

A S T O R I A
c o o p e r a t i v e
• Building Community Through Food •



S
P
R
I
N
G

2
0
1
3

IN THIS ISSUE:

CO-OP
VOTED BEST GROCERY
STORE 2012!



Thank you Coast Weekend
readers for your votes!

Produce Report: What do I do with that?

New cooking ideas for fennel,
broccolini, artichokes, & bok choy!



Meet Your Producer

The makers of Buoy's Best Tuna, the se-
cret to our fabulous tuna sandwiches.



The Health BENEFITS of Chocolate

No, we're not kidding! Read on to see Na-
turoopath, Tracy Erling's advice on how to
have your health and eat chocolate too!



WELCOME SAM

THE SANDWICH MAN

Our new deli manager's favorite food is sand-
wiches. So when Sam Seulean isn't build-
ing our tried and true recipes, he's creating new
ones; his latest concept, a vegan Reuben-style
sandwich available Fridays.

After graduating as a Spanish major at Uni-
versity of Oregon, Sam traveled in Central
America, cultivating coffee. He also worked at a
farm in Eugene, before moving to Astoria where
he gained experience in the food service café
scene. Sam says he's pretty health conscious
at home, eating mostly organic and vegan food,
which certainly influences his work in the deli.

"I want the highest quality food and options
for alternative diets. It's great to see the little
joys when people find something that's gluten
free or vegan," Sam said.

Sam says the deli is hoping to continue add-
ing new offerings including salads and desserts.
The deli often serves as an introduction to food-
stry. It provides purchasing power, promotional
assistance, financial oversight, store development
aid, and many training opportunities for our staff
and Board of Directors.



CO-OP PROGRESS

BY MATTHEW STANLEY

CO-OP GENERAL MANAGER



Our Co-op accomplished a lot in 2012. We
broke \$2 million in gross sales. This sales
milestone permitted our full membership with
the National Cooperative Grocers Association
(NCGA). The NCGA is a business services or-
ganization consisting of co-ops across the coun-
try. It provides purchasing power, promotional
assistance, financial oversight, store development
aid, and many training opportunities for our staff
and Board of Directors.

The Co-op is primarily a service organization.
As a consumer owner, you pool your resources
(member equity) with others in the community
in order to support the operation of a local
grocer. NCGA participation will help our co-op
improve its service offering to the community.
Improved pricing, product selection, and new and
yet to be explored opportunities for growth will
all benefit from our association with the NCGA.

For the long term success of our Co-op it
is clear that our partnership with this network
of nationwide co-ops will prove invaluable. Stay
tuned for more information as we integrate our
NCGA member benefits into the store. Here's
to a bright future for the Astoria Co-op!

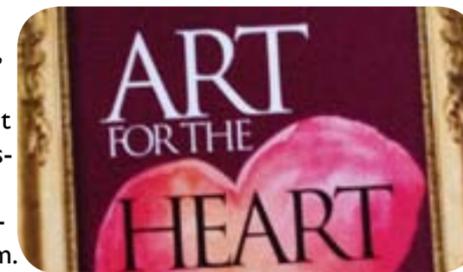


ART FOR THE HEART

CO-OP SUPPORTS A HOSPITAL FOUNDATION EVENT

The Co-op was a sponsor of a fundraising event, Art for the Heart. Columbia Memorial Hospital
Foundation raised money for women's heart health education at the Elks Ballroom in Astoria
on February 9. There was an auction of local art by female artists, a fashion show, a lady's luncheon
complete with cucumber sandwiches, and sparkling wine with strawberries. CMH's Cardiologist, Dr.
Diana Rinkevich, gave a presentation with some startling facts.

Heart disease is the number one killer of women in the U.S. 90% of women have at least one
risk factor. But it is preventable. To reduce your risk of a heart attack, Dr. Rinkevich recommends
fresh fruits and vegetables and increasing daily activity in
everything you do. For example, standing instead of sitting,
parking farther away from where you're going and walking,
or playing with kids. Symptoms of heart disease can present
differently in women than men, and go way beyond the clas-
sic "chest pains" the media often portrays. Listen to your
body, says Dr. Rinkevich: jaw, neck, and shoulder pain, short-
ness of breath, or feeling tired, may all be signs of a problem.



LABELS & LOGOS

WHAT PRODUCTS AT THE CO-OP ARE GMO-FREE?

We want to take a moment to make a few clarifications regarding product labeling, especially as
it concerns genetically engineered ingredients. Worldwide, consumers can find more than
400 registered green logos on the products they find on grocery store shelves. Everything from fair
trade certification to certified humane labeling is common on natural foods products.

A common question we get at the Co-op regards GMO ingredients. Mainly, shoppers' increasing
desire to know what products contain genetically engineered foods. Their concern is well founded.
No long term or longitudinal research has been performed on the safety of consuming GE foods.
Many are concerned that GMO's aggravate or create foods allergies, for instance.

So here's how you can ensure you avoid GMO foods at the Co-op. If a product is certified or-
ganic (contains the USDA organic logo) then GE ingredients are strictly prohibited from the product
via a rigorous certification process.

In addition to the USDA organic logo, shoppers can look for the GMO project verified logo. This
logo will show up on products that are not necessarily certified organic, but the ingredients have
been third party tested to be free of GE ingredients. Without one of these two labels, it is very dif-
ficult to say with any accuracy that a product is free of GMO's. Thankfully, most of the products on
the shelves at the co-op are certified organic!



All shoppers welcome!

Not currently a Co-op
member? It's only \$25 a
year to sign up. You'll be
eligible for member sale
prices and discount days,
so the investment quickly
pencils out.

OPEN EVERYDAY 8 AM-8 PM
1355 Exchange Street, Suite 1
Astoria, OR 97103
Phone: 503.325.0027
www.astoria.coop



WHAT DO I DO WITH THAT?

PRODUCE REPORT BY KELLY HUCKESTEIN PRODUCE MANAGER



and smothered in the left over butter. Yummm!!! This inevitably reminds me of my childhood when my mom would occasionally bring home an artichoke for each member of my family and we would chow down. It was a big treat, and quite fun as a kid since we got to eat the whole thing with our fingers. You can also do a similar preparation by baking the artichoke wrapped in aluminum foil. Don't forget to make the widely popular artichoke dip!

At this time of year it is easy to get into that produce funk. How many times can you roast the same roots and expect it to be as exciting as it is in the early fall? You start to count the days until we start seeing domestically grown tomatoes and zucchini. Even kale is coming from farther away than you would like. Nothing seems quite new and exciting. Well I bet there are a few things in our produce cooler that you may not have cooked with yet. You may have glossed over them on your search for more recognizable and comfortable vegetables. This is the time to try them out. What do you have to lose? You might even find a new favorite veggie!

ARTICHOKES:



These are one of my favorite spring vegetables. It is around this time that the price on artichokes starts to creep down to a comfortable level. My favorite way to prepare artichokes is a good old steaming of the whole choke. I then make a little cup of garlic butter, or lemon juice-spiked mayonnaise and dip each leaf into this flavorful condiment as I slowly work my way to the heart. The heart then gets cut up

FENNEL:



What is that frilly vegetable good for? Everything! Fennel is surprisingly versatile. The bulb can be sliced thin and added to salads raw, along with the chopped frilly tops. You can also roast the bulb and drizzle on a little balsamic vinegar as a side dish. You can also add

it along with your potatoes and carrots when roasting a chicken. To spice up an old favorite, try adding fennel slices to scalloped potatoes. Another favorite of mine is caramelizing the fennel with some onions and using it as a pizza topping. This also mellows the anise-like flavor that can be intimidating to some people.

BROCCOLINI:



So you've had broccoli, but have you tried broccolini? These are like little tender broccoli shoots. You can use them as you would broccoli, but they are even more versatile. Since they are so skinny and tender

they cook up really quickly, so be careful not to overcook them. Try sautéing them and topping

BOK CHOY:



Baby bok choy sits nice and patiently up above the kale and chard in our produce cooler. While many of our shoppers enjoy bok choy, not everyone has discovered it yet. The quick and easy way to prepare bok choy is in a stir fry. You may have already tried it this way in a Chinese restaurant. Along that same vein, my current use for bok choy is as a filling for bao (Chinese steamed buns) and wontons along with seitan and shiitake mushrooms. Another good way to introduce bok choy to your table is by adding it to your favorite chicken soup recipe to sneak in some healthy greens. Braised bok choy also makes a great side dish, especially to teriyaki chicken or fish.

Hopefully one of these ideas will get you excited about the produce cooler in this in-between seasons time. Before you know it there will be tons of farm direct greens and veggies to brighten your day. In the meantime try that vegetable that you have always seen, but never knew what to do with it. Ask any staff member and they will be happy to share their favorite recipes with you.

CITRUS

PRODUCE REPORT BY KELLY HUCKESTEIN PRODUCE MANAGER

If you have been around the store lately you may have heard me talking about this season's go to fruit. Whether it's giving out Kishu mandarins to pique customers' interests, or preparing grapefruit the way my mom used to, peeling off all the skin and pith to leave just the ruby, juicy interior;

I have been pushing the citrus. It's hard not to. While there are still pears and apples from Washington, it's hard not to get excited about



a new and ever shifting variety of tasty fruit. While we will have Valencias and Grapefruit for most of the year, the rest of the varieties are coming and going as they go in and out of their short seasons. Varieties like Kishu and Shasta Gold will only be in for a short period, so get them while you can. It's not only the novelty of these fruits that keeps me coming back, but also the much needed vitamin C boost with all the colds going around this time of year. You don't even have to remember to take your medicine, you can eat it!

I mostly enjoy these juicy treats straight out of the peel. It's an easy snack food, and perfect for school or work lunches. However, there are a multitude of ways to introduce citrus into your salads, entrees and of course desserts.

There are the classic go-tos: slices of lemon on salmon, grapefruit slices on your favorite salad, and lemon bars for dessert. This year try something different. How about making a grapefruit brulee? Cut a grapefruit in half, remove the seeds and cut the segments to loosen. Then sprinkle some coarse sugar on top of each half. Take your blowtorch and melt the sugar on the grapefruit halves and immediately sprinkle with a little salt. This is a great alternative to the

traditional crème brulee. Instead of just adding grapefruit to your salad, try a different citrus inspired side dish, Broccolini with Lemon Bread Crumbs. Melt some butter in a pan and sauté some bread crumbs until golden. Add some finely chopped lemon zest to the bread crumbs with a little salt, pepper and crushed red pepper. Use this to top freshly steamed or roasted baby broccolini.

These are just a small taste of what you can do with citrus. Don't forget preserving the citrus harvest by making marmalade! My favorite! Challenge yourself to use citrus in a new way this year and I promise you will not be disappointed.

OUR FAMOUS SALAD DRESSING RECIPES

These are the most requested recipes from our deli. We're always glad to share. Just place in a mason jar, shake well, & adjust seasoning to taste. Enjoy with any of our fresh produce!

BALSAMIC VINAIGRETTE

- 3 cloves garlic, minced
- 1 tsp. salt
- 1 tsp. pepper
- 1 part balsamic vinegar
- 2 parts sunflower oil

LEMON-CUMIN DRESSING

- 2 cloves garlic, minced
- 1 tsp. salt
- 1 tsp. pepper
- 1 1/2 tsp. cumin
- 1 part lemon juice (at least half fresh squeezed)
- 1 1/2 parts sunflower oil

CHANGE IN PRODUCE DEPT.

Keep an eye out for Farm Direct signs getting a makeover and changing from yellow to green. This change makes it possible for new produce member sales to match the yellow tags in the rest of the store. Look out for the yellow signs and take advantage of these weekly specials.



CO-OP IN THE COMMUNITY

ASTORIA HIGH SCHOOL VICE PRINCIPAL MAKES FRESH FRUIT PART OF HIS CURRICULUM



Being sent to the principal's office might not be so bad if you were offered a piece of fresh fruit. Astoria High School Vice Principal, Chad Madsen, has a bowl of organic apples and pears from the Co-op in his office. This is only his first year as vice principal, but already kids know this is where they can come get fruit; they don't have to be in trouble to do so, but in some cases, the fruit acts as a peace offering.

"There's actually a lot of times when a kid comes in, let's say they're had a difficult situation in a classroom or they've in a bad mood or things aren't going well and I'll ask if they're hungry and a lot of times that answer is yes. A lot of times you will see surprise on a student's face more than anything. A lot of times this kid is in big trouble, and the first thing I do is say, grab an apple, let's talk. I don't know if it's the physical effect of actually getting some sustenance in their body or maybe just the community piece of that. It sometimes does help for that communication to be a little less contentious, a little more positive," Madsen said.



Madsen got the idea from his dad, a teacher, who worked with an orchardist to provide an abundant supply of fresh apples in the elementary school Madsen attended in Hood River. When Madsen grew up and became a teacher (he taught PE, health, and math) he was shocked to discover some kids either not eating, or eating unhealthy foods. He says that feeling of always knowing you can have something to snack

on is a mental relief because a lot of kids don't know where their next meal is coming from.

This is a collaboration with the Co-op offering seasonal organic fruit at cost and the North Coast Food Web providing funding and support. NCFW Food Systems Coordinator, Renia Ydstie, replenishes Madsen's fruit supply as needed, usually a few times a week. Ydstie also works part-time at the high school as a youth transitions specialist.

"It's working with the people who often need it most in a way that's really concrete. It unifies a lot of parts of the community; to get a piece of fruit to one kid takes all these people working together and everyone is so wholeheartedly invested in it," Ydstie said.

Not to sound cliché, but Ydstie says this kind of relationship between people and food is building community through food, which happens to be the Co-op's mission. Ydstie and Madsen both hope to see the program continue and maybe even expand one day to reach even more students.

EAT CHOCOLATE AND BE HEALTHY!

BY TRACY ERFLING ND



February, the heart of winter, when we begin to yearn for warmth and sun. Well that may still be some time away, but luckily it is also the month of **CHOCOLATE!**

I can think of few other foods that bring the comfort and happiness that chocolate does. Thankfully it also brings some healthy benefits, so go get another piece of that dark chocolate hidden in the back of your pantry and enjoy.



This plant based treat is rich in many nutrients which can have some terrific health benefits. First it contains antioxidants, nature's detox helpers. Assisting natural detoxification can aid in lowering inflammation and cholesterol levels. It also has bioflavonoids which benefit the



strength and integrity of our cell walls and blood vessels. This improved vascular integrity will support lower blood pressure and it will increase the strength and flexibility of the vessel walls. Chocolate also has low levels of serotonin, a neurotransmitter which can improve moods and digestion. **Yay Chocolate!!**

Like its relative coffee, chocolate is a stimulant so use accordingly... moderation in both is key! Chocolate is a calorie-rich food, so again appropriate portion size is worth following.

When thinking about the most nutrient dense chocolate, the darker, higher cacao, and even raw choices are best. Once you begin to combine chocolate with caramel, nougat, milk products, sugar, etc. you begin to change the chemistry of this food; maybe then it becomes more a treat than a regular food to include as a delicious end to a nutritious meal.

Celebrate the things you love this month with a food that many herbalists claim bring us closer to the heavens...**Chocolate!**

Tracy Erfling is a past board member of the Co-op and is a naturopathic physician at her private practice in Astoria.

STAYING WELL AS THE SEASONS CHANGE

HERBS TO BOOST IMMUNITY AND NATURAL HEALING



goldenseal for those wishing to prevent illness and heal quicker. Sarah Jaroszewski, our health & beauty buyer, carefully selects these products and has been boosting her skills via an independent herbal study course, the Village Herbalist, out of Eugene, OR.

"I know how miserable it is and if you go to the emergency room they can't do much and tell you to drink fluids and get rest, but there are so many herbs that can help you and make it not as bad so this is a good place for herbal medicine and I'm loving studying it," Sarah said.

For example, elderflower is an antiviral used to reduce fevers, and peppermint can help clear congestion. If you have any questions about finding the right herbs to cure what ails you, feel free to ask Sarah, and she can help point you in the right direction. By the way, keep an eye

out for enhancements in the Co-op's health & beauty department, as we're planning for new shelving and reconfiguring, making it easier for you to navigate vitamins and supplements.



NEW PRODUCTS AT THE CO-OP

BY KENDALL MCEUEN GROCERY BUYER



LOVE BEAN VEGAN RAW FUDGE

Fudge is the most widely consumed chocolate in the world, so how can we make something great even better? Make it healthy, of course! Packed full of organic raw superfood, the sky is the limit with this low glycemic, antioxidant-rich treat. No gluten, soy, cane sugar, agave, preservatives, fillers, dairy, or nuts... and completely delicious.



CONTINUED ON NEXT PAGE...

The Co-op has a host of herbs to help keep you well this time of year. We've been selling a lot of black elderberry, echinacea, and

NEW PRODUCTS AT THE CO-OP



BY **KENDALL MCEUEN** GROCERY BUYER

FROM OUR BULK DEPARTMENT

FARRO

Many of us have been hearing a lot about farro recently, whether it be from Dr. Oz, or as an ingredient in your new favorite snack. Seeing as we now feature this popular grain in our bulk department, we wanted to give our customers a farro 101 basics.

Italian in origin, farro is not only one of the



oldest cultivated grains (2000 years' worth of viable documentation) but also the grain from which most others (rice, barley, wheat and rye) derive. With a flavor likened to barley and wheat, and texture to that of chewy rice, farro can be used in practically any grain dish as well as pasta as a substitution (think orzo).

Alright, so we've heard the origin and uses, but why would I want to change my staple grains to farro? To start, different from many other whole grains, farro contains a carbohydrate called cyanogenic glycoside that has been found to stimulate the immune system, lower cholesterol and help maintain blood sugar levels. Farro is also rich in vitamins A, B, C & E, a good source of fiber (at 8 grams per serving) and high in magnesium. It contains an abundance of antioxidants, phytonutrients, and lignans. While farro does contain gluten, the molecules are weaker than modern wheat, making it

more easily digested, and a great option for those with only mild gluten intolerance. For those looking for variation from their traditional grain fare, to those looking to replace or incorporate a more nutrient-dense whole grain into their diet, farro is the versatile super grain to fill the niche.



ORGANIC BANANA CHIPS

These are quickly becoming a staff and customer favorite! They are made with extra virgin coconut oil, and cane sugar; a great potassium-rich snack for energy on the go.

MEET YOUR PRODUCER BUOY'S BEST

BY **ZETTY NEMLOWILL** CO-OP COMMUNITY OUTREACH DIRECTOR



Rarely these days does my stint working in a cannery come in handy, but when I met Jon Hartill of Bell Buoy in Seaside, I felt an instant camaraderie when I found out we'd both worked at Pier 39, where he ran shrimp machines (I was a "coffee girl"). Jon has an extensive career in seafood processing in the Astoria area and even Russia, plus a few years fishing in Alaska. At his micro cannery, Bell Buoy in Seaside, which he co-owns with his brother Terry, the principle of quality over quantity reigns.

Several years back the Co-op did a blind taste test to choose the tuna for our sandwiches, and Bell Buoy's brand, Buoy's Best won. The tuna also won the people's choice award at a micro-cannery's conference held in Astoria in 2005. The brothers work with several local fishermen, insisting on the freshest fish from boats, avoiding frozen fish, and John says that's why their tuna tastes better.

"The key is to get it in, get it processed, and in the can," John said.

The business is comprised of smoking, canning, crab shaking, and clam cleaning, mostly for its own retail, in a fish market and adjacent restaurant (which by the way is number one on Trip Advisor and Yelp for Seaside restaurant). They're not out looking for wholesale business. In fact, the Astoria Co-op is the only grocery store where you can buy Buoy's Best tuna and salmon. They sacrifice growth for basing their business on using fresh fish.

"You can't keep your crew busy like a normal business because you're dealing with fishermen, the weather, and the elements. In canneries, it's like you're either working 16 hours a day for the next 8 days, or you're not doing anything. So, when you have workers that are getting older (many are semi-retired), how can you ramp it up when you don't know when you're getting your product? That's why people use frozen fish because they can plan," Jon said.

Canning is a great way to preserve and enjoy

Pacific Albacore this time of year, as it's caught locally off our coast in the summer. The Oregon State University Seafood Lab has done studies showing local troll-caught albacore tuna is much lower in mercury and higher in beneficial omega-3 fatty acids, than the larger tuna from the South Pacific, which goes into the big commercial canning operations. Many believe it's not only healthier, but much richer and tastier.



The business has been here since 1946, and most of the canning equipment is from that era. Owner, Jon Hartill (above), says he wishes the machinery were more modern, but this heavy duty pressure cooker and canning line certainly have been getting the job done well for decades.

GROCERY

EARTHLING ORGANICS

Raw, soaked, vegan, and completely craveable, Earthling Organics has raised the bar with... well bars! Organic almonds, coconut, premium matcha and figs are just a few of the ingredients that comprise these powerhouse snacks. The shortbread-like texture and taste will trick your taste buds into thinking you're indulging in something with way more than 160 calories (but you don't have to tell them).



THREE TWINS ICE CREAM

Sometimes, it's what companies don't put in their products that make them great. At Three Twins Ice Cream, they believe that the simplest, most locally-sourced organic ingredients are what set their ice cream apart. And with temptingly-unique flavors such as Lemon Cookie, and Salted Caramel to name a few, who can disagree? Truly sustainable, delightfully quirky, Three Twins is a great addition to your freezer.



FROZEN

COUSIN JACK'S PASTIES

Due to the wild popularity of Cousin Jack's Pasties, we've added an additional vegetarian option! Broccoli-Cheese, the same great pastry shell you know and love, filled with a hearty blend of organic broccoli, potatoes, onions, turnips, and vintage white cheddar. Great for a quick hot meal when you're short on time, without compromising quality.



TRANSITIONS

BY MERIANNE MYERS

CO-OP BOARD PRESIDENT



BRAISED GREENS WITH APPLE JUICE BY MERIANNE



Serves 4 as a side dish

1/2 onion, diced I have used shallots and leeks here also.

2 cups apple juice

1 cup chicken or vegetable stock

1 bunch chard, leaves roughly chopped, stems diced

1 bunch kale, stripped from stems and chopped

2 slices bacon, diced (optional)

If you are using bacon, saute' it first, then add to this process -

Put the onions, apple juice, stock, and salt in a large pot and bring to a boil over medium-high heat. Reduce the heat to medium and add the chard and kale. Cover the pot and simmer for 10 minutes. Check the greens for tenderness, stir them, and add a little more salt. Cover the pot and cook until the greens are tender, about 5 minutes more.

Long before the calendar says so we know Spring is in the offing. Paper Whites strive to climb out of their watery, rock filled bowls. Funny, furry Witch Hazel flowers sneak out of bed, careful not to wake the lazy leaves which sleep in for another month. Branches of Forsythia and Quince brought into the house burst into bloom in celebration of central heating.

Nature teases us with another minute of light today, a few more seconds tomorrow. Daffodils and tulips play trick or treat, surging hopefully sunward, vulnerable to the random icy trick.

It's a transitional season - not dead of Winter, not heart of Spring - and it's full of promise. As with most good things, the anticipation is a large part of the pleasure. We trust that tomatoes, melons, plums, peppers, corn and peas are waiting in the wings.

In my kitchen endless variations on butternut squash, kale, turnips, potatoes, broccoli, brussel sprouts, cabbage, apples and oranges will make room for more salads, early berries and peas and all the other elegant produce that the Co-op so artfully provides for us.

Some things defy seasons and tempt us year round. On the upper left edge, kale is at the top of the list. It's summery fresh in the fabulous deli case salads. It's cold, wintery night perfect when tossed into soup or folded into pasta. Here is one of my favorite kale recipes that has been a hit in all the cooking classes.

NEW HIRE

ZETTY NEMLOWILL

COMMUNITY OUTREACH DIRECTOR



The Co-op has hired a new Community Outreach Director, Zetty Nemlowill. Zetty has worked as the Co-op's newsletter editor for the last year and a half, which she will continue. In her new role, she will also manage social media, advertising, plan food-related events, and proudly represent the Co-op in the community. Zetty is a native Astorian, has a journalism degree from University of Oregon, and has worked in broadcast media and business.

"I'm a major foodie, I love to cook for my family, and I'm having so much fun telling the world about the great quality produce and unique products the Co-op has to offer. I love seeing new faces in the store and getting my friends who have never shopped here to see what they've been missing," Zetty said.

Zetty and her husband, Chris, live in Astoria where they have three children. Chris is Co-owner of Fort George Brewery. Zetty was the original owner of Coffee Girl, and you may have heard her voice as a reporter on KMUN and KAST in the past. She used to work in television news at KMTR in Eugene. She is a member of the Astoria Planning Commission, and enjoys cooking, craft beer, photography, hiking, swimming, but being Mom always comes first!

MEMBER SPOTLIGHT

JEN WHALEN ASTORIA, OR

You'll often see Jen Whalen and her one year-old daughter, Skyla, shopping at the Co-op. Jen has a master's degree in spiritual psychology and hosts women's outdoor adventure retreats. Her husband, Adam, flies helicopters in the Coast Guard. They've lived all over the world, including Japan, and moved here from San Diego three years ago.

Q: I hear you shop at the Co-op quite a bit. The staff is quite fond of you.

A: That's really sweet. We love the Co-op and it's funny because Matt used to work at the Co-op we shopped at in San Diego. We had a friend come up to visit and she put two and two together. She actually used to work there with him. My first impression when I walked in was, oh my gosh, I can't believe there's a People's here in Astoria, that's how it felt, a smaller version of it.

Q: Why do you shop at the Co-op?

A: I think the biggest reason is the quality of food, produce especially. Knowing that the products are well-sourced and from good companies, because sometimes I don't always have the time to do the research about a product so I feel confident, anything I buy there, someone has done a lot of care making sure that it's a good fit.

Q: How is it feeding a family and what kinds of foods do you buy at the Co-op for Skyla?

A: It's different than feeding us, that's for sure, although she is starting to eat a lot of table foods that we're eating. She loves blueberries; she would eat those every day. Right now she's eating all the little oranges, like the Satsuma, she goes crazy about. She actually drinks juice with us, in the mornings we make fresh juice and she's into that, so kale and beet juice and things like that. She loves spinach, we started her on veggies (making homemade baby food).

Q: What are some of your and Adam's favorite products at the Co-op?

A: Produce is our favorite, specialty root beer; some of the cheeses are awesome. We used to live in Japan so we love the seaweed section, miso, and good stuff that makes yummy Japanese food.

Q: Do you find a lot of other Coast Guard families shop at the Co-op?

A: We talk to a lot of people about shopping at the Co-op and I feel like people who care about food shop at the Co-op. It's like, if that's a big priority for you, whether you're Coast Guard or anyone else in the community you'll find your way there.

Q: Tell me about your job, and how it relates to your style of eating.

A: I started my business called, True North Adventures. One of the parts of my business is doing women's outdoor adventure retreats, weekends where we're rock climbing, doing yoga, and camping. There's a chef that comes on the trip with us that does amazing organic meals. It's always been a big focus, even though it's more expensive, because the trips are all about nourishing your mind, body and soul so the food is just the beginning of that. I did a trip last summer and the women on the trip had never had quinoa or kale. It's a cool way to introduce people to things they may not have seen before. We're doing that on the rocks, in workshops and at the table and I feel that's a simple way to bring health and wellness to a home.

Q: You also do counseling for business executives?

A: The approach is that you want to enjoy the adventure of your life, so what we do on retreats is people are breaking



through fears and my goal is to assist them in bringing that into their work life and family life. After I had Skyla I started working as a guide, coaching over the phone, the majority of the people I work with are business executives. They're looking at how to bring conscious leadership into their organization. How you care about yourself is a big part of that. A lot of leaders are everything for everyone so they need to spend time filling their own well so that's where we spend a lot of their focus.

Q: Is there anything else you'd like to say about the Co-op?

A: What I appreciate the most is it feels like family; people go out of their way to say hi and talk to me about the foods that are there if I have questions. It feels super friendly and when we moved to town that was one of the first places I felt like, we're going to be OK here.

The Whalens recently received news that Adam will be transferred to the Coast Guard station in Sitka, Alaska this summer. Jen says they're excited about what's ahead and will be making every last day here count. She says the Co-op is one of the things she will miss most about Astoria.



Thursday February 28th 7% Off All Purchases

Thursday February 28th 7PM Board Meeting

Saturday March 9th 5% Off All Purchases

Friday March 15th **Floating Discount** Expires

Thursday March 28th 7PM Board Meeting

Saturday April 13th 7% Off All Purchases

Thursday April 25th 7% Off All Purchases

Thursday April 25th 7PM Board Meeting

FLOATING DISCOUNT

**GET 10% OFF YOUR CO-OP GROCERIES
MEMBERS CHOOSE YOUR DAY**

JUST TELL THE CASHIER

ANYTIME THROUGH MARCH 15, 2013

Each member account will allow for one 10% off shopping trip through March 15, 2013. When a cashier enters your member number into the sales system, you will have the option of using your discount. We want to make these days accessible and fair to all members and mitigate congestion in the store on discount days, so we're giving this method a whirl.

**CO-OP NEWSLETTER
ASTORIA COOPERATIVE**

1355 Exchange Street #1
Astoria, OR 97103

