works department.

Q: Why have you chosen to run for election to the Co-op board?

A: I am running for the board because I feel I bring diversity and professionalism to an already very talented board.

Q: What do you hope to accomplish during your term if elected?

A: During my time on the board I hope to be a part in the planning and construction of our new store and take part in the decision-making to make the Co-op the best store on the North Oregon Coast.

Board Election

Todd has served on the Co-op Board since fall 2015. He is up for his first election and is looking forward to serving a full term.



Todd Holm

Q: What is your familiarity with Astoria Co-op Grocery?

A: When my wife and I moved here over seven years ago we quickly discovered the Co-op and have been using the store as our primary food source since. I have always known that if you want to make good food you need to have good food to make and our Co-op has that and a whole lot more.

Q: How does your education, professional background, and skills make you a good candidate for the Co-op board?

A: I graduated from Hudson's Bay High School in 1979 and went to work, raised a family, 4 daughters and 1 son. I worked for the same company, Wicks Airfreight Inc. for 15 years. I stepped into banking in 2001, working with West Coast Bank as an Account Executive and accepted a regional position with US Bank in 2008 where I am still currently employed as a Marketing Manager for the Columbia Pacific region. I work exclusively with businesses, providing credit products, payment solutions and services that help our bank clients maintain positive growth.

Q: Why have you chosen to run for election to the Co-op board?

A: Being a member of our Board of Directors is a great honor and I am running for election because I feel that my past experiences as well as my banking background will be a great asset as we move forward with our expansion. I am looking forward to continue being a part of the decision-making process with this dynamic group of like-minded individuals.

Q: What do you hope to accomplish during your term if elected?

A: During my term I want to help accomplish: continued positive growth, decisions that make the Co-op a great place to work, creating the best place to shop in Clatsop County and beyond, building a shiny new store in a great location that we will all be proud of, opportunities that benefit our community through the strength of our Co-op, and increasing membership.



Cold & Flu Protection

By Angela Sidlo/ Certified Health Coach (Co-op Board Member)

Kids are back to school and you just know all those little germs are going to follow them home. Aside from the obvious precautions of washing your hands often and covering your mouth when you cough, there are some great natural remedies and recipes to prepare for the upcoming cold and flu season.

One of the best ways to strengthen your immune system is to limit your sugar consumption. We often see cold and flu season approach not only when people are forced inside due to winter weather but after several holidays of eating more sugar than we should. Each time you consume refined sugar, it suppresses your immune system for nearly six hours! Repeated several times a day it's no wonder you get the sniffles or something worse.

There are several foods that I like to include as support for the immune system. Include the "good" fats. The omega-3 fatty acids found in salmon increase the activity of white blood cells and go after troublesome bacteria in the body. Walnuts and flaxseed are



Each time you consume refined sugar, it suppresses your immune system for nearly six hours! Repeated several times a day and it's no wonder you get the sniffles or something worse.

known to boost the immune system and reduce inflammation. Mono-unsaturated fats found in olive oil protect us from microorganisms, bacteria and viruses. Researchers have found that a diet lacking in these good fats weakens the immune system and increases depression.

Vitamins and minerals are key to staying healthy during cold and flu season. Zinc, an important mineral that is abundant in beef and lamb work with the proteins to enhance immunity. White blood cells can't function without zinc.

We can't forget vitamin C either. Citrus, dark green leafy vegetables, and bell peppers are all rich in vitamin C. This vitamin inactivates

histamine and helps get rid of runny noses, congestion and inflammation.

Include nuts in your fall and winter diet. A quarter cup of sunflower seeds has nearly all the vitamin E you need daily. Vitamin E is a powerful antioxidant that revs up immune system cells called natural killers and T helper cells. Add nuts to salads or sprinkle on top of soup.

Hit the spice rack with lots of onions and garlic. Not only are they immune boosters but great for heart health and cancer fighting.

Taking time to prepare home cooked meals and sharing with your family the importance of staying healthy will prove to be beneficial in the long run during cold and flu season and beyond.



Salmon Citrus Salad

This salad combines all the components of good fats, vitamins, minerals, and antioxidants to support your immune system.

- 8 oz. Salmon poached and flaked
- 6 cups of dark green leafy vegetables (baby kale, chard, beet greens, spinach)
- 8-10 cherry tomatoes sliced
- ½ bell pepper
- ¼ red onion thinly sliced
- Dressing:
 - 1 blood orange juiced
 - 2 tablespoons olive oil
 - 2 cloves garlic minced
 - Salt and pepper to taste
 - Sprouted pumpkin seeds & sunflower seeds

1. Toss the greens with the salmon, tomatoes, bell pepper and onion.
2. Whisk the dressing ingredients together and drizzle over salad. Top with sprouted pumpkin and sunflower seeds.



Aromatherapy Infection Prevention Rub

Uses: helps the body strengthen its own resistance to infections & helps fight illness.

- 1 oz. carrier oil (jojoba or sweet almond oil)
- 1 drop juniper berry oil
- 3 drops lemon oil
- 1 drop peppermint oil
- 3 drops ravintsara oil
- 3 drops tea tree oil

1. Blend the oils in 1 oz. of carrier oil.
2. Rub the blend on your throat, chest and bottom of the feet 3-5 times a day.



Staff Picks

By Mike Cox/Specialty Buyer

I am lucky enough to have landed the job of the Co-op's new Specialty Buyer. I am in charge of all things beer and wine as well as our bulk department and ordering from our smaller, independent vendors. I also act as "back-up" for our grocery manager as needed.

I started in retail and construction back in my early college days, then moved over to IT (Information Technology) where I spent most of my time as a Senior Systems Support Analyst. After that bubble burst, I decided to follow my heart and get into the Culinary Arts. So I traveled the world for about a year and a half, came back to California with an entirely new appreciation for world cuisine, and got myself into the Culinary Institute of America in Napa Valley.

After graduating, I did everything from cooking at fancy restaurants, to teaching, to recipe development. I've also done a bit of catering, special event management, wine pairing and even helped out on a couple of televised events.

My food experience has definitely helped me with buying and

I did everything from cooking at fancy restaurants, to teaching, to recipe development... My food experience has definitely helped me with buying and selling beer and wine...

selling beer and wine, especially wine, especially as it relates to food.

My favorite kinds of meals to cook for my family are delicious, healthy, sustainable foods that are fun to eat and make. And by "healthy and sustainable", I mean for the environment as well as for my family. My oldest is four and a half years old and he already LOVES helping Daddy in the kitchen. I always try to get him to "help" with whatever it is we are making. Sometimes it is as simple as pancakes; other times we get all messy and have a blast making fresh pasta, pizza, and breads, or assembling spring rolls and dipping sauces. We cook seasonally always and buy local and organic as often as we can.

I've listed some of my favorite Co-op products. You can find them with my "staff picks" signs around the store.

My oldest is four and a half years old and he already LOVES helping Daddy in the kitchen... Sometimes it is as simple as pancakes; other times we get all messy and have a blast making fresh pasta, pizza, and breads, or assembling spring rolls and dipping sauces.

So good, you've gotta try 'em!



pFriem IPA

Easily one of the best IPA's on the market. Bold, hoppy citrus notes combined with a candy-like malty goodness equals an almost transcendent-like beer experience.



Garden of Eatin' Red Hot Blues

My favorite chip snack... ever. A sublime blend of spicy, salty, and crunchy. At my house a bag of these only gets opened once, then they're gone!



Cary's Dark Chocolate Espresso Toffee

Perfectly light and crunchy, surrounded in dark chocolate, then sprinkled with espresso. Think, "morning toffee".



Red Boat Fish Sauce

This is, by far, the best "extra virgin"-style Vietnamese fish sauce around. I call it "Umami in a Bottle" or "Magic Sauce". Really good at waking up almost any Southeast Asian cuisine.

Inside Scoop

An interview with Food Cart Owner Olaf Ydstie of Good Bowl in downtown Astoria.

Q: Tell us a little background about yourself and how you decided to start your own food business.

A: Grew up in Astoria and worked in the Columbian Cafe kitchen on and off for years and years. The cart fell in my lap and I thought I'd give it a shot.

My good bud, Andrea Mazzarella and I started the business together. I've since bought her out, but she was very instrumental in getting the whole thing going.

Q: What kinds of offerings are on your menu and what's most popular?

A: Variations on rice bowls. My most popular meal is The Bowl (rice, beans, pepper jack, slaw, cilantro-ginger pesto, pico de gallo, chipotle sour cream).

Q: We see you filling your basket with lots of fresh organic produce at the Co-op (on your bike) and are impressed! We'd love to hear why you choose to use such high quality ingredients for your customers.

A: Fresh, quality ingredients make better meals. I don't want to serve bad food.

Q: Do you do any other local sourcing?

A: I get microgreens from my buddies Sean and Nate at Millpond Farms and augment my Co-op veggies with produce from Thursday and Sunday markets.

Q: How would you describe Astoria's food culture? Have you observed any trends?

A: It's growing, with an emphasis on locally-sourced food, which is great.

Q: What are your favorite fall foods and will any fall ingredients show up at Good Bowl?

A: Soups! I make a coconut chicken curry once the weather cools down a bit.

Q: What are your hopes and dreams for the future as they apply to your business and community at large?

A: Keep on keepin' on, stay happy. No big plans for the cart, I'm liking it the way it is. As far as Astoria goes, man I don't know. I hope I can afford to live here in five years.

Good Bowl is located on the corner of 11th and Duane (across the street from City Hall) in downtown Astoria.

*Fresh, quality ingredients
make better meals. I don't
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New Products

Paleo goes mainstream. You don't need to strictly follow the "caveman diet" to enjoy and reap the benefits of some great products.

The paleo diet focuses on grain-free foods that are rich in vitamins and minerals. You may also have heard of the GAPS (Gut and Psychology Syndrome) Diet. The diet was created to naturally treat chronic inflammation of the digestive tract. The new bone broth at the Co-op can make following the GAPS Diet protocol a little easier.

Bonafide Provisions Bone Broth

This company goes all out to make the best bone broth (chicken and beef varieties). Organic and made with well-sourced ingredients, this product can be found in the frozen section.



Primal Kitchen Mayo

This mayo tastes like the real thing but is made with avocado oil, a less inflammatory oil than canola or soy. Check it out in the grocery aisle.



Primal Kitchen Collagen Bar

Collagen is a readily digestible protein. Primal Kitchen packs it into a tasty bar form that uses honey as a sweetener. A great snack!



Pasture-Raised Organic Lard

If you are into paleo, you know that fat is nothing to shy away from. We are excited to be able to source a healthy lard that can be used for frying or making homemade tamales.



Fall 2016 Calender

Monday September 5 Labor Day

The Co-op will be closed so our crew can enjoy a day off.

Regular Hours: Daily 8-8

September 11 - September 17 Owner Appreciation Week

Co-op Owners

Save

10%

on a shopping trip!

Co-op owners save 10% on a shopping trip and enjoy special daily food and drink tastings with our vendors. (See calendar at www.astoria.coop for dates and times.)

Limited to items in stock

No further (case) discounts

Ownership status must be "current"

Wednesday September 14 Annual Meeting

Co-op owners, enjoy dinner with us and hear an annual report from Co-op GM Matt Stanley. Catering provided by North Coast Food Web.

6:00-8:00 p.m.

**The Red Building Loft
(20 Basin Street, Astoria)**

Tuesday September 27 Board Meeting

Our Board of Directors meets monthly, representing Co-op consumer owners by providing oversight of the business.

Time: 5:30 p.m.

Location: Street 14 Cafe

1410 Commercial Street Astoria, OR

Future meetings: see www.astoria.coop

Sunday October 9 Food Film: "Gaining Ground"

This new documentary tells the story of farmers making extraordinary changes to feed communities sustainably. The Co-op is co-sponsoring the event with North Coast Food Web, Columbia Riverkeeper and CREATE.

When 4:00-6:00 p.m.

Where: Columbian Theater (Astoria)

Trailer: gaininggroundmovie.org

Thursday October 6 Farm to Fork Dinner

Enjoy a farm fresh dinner cooked before your eyes by Chef Marco Davis (as Daylight)

Tickets at: www.astoria.coop

Cost: \$40



Tuesday October 25 Board Meeting

Our Board of Directors meets monthly, representing Co-op consumer owners by providing oversight of the business.

Time: 5:30 p.m.

Location: North Coast Food Web

577 18th St, Astoria, OR

Future meetings: see www.astoria.coop

Friday October 28 Turkeys Arrive

Our popular Mary's free-range turkeys arrive. This year they're non-GMO verified!

Organic turkeys also available

Turkey is frozen

First come, first served



Thursday November 24 Holiday Hours

Your Co-op will be closed on Thanksgiving. (Open regular hours the day before and after.)

Regular Hours: Daily 8-8



Owner Appreciation Week September 11-17, 2016

It's a great time to be a Co-op owner! We hold owner appreciation weeks four times per year. Our consumer-owners save 10% on a shopping trip. Everyone enjoys special tastings with our vendors and local producers.

Details: in order to be eligible to the discount, owners must be current in their dues. One discount per household. Limited to items in stock at time of purchase.

Not an owner? It's easy to become one by filling out a short application and a buying a \$200 share (which can be paid in \$25 annual installments). Your investment comes back to you in the form of store improvements and easily pencils out with owner appreciation week savings.



1355 Exchange Street Suite 1 Astoria, OR 97103
503-325-0027
www.astoria.coop
Open daily 8 a.m.- 8 p.m.