



Astoria
co-op
grocery

est. 1974

Spring 2016 Newsletter



Owner Appreciation Week

May 8-14

Save 10%

Enjoy special food & drink tastings

The fine print: you must be a Co-op owner in good standing to be eligible for discount. Limited to items in stock at time of purchase and does not stack with case or special order discounts.



All shoppers welcome (no membership needed)

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

SPRING BEANS FOR BAGS

HELP THE PLANET AND COMMUNITY

By Marketing Director Zetty Nemlowill



The local parents club that is planning and fundraising for a new playground at Lewis & Clark Elementary School is one of three organizations that will benefit this spring every time you bring a reusable bag to the Co-op. Other Beans for Bags recipients through June include Columbia River Symphony and North Coast Food Web's SNAP match program which provides people with low incomes fresh food from the River People Farmers Market.

Beans for Bags is an incentive program to encourage shoppers to bring reusable bags to the Co-op. Here's how it works: bring a bag and one of our friendly cashiers will give you a bean worth a nickel.

Drop it in the charity's jar of your choice (located at our entrance).

The Co-op is happy to give money we would have spent on purchasing a paper bag to a local non-profit instead. We still have paper bags and customers are not frowned upon by any means for using them. But it's cool to save trees when we can!

Since starting Beans for Bags last May we've donated hundreds of dollars and encouraged the use of 20,477 reusable bags.

The Co-op board of directors selects new recipients each season. You can apply by finding an application on our web site www.astoria.coop.



AND THE WINNER IS...

FACEBOOK SPRING FOOD PHOTO CONTEST

1st place: Justin Bailie. Justin is a professional photographer from Manzanita who focuses on food culture, coastal conservation, and outdoor adventure.

On the cover: photo of Ginger Edwards at Revolution Gardens with a handful of fresh rainbow chard.

SPRING PRODUCE REPORT

By Produce Manager Kelly Huckestein

After a winter of roots and tubers, it's time for some greens! Spring brings some much needed green vegetables to our diets and those veggies are getting closer and closer. Here at the Co-op we make sure we are getting you the fruits and vegetables grown closest to our North Coast home. Even our produce distributor, Organically Grown Company, knows to choose Oregon and Washington produce over California every time. When placing our orders, they make sure to let us know when a new crop has popped up in the Northwest. When our local farmers have fresh, high quality produce coming out of the fields, we bring it in, sometimes in exclusion of even Northwest growers. We know that the fewer miles produce has to travel, the tastier and healthier it is. Even when our climate makes coastal produce later than our Willamette Valley neighbors, you will surely taste the difference in freshness. It is certainly worth the wait!



Spring produce profiles:

Peas - In my mind, nothing says Spring quite like peas.

Sugar snap peas are a great way to get your daily vegetable requirement. They are an easy snack, and can replace chips in your lunch. They can also be cooked: a perfect Spring side dish. Try briefly sautéing them with a little oil and garlic until bright green, and just barely tender. Oregon-grown peas are an early sign that Northwest-grown produce is on its way. And peas love cool weather, making the North Coast a great place to grow them. We look forward to seeing local peas come in from Stockhouse's Farm, and other local farms, in May and June.

Asparagus - Asparagus is another great crop to start off the growing season. Even though we don't see any of our local farmers growing asparagus (yet), we will still have Northwest grown asparagus gracing our

shelves starting in April. Two Northwest farms that you will likely see asparagus from are Andersen Organics in Othello, WA and Siri and Sons Farm in Clackamas, OR. Both skinny and thick-stemmed asparagus can be equally tender. One trick to preparing asparagus for cooking is to hold the tip of the stalk in one hand and the base in the other. Bend the stalk until it breaks. The stalk will naturally break off where the tender part of the stalk meets the woody side. Discard the base that snaps off and you will be left with only delicious and tender asparagus to enjoy.

Greens - A perfect way to get in all of those vitamins and nutrients that our winter diets may have been lacking is dark leafy greens! Kale, chard, collards, spinach, dandelion greens, etc. are all starting to come from the Northwest. We are even seeing our local farms providing us with these local nutrient powerhouses. Leafy greens are another crop that love our cooler climate. They don't like a lot of heat, which causes them to 'bolt' (send up stalks that flower) and put more energy into flowering instead of leaf

growth. Our North Coast climate is perfect for a long harvest season of kales, chards, collards, etc. starting in the spring with the most tender and delicious greens of the year.

Rhubarb - The earliest fruit-like crop that we can get our hands on in our area is rhubarb. Rhubarb is actually the stalk of a perennial plant, not a fruit. However, it is a must-have for seasonal pies. It can also be cooked down with a little water and sugar or honey to make a sauce. Add this sauce to oatmeal, yogurt or ice cream for a tangy spring treat. We get rhubarb from Northwest growers starting in March and April, and local coast harvests aren't far behind. Look for rhubarb in the Co-op from Glory B Farm from Grays River, WA.



Lee Vance Owner-Chef Blackbird Manzanita, OR

Photo by: Justin Bailie

TARRAGON PESTO

1 ounce tarragon leaves (fresh)
 1/2 bunch curly parsley leaves
 1 ounce chives
 2 cloves garlic
 1 tablespoon ground black pepper
 2 lemons (zested and juiced)
 1/4 cup toasted almond slices
 1/2 cup olive oil
 1/2 cup Parmesan microplaned or grated fine
 Salt to taste

In a blender/food processor (I use a Vitamix) add herbs, garlic, pepper, lemon zest, almonds, oil. Pulse until the ingredients are evenly distributed, if you

prefer a smooth puree you can continue to blend. I prefer a more rustic pesto so I pulse until everything looks even. Scrape into a mixing bowl. Add the lemon juice and Parmesan, whisking until the mixture is emulsified. Taste, and add salt until it is your desired level of salty. Keep in mind that over time the flavors will marry a little more and salt from the cheese could become more pronounced.

This makes a fairly thick pesto which is great for risottos, pasta, dip, etc. But if you prefer it as a condiment you can adjust with a little less almond, and a bit more oil/lemon juice. (Of course you will want to balance this out with your other ingredients if you choose to do this.)

BOK CHOY AND SPRING VEGETABLES

Diane & Rob Stockhouse Owners-Farmers Stockhouse's Farm
Puget Island, WA

6 ounces sugar snap peas
4 cups sliced bok choy
1 cup carrot matchsticks
1/2 cup daikon radish matchsticks
3 tablespoons dark sesame oil
3 tablespoons soy sauce
1 1/2 teaspoons sugar
2 teaspoons grated peeled ginger root
1/3 cup sliced scallions
1 tablespoon toasted sesame seeds
Lemon wedges

Bring 2 quarts of water to a boil. Cut peas in half if desired. Blanch for 1 minute. Drain and place on a rimmed baking sheet to cool. In the same water, blanch the bok choy for 2 minutes. Drain and place on the rimmed baking sheet to cool. Meanwhile whisk together the sesame oil, soy sauce, sugar and ginger. Toss the bok choy and peas with half the dressing and spread on a serving platter. Toss the carrots and daikon with the remaining dressing and arrange on top. Sprinkle with the scallions and sesame seeds, serve with lemon wedges.

Andy Catalano Chef Street 14 Cafe Astoria, OR



Photo by: Misha Cameron-Lattek

BEAR CREEK ARTICHOKE SOUP WITH CRISPY PANCETTA DICE

John Newman Owner-Chef Newman's at 988 Cannon Beach, OR

Serves 4

Ingredients:

2 fresh artichokes

1 tablespoon butter
1 tablespoon olive oil
1 tablespoon chopped garlic
1 cup medium dice yellow onions
2 ounces white wine
3 cups water or chicken stock
1 cup cream
Juice of 1/2 lemon
Salt & pepper

2 ounces pancetta: diced and cooked crispy. Set aside for garnish.

Method:

Steam or cook artichokes in water until tender. Discard cooking liquid.

Clean artichokes keeping leaves, heart and stem. Discard fuzzy center from top of heart. Save heart for garnish for soup. Medium dice half a heart per serving.

Saute onions in the butter & olive oil till translucent 10-12 minutes.

- Add garlic and wine and cook two minutes
- Add artichoke leaves and stem
- Add water/stock
- Add cream
- Add fresh lemon juice
- Add salt & pepper

Cook for ten minutes. Puree mixture in food processor until smooth. Strain through a fine strainer.

Garnish soup with artichoke heart and pancetta.

Enjoy!

ROASTED ASPARAGUS WITH GREEN GARLIC

Perfect for Spring and it highlights wonderful local eggs.

Aioli:

1 bunch (about 6 pieces) green garlic
3 eggs (1 whole, two yolks only)
1 1/2 cups neutral oil, like avocado or grapeseed
2 teaspoon salt, or to taste
Juice of 2 lemons

The key is to char the garlic, which accentuates the sweetness while dialing down the pungency: Trim base off of garlic. Add just a drop of oil to a hot pan and add the garlic. Leave undisturbed until very dark brown in spots, about 2 minutes. Remove and let cool. Roughly chop. In food processor add one whole egg and two yolks. Start machine and very slowly drizzle oil in. Add salt, lemon juice, and charred garlic and taste for a balance of salty, rich, and tangy. Amounts of salt and lemon needed will vary so it's important to taste.

Asparagus:

2 bunches asparagus spears
1 tablespoon olive oil
Salt and pepper

Snap tough base off of asparagus spears (it will break in the right spot on its own). Toss in a bowl with olive oil and salt and pepper. Add to sauté pan and cook over medium-high heat until just gently browned while still quite firm, about 3-4 minutes for medium thickness spears (rolling asparagus in pan halfway through).

Transfer asparagus to serving dish and spoon aioli over the top. Sprinkle with fresh chives or other herbs.

PLANTING THE SEED

ECONOMIC PARTICIPATION & YOUR CO-OP'S FUTURE

By General Manager Matt Stanley

You've heard us talk a lot over the last year and a half about our Co-op's growth plans. Please be assured that despite a lack of big announcements about the where and when of our new store, lots of work is happening to prepare us for our expansion. Our focus on preparedness will ensure that when we do open the doors to an expanded location we will be successful. In the meantime, our store is growing rapidly in the current location and space is becoming a real challenge, both for shoppers and employees!

A critical step was checked off our to-do list when the owners attending our March Special Meeting at 14 Street Cafe unanimously voted to adopt preferred shares into our Articles of Incorporation. We now have a powerful financial tool and new owner benefit at our disposal to raise the necessary equity to build our new store!

So now begins the hard work of preparing an effective capital campaign. By effective, I mean lots of member participation. For the purposes of this article, I want to plant the seed of an idea. What does it mean to invest in a local food co-op? Is it something we might consider as an alternative to traditional investments? What are the compelling reasons to purchase preferred shares?

In a capital campaign, the Co-op will reach out to the owners who use and benefit from the goods and services of the business to invest together to help it grow and thrive. A clear distinction to be made here is that the Co-op is not asking for handouts. Rather than making a donation, we'll be asking you to invest in dividend-earning preferred shares.

I think the most compelling reason to invest in your Co-op is that it offers an opportunity to make



a modest rate of return (3-4%) on something you'll watch grow right here in your own community. You'll see new jobs get created, more local products filling up the grocery shelves, and more fellow community members seeking out the Co-op as a way to live healthier lives.

Even the strictest socially responsible index funds won't let us watch our money turn into positive projects in our own community. Furthermore, parts of these portfolios won't align with our values nearly as much as our food Co-op.

For the Co-op, the money we raise from preferred shares will create the necessary equity to leverage any third-party loans necessary to complete the project. The more capital we raise through preferred shares the less we need to borrow from a bank.

The minimum investment in our preferred shares offering as per our recently approved Designation Rights is \$2,500. For most of us, this is not an insignificant amount. We'll be seeking an average investment of considerably more than that in order to reach our goal. There are other ways to help us reach our goal of opening a new store if this minimum investment is beyond your household's means. You can pay off your common share and even invest an extra \$100 (for a total of \$300), or you can encourage a friend to join the Co-op. Shopping at the Co-op as much as possible is a powerful way to demonstrate your support, too!

Finally, our capital campaign will require a dedicated team of board members, staff, and other volunteers. If you have experience with fundraising and want to lend a hand, please let me know (matt@astoria.coop). For a detailed look at the approved Designation Rights, please check our web page. In the meantime, please trust that we are working hard to open an expanded location that will better serve our growing body of owners and staff.

BULK AISLE SHOPPING

NOTES FROM GROCERY

By Grocery Manager Josh Guse



So, what does Earth Day mean to you? Shouldn't every day be Earth Day? Am I doing enough? I think most of us have asked ourselves these questions. Earth Day was founded by United States Senator Gaylord Nelson as an environmental teach-in, first held on April 22, 1970 (on a side note, Senator Nelson

was my husband's 3rd cousin). Now, Earth Day has become a day for us to reflect on how we treat the Earth and how we can personally improve how we treat the world around us.

On Earth Day we had a flash sale on bulk items. Many shoppers took the opportunity to try their hand at bulk shopping. My hope is to continue to encourage you to look at the bulk aisle as a healthy, sustainable way to feed your family with less of a carbon footprint on Mother Earth.

According to a study released by Portland State University's Food Industry Leadership Center (FILC), buying organic goods in bulk helps to conserve energy and to save on costs for suppliers, retailers and consumers alike. With less packaging from the supplier to reusable containers on the consumer end, the pros

to bulk shopping tend to outweigh the cons. If you factor in the wide array of choices and the ability to purchase as much or as little as is needed, bulk really seems like the way to shop!

For the beginning bulk shopper, the bulk aisle may seem intimidating. At Astoria Co-op Grocery, we have plastic and paper bags for dry goods and plastic containers for liquid goods. We often have an array of clean glass containers to use as well. All we need at checkout is the PLU number. Having this information will help ensure a faster checkout time. You are welcome to write the PLU on the stickers, twist ties or containers provided.

Are you unsure about preparation and cooking times? We have brochures available in the bulk aisle for most anything from flour and rice to grains. These are a great reference point. We also have an iPad available in the wellness aisle to look up prep and cooking times or one could do that on their computer

at home as well. Frontier Co-op, which provides a large quantity of our bulk items, has full instructions, recipes and more on their website at www.frontiercoop.com. As always, any of our staff are willing to assist with any questions you may have while shopping.

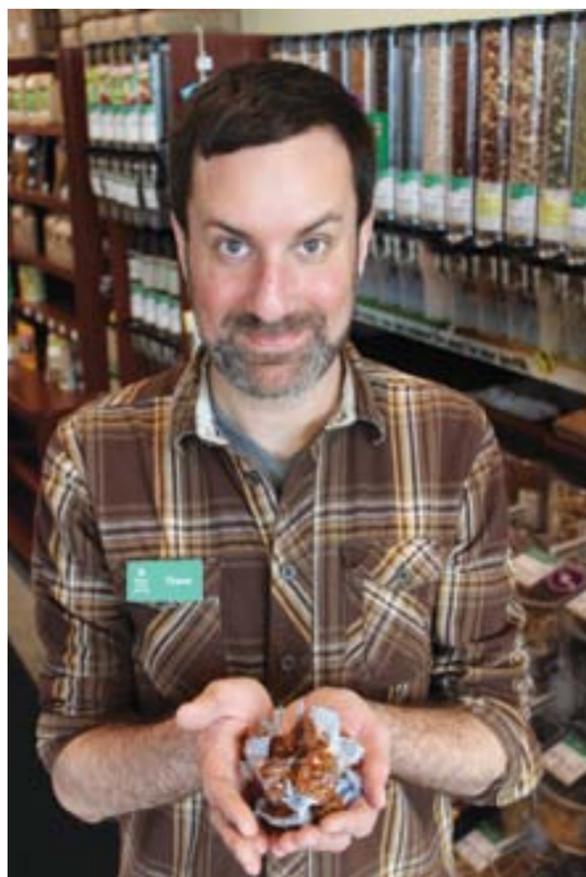
I hope I was able to clear up any confusion about just how easy it is to shop the bulk aisle.

Between saving money and having less of an impact on our environment, bulk sure seems like the best way to shop. Consider starting if you haven't already and remember that every day is Earth Day. Happy bulk shopping!



STAFF SPOTLIGHT

By Co-op Cashier Thane Wienandt



I grew up shopping at the Stevens Point Area Co-op in Central Wisconsin. I remember being very excited about our shopping trips because everyone was so friendly and I always got a sesame seed candy for the drive home. As an adult, I ended up in Madison, WI as an employee of Willy Street Co-op for about 17 years. It was an incredible learning experience and a wonderful time in my life. About a year and a half ago, my husband and I moved to Portland, OR and worked at New Seasons Market for almost a year until he interviewed for and received the Grocery Manager position at Astoria Co-op Grocery. We packed up our lives and made the move to beautiful Astoria. It was the best decision we've ever made. The Co-op is a wonderful place to work and is full of friendly and talented co-workers and the best customers one could ask for!

In my spare time, I enjoy relaxing at home with my little family, reading and writing, creating terrariums, taking photographs, crafting and exploring our scenic and stunning part of the world. Every day in Astoria is awe inspiring and fodder for creative projects. Even on the rainiest of days, there is still beauty to be found!

We tend to cook at home most of the time using the bounty of fresh produce, meats and other items we find at the Co-op. It still astounds me how much variety is packed into such a small space!

1. Spring Tofu from our Deli: A new recipe that is fresh and bright and full of nutrition and flavor. I must eat this dish multiple times a week!

2. Soul Hot Sauce: Great flavor with a cause coming out of Portland, OR. They give 10% of their profits to various food-related charities!

3. Ground Breaker Brewing Gluten-Free Beers: After going GF about 5 1/2 years ago, I missed drinking delicious beer. Ground Breaker has broken the mold on GF beer, creating a variety of beers that will satisfy the beer lover in your life!

4. Deck Farms Summer Sausage: A delicious and local product free of nitrates. Some of the best summer sausage this Wisconsin boy has ever tasted!

5. Majestic Garlic Spreads: A variety of flavors all made with fresh garlic. I use it as a spread, marinade and a dip. It's just so delicious!

6. Fromager d'Affinois Double Creme: A decadent soft cheese for nights when you are feeling extra fancy!

7. Alaffia Everyday Coconut Face Wash: Fair Trade, gentle and non-drying, my new favorite face wash!

8. Uncle Harry's Pine Needles Aromatherapy Spray: A fresh and forest-y scent to satisfy my obsession with the woods of the Pacific Northwest!

9. Avenue Sweets Sea Salt Caramels (in Bulk): A perfectly sweet and slightly salty treat. Once you've tried them, you'll be hooked!

(The photo is of Thane holding a handful of his favorite caramels.)

CO-OP PRINCIPLES

Astoria Co-op Grocery is a consumer-owned cooperative practicing values guided by the International Cooperative Alliance.

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training & Information
6. Cooperation Among Cooperatives
7. Concern for the Community

BOARD OF DIRECTORS

Contact: board@astoria.coop

Monthly meeting dates & times:
www.astoria.coop

Allie Evans, President

Norma Hernandez, Vice President

Beth La Fleur, Secretary

Danny Rasmussen, Staff Seat

Brad Hill, Treasurer

Andrea Perez

Dan Reef

Angela Sidlo

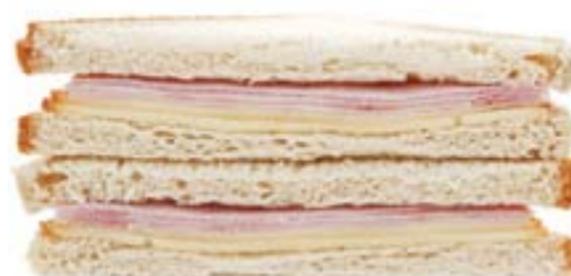
Todd Holm

New from the Co-op Deli:
Co-op Kid's Meal Deal



Save \$1.00

when you buy kid's sandwich,
organic cheese stick, & juice
box.



SPRING FARM TO FORK DINNER

Fresh local food
Chef Marco Davis

June 2 at 6 p.m.

Tickets on sale now
www.astoria.coop

By Astoria Co-op Grocery & Columbia Memorial Hospital
Benefits N. Coast Food Web's Project Fruit Box



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Weekend

FLASH SALES

Save Big!
crazy low prices!

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coop basics

Everyday low prices on
everyday groceries.



New! Organic **Coconut Oil** **\$4.99**