



F  
a  
l  
l  
  
2  
0  
1  
3



BROWN BAGGIN' IT BACK TO SCHOOL

**OPEN 8-8 DAILY**

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

All shoppers welcome. Just \$25 annually to start your membership. Members are eligible for discount days, member sales, and case discounts.

**ASTORIA CO-OP BOARD MEMBERS**

Allie Evans, President  
Tom Duncan, Vice President  
Beth LaFleur, Secretary  
Mark Albrecht, Treasurer  
Sam Seulean, Staff Seat  
Merianne Myers  
Norma Hernandez  
Libby Lawrence

**ASTORIA CO-OP CREW**

Matthew Stanley, General Manager  
Jennifer Rigley, Deli  
Kendall McEuen, Grocery Buyer  
Maren Ludwig, Cashier  
Mick Mitchell, Promotions Liaison  
Sarah Jaroszewski, Health & Beauty Buyer  
Brandon Massey, Deli + Cheese Buyer  
Kelly Huckestein, Produce Manager  
Sam Seulean, Deli Manager  
Charissa St. Clair, Bookkeeper  
Michelle Bisek, Deli, Produce + Receiving  
Danny Rasmussen, Produce  
Andrea Larson Perez, Cashier  
Colin Smith, Deli  
Claire Keenan, Deli & Grocery  
Lulu Quinn, Produce + Cashier  
Ryan Eccles, Receiving + Grocery  
Suzanne Ziegler, Cashier  
Lenny McGrath, Cashier + Receiving  
Chelsea Templeman, Cashier + Grocery  
Joe Wrobel, Cashier + Deli  
Zetty Nemlowill, Marketing Director

**Got an idea for the newsletter?**  
**Contact: zetty@astoria.coop**

**BROWN BAGGIN' IT**

BY **MERIANNE MYERS**/CO-OP BOARD MEMBER



Just when I begin to get the hang of summer, it's fall! It's hard to resent any season that arrives bearing apples, pears and a whole bunch of other delicious goodies. As a school kid, I loved September because of the new clothes and old friends. As an adult, it's all about the garden, the weather, and the food. I'm not sure what school cafeterias are offering our kids these days, but it would be hard to beat the variety and sheer lushness of a homemade lunch. Plus, making lunch is the perfect gateway activity to cooking. Sandwiches are the default setting for most of us and with the endless variety offered by each season's bounty, there's little wonder why. Here are a handful of ideas to change lunch from "ho hum" to "woohoo!":

Substitute slices of sweet, crisp apple for the jelly in a peanut butter sandwich. Spread a whole wheat tortilla with PB&J, roll it up and slice it into discs. Roll tightly in wax paper to keep it soft. It's pretty and pretty darned good.



Mix tuna with finely chopped scallions, celery and grated carrots along with some fresh basil or dill and thyme. Add olive tapenade and a drizzle of oil instead of mayo. Spread on great bread or stuff into a pita with sliced sweet pepper.



Use leftover coleslaw with a dash of horseradish added to turn an ordinary meatloaf sandwich into something awesome. Pack the slaw separately to be added at lunchtime.

Mix cream cheese with mango chutney or orange marmalade for a yummy roast chicken or turkey sandwich layered with fresh spinach.

Substitute fresh basil leaves for lettuce in any sandwich.

Pickled onions make any sandwich supreme. Pack them on the side to be added at lunchtime.

Mix 1/2 cup red wine vinegar  
1/2 cup water  
2 tablespoons salt  
1 tablespoon sugar  
a dash or two of hot sauce (have you tried the Co-op's fabulous organic sriracha?)

Add:  
1 red onion, sliced into thin rings  
Let soak for a couple of hours or days in the fridge

Chop leftover roast chicken with scallions, celery and diced apple or pear. Mix with a bit of mayo and a dab of Dijon along with whatever fresh herbs are growing on your windowsill. Stuff in a pita and sprinkle with toasted sesame seeds or chopped, toasted nuts.

Replace cheese with thin sliced roasted butter-nut squash for a swank touch in any sandwich.

Or try any of the above with a steamy bowl of soup for a quick autumn dinner. There's a lot to look forward to this season!



*We carry reusable lunch and snack bags, in addition to 100% recycled brown paper lunch bags.*

**ASTORIA CO-OP GETS AUDITED!**

BY **MATTHEW STANLEY**/ GENERAL MANAGER

Don't worry, not an IRS audit. Instead, I'm talking about an operational audit orchestrated by the National Cooperative Grocers Association, the folks who bring us Co+op Deals sales and coupons. But the benefits of our membership with the NCGA go beyond promotional pricing. Our recent operational audit is a good example.

Led by the Western Corridor Development Director, Dave Olson, the audit team consisted of general managers and leaders from fellow co-ops in our region. The team spent two intensive days scrutinizing the operational and organizational effectiveness of our store.

Store tours, secret shopping, staff interviews,

and a look at our finances all led to the creation of an extensive and detailed document that spells out a timeline for making improvements on the sales floor and behind the scenes.

What does this mean for our member-owners? For many co-ops, and I don't think that we'll be an exception, a store audit by our new parent organization is a pivotal moment, especially as it regards future growth or preparing for competition.

In our case, the audit is laying the groundwork for future growth. We've developed a management team that will work together with the General Manager (yours truly) to make changes now

and in the near future that will better position us for continued growth.

And grow we will! What form our long term growth will take we cannot say. The audit focuses on recommendations that involve the maximization of our current space. For example, the audit strongly suggests we develop and expand our offering of fresh foods. Think more produce space, deli selection, and fresh meat. The set of "fresh eyes" that the audit team provided has demonstrated that we can achieve a closer resemblance to a full-service grocery store.

Of course we are also thinking ahead to when our current lease expires in December 2019. We want to be ready to take a next big step as Astoria's premiere natural foods store. In order to do that, we need to develop and instill more sophisticated retail and staff management practices. We also need to save money! Buying property and making a grocery store out of it will require significantly more cash than we currently have on hand. Any investments we make in the meantime will be specifically tied to improving our operation according to the audit recommendations.

Rest assured that no matter where we are in our growth process the Co-op staff and Board of Directors will always be working hard to make shopping at the Co-op ever-more enjoyable. We appreciate all your support!



*Matt with students from Astoria Middle School in May, talked to kids about how to stay healthy while school's out. These eighth grader will be going into high school this fall.*

**MEMBER DISCOUNTS**

**"FLOATING DISCOUNTS": THE NEW PARADIGM**

The Member Floating Discount has been a resounding success! We've asked the staff, and heard countless word of mouth feedback that says the Floating Discount is more fair, friendly, and manageable.

So it goes that our new discount structure will do away with most set discount days. In their place we'll offer Floating Discounts on a calendar month basis.

That's right, every first day of the month each household membership account will get one shopping trip of its choice of which a discount of 10% applies.

Remember, these discounts apply to all sale prices too! September will be the first month with no set member days. Thanks for shopping Co-op!

**MORE WAYS TO SAVE**

**CO+OP DEALS STRATEGY**



Our membership with the National Cooperative Grocers Association (NCGA) is giving our co-op major purchasing power on certain items. We offer new Co+op Deals sales every two weeks (prices are available for all shoppers). The endcaps at the front of the store feature some of these items. Local community members provide the art for these. Renia Ydstie designed the chalkboard in the photo.

A great strategy for you to save even more with Co+op Deals, is by ordering a case of a sale item, of which members will save an additional 10%. We ask that you order cases from us within the first week of a sales period.

# PRODUCE REPORT

BY KELLY HUCKESTEIN/ CO-OP PRODUCE MANAGER



Now is the time for local, fresh produce! Harvested at its peak, and close to home, local is the way to enjoy the true flavor of your vegetables and fruits. We also have a lot of delicious produce coming to you from the Willamette Valley from our distributor, Organically

Grown Company, known as OGC. OGC works to source as regionally as possible, buying produce from Washington and Oregon and farther away only when no local sourcing is available. They work hard to make sure we get the fruits and veggies as quickly as possible so that they are as fresh as can be.

With all of these different sources it can be

hard to tell exactly where that cucumber is coming from. That is why we work hard to keep our signs up to date and as clear as possible so that you can be an informed shopper, and get special sale prices on selected items. Here is a breakdown on what each different sign means:



**OUR REGULAR WHITE SIGNS** mean that these fruits and vegetables are sourced from Organically Grown Company. We try to keep the signs as current as possible, complete with the name of the farm when from Oregon or Washington. When from farther away, we still let you know the state or country of origin.



**THE GREEN SIGNS ARE FOR FARM DIRECT.** These items are being purchased directly by the Co-op from the farmers

themselves. We still put the name of the farm on the signs so that you know who to thank for your delicious meal.



**MEMBER SPECIAL OF THE WEEK!** These sales change on a weekly basis and are set up with OGC. They are great deals we pass on to our members. You can check out these sales before you shop by visiting our website, www.astoria.coop, and clicking on "Produce Specials" under the "Our Store" tab.



**EXCLUSIVE NW CO-OP SPECIAL.** These sales are changed on a monthly basis and are also made possible by OGC. OGC has pooled the buying power of our regional Co-ops to set up these great sales for our member-owners. These sales are also on the "Produce Specials" section of our website.

# PICKLE IN THE NICKEL (OF TIME)

Reprinted by permission from *StrongerTogether.coop*. Find articles about your food and where it comes from, recipes and a whole lot more at [www.strongertogether.coop](http://www.strongertogether.coop).



use cider vinegar or wine vinegar, just not balsamic because it's too syrupy. Combine 1 cup vinegar with 1/2 cup water.

Add a few pinches of good ole NaCl. Salt draws moisture out of the vegetables, and encourages the growth of useful bacteria.

Finally, spice it up. This is where it gets fun. Many "pickling spice" blends are available and work beautifully, but warning, we might judge you for being boring (JK!). Consider a visit to the bulk aisle at your local food co-op, and try making your own blend with mustard seed, dill seed, dry

coriander seed, red pepper flakes, bay leaf, black peppercorns or garlic.

Combine all the ingredients in a saucepan, stir to dissolve, and bring to a boil.

Try This: Instead of diluting the vinegar with water, try including a 1/2 cup of white or brown sugar with a dash of cinnamon. Engage those senses!

### 3. Prep your veggies

Trim off any inedible pieces of your vegetable (e.g., the ends of green beans or root ends of onions). If you're cutting your vegetables into pieces, make sure they're all about the same size for pickling consistency.

### 4. Submerge and chill.

Place your vegetables in a clean, dry container. Glass jars are the best because they won't absorb any odors from the pickles (here's to reuse!) and they're oh-so lovely.

Pour the boiling brine into the jar and submerge the veggies completely (you can add water to bring up the level if needed). Refrigerate for at least one hour and let the brine work its charms. The longer you brine, the tastier the pickle.

Depending on your veggie, quick pickles keep in the fridge for weeks, if not months, meaning constant crunchy snacks galore. So holler, pickling is a pickle no longer! Pickle that! Pickle!

# PUMPKIN PIE SMOOTHIE

- 1 cup milk - almond, coconut, cow, soy etc.
- 1/2 cup pumpkin
- 2 Medjool dates, pitted (I love Del Real Organic in the refrigerated section)
- 1 T creamy almond butter
- 1 tsp pumpkin pie spice
- 1/4 tsp vanilla bean powder
- Ice

Blend all ingredients (except ice) until smooth. Then pulse in the ice. Serve with a sprinkle of cinnamon on top!



Thank you, Co-op Member Amy Neussl, for this original recipe!

# BEERS TO YOUR HEALTH

NEW LECTURE SERIES  
SPONSORED BY: ASTORIA CO-OP

2nd Thursday of Each Month  
Starting September 12th at 7 p.m.

Fort George Lovell Showroom  
Astoria, OR

# JUST LABEL IT CO-OPS SUPPORT CONSUMERS' RIGHT TO KNOW

Food labels alert us to potential allergens, help us do the math on our sodium intake, and even reassure us that our morning glass of O.J. is "not from concentrate." Now, surveys show that over 90 percent of Americans want mandatory labeling on foods containing genetically modified organisms (GMOs). GE labeling is mandatory in much of the world already. In fact, 64 nations—from Brazil to New Zealand, plus the entire European Union—already require labeling to inform their citizens about the presence of GMOs.

GMOs are plants or animals created through the process of genetic engineering. This technology inserts DNA from one species into a different species. The resulting GMOs are combinations of plant, animal, bacterial and viral genes that cannot occur in nature or be created by traditional breeding.

Over the past two decades, GMOs have been entering U.S. grocery stores at a dizzying rate.

While certified organic foods are prohibited from containing GMOs, the Congressional Research Service estimates that 60 to 70 percent of processed conventional foods contain GMO ingredients, none of which have been tested for safety by the FDA.



We believe people have a right to know what's in the food they're eating and feeding their families. That's why our co-op has joined other food co-ops across the country in support of the Just Label It (JLI) campaign, a national coalition of more than 650 organizations dedicated to bringing about mandatory labeling of genetically engineered foods in the U.S.

This October, National Cooperative Grocers Association, a business services cooperative

owned by food co-ops including ours, is partnering with manufacturers to contribute \$75,000 to JLI. Together, we're supporting JLI's research to show that mandatory labeling will not increase food costs; efforts to educate lawmakers and the media about GMO labeling; and outreach to make more people aware of an important labeling petition to the FDA.

While labeling opponents spend millions to defeat labeling initiatives, momentum for mandatory labeling is building. Over one million people have signed JLI's petition to the FDA already—more than any other food petition in FDA history. And, although it didn't pass, California's Proposition 37 to label GMOs brought the issue to the national forefront. Currently, GMO labeling legislation is pending in more than half of U.S. states!

Through our collaboration with Just Label It, food co-ops are an integral part of the GMO labeling movement.

Pickling can be just that, a pickle. True pickling is an ancient miracle for food preservation, but involves a drawn-out fermentation process requiring canning equipment, sterilization procedures and a whole lotta waiting around. Kudos to you if that's up your alley, but the truth is, some of us simply don't have the time or patience to be as DIY-savvy as our worldly ancestors.

So if you're a little fickle about pickling, we understand. But did you know that there's a fast and easy way to preserve and chill those fresh garden veggies without having to wear a lab coat?

Allow us to introduce quick pickling for those of you not ready to go all in. Here science meets cool foodie niche.

### 1. Pick your pickle

Although cucumbers are the most common for pickling, you can pickle almost any vegetable such as baby carrots (not the bitty mature carrots which you find in packages, but miniature immature ones with the skin still on), shallots, onion, asparagus, cauliflower, green beans, zucchini, okra, and beyond. The fresher and crispier the produce, the better the final product.

### 2. Prep the potion

The main ingredient in pickle brine is vinegar. White vinegar is most common, but you can also

# MEET YOUR FARMERS: STEWARDSHIP FARM

BY ZETTY NEMLOWILL/ASTORIA CO-OP MARKETING DIRECTOR



Farmer, Aida Girt, got into farming because she says everything starts with cooking and food. She grew abundant vegetables in her yard until her passion blossomed into a farm where she's able to grow the kind of quality food--for her family and us--that she remembers from her homeland.

Farming and eating good food has been a way of life for Aida Girt since she was a little girl growing up in her native homeland of Turkistan where her grandparents farmed garlic.

"We always grew overseas, me and my mother my grandparents since I was a little girl and I remember running in the garlic fields," Aida said.

Now Aida and her husband, Brady, are able to give a similar upbringing to their two kids, Audrey (age 12) and Abraham (age 10). Everybody in the family helps out with all aspects of the farm, whether it's potato harvesting, or making deliveries to the Co-op.

"I wanted the same thing; how I experienced, how I felt around my parents and learning so much wisdom, I want to give it to my children," Aida said.

The children are home schooled, bright, sweet, and seem very happy being farmers. After the

summer growing and harvesting season slows down in the fall, it is time to resume academic lessons, once daily farm tasks are complete.

"We do chores together. Without my children I don't start anything," Aida said.

Their lifestyle and farm is based on the concept of permaculture (see box). The name, Stewardship Farm pretty much says it all when it comes to the farm's mission—it started in 2005 as an experiment in being beneficial to the environment in and around food production. For example, they pull all this off without irrigation, a method called dryland farming.

The main 70 acre farm is in Clatskanie where they primarily grew potatoes, but for the sake of crop rotation, they are renting land in Woodland, Washington where they have 15 acres of potatoes. This frees up space on the Clatskanie land for what they're currently growing; more vegetables, mustard seed (which will be used to enrich the



Some of the beautiful food from Stewardship.

soil in Woodland), and purple barley.

We first profiled the farm in a newsletter last year, but this is the first time we were actually able to make a visit in person (myself and Co-op Produce Manager Kelly Huckestein). What's new? More vegetables. In addition to purchasing potatoes from the farm we are now getting kale and kohlrabi. Stewardship also sells their products to the Blue Scorcher, Fort George, and the Zen Monastery in Clatskanie.

The farmers plan to continue growing more vegetables as well as herbs, seeds, and grains for breads. Homemade breads and pastas are some of the traditional Turkish foods Aida cooks. She says the family is always cooking, creating new recipes based on their produce. Lucky for Aida she says she's glad her kids are not picky eaters and they eat everything she cooks.

## What is permaculture?

From the permaculture institute:

*Permaculture is an ecological design system for sustainability in all aspects of human endeavor. It teaches us how to build natural homes, grow our own food, restore diminished landscapes and ecosystems, catch rainwater, build communities and much more.*

See more at: <http://www.permaculture.org>



"I WANTED THE SAME THING; HOW I EXPERIENCED, HOW I FELT AROUND MY PARENTS AND LEARNING SO MUCH WISDOM, I WANT TO GIVE IT TO MY CHILDREN," -FARMER AIDA GIRT



A forest grows on the farm. Abraham (barefoot always) took us on a hike on trails he's blazed to show us the biggest tree on the property he guesses is one thousand years old.



For all you students, teachers, parents and education-oriented professionals, it is about time to use that well-rested brain once again. Our brains are intricate webs of nerves and blood vessels which all together communicate to assist us in thinking, moving, breathing, and

learning. The brain also helps us to relate to one another and the world around us, so its care is essential. Because nutrition is such a fundamental piece of ensuring brain health let's explore some do's and don'ts.

A rich layer of cholesterol, yes indeed that artery clogging substance you are imagining, has much value as an insulator of the nerves promoting efficient conduction or communication. Blood vessels throughout the brain are lined with cells whose membranes are also dependent on a balance of cholesterol and essential fatty acids

for elasticity and fluidity. Therefore a diet with good quality fats assists the brain in functioning smoothly. Fats, which are beneficial to nerve conduction and membrane composition, are found in cold water fish (salmon, halibut, tuna, mackerel, sardines), raw nuts and seeds (walnuts, pecans, hazelnuts, sunflower seeds, flax seeds, pumpkin seeds), some saturated fats such as coconut oil, as well as whole grains, fruits and vegetables. Fats which are unfavorable include hydrogenated fats (margarine, chips, candy bars), trans fatty acids (deep-fried foods, rancid or overheated oils), and excessive intake of saturated fats from meats and dairy. Remember conventionally packaged foods are an all-too-common source of these poor quality fats; thankfully products at our Co-op helps make these choices easier!

Proteins are the building blocks of the body as well as a preferential fuel for energy and ensuring good blood sugar stability. Good quality, lean proteins found in fish, poultry and wild game are an excellent balance of good protein and good fats. Again nuts and seeds are an easy addition for snacks. And legumes (beans) give us a nice

balance of protein and fiber, a winner for blood sugars.

Eating regular meals is a must for everyone's brain! Adequate blood flow to the brain is essential to bathe the nerve fibers and surrounding cells in nutrients. Increasing blood flow to the brain can be assisted with simple herbs and spices such as garlic, ginger, and cayenne. These warming herbs also add great flavor to our meals. Of course the nutrients in fresh fruits and vegetables will help keep all these tissues well nourished. School lunch should always include a good protein as well as a fresh fruit and vegetable.

And lastly let us not overlook the value of consuming an ample amount of water and getting plenty of sleep (10 hours for school aged kiddos).

I hope you have a wonderful school year and that these tips can help you stay focused and excited about learning and teaching!! DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERY DAY!!

*Dr. Erfling has a private practice in Astoria and is a past Co-op board member and president.*

NEW PRODUCTS BY KENDALL MCEUN/ GROCERY BUYER



By choosing to purchase products from grass-fed animals you can rest assured that you will be eating the most delicious, nutritious food possible. When animals consume their natural diet, they are healthier, stronger and provide more nutritional benefits for you.

Some of our grass-fed products include:

**WILD IDEA BUFFALO:**



Lower in calories than chicken or fish, 40% more protein than beef, high in omega-3's and sustainably raised on protected pasture lands, Wild Idea just seems logical.

**ORGANIC VALLEY GRASSMILK CHEESE**



Sharp and regular cheddar varieties provide highly beneficial enzymatic properties

that are much less of a strain on your digestive system and a rich flavorful texture you'll have a hard time believing are so healthy.

**GREEN PASTURE VITAMIN BUTTER:**

Combine most of the benefits of raw, grass fed products into a supplement, and, volia, you have vitamin butter! CLA's, myristic acid, lauric acid, quinones, palmitic acid and oleic acid are just a few of the naturally occurring compounds found in this highly potent and delicious alternative to the traditional supplement.

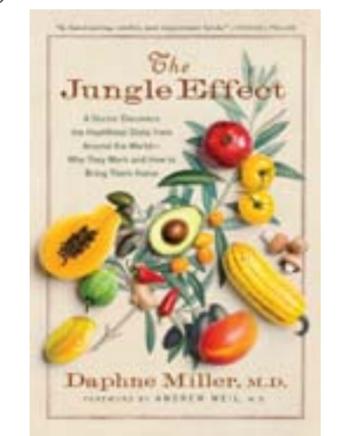


rally occurring compounds found in this highly potent and delicious alternative to the traditional supplement.

BOOK REVIEW BY ANN GOLDEEN

*Co-op Member, Chiropractor, Host of "To Your Health" on KMUN*

When I started reading *The Jungle Effect* by Daphne Miller, MD, it wasn't because I needed to read another diet book by an MD who has lately decided that nutrition is important to health. This book was on my book club's summer reading list. At first I was annoyed with the "discoveries" about the links between diet and disease, then I got excited. Dr. Miller romps around the world examining what food works for native peoples around the globe, and how those same foods adapted to industrialized food production are disease-producing. Throughout the book are many references to published research relating to the topics at hand. She offers concrete examples of better and worse options from a variety of cultures. The end has lots of recipes. Her approach is flexible with lots of mix and match: one day eat a meal from Ireland, the next day from Mexico. Her focus is much like those of us who shop at the Co-op: eat local, seasonal and organic food as much as possible. The recipes are difficult to read and use in the ebook form. To use it as a cookbook, I recommend the paper book. She is a little preachy and makes some sweeping generalizations based on commonly accepted notions that have no basis in literature or studies. Despite those flaws, it is worth reading. I am looking forward to gathering the ingredients and making these foods for the first time.



STAFF SPOTLIGHT

DANNY RASMUSSEN

before you worked at the Co-op?

**A:** I'm from Chicago, where I worked in the children's department of my hometown library.

**Q:** What kinds of things do you like to do when you're not at work?

**A:** I perform a story time at the Sprout's Club every week at the Thursday River People Farmers Market. I also love playing every sport and game ever created.

**Q:** What's one thing that might surprise shoppers about your job or being a worker in general at the Co-op?

**A:** A lot of people don't know about the ice cream sundae bar on the second floor of the Co-op.

**Q:** What is one of the best aspects of your job?

**A:** It's so fun to see how passionate and knowledgeable this community is about food. Almost every day I hear someone call a piece of produce "beautiful." That positivity is infectious.

**Q:** What is one of the most challenging aspects of your job?

**A:** It's always difficult to tell a customer that we don't have a product they are looking for.

**Q:** What kinds of food do you like to eat?

**A:** Veggies! Kale, collards, bok choy, cauliflower, peppers, with garlic on everything. Also, I am going to name my firstborn child Hummus.

STAFF PICKS: DANNY'S 5 CO-OP FAVORITES

**Flax oil**, great for salad dressings

**Pecan Date Rolls**, a delicious guilt-free dessert

**Crimson red lentils**, wonderful in soups

**Hummingbird almond butter**, a nice addition to smoothies

**Uncle Eddie's Vegan Peanut Butter Chocolate Chip Cookies**, a little guilt never hurt anybody

NEW DELI CREW MEMBERS



**MICHELLE BISEK** was born and raised in Palos Hills, Illinois (suburb of Chicago). She attended the University of St. Francis in where she received her B.S. in biology and environmental science. Prior to moving to Astoria, she volunteered on

an organic farm near Coos Bay, where she fell in love with Oregon.

Learning and preparing food with ingredients she has not previously been exposed to are Michelle's favorite things about working in the deli. Her favorite deli item is the Szechwan Tofu. And her future plans for the deli are sweet!

"I'm currently working on a mocha mousse, a new take on our classic chocolate avocado mousse. My passion is baking, so in the future I hope to make lots of vegan, gluten-free, and sugar-free goodies," said Michelle.



**COLIN SMITH** says he grew up around a lot of cows and corn in central Maryland. He has a wide-range of experiences from feeding pigs to working on music videos in LA.

What he likes best about working in the deli is talking

to co-workers about films and books, all while performing the deli duties to his utmost ability, of course. His favorite Co-op deli food is the Bacon Apple Brie Sandwich, mainly because of the bacon.

"Recently, with some input from other deli-mates, the Pestopia Sandwich was created: baked zucchini, portabello mushrooms, red bell peppers, and red onions stacked on a puffy cloud-like blanket of pesto and Blue Scorcher bread," said Colin.



**Q:** How long have you worked at the Co-op, what is your position and what do your day-to-day job duties entail?

**A:** I've worked at the Co-op a little more than a year. I work produce, making sure we have quality fruit and vegetables on display, and receiving deliveries.

**Q:** Where did you grow up and what did you do

# RETURN

BY ALLIE EVANS/ ASTORIA CO-OP BOARD PRESIDENT



Each season of the year offers us a different energy and opportunity. As we follow the seasonal change from the freedom of summer into the fall routine, it is the opportunity of renewal. Just as the leaves of the trees return to the earth, we are asked to return to our routine (be it school or work)

and to renew our commitments and intentions for the upcoming year.

Let us return to our goals and renew them. For me, this often means setting the intention of feeding my family well. With school starting for my kids, it is an opportunity for me to fill their lunch boxes with nourishing foods. The bounty of fall foods means that our dinner table can be filled with roasted root veggies, squash soups and apple pies.

Let us also return to our rhythm. Our bodies love rhythm and routine. It is refreshing for our daily routines and meals to become more predictable. I often renew my simple goal of feeding myself three wholesome meals a day (so much easier said than done with two young

kids).

Let us also revisit our commitment we make to the well-being of the earth and the people who live here. For me, this means buying groceries that support both my health and the economic and environmental health of where they came from. It means doing my part to make sure that my dollar speaks my ethics as best it can.

It is for all of these reasons that, as the days lengthen and the apples ripen on the trees, I am honored and excited to be a part of the Co-op Board and to help shape our amazing store and community.

*Allie is naturopathic physician, wife and mother of two children (Maya pictured).*

## FARM TO FORK COOKING CLASS & DINNER WITH CHEF MARCO

A FUN EVENING WITH GREAT FOOD, WINE, FARMERS, & FRIENDS



From cooking novice to full-blown foodie, this class and dinner has something for everyone. The four-course menu will be designed based on what is literally pulled from the ground and caught off our waters as close to the event as possible.

This is "chef's mercy" at its finest, a menu item Marco Davis is known for at the Columbian Café, where he's worked for 23 years. Chef Marco is now branching off with his own occasional gigs such as this, to teach people to cook and heal through food using seasonal and local ingredients.

The evening will kick-off with a wine spritzer made with organic cranberry juice from Washington's first organic cranberry farm on the Long Beach Peninsula. Locally-grown food will come from Stewardship Farm, plus fresh in-season fish from Skipanon Seafood. Brandborg Winery will attend, pairing wines with each course.

Chef Marco happened to attend kindergarten with the chef from Columbia Memorial Hospital

(CMH), Kurt Rummel, who has been bringing traditional institutional eating to a whole new level, including a salad bar with local, seasonal and organic food. Many of the ingredients for that salad bar have come from the Co-op. That's where the relationship with the Co-op and the hospital formed.

"Good food is what started our organizations talking and good food is at the heart of collaborating on this event. We're thrilled to be able to share our resources and expertise to educate the community on how to cook amazing-tasting food, that makes you happy and healthy," said Astoria Co-op Marketing Director, Zetty Nemlowill.

CMH and the Co-op are fulfilling mutual missions with this event.

"Nutritious, satisfying food and an economically robust community are central to the health and future of our region. We are excited to offer this tasty tour of local seasonal seafood and produce. This collaboration meets CMH and the Co-op's



shared goal of improving our community's health through better nutrition," said CMH Community Relations Manager Paul Mitchell.

Sign up for the class now at the Co-op. The cost is \$50 each or 2 for \$85. The evening includes the cooking class (participants will watch their food being prepared as Chef Marco explains his cooking techniques), presentations by local farmers and a fisherman, an appetizer, salad, main dish, dessert, and wine. Non-alcoholic beverages will also be available. Costs cover food and drink, which will be locally sourced and organic, with any remaining proceeds going to the hospital. All labor will be donated.

The event happens in CMH's Columbia Center Coho Room and attached gourmet demonstration kitchen on Thursday, September 26th, 6-9 p.m. The class size is limited so please stop by the Co-op and sign up today!



## SEPTEMBER 2013

Closed Labor Day Monday September 2

Floating 10% Discount All Month

Members choose one shopping trip in September to get 10% off on groceries. The discount does not stack with special orders or case purchases.

Wine Tasting Friday September 6

3 -5 p.m. at the Astoria Co-op  
Rudy Marchesi, Owner & Winegrower from Montinore Estate in Forest Grove will be at the Co-op pouring samples of his wines for those 21 and over to taste. (See back page for more details.)

"Beers to Your Health" Thursday September 12  
7 p.m. Fort George Lovell Showroom

Brand new Co-op-sponsored lecture series. The Co-op joins the Maritime Museum with its "Science on Tap" and other amazing local entities to bring wellness and food related speakers to you every second Thursday of the month.

Dia de la Independencia Celebration  
Sunday September 15 from 1-5 p.m.

See flyer on this page.

River People Farmers Market

Thursday afternoons 3-6 p.m.  
Stop by the Co-op booth, meet our board members, and taste some delicious food.

Astoria Co-op Board Meeting  
Wednesday September 25th at 6:00 p.m.

Farm to Fork Cooking Class with Chef Marco  
Thursday September 26 from 6-9 p.m.

Sign up now, see article on previous page.

## OCTOBER 2013

Floating 10% Discount All Month

Members choose one shopping trip in October to get 10% off on groceries. The discount does not stack with special orders or case purchases.

Final River People Farmers Market  
Thursday October 3 from 3-6 p.m.

Kids Halloween Coloring Contest

Starts October 1st. Entries need to be submitted to the Co-op by October 27th with judging on October 29th. There will be prizes in each category plus all entries will receive a Co-op Explorers membership card, tattoo, and sticker.

"Beers to Your Health" Thursday October 10 at 7 p.m. Fort George Lovell Showroom

Co-op-sponsored lecture series.

Astoria Co-op Board Meeting on Tuesday October 22nd at 6:00 p.m.

Halloween Trick-or-Treat-ing October 31

The Co-op will join downtown Astoria businesses and offer candy to kids (we will also have a fruit option).

## NOVEMBER 2013

Floating 10% Discount All Month

Members choose one shopping trip in November to get 10% off on groceries. The discount does not stack with special orders or case purchases.

"Beers to Your Health" Thursday November 14 at 7 p.m. Fort George Lovell Showroom

Co-op-sponsored lecture series.

KMUN 91.9FM **iViva!**  
**Día de la Independencia**  
**Mariachi Corona Continental**  
**15 de Septiembre**  
**Sunday, September 15**  
1-5pm, St. Mary, Star of the Sea  
1491 Grand Ave, Astoria, Auditorium - \$5 per family  
**Everyone welcome! ¡Todos son Bienvenidos!**

tamales de patrocinado por

Astoria Co-op Board Meeting, Date TBA

Holiday Member 10% Discount Weekend  
Saturday & Sunday November 23 & 24

We will also have wine, beer, hard cider & cheese tastings for you.

Galaxy Wines Tasting  
Saturday November 23 3-6 p.m.

Fort George Brewery + Wandering Aengus  
Ciderworks Tasting  
Sunday November 24 3-6 p.m.

Closed Thanksgiving Thursday November 28

1355 Exchange Street Suite 1  
Astoria, OR 97103

RETURN SERVICE REQUESTED

## WINEMAKER SAILS TO CO-OP

### WINE TASTING EVENT WITH MONTINORE ESTATE



**R**udy Marchesi loves making great wine and, lucky for us, he also loves Astoria. This winegrower and owner of Montinore Estate will sail here in his 30-foot sailboat from Saint Helens in September to pour his wines for you to taste at the Co-op. With the Co-op event coming up, plus a wine dinner later in the evening at Clemente's, Marchesi decided to make a fun trip out of it.

Montinore Estate is a 270 acre certified organic and biodynamic vineyard south of Forest Grove. Biodynamic practices enhance the health and vitality of the farm and subsequently aim to improve quality of the product, making wines more expressive of origin. A pasture, wildflowers, and pond provide habitat for wildlife including beneficial pollinators as well as predatory insects that go after pests.

Montinore wines come from the seven varieties of grapes grown on the estate. Half the vineyards are pinot noir, in addition to white wine grapes that grow well in Oregon such as reisling and pinot gris.

Rudy Marchesi purchased Montinore in 2005. When he was growing up, he remembers his grandfather making wine at home. Then in graduate school for clinical psychology, living near vineyards in Sonoma County, Marchesi started making wine himself, and never looked back. That was 40 years ago. In the wine busi-

ness, his psychology background does come into play, handling the people that come with selling wines in 45 states, several countries, plus up to 30 employees depending on the time of year. While Marchesi is a people-person, his favorite part of the business is nature.

"Working with living systems and organisms is a healthy way to spend my time. It provides a lot of insight into the world around me and it's very creative, especially on the winemaking end. It is a craft that involves a great deal of subtleties; it heightens our senses as winemakers when we work with these subtleties to create an expression of our farm," said Marchesi.

You can meet Rudy Marchesi and taste his wines at the Co-op on Friday, September 6th from 3-5 p.m.

Montinore will be featuring wine pairings in a locally-sourced dinner at Clemente's restaurant in the evening following the tasting here at the Co-op. Contact the restaurant for reservations.