



ASTORIA CO-OP GROCERY CREW

Matthew Stanley, General Manager
Jennifer Rigley, Deli
Geena Barker, Cashier & Deli
Maren Ludwig, Cashier
Sarah Jaroszewski, Wellness Manager
Brandon Massey, Deli & Cheesemonger
Kelly Huckestein, Produce Manager
Sam Seulean, Deli Manager
Charissa St. Clair, Bookkeeper
Michelle Bisek, Deli & Grocery
Danny Rasmussen, Produce Buyer
Andrea Larson Perez, Cashier
Claire Keenan, Deli & Grocery
Lulu Quinn, Produce
Ryan Eccles, Meat & Fish Buyer
Tyrel Trainor, Cashier & Produce
Lenny McGrath, Cashier & Grocery
Michael Schultz, Cashier
Joe Wrobel, Cashier & Deli
Tammy Heintz, Produce & Grocery
Zetty Nemlowill, Marketing Director
Kinzi Gordon, Deli & Grocery
Telly Sloan, Deli & Grocery
Hannah Stevens, Deli & Grocery

ASTORIA CO-OP GROCERY BOARD

To contact our board: board@astoria.coop

Allie Evans, President
Norma Hernandez, Vice President
Hilary Herman, Treasurer
Beth LaFleur, Secretary
Danny Rasmussen, Staff Representative
Libby Lawrence
Brad Hill
Angela Sidlo
Andrea Larson Perez



OPEN 8-8 DAILY

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

All shoppers welcome. Just \$25 to start your ownership and receive special sales, discount days, case discounts and more.

Newsletter ideas: contact zetty@astoria.coop.

Special thanks to Co-op Owner Pam Chestnut for proofreading this newsletter.

OFF TO A GREAT START

BEANS FOR BAGS GOOD FOR COMMUNITY & ENVIRONMENT



When you check out with a reusable shopping bag at Astoria Co-op Grocery, a cashier gives you a bean worth a nickel toward the local organization of your choice. "Beans for Bags" is our popular new donation program. In the first month, about 1500 shoppers were rewarded for having an alternative to paper bags. The aim of the program is to encourage conservation of disposable bags.

Customers may choose which one of three

community organizations they would like to support with their bean. Currently, that's CASA, North Coast Food Web, and Clatsop Regional Food Bank. Jars representing these organizations are located at the store entrance and shoppers simply place their bean in the jar of their choice. At the end of each quarter the beans will be counted and each of the organizations will receive a donation from the Co-op proportionate to the number of beans.

Local community organizations can apply to become recipients of funds and the Co-op Board will select them quarterly. Applications are available on the Co-op's web site www.astoria.coop.

Astoria Co-op Grocery is a consumer-owned grocery cooperative. Anyone can join and everyone can shop (and take part in "Beans for Bags") whether they're an owner (member) or not.



SAVE THE DATE

SUMMER CALENDAR

July 14 at 4-6 p.m. Board Eat & Greet (Sample food & talk to our board members)
July 30 at 7 p.m. Co-op Board Meeting (location to be announced)
August 11 at 4-6 p.m. Board Eat & Greet (Sample food & talk to our board members)
August 27 at 7 p.m. Co-op Board Meeting (location to be announced)
September 20-26 Owner Appreciation Week (Co-op Owners save 10% on a shopping trip)

Check our online calendar for up-to-date happenings at your Co-op: www.astoria.coop.

OUR DOPPELGÄNGER IN ATHENS GREECE

BY *Matt Stanley* ASTORIA CO-OP GROCERY GENERAL MANAGER

Yes, I get to go on vacation once in a while. And whenever I travel food is always a focus and sometimes a concern. I always come back feeling so grateful for the access to fresh, local and safe foods that our Co-op and local farmers provide. Certainly, our food system nationwide is far from perfect. But the ever growing desire to know where and how our food is produced makes it commonplace to ask questions of restaurants, retailers, and growers: "Where does your beef come from?" "Where do you get your produce?" "Do you use topical pesticides?" These questions shouldn't surprise anyone in the food industry in these parts. I am certainly not shy of asking these questions even though it may embarrass my wife.

But abroad it can be a different story. I found myself on the small island of Milos, Greece, wanting so much to ask the local butcher where he gets his lamb or beef and how it is raised. Is it from a small local producer or an oversized distant one? Do they use antibiotics? Add in a language barrier and possible cultural nuances and I was at a loss to really know in the same way I can at home. My wife and I still enjoyed what we are pretty sure were local lamb, cheese, oranges, tomatoes, and potatoes.

After a generous stint on the island we spent a few days in Athens. I was ready to go find a natural foods store! We tracked down a small natural foods store very similar in size to our Co-op. Recently renamed "Gr-eatings," the store completely outdid my expectations. Fully stocked shelves boasted certified organic (Eurocert, an EU certification standard



similar to our USDA Organic) everything: meats, cheeses, yogurts, local produce, and lots of interesting produced-in-Greece products. They love bee pollen and make a mean yogurt. We loaded up a big basket!

At the checkout I got to chat with the owner (he spoke English). I told him how happy I was to have found his store. It was clear that he was passionate about local healthy foods. He explained how much work it took to source all the products in the store. He was curious to know what I thought of his newly added fresh departments. They had recently opened up the store to make room for fresh meat and produce. Sound familiar?

Indeed, the familiarities were pretty uncanny. The main difference regards our cooperative structure. I explained that I was not the owner, but only one of many owners. I got to share our positive experience collaborating with the other food co-ops in the country to improve our business and the services it provides its owners.

As we bagged up our groceries to leave, the store got really busy. The owner de-

scribed that his main challenge would be finding enough room to continue to meet the needs of his customers. That sounded oh so familiar too! Do you like to travel? I'd love to hear about local natural foods stores you stumble across. Who knows how many Astoria Co-op doppelgängers exist and are growing to meet the needs of a world waking up to the importance of what we put in our bodies and where we spend our money!

MEET YOUR FARMER

TOM ZIMMERMAN OF GLORY B FARM IN GRAYS RIVER, WA

BY *Zetty Nemlowill* ASTORIA CO-OP GROCERY MARKETING DIRECTOR



Farmer Tom Zimmerman & Co-op Produce Manager Kelly Huckestein on our visit.

Farmer Tom Zimmerman has been selling to the Co-op since the 1970's when the Co-op was new and Tom was new to farming. As a 13-year-old boy in 1976, Zimmerman moved with his family from Gearhart to the farm they own today in Gray's River, Washing-

ton. When he was finishing up his studies at Clatsop Community College, Zimmerman decided he wanted a career in his family trade. "I've always liked growing plants," Zimmerman said.

Zimmerman's roots in farming set him apart from some of the other small farmers we work with in the area. Another key difference is that the farm is certified organic. Many small farmers use organic practices, but find it difficult to make certification pencil out. Zimmerman says organic certification hasn't been too hard; it does cost him, but the USDA chips in, typically paying about half of the fees, thanks to a farm bill.

Even for someone as experienced as Zimmerman, farming is always a challenge for a variety of reasons including working with dynamic natural elements. That's why a key to Zimmerman's success is diversity of crops, which he calls a common sense approach to crop insurance.

"The most challenging part of the job is the weather, especially lots of rain, but it's been pretty nice this year," Zimmerman said.

Another challenge for smaller farmers is

finding a place to sell their products. Zimmerman says there's more competition with organic farms, and less of a market than some places in the country, but selling direct to value-added food processors such as Oregon Brineworks in Hood River, OR helps.

Zimmerman says the drought in California could impact and actually improve the market for local farmers. "The farmers in California aren't shipping cheap produce anymore," Zimmerman said.

Zimmerman does all his own distributing and knows all his customers, including us at the Co-op. You can even see his 91-year-old mother delivering honey to the Co-op.

"Growing good food for people—that's what the most rewarding part is. I'd probably be happiest if I didn't have to deal with the money, but that's not how we live our lives," Zimmerman said.

Zimmerman grows all kinds of row crops, such as fabulous kale and other greens, celery, peppers, and strawberries, a top seller (so pretty they made the newsletter cover). Look for his farm's honey, veggies, and berries at the Co-op all summer long.



The Zimmerman Family Farm lies on 10 acres of land near the Gray's River. You can find a wide variety of the farm's certified organic produce at the Co-op.

DEFINING LOCAL

BY *Zetty Nemlowill*

ASTORIA CO-OP GROCERY MARKETING DIRECTOR



If you've ever had food directly out of a garden, you know the flavor beats any conventional grocery produce, correct? The food we source

from nearby farmers is just as good as, if not better than, food from your own garden. Big grocery stores have noticed that people really like local food. You can't miss the large photographs of "local" farmers in produce departments. I've seen "local" peaches from Yakima. This is really different from Astoria Co-op Grocery's idea of what local food is. So, our competition presents an interesting challenge for the Co-op: defining "local".

Buying fresh food from farms in the area that are too small to supply bigger grocery stores gives the Co-op a competitive edge. So it's very important for us to all understand the "local" difference at the Co-op. I wish I could think of something catchy like the Nike "just do it" catch phrase that would, in an instant, meaningfully convey the "truly" local difference at the Co-op to anyone who walks in our doors. But I haven't yet. So, for now, the Co-op will define our version of "local" with honesty: using all our communication tools to consistently tell you where your food comes from.

Look for signs in the store that say "local" and "farm direct". These are items we source from farmers and other producers from within a 40 mile radius. Growers and

manufacturers we build relationships with actually deliver the products themselves. We like to get products from as close to home as possible, but many food, beverage, and wellness items are not currently available within our defined local area. So you will see "Oregon" and "Washington" signs throughout the store as well. While not exactly "local", we're very proud of carrying these unique items.

Why care about the Co-op's definition of "local"? It's the freshest and richest quality in terms of flavor and nutritional density. When food isn't transported hundreds or thousands of miles this greatly cuts down on fossil fuel use and greenhouse gas. It's pretty scary to think about food security, but it's not just an issue that's off in the distant future. The drought in California is causing agriculture shortages resulting in food price increases, an example of why supporting the growth of farms in our area is important. We really like our farmers and other local producers, and want them to succeed with good jobs. We know how hard they work, sometimes for little to no return.

As the Co-op grows, our consumer-owners, shoppers, and board have all said that more local food should be a key element. In our fall survey, shoppers said supporting local, sustainable agriculture is the number one social issue the Co-op should champion. Our draft strategic plan reflects this, stating in the next five years we will expand our capacity to buy and sell local food and products. And throughout that journey we will be explaining what our "local" is.



PRODUCE REPORT

BY *Kelly Huckestein*

CO-OP PRODUCE MANAGER

Hello summer! Here in the Co-op Produce Department we love summer. Not just because of the warm days and the long daylight hours, but because of what that means for our farmers and our local produce. Humans aren't the only ones that need a little heat and daylight. Summer is the time when fruits and vegetables are coming to you from the closest possible sources, right here on the North Coast.



While "local" has become a very popular buzz word, here at the Co-op we make the distinction with our produce called "Farm Direct." While this does mean local, it also goes beyond it.

Our *Farm Direct* produce not only comes from our region, but it is delivered to our store by the farmers that grew it, and the foragers that found it. It never sits in a warehouse and it is as fresh as possible. Look for our signs with the *Farm Direct* logo to make sure you are getting what the North Coast has to offer.

Even when we can't get something *Farm Direct*, we still work hard to source it from Oregon and Washington if possible. We work with our awesome distributor, Organically Grown Company in Portland, to find the freshest and closest produce we can at great deals. Look for farm names and locations on produce we are sourcing from the Northwest. If you want to know more about these farms, feel free to ask. Organically Grown Company provides us with farm bios and other information for all Northwest farms.

Please help us support our local growers and our local economy and buy *Farm Direct* from the Co-op this summer!

STAFF SPOTLIGHT

ASTORIA CO-OP GROCERY'S *Lenny McGrath*

Q: What do you do at the Co-op?

A: I do a couple things. I receive deliveries, cashier, work on the floor (stocking, etc.), and do some ordering.

Q: What's your favorite part of your job?

A: All parts; serving in different positions gives me the opportunity to experience new things every day.

Q: This is not the first grocery store you have worked in, correct?

A: I worked at Okie's in Ocean Park, WA for 7 years, from the meat department to a "person in charge".

Q: How has your experience at a more standard grocery store compared to the Co-op?

A: I've learned so much at the Co-op in the past two years. I learned the difference about organics, processed food, and GMO's.

Q: Has that changed the way you eat?

A: I've changed! Not fully, but three-quarters of the way. I prefer organic produce compared to conventional. I've lost over 20 pounds since working at the Co-op due to better eating choices.

Q: You've talked about filling your freezer up with deer meat. Are you a hunter?

A: Yes. Hunting for deer you only get to do one time of the year. I like doing it and knowing where my food comes from. If I can't hunt, I know I can come to the Co-op and get some nice grass-fed meat and know where it's coming from. At one point I special-ordered 20 pounds of our grass-fed beef when I couldn't go hunting.

Q: Do you think there's a cultural difference between the Co-op and other grocery stores?

A: I feel people who shop at the Co-op are a lot happier, in better moods and easier going. People who shop at other grocery stores--their attitude is different. There's never any harm in trying something new. In my experience working here, eating different, and being in this environment can change someone into a better, healthier person.



Congratulations to Lenny & his fiancée Lindsay St. Clair! They have an August wedding planned. We wish them a delicious married life. (Lindsay's mom, Charissa St. Clair is our Bookkeeper.)

LENNY'S STAFF PICKS:

Deli Egg Salad: whenever our deli makes it, I always get one or two. It's the best egg salad I've had. I eat it right out of container. The flavor is good, the eggs are quality, and it gives me a boost of protein.

Boulder Canyon Chips: I love these kettle chips, especially the balsamic vinegar and barbeque. I had to cut back on eating them though because I was eating a bag every day at work.

Co-op Grass-Fed Beef: I like the ground beef and all our steaks. You can marinate them or put them on the grill with just salt and pepper and be good to go. You can taste the difference. I could try to describe it, but you'll just have to buy one. I've given it to all my family across the river and they say they've never tasted steak compared to this.

Caprese Salad: I ate it every day for two weeks and now I've tried to do it only once a week. It's because the deli dressing is fantastic, the best dressing I've ever had!

Hiball Energy Drinks: These are fantastic. They taste good, give you energy and are a lot better for you than soda or Red Bull. With no sugar and no calories you know you're not drinking your calories for the day.

Bulk French Vanilla Almond Granola:

It's a new product I like. You can taste the vanilla. It's good as a snack plain or mixed with yogurt

Organic Oregon Trail Mix: It's great if you want something to take on a hike or a snack for a trip. With nuts and chocolate, even the kids would love it.

Santa Cruz Lemonade: The strawberry-lemonade is my favorite. They're all really good. Sometimes lemonade can have a sour taste but these are spot on.

NEW PRODUCTS

AT ASTORIA CO-OP *grocery*



Bornstein Sardines

Another product we are proud to call local (from Astoria). Sustainably caught and packed with Omega-3s, try the smoked variety or the spicy tomato.



Local Eggs from Backwater Farm Truly local eggs from 31 miles away in Cathlamet. They're pasture-raised and contain that bright yolk color you want.



Buoy Beer If you haven't tried Astoria's Buoy Beer bottle offering you are missing out! Buoy's new 22oz Czech Pilsner and IPA are big hits. Buoy makes clean refreshing beers locally, right on the Columbia River.



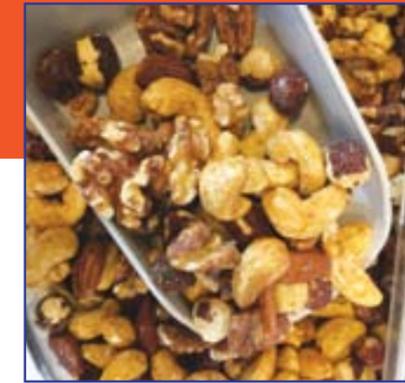
St. Benoit Organic Yogurt

A French-style yogurt made from farmstead Jersey Cows' milk. We can't believe how velvety smooth this yogurt is! Be sure to try the organic meyer lemon flavor!



Chinook Seedery Sunflower Seeds

Finally, a natural alternative to over-salted MSG-laden sunflower seeds! Non-GMO verified and USA made, make sure to grab a bag of these for your next ballgame!



Bulk Organic Maple Roasted Mixed Nuts & Organic Curry Cashews We tried some samples and the decision was a no-brainer. Check 'em out next time you are in the bulk aisle!



Ginger People Organic Ginger Syrup

Move over maple! Ginger People have done it again... You can use this ginger-based syrup for everything from pancakes to cocktails.



Peeled Organic Peas Please

We are excited to offer a certified organic baked pea snack. Check out three flavors: Sea Salt, Southwest Spice, and Garden Herb. Careful, you might have a new addiction with these protein-filled munchies!

RUN ON THE RIVER

CO-OP SPONSORED COMMUNITY EVENT

The Co-op was a proud sponsor of the Astoria Parks and Recreation Department's second annual Run on the River, a half marathon, 10K and 5K run on the Astoria River Trail, starting at 6th Street on May 31, 2015. The bulk of our donation was in-kind providing fuel for runners; healthy snacks and

coconut water. Our marketing director, Zetty Nemlowill, plus Co-op Board Members Hilary Herman, Beth LaFleur, and Libby Lawrence (in photo left to right) all participated in the run.

Beth did her first ever half marathon and accomplished it in a great time, running the 13.1 miles in under two hours. Libby, who said she hadn't trained for the run, beat her expectations significantly, placing third in the 5K (in photo on right)!

Last year was the Parks Department's first year doing the Run on the River, with 138 entrants. This year was much bigger, with 400 people participating. Proceeds of approximately \$5,000 go toward a great cause, a scholarship fund for low-income residents to utilize the aquatic center and fitness classes that the Parks and Rec. Department offers.

Also a big shout out to Norma Hernandez, a Co-op Board member who is also the Astoria

Parks Board President. Norma did a great job as emcee of the event.



ELECTION RESULTS

CO-OP BOARD OF DIRECTORS

Part of Co-op ownerships means you get to have a say in what goes on at your community-owned grocery store. You can do this by voting for board members to represent you or by running for the board yourself. A Co-op Board of Directors election occurred at our annual meeting in May. We are pleased to announce the results.

Andrea Larson Perez is our newest board member (in photo on previous page volunteering at our farm to fork event). Andrea worked as a cashier at the Co-op for two years and is eager to bring her experience to this new role. "I hope to continue to be a positive and supportive voice in the future of the Co-op. We have exciting growth plans and I believe my experience and skill set have much to offer in helping the organization reach its goals," Andrea said.

Two board members, Norma Hernandez and Libby Lawrence, were re-elected to new two-year terms.

We have a new staff representative on the board, Danny Rasmussen. Danny does an excellent job in our produce department and has been with the Co-op for three years (as of July 9). "I'm looking forward to learning a lot more about the Co-op and being in on the discussions involving the big picture," Danny said.

Our Co-op crew votes for the staff representative. A big thanks to Lenny McGrath (see staff spotlight in newsletter) for his interest in serving on the board and running in the close staff race. Also, thanks to Deli Manager Sam Seulean for having served a full two-year term on the Co-op Board.

To learn more about each of our board members, visit www.astoria.coop.

WHO WE ARE & WHY WE DO WHAT WE DO

BY *Allie Evans* ASTORIA CO-OP GROCERY BOARD PRESIDENT

If you have been reading the Co-op newsletter, attending Co-op events and looking around the store, I am fairly certain that you have seen and heard about our new strategic plan. The Board and the Management is very excited about it. Let me explain why.

Have you ever been through a time in your life when you were not truly sure why you were put on this planet in this lifetime and what your true purpose was?

Have you ever felt like you put one foot in front of another, day after day, but were not really sure where you were going? This is analogous to operating without a strategic plan. It is like being in a ship in open waters without a plotted course.

A strategic plan tells us who we are, why we are here, what we are going to do while we are here, and gives us our course for our next 3-5 year journey. A strategic plan sets priorities, focuses energy and resources, strengthens operations, ensures working toward common goals, establishes agreement around intended outcomes, and adjusts our direction in response to a changing environment. A strategic plan is meant to be broad, a picture of our larger identity and goals. If you picture a set of nested bowls, it is an outer bowl. Inside that bowl is our annual business plan, inside that bowl is the various department plans and so on and so on. It is a living document: something which evolves with the natural tides of life.

As you read through the pages of our



strategic plan on the following pages, in the store, and at www.astoria.coop, please know that it was all of us collectively that wrote this. We gathered input from all of you throughout the past year and synthesized it into this beautiful document. This is no small feat. Imagine trying to take 3000 individuals and hone in on values that uniquely define that community. This is another reason why we are so excited. In this day and age it is so easy to focus on what makes each person different and sets us apart.

This plan celebrates who we all are together and what we can do for the greater world, through our collectively-owned store.

We know there are lots of places each of us can buy food. But when we buy food together at our own store, we are putting our dollars into something more. We are actively making this vision come to life in our community. So come fill your cart! Connect with people from our community. Eat well. Try new recipes. Grab lunch and sit in the sun. Have fun! We have a great ship that we can all be proud of. It is well-built. We have a clear course set out for us, and we will ride out each wave as it comes. Every dollar that is spent in our store strengthens our community, helps our store grow, fortifies our local economy, supports health for ourselves and our community, and perpetuates cooperation. Enjoy your summer. I hope to see you all at the store!

To reach Allie: board@astoria.coop. The board meets monthly. Calendar online: www.astoria.coop

RECORD TURNOUT AT FARM TO FORK

CO-OP DEMONSTRATION COOKING CLASS + DINNER

Our recent Farm to Fork Demonstration Cooking Class and Dinner event on June 3 was our biggest and most successful yet! This was the fourth time we've collaborated with Columbia Memorial Hospital and Chef Marco Davis for one of these events. It took place in CMH's demonstration kitchen, the Coho Room, in the OSU building in Astoria. The goal is to turn people on to cooking with healthy, local, seasonal food. We lowered prices on tickets and increased seating. We sold out at 65 attendees and even had a waiting list for many others who wanted to attend. We were sorry we couldn't accommodate everyone, but glad to see there is demand. We will keep this in mind when planning future events. There were about a dozen farmers at the dinner and we were happy to support them. Several donated supplies or reduced the price. The event was staffed by a fleet of amazing volunteers. Proceeds from the event

went toward North Coast Food Web's Project Fruit Box that puts healthy organic fruit in area high schools. Together, we were able to raise \$800! (See recipe for Marco's kale pesto recipe on the back page of this newsletter.)



Vann Lovett, Nutrition Services Supervisor Columbia Memorial Hospital (left) & Andrea Larson Perez, Co-op Board.



Main course featuring local cod, grilled asparagus, & kale pesto (see recipe on back page).



Strategic Plan

This summarizes the document that serves as our compass, adopted by the Astoria Co-op Board of Directors in April 2015.

Welcoming Community Store

GOAL: Develop a dynamic full-service grocery store that cultivates a strong sense of community.



Opportunity: Our Co-op is one of the smaller-sized food co-ops in the country based on square footage and sales volume. Our survey showed that the majority of our owners want a more full-service grocery store. Our market study tells us that growing our space will grow our sales. An expanded store would allow us to offer better value to our owners and foster more connections with one another.

Over the next five years we will:

- Expand our facility in order to offer the best selection of fresh, organic, and natural foods in the Lower Columbia region.
- Maintain our unique character and commitment to our values.
- Strengthen the financial resilience of our Co-op by leveraging volume and increasing our owner investment in the business.
- Enhance our capacity to be a hub for gathering, enjoying healthy food, and strengthening connections with our fellow community members.

Thriving Local Economy

GOAL: Be a strong contributor to the economic success and sustainability of the Lower Columbia region's local economy.

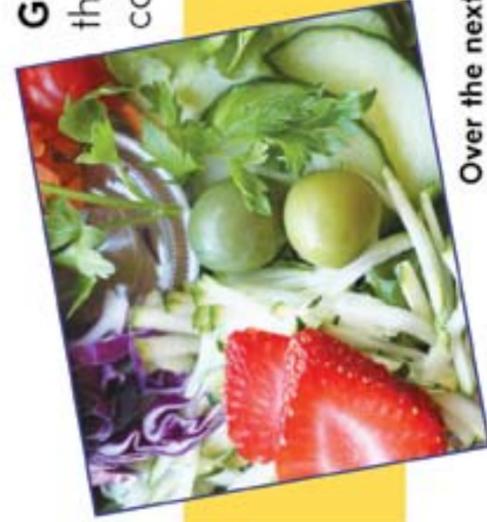


Opportunity: Much of our research during the input gathering stage shows that Co-op owners strongly favor more local foods. Our region is experiencing a growing number of local farmers and producers that the Co-op can support, primarily by bringing their products to market. We have the opportunity to keep more money flowing into our local economy.

Over the next five years we will:

- Create more jobs and local wealth by committing to growing our Co-op. More healthy people eating more healthy food from our locally owned Co-op will contribute to building the Lower Columbia economy.
- Expand our capacity to buy and sell local produce, meat, and value-added products.
- Clearly define the Co-op's role in the local food system as a crucial first-step marketplace for local foods.
- Build partnerships with organizations that share our interest in expanding access to local food and building the economy of locally-owned businesses.

Individual & Community Health



GOAL: Create a food movement that promotes vitality, starting at the level of the individual and creating a ripple effect throughout the community.

Opportunity: Most of us share the belief that how we feel is connected to what we eat. How we feel affects how we interact with others and how we live out our life's purpose. It takes a critical mass of healthy people to transform society. We have the opportunity to make the world a better place, one food at a time.

Over the next five years we will:

- Communicate the connection between health, food, and community as a centerpiece of Co-op purpose.
- Develop a reputation as a trusted source for information and education about a diversity of diets, foods, and food sourcing.
- Position the Co-op as a leader and active participant in perpetuating local health.
- Strategically support local events and activities that share our vision of healthy food, wellness and vitality for our community.
- Be a source of inspiration to make healthy living easy and fun.

Flourishing Cooperative Culture

GOAL: Be a business deeply rooted in the principles and values of cooperation.



Opportunity: The Co-op exists as a consumer-owned business. Our relatively unique way of sharing ownership is a strength we can tout. During an era of mistrust of large publicly-traded companies, the Co-op has an opportunity to spread the word about how we do business, how we treat our employees, and how we share the benefits and risks of operating a grocery store with a diverse, local group of owners. Through our success, we help perpetuate the principles of cooperation as a rewarding business model.

Over the next five years we will:

- Enhance our communication systems to continually engage staff and owners with our goals and progress.
- Work to maintain thorough training and career development, living wages, competitive benefits, and employment that balances work and personal life.
- Build Co-op ownership and increase community investment in the business by communicating the unique aspects of the cooperative business model.
- Continue to generate a strong sense of cooperation and community between staff and shoppers through distinctive customer service.



Summer 2015 Newsletter

1355 Exchange Street Suite 1
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(503) 325-0027 Open Daily 8-8

RETURN SERVICE
REQUESTED

A FRESH NEW USE FOR KALE

AN ORIGINAL RECIPE BY LOCAL CHEF MARCO DAVIS



MARCO'S FARM FRESH KALE PESTO

Ingredients:

- 1 bunch Kale (local if you can get it)
- 2 cups raw Almonds (chopped or pulsed in food processor)
- Garlic, chopped
- Ginger, chopped
- Jalapeño, chopped
- Olive oil
- Salt & Pepper

Preparation:

Clean and steam kale. Saute almonds in a pan with light coating of olive oil (and butter if you wish) with the garlic, ginger, and jalapeño. Add to food processor, with the steamed kale, olive oil (to desired thickness), plus salt & pepper to taste. Serve over fish, pasta, eggs, or whatever!

From our June 2015 Farm to Fork event with
Columbia Memorial Hospital & Marco Davis.

