

# Connect



Astoria  
co-op  
*grocery*

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# The Light of Our Village

By Allie Evans/Board President

In the midst of organic vegetables, hot soups and full shelves of groceries, it is often hard to remember that the glue that holds our store together is community. We are so unique in the fact that we own this store collectively. It is a marvel that in a sea of capitalism we do not simply survive as a cooperative, we thrive. I am so often awed by the way in which we as a community come together to make this world shine brighter.



When we wrote our strategic plan, one of the four main goals was a flourishing cooperative culture - to be a business deeply rooted in the principles and values of cooperation. As we move forward with our expansion plans and our operating plans, this principle reminds us why we do what we do.

There are so many ways in which I see our community working together as a village: when a staff member has a baby (which we have seen a lot of lately) or needs support, when we ask for feedback on a survey form, when there is a fundraising event, when we hold a membership drive, when we ask for you to bring your own bags to support local charities in all the amazing work they do for our community. These are examples of how we all step up to the plate for the greater good.

As we head into the holiday season and the new year, let us not forget that we are a part of a very interconnected whole. While stress comes with holidays and new year's resolutions, let us shift the focus from our individual lives to that of our village. Let us think about what we can do to spread light to others and in doing so make the world brighter for us as well. Let us worry a bit less about the new year's diet plan and a bit more about how we can help our neighbors and friends.

Our store is such a radiant example of what happens when a community works together towards a greater good. Our membership is steadily growing with 76 new owners in the 3rd quarter this year. This holiday season and new year let's let the energy of our village continue to ripple out. As an owner who works with those who are dying recently told me, the biggest regret she hears at the end of life has nothing to do with material possessions or finances but all to do with the relationships and connections they have had in life. Let us honor our village and take a moment to realize how much light we spread collectively.

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- Charissa St. Clair  
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- Ryan Eccles  
Grocery Manager
- Danny Rasmussen  
Produce Manager
- Sarah Jaroszewski  
Wellness Manager
- Sam Seulean  
Deli Manager

This newsletter is published quarterly by Astoria Co-op Grocery. Special thanks to Pam Chestnut for proofreading.

On the cover: a Jersey Cow at Little Island Creamery (Puget Island, WA.)  
Photo by Zetty Nemlowill.

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

All shoppers welcome

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# Staff Picks

By Mayra Mansen/Cashier

Hello! My name is Mayra and I am a cashier at the Co-op. I have been living in Oregon for 7 years now and I couldn't be happier! My family traveled through Astoria on a vacation and we decided that this was where we were going to live. I used to live in Dallas, Texas so Oregon, in comparison, is a true paradise to me.

I have been working at the Co-op for about 5 months now and I feel like I couldn't have gotten luckier with my first job. I work with amazing people in an awesome town! I am still in high school but I am in my last year. I look forward to college and find it so exciting to start planning for my future. This job and the sense of community it has given me has been a life changer!

In my free time, I try to explore Oregon as much as I can.



I work with amazing people in an awesome town!

## So good, you've gotta try 'em!



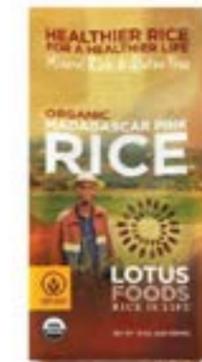
**Blue Scorchers Bakery and Café Pain Rustique:** I like things simple and delicious and that's exactly what you get with this loaf of goodness!



**Green Kale:** It's the best kale I've ever tasted! I love cooking it with other veggies and I especially love the wonderful crunch it has.



**Annie Chun's Sesame Roasted Seaweed Snacks:** A tasty snack from the sea! It has just enough salt and the perfect amount of crunch!



**Lotus Foods Organic Madagascar Pink Rice:** I've eaten many kinds of rice but this one is by far the tastiest. It doesn't get much better than pink rice!



# On the Farm at Little Island Creamery



By Zetty Nemlowill  
Marketing Director

*Look for this new local creamery's products on our shelves! Camera in hand, I hopped on the ferry to Puget Island, WA to meet the owners and animals. Here's a Q and A between Farmer Kyleen Austin (above with one of her goats) and me.*

**Q: Can you give us a general flavor of your creamery?**

A: Our 34-acre farm is comprised of a barn, built in 1946, nestled on 34 acres next to the Lower Columbia River in Puget Island, Washington. We raise Jersey cows and French Alpine goats and offer their fresh raw milk, as well as cow cream and butter, plus several artisan cheeses for sale to people who love real, flavorful food. We practice biological farming, which means we do our best to mimic nature so that our animal partners are healthy and happy.

**Q: How did you get into farming and the creamery business?**

A: Dick McDonald, my business partner, was a high level economist before retiring to the life of the country farmer. I started making cheese

and dairy farming 15 years ago. In 2014, Dick asked me to help him restore the barn and bring it back to life as a licensed dairy operation. I had previously only worked with goats and Dick wanted fresh cow butter, so we compromised and decided we would offer the best of both worlds. Luckily Dick knew more about cows and I knew more about goats which smoothed the road to building and managing our herd of cows and goats as well as creating raw cow/goat blended cheeses.

**Q: What is the best part and most challenging aspect of your work?**

A: The best part of my work is the creative part, exploring the creation of really unique and tasty butter and cheese, and doing that alongside a wonderful staff of locals. The most challenging aspect is balancing between all of the administrative work it takes to operate a business and a dairy (where you make food for people is even more complex) and spending the time and attention it takes to make and deliver high quality products.

**Q: One thing I noticed at your farm is how well the animals are treated. Could you name some examples of how you excel in animal care and why it's important to you?**

A: The first thing we do is to get mental state into a place where we can truly imagine the natural life of our animal partners. Then we do everything we can to mimic that environment within our "less-than-natural" operation. That starts with the grass. We work with the soil to provide the most nutritious grass, clover, Lotus Major, and browse possible without conventional inputs. Additionally, goats and cows regulate body temperature and other bodily functions through their horns so we don't remove them. We learn how to safely move with them just as dairy farmers have done throughout history without mutilating their animals. We look at every aspect of the animals' lives in our design of the operation, even in our milking parlor. We designed it so that the humans doing the milking go up and down into a pit to milk the cows and goats. Goats don't care but cows are highly sensitive to going up and down, especially down, any ramp or stairs.

**Q: Why is your butter better?**

A: That starts with the sweet grasses on our lush island. That is the cows' primary feed. They also get high grade alfalfa, and grains during milking. The cows are milked with a vacuum system that quickly gets the milk to the chiller. A key to better tasting milk is to chill it as quickly as possible. We culture our butter only with the cultures that exist here in this place. Because our butter goes from milk to what you buy at the Co-op in 3-4 days, it is fresher than other options where milk may have started out in one place, was transported in a tank truck to

Continued on page 15



The 34-acre farm includes a 1940's barn which houses the creamery and an upstairs event space.



A beautiful Jersey Cow so interested in my camera it made the cover of this newsletter!



Bottom: economist turned Farmer Dick McDonald got into the creamery business for the good butter.



# Get to Know Celeriac

By Danny Rasmussen/Produce Manager

The most common question I hear in the produce department this time of year is “what is that?” Nine times out of ten the question refers to a knobby, scraggly, pale-green vegetable known as celeriac or celery root. While it can be intimidating to first reach for celeriac, the rewards of getting to know this flavorful root are well worth the time.

The first thing you’ll want to do with celeriac is to remove the tough outer skin and roots with a knife. Once the skin is removed, celeriac can be used in many different ways. It has the freshness of celery, but with more depth of flavor. It pairs wonderfully with onion as the base for creamy winter soups and stews.

Celery root loves potatoes. Grate it and mix it with potatoes for a hash, or chop it and boil it with potatoes to add a wonderful touch to your mashed potatoes.

Celeriac is tasty fresh. Cut it into matchstick sized pieces, or peel thin strips into your favorite winter salads. It does tend to brown when cut, so make sure to dip it in some lemon juice, or just get it tossed with your dressing right away. Enjoy!



## Celery Root, Celery Heart, and Celery leaf Salad

By Diane Morgan, author of the cookbook *Roots*, Serves 4

### Dressing:

- 3 tbsp extra-virgin olive oil
- 1½ tbsp Moscato vinegar
- ½ tsp kosher or fine sea salt
- ¼ tsp freshly ground pepper
- ⅓ cup/50 g golden raisins

- 1 medium celery root, about 12 oz/340 g, trimmed, peeled, and cut into matchsticks
- ¾ cup/105 g thinly sliced celery heart (see Cook’s Note)
- ½ cup/25 g lightly packed celery leaves
- ¼ cup/15 g lightly packed fresh flat-leaf parsley leaves

1. To make the dressing, in a small bowl, whisk together the oil, vinegar, salt, and pepper. Add the raisins and set aside for at least 15 minutes to allow the raisins to plump.
2. In a large bowl, combine the celery root, celery heart, celery leaves, and parsley and toss to mix. Whisk together the dressing briefly, then pour just enough over the salad to coat the ingredients lightly and toss well. You may not need all of the dressing. Taste and adjust seasoning.
3. Set the salad aside at room temperature for 5 to 10 minutes to allow the flavors to meld before serving.



Cook’s Note: use only the lightest green, innermost ribs—the heart—of the celery.

© DianeMorgan



## Celery Root Barley Soup

Co-op Shopper Lorri Thompson (of Imagine Yoga by the Sea) got this recipe from her mom many years ago.

- ¼ cup pearl barley (I’ve also successfully used spelt or farro)
- 3 cups water
- ½ tsp salt
- 2 medium onions, sliced (at least 2 cups)
- 2 tbsp olive oil
- 1 medium/large celery root, peeled and diced (about 5 cups)
- 1 quart chicken or vegetable stock
- salt & pepper, to taste

1. Stir barley and salt into 3 cups water in a saucepan. Bring to a boil, reduce heat, and simmer for about 45 mins or until grain is tender. Drain and set aside.
2. In a heavy saucepan or soup pot, saute the onion in 2 tbsp olive oil over medium heat. Add celery root and saute another 5 mins. Add stock, and season with salt/pepper. Bring the soup to a boil, reduce heat, and simmer for 20-30 mins or until celery root is tender.
3. Puree soup using an immersion blender, food processor or blender. Return soup to pan (if using a food processor or blender), add cooked grain, stir well, and heat to serve.

Serving suggestion: Top with garlic croutons or serve with naan topped with blue cheese.

Note: this soup will thicken as it cools. If making it ahead, just add water or stock to desired consistency.

# Making Your Own Stock

By Co+op Stronger Together

**S**oup stock is the foundation for many of the tastiest soups, and it's a flavor enhancer for many a dish too. But canned and packaged stocks are generally high in sodium and may include artificial ingredients, like monosodium glutamate (MSG). You can find healthier and organic varieties at your co-op, but if you use stock frequently in your cooking, it can get expensive. Despite what you may think, making your own stock requires minimal effort, costs little money, and will keep you, well, stocked for months.

There are a million and one uses for a good homemade stock, including: making your own soups and stews, adding depth to homemade pasta sauces, using in place of water or butter to infuse rice, couscous, or other grains with flavor, braising greens and other vegetables, deglazing pans to make gravy, and substituting for wine in any recipe.

The most versatile stocks are chicken and vegetable stock, but the possibilities don't stop there. Beef stock, fish stock, chili stock, ginger stock—the list is limited only by your imagination. For the sake of simplicity, file away this basic how-to for chicken or vegetable stock and improvise from there. Just one Sunday afternoon spent making a batch of stock can save you \$20-25 on the store-bought variety over the course of a few months. And you'll have a healthier, more flavorful ingredient to use in your kitchen—no bones about it.

## Homemade Soup Stock

Makes 8-10 cups

- 1 pound chicken bones (if making chicken stock); either buy them from your co-op's meat counter or farmers' market meat stand, or reserve the bones every time you roast a local, pastured chicken and freeze in a plastic bag until you're ready to make stock
- 1 pound assorted vegetables: carrots, celery, onions, garlic, or other root vegetables, washed and chopped into large pieces
- 1-2 dried bay leaves
- A few handfuls of fresh herbs: thyme, rosemary, sage, parsley, or whatever else you have on hand, washed and added to the pot, stems and all
- 2-3 tablespoons whole spices: black peppercorns, coriander, caraway, fennel, etc.

1. In a large soup or stockpot, add all the ingredients and cover with 12-16 cups of water. Bring to a boil, then reduce heat and let simmer for 3-4 hours. The liquid should reduce slowly; if it seems to be drying out quickly, add more water and turn down the heat.
2. After 3-4 hours, strain the stock, discarding all solids (it's okay if a few whole spices escape the strainer). You should be left with 8-10 cups of stock.
3. Season to taste with salt or just wait to salt until you use it in a recipe.
4. Divide stock into one-cup portions in small plastic bags or containers and freeze (this way, you can thaw just as much as you need).



## Lexington Cooperative Market (Buffalo, NY)

Raised \$2.5 million in owner investments for an expansion.



# Growing Forward

By Matt Stanley/General Manager

I recently ran into Sarah, a regular Co-op shopper. She was excited to share with me her recent visit to Lexington Co-op in Buffalo, New York. I was excited to hear this, as Lexington Co-op is a favorite of mine for several reasons, and I haven't even been there before!

Sarah noticed that they had the same Co+op Deals and many of the same products as our co-op. The store was abuzz with customers and staff. She said the retail area was larger but that it was similarly crammed with great products everywhere she turned.

We know our store and parking lot are getting pretty cramped, especially during peak times. For staff, the back rooms and office are often challenging to keep organized and difficult to navigate. Space is the main reason we are seeking to expand our store in the near future. And our pending expansion and current sales growth is the reason I love Lexington Co-op.



*Lexington achieved an expansion in their recent history, and we'll be seeking to emulate them soon. Their co-op stands as an example of successful, well-planned growth.*

Lexington achieved an expansion in their recent history, and we'll be seeking to emulate them soon. Their co-op stands as an example of successful, well-planned growth. And it also continually reminds me of the importance of collaboration among cooperatives.

For their expansion, the Lexington Co-op issued preferred shares to their owners and raised \$2.5 million for their project. We've been working with them to plan our own campaign - they've shared campaign strategies and materials. So they've set a great example and exemplify collaboration.

I know lots of folks are wondering when we'll launch our own capital campaign. Lots of pieces have to come together for us to launch the campaign. But trust me, when we do launch the offering (most likely in 2017), Co-op owners will not be able to miss it! We'll make a pretty big deal out of it, since it will be key to successfully building our own new co-op.

Oh, and the great deals that looked awfully familiar to Sarah? Co+op Deals are the result of a huge collaboration between 151 food co-ops

operating over 200 stores across the country. Our small store in Astoria is able to offer competitive pricing (not just Co+op Deals) because we pool resources with other food co-ops! And our collaboration with these fellow cooperators does so much more. My favorite work with the staff of these other stores is the opportunity to learn from each other and develop our careers in the challenging but often rewarding natural foods world.

Finally, if you check out the Lexington Co-op webpage, you'll see that they are already working on opening a second store! They surely are committed to growing the food cooperative movement! May we do the same in our store's future!

*Co+op Deals are the result of a huge collaboration between 151 food co-ops operating over 200 stores across the country. Our small store in Astoria is able to offer competitive pricing (not just Co+op Deals) because we pool resources with other food co-ops!*



Inside the expanded Lexington Co-op



# Tips for Reading Food Labels

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

**M**ost packaged foods have a Nutrition Facts label. Here are some tips for reading the label and making smart food choices:

- **Check servings and calories.** Look at the serving size and how many servings you are actually eating. That bowl of chips you ate while watching the ball game could have been as much as 4 servings worth! That means 4 times the calories too.
- **Make your calories count.** Look at the calories on the label and compare them with the nutrients they offer. *Tip: When you look at a food's nutrition label, first check the calories, and then check the nutrients to decide whether the food is worth eating.*
- **Eat less sugar.** Read the ingredient list, if sugars are one of the first few ingredients, put it back on the shelf. 4 grams



*Tip: When you look at a food's nutrition label, first check the calories, and then check the nutrients to decide whether the food is worth eating.*

of sugar equals 1 teaspoon. The American Heart Association (AHA) recommends for men: 150 calories per day (37.5 grams or 9 teaspoons), women: 100 calories per day (25 grams or 6 teaspoons). *Tip: names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.*

- **Know your fats.** Look for foods low in saturated and trans fats, and cholesterol, for heart health. Most of the fats you eat should be polyunsaturated and monounsaturated fats, such as those in fish, nuts, and vegetable oils. My favorite good oils list includes olive, avocado, sesame, sunflower and organic canola oils. *Tip: goods fats should be in the range of 20% to 35% of the total calories you eat.*
- **Reduce sodium (salt); increase potassium.** Research shows that eating no more than 1,500 milligrams of sodium each day, the equivalent of about 3/4 teaspoon, reduces the risk of high blood pressure. To meet the daily potassium recommendation of at least 4,700 milligrams, consume fruits and vegetables that are sources of potassium including: sweet potatoes, beet greens, white potatoes, white beans, prune juice, and bananas. These counteract some of sodium's effects on blood pressure. When choosing salt, get himalayan or sea salt as they are high in trace minerals as well.
- **Use the % Daily Value (% DV) column:** 5% DV or less is low, and 20% DV or more is high.
- **Keep these low:** saturated and trans fats, cholesterol, and sodium.
- **Get enough of these:** potassium and fiber, vitamins A, C, and D, calcium, and iron.
- **Check the calories:** 400 or more calories per serving of a single food item is high.

*Know your fats. Look for foods low in saturated and trans fats, and cholesterol, for heart health. Most of the fats you eat should be polyunsaturated and monounsaturated fats, such as those in fish, nuts, and vegetable oils.*



## Wilted Kale with Warm Shallot Dressing

Serves 8: 2/3 cup each

- 4 tablespoons extra virgin olive oil
- 6 cloves garlic, minced
- 3/4 tsp sea salt
- 2 pounds kale (about 4 bunches), stemmed and coarsely torn
- 1/3 cup water
- 1 cup thinly sliced shallots
- 2 tsp lightly packed brown sugar
- 1/4 tsp cayenne pepper
- 2 tablespoons apple cider vinegar
- 3 tablespoons dried cranberries

1. Heat 1 tablespoon of olive oil in a large pot over medium heat. Add garlic and 1/2 tsp salt: cook, stirring until fragrant, about 1 minute. Add 1/3 of the kale and stir until starting to wilt. Repeat with the remaining kale in two more batches. Stir in water. Cover and cook, stirring often until tender, 8-10 minutes.
2. Meanwhile, heat the remaining 3 tablespoons of olive oil in a small skillet over medium heat. Add shallots and cook, stirring often, until starting to brown, 2-3 minutes. Sprinkle brown sugar, cayenne pepper and remaining 1/4 tsp salt; cook, stirring often, 2-4 minutes more. Remove from heat and carefully stir in vinegar. Pour the dressing over the kale and toss to coat. Sprinkle dried cranberries on top and serve.

# You'll Swoon

Snack your way through the rainy days while you wait for the sun! Healthy snacks are super popular. Here are some of our new favorites.



### Kii naturals Organic Artisan Crisps

Some of our shoppers might remember *Rain Coast Crisps*. Enter their organic equivalent in four yummy flavors. These are great on their own or with cheeses, tea, dips, and charcuterie.



### Arare Rice Crackers from Lotus Foods

Lotus Foods grows sustainable rice using water-saving methods they call *More Crop per Drop*. The company makes wonderful gluten-free ramen and this is their spin on a beloved Japanese snack.

### Epic Pork Rinds

Paleo fans, we have another snack for you. Epic is committed to sourcing sustainable pork raised without antibiotics. Snacking on rinds means they can use more of the whole animal.



### K'UL Chocolate

You have to finish off your salty snacks with something sweet and these new chocolates are single origin goodness made from heirloom cacao varieties. All fair trade too!



# Winter Calendar



### December 24, 2016 Christmas Eve

The store will be open on this day, but closing early.

**Holiday Hours: 8 a.m. - 6 p.m.**

### December 25, 2016 Christmas

The store will be closed so our staff can enjoy the holiday.

**Holiday Hours: Closed**

### December 31, 2016 New Year's Eve

The store will be open on this day, but closing early.

**Holiday Hours: 8 a.m. - 6 p.m.**

### January 1, 2017 New Year's Day

The store will be closed so our staff can enjoy the holiday.

**Holiday Hours: Closed**

### February 12 - 18, 2017 Owner Appreciation Week

Co-op owners save 10% on a shopping trip and enjoy special food & drink tastings.

"On the Farm at Little Island Creamery" continued from page 5

another processor to be combined with milk from other places, then pasteurized at extremely high temperatures and the cream extracted. Then it might have been shipped to yet another place where it was made into butter before being shipped long distances to distributors and then to stores.

**Q: Your creamery is still pretty new, becoming operational last spring. How do you see it evolving into the future?**

A: We're still fine tuning some things. We sold everything we made with a great response from our customers. Although many of our products will be available throughout the winter our production will slow down, thankfully. This will give us time to keep what is working and improve the things that need it. Ultimately we will be a microdairy operation, with a maximum of 10 cow and 10 goats in milk, and we want to feed the people closest to us so that they get the freshest possible food from nearby.

**Q: You of course don't do it alone. Could you tell us about your business partner and what level of staff is required for the farm and creamery?**

A: My favorite quality in Dick is his vision and dedication to creating opportunities for economic development working in harmony with the natural resources here on the island. He's into sustainable land management and community development. Because even both of us can't do it all we have assembled a team of locals who care about the same things we do. Our staff includes full and part time dairy technicians, a farmhand, and an administrative assistant.

**Q: Finally, could you let our readers know what other interests you pursue when you're not at the farm?**

A: I am a singer-songwriter and performing artist. My music has gained a great deal of momentum in the past several years and I gig frequently and regularly. One of my passions is exploration and kayaking is a great way to see more of the wildlife this area has to offer. Every year between April and October I work as a kayak guide with Columbia River Kayaking in Skamokawa. When Dick approached me to work on this project with him we agreed that my existing work would continue and, with the great help of our reliable staff, I am fortunate to be able to run a dairy, make cheese, entertain fans, and explore this beautiful place in which I live.

## A Poem from the Customer Comment Box

“The coloring pages are so fun to do.  
After I come in here I feel so brand new.  
All the food is fresh and yummy. It all sits  
well in my tummy. The soup is classic and  
all so great. It’s like it’s begging to be ate.  
Thank you for this wonderful place. It  
really puts a smile on my face!”

Thank you to the person who wrote this.  
Your positive (and rhyming) words really  
fill our sails.

There are several ways for you to connect  
with your Co-op. You can find our  
comment box located on the bar in our  
deli area and a product request board in  
the back hallway. Email [store@astoria.coop](mailto:store@astoria.coop),  
call (503) 325-0027, or talk to one  
of us in person. Offering you several  
ways to provide feedback is part of the  
flourishing cooperative culture that we  
strive for.

