



40
years
&
still
FRESH



Astoria
co-op
grocery



SEE RECIPE FOR PUMPKIN CHICKEN CHOWDER INSIDE

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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.

ASTORIA CO-OP GROCERY BOARD

To contact our board: board@astoria.coop

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Got a newsletter idea?
Contact zetty@astoria.coop.

Special thanks to Co-op Owner *Pam Chestnut* for her excellent care in proofreading this newsletter.

LEVERAGING COOPERATIVE INTELLIGENCE

MAKING OUR STRATEGIC PLAN, BY CO-OP GM *Matt Stanley*



Edward Glaesar, Professor of Economics at Harvard University, recently wrote that he has “enormous confidence in the ability of Homo sapiens to work miracles when people cooperate.” His article, “Engines of Innovation”, appears in the Winter 2014 edition of *Scientific American Mind*. In it, he reflects on the ability of urban centers to creatively address complex problems. Despite setbacks and short term losses, people working together overcome huge obstacles.

I cannot help but apply the same positivity to our own cooperative movement, the Astoria Co-op Grocery. We involve cooperation in our business in many ways. We work with other food co-ops all the time to learn best practices and avoid each other's mistakes. Our staff members cooperate with each other every day. And we adhere to what I believe to be the most important of the international cooperative values in our dealings with each other. These are honesty, openness, and caring for others; basic 'treat others as you would like to be treated' stuff. It translates into a happy workplace and employee longevity. In September, we passed an entire year without losing a single employee.

Our owners exercise cooperation too. As we plan our next big step as an organization, we are asking for owner input in many ways. We got great ideas from our branding brunch and branding survey, our annual meeting questionnaire, our in-store owner input station, and owner forum on expansion (Dessert with the Directors). By the end of the year we'll be doing research with specific focus groups regarding how the Co-op can better serve our owners, staff, and community. We'll complete an owner survey regarding expansion too. Your ability to offer input on this process is cooperation at work.

How do we process all this information? How do we meet the individual needs and aspirations of several thousand people, often with conflicting views and preferences? I assure you it is not easy. Our Board of Directors is working with an advisor very skilled in this exact process. Holly O'Neil has been behind the scenes for many years guiding the leadership of the Bellingham Co-op (and several other organizations), as they've grown their business without sacrificing cooperative principles.

In undergoing this cooperative process, we'll be listening for common themes and often repeated aspirations. We are and will be thankful for feedback that keeps in mind the difficulty of the task at hand, and for respectful feedback, even when there is disagreement. The Board of Directors will do much deliberating on the information we receive. They'll balance these ideas and desires with the realities of running a retail grocery store in an increasingly competitive natural foods industry.

By the end of the year we'll put the pieces together in a comprehensive strategic plan. This written document will serve to communicate our common goals to owners, staff, and the community. It will articulate how we'll establish agreement regarding what success looks like. And it will consider how we'll assess the need for adaptation if circumstances change.

Ultimately, we'll aspire to ensure that the manifestation of our strategic plan will meet the needs of as many Co-op owners as possible. Inevitably, we won't act upon the vision of the future Co-op as desired by any single individual. But I have a strong trust in our capacity to leverage our cooperative intelligence in order to ensure our food co-op operates successfully, according to our own definition of success, for several decades more. And we'll do it with a spirit of positivity, a requirement for respect, and a continual desire to build community through food.

BY CO-OP BOARD PRESIDENT *Allie Evans*



One of the most inspiring features of a cooperative is that it is not run as a single CEO-led organization; we work together to create and manifest our idea of an amazing place to shop. As we set our sights on the future of the Co-op, and on larger horizons in an expanded store, we really value and need all of your intelligent minds and thoughtful contributions to help guide our store. In light of this, you will be hearing a lot more from us, and we hope to hear a lot more from you.

As part of our strategic planning process, the Board of Directors hosted an owner forum in July at Street 14 Coffee called Dessert with the Directors. This gave us a chance to solicit input from Co-op consumer owners about moving in the direction of expansion. We asked how the Co-op could better serve the community in a new store, about location, how to build membership, and if there were any concerns about expansion. Brainstorming with folks at this event reiterated the idea that the sum of all of us working together is so much greater than any one individual mind.

Here is just a sampling of the ideas that our collective minds came up with:

- Expand prepared foods (including a hot food and

- salad bar) and deli seating area
- Space for classes and events
- Stay in Astoria with more space while still feeling like a community store
- Make Co-op ownership understandable and accessible to a diverse group of citizens
- Ensure financial sustainability before we move forward
- Maintain our quality and integrity as we grow

This owner-board forum was just one step in the Co-op's strategic planning process. Thank you to those who attended the forum, filled out the feedback cards in the store or emailed us, and who attended our annual meeting. Our board and management are currently conducting focus groups and key informant interviews with community members to gather more input. In October the Co-op will launch an owner survey regarding expansion. By the end of the year, based on the information we've garnered from you in these various forms, the board will draft a strategic plan for growth based on our collective vision. There will be an opportunity for you to give feedback on the plan. Then we will embark on the hard work of bringing the plan to life.



THANKS TO ALL YOU CO-OP OWNERS WHO ATTENDED DESSERT WITH THE DIRECTORS!

Take the
Co-op Expansion
Survey in October

Details available in the
store and at
www.astoria.coop

What I took home from the Dessert with Directors evening (besides really yummy treats made by Street 14 Coffee) was contagious energy that was inspiring, exciting, unifying and thoughtful. Together we can do this. We can build ourselves a store that best fits all of our needs and those of our community and planet. Thanks to all of you for helping to make this dream a reality.

THE MAGIC OF SOUP

BY MAGGIE STUCKEY THE AUTHOR OF *Soup Night*



There was a time, not all that long ago, when people knew everyone on their block, when neighbors watched out for each other, helped each other, enjoyed getting together. Nowadays, people are more likely to hurry

home from work, stay inside with eyes fixed on some type of screen, interacting with pixels rather than human beings. Many of them wish things were different, but aren't sure how to break out of their isolation.

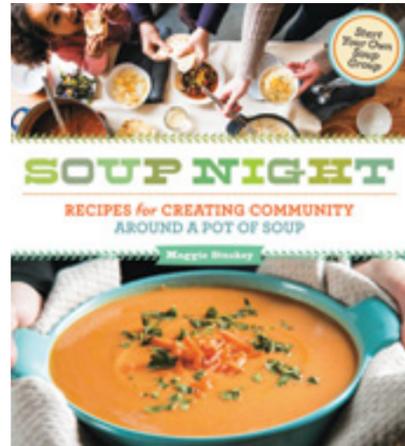
Here's a simple solution: make a huge pot of soup, invite your neighbors over, and watch what happens.

I can tell you what will happen, because I have seen it myself in my home town (Portland).

Within a very short time, strangers become friends. Warm connections develop between people who are very different from one another on the usual measures of occupation, education, and political persuasion. Children, under the loving watchfulness of all the adults, are free to be kids. Meanwhile, their parents are free from the awful modern anxiety of having to watch them every single second. There is less crime. Seniors and people living alone feel more secure, knowing help is right at hand.

All because they get together for a simple supper of soup and bread once a month. They call it Soup Night, and it has become a huge part of their lives. No one wants to miss it.

Once I witnessed the magic of this particular Soup Night, I decided to look a bit farther and quickly found neighborhood



groups all over the country doing much the same thing: Organizing a soup get-together for the explicit purpose of creating community. In Boston, New York, Chicago, Milwaukee, Pittsburgh, Cleveland, Detroit, Houston, Denver, Tucson, folks are making soup and inviting strangers to their home -- with amazing results.

Soup is simple, unpretentious, warm, nourishing (in every sense of that word), and has a way of putting people at ease. It's also easy to make, nutritious, inexpensive, infinitely expandable, and it tastes wonderful. There is nothing better for bringing people together.

MEET MAGGIE STUCKEY AUTHOR OF *Soup Night*

She will speak at the Co-op's monthly food and wellness lecture "Beers to Your Health" at Fort George Brewery (14th & Duane, Astoria)

When: Thursday October 9 at 7 p.m.
Doors open at 6 p.m.

Books available for sale

Free small cup of Pumpkin Chicken Chowder (while supplies last)

Event is free and open to all ages

PUMPKIN CHICKEN CHOWDER

Excerpted from *Soup Night*
© Maggie Stuckey, photography
© Lara Ferroni used with permission from Storey Publishing

- 2 tablespoons canola or vegetable oil
- 3 boneless, skinless chicken breast halves, cut into bite-size pieces
- 2 medium onions, chopped
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 3 garlic cloves, minced
- 6 cups chicken broth
- 2 (16 ounce) cans pumpkin puree
- 1 cup frozen corn
- 2/3 cup uncooked rice
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

1. Heat the oil in a large soup pot over medium heat. Add the chicken, onions, bell peppers, and garlic. Saute until the chicken is no longer pink, 6 to 8 minutes.

2. Add the broth, pumpkin, corn, rice, basil, salt, and pepper. Stir well and bring the soup to a boil, then reduce the heat and simmer, covered, until the rice is tender, about 20 minutes. Serve hot.

- Make ahead? Complete the soup as much as a day ahead; refrigerate.
- For large crowds: This soup multiplies successfully. Leftover turkey would also work in this recipe. Serves 6-8

LEMONY CHICKEN NOODLE SOUP

BY CO-OP BOARD MEMBER *Beth La Fleur*



"Aahhh CHOOO!" I hear it and wait for what's next. "Aahhh CHOOO!" Uh oh. I freeze and mentally check the date. School's started, there's a chill in the night air, and I know that those rainy dark days are coming all too soon. Then I hear what I dread most this time

of year: The Groan. "OOaaaagghhhhhhh. I don't feel very good." Drat. That's it. I quickly check the pantry and the refrigerator for the key ingredients to my favorite soup for this not so favorable time: Chicken (any cut will do), lemon (one is fine), vegetable or chicken broth, a leek, a stalk of celery, and any sort of pasta or rice (left overs are perfect). With these few ingredients, I am on my way to cooking up one of the most delicious soups of my year: Lemony Chicken Noodle Soup.

Why do I love this soup so much? This recipe is really easy and really tasty and very versatile. It's dairy-free, soy-free, can easily be gluten free, or vegetarian (skip the meat, add more chopped veggies). This makes it a great "go-to" recipe for meal trains, pot-lucks, and those "oh no, what am I going to make for dinner" panics.

I have varied it at times, based on what I have in my produce drawer: instead of a leek and celery, sub in a chopped onion and diced carrot. Instead of pasta (any shape), use rice to make it gluten-free, or skip the noodle/rice option all together. Instead of chicken thighs and shredding them per the "official" recipe, chop up 1/2 to one pound of chicken breast so there are chicken chunks that can be pulled out and put on a plate, if you have a non-soup-eater at the table. When fresh dill is available, it puts a summery spin to this soup.

I especially love this recipe because it's made with ingredients that can hang out in the refrigerator for a while before going bad, like carrots, leeks, lemons, and celery (to rehydrate celery, snip off the end and put in a

glass of water for a few hours. It truly works!). But the key to this soup is the fresh lemon spritzed in at the end after the soup is ladled into bowls.

I have friends who swear that just hot water with lemon is good for general health and if I could remember to do so in my spare time, I would look this up and get to the bottom of how this little yellow fruit can be so amazing, and just why it is that chicken soup is good for colds. For now though, it's my unwavering need to believe that this soup, with the combination of chicken and lemon, WILL cure all that ails us. Plus it's just plain delicious, nutritious and affordable!

This is the "official" recipe--see the possible substitutions in the preceding paragraph.

LEMONY CHICKEN NOODLE SOUP

- 1 tablespoon olive oil
- 1 medium leek, white and pale-green parts only, halved lengthwise, sliced crosswise 1/2-inch thick
- 1 celery stalk, sliced crosswise 1/2-inch thick
- 12 ounces skinless, boneless chicken thighs
- 6 cups low-sodium chicken broth
- Kosher salt, freshly ground pepper
- 1/2 cup uncooked orzo (or any pasta shape)
- 1/4 cup chopped fresh dill (optional)
- Lemon halves (for serving)

Heat oil in a large heavy pot over medium heat. Add leek and celery and cook, stirring often, until vegetables are soft, 5-8 minutes. Add chicken and broth; season with salt and pepper. Bring to a boil, cover, reduce heat, and simmer until chicken is cooked through, 15-20 minutes. Transfer chicken to a plate. Let cool slightly, then shred chicken into bite-size pieces.

Meanwhile, return broth to a boil. Add orzo and cook until al dente, 8-10 minutes. Remove pot from heat. Stir in chicken and dill. Serve with lemon halves for squeezing into bowls.



Breakdown on the Soup Cost:

- \$4.50 for chicken broth (6 cups, at \$2.99 sale price)
- \$6.57 for 1/2 lb of boneless skinless chicken thighs
- .76 for one lemon
- \$1.00 for one cup bulk orzo
- .58 for one stalk celery
- \$1.70 for one leek

For a total of \$15.11 for 4 very generous servings (\$3.78 per serving). We usually have leftovers (enough for one or two bowls for lunch the next day) if it's just our family.

If you decided to buy a few extra leeks just in case, or because you couldn't decide which one to buy, so you bought two or three, try the following recipe for Pan Fried Leeks. But be sure to leave one in the fridge-just in case you hear someone in your house sneezing.

Bonus Recipe: Pan Fried Leeks

- 1-3 leeks
- olive oil

Cut leeks into about 1/2" rounds, discard the tops and just use the white and light green parts. Tip: wash leeks by cutting the rounds and soaking in a bowl of water. The dirt drops to the bottom of the bowl.

Heat a pan on medium, add olive oil, and fry the leeks until golden brown on one side. Flip and add a little salt and/or pepper. Wait until golden brown on other side and serve.

Great as a side to any main dish!

OCTOBER IS CO-OP MONTH

SO WHAT'S THE BIG DEAL? BY *Alison Grey Germain*



Growing up in Bozeman, I always wondered what it meant to be a member of the co-op. Was this some sort of exclusive club and why did I have to pay to shop?

Semi-skeptically I purchased my \$35 membership (a one-time share purchase), and got my membership card. Fireworks didn't illuminate the sky, staff didn't erupt in song and there were no shiny prizes, but I did notice a pretty sweet Member Special on chocolate.

At that point, I decided to hit up the wine section, again looking for those Member Specials. They were all over the store, glorious little markers of superb savings just for me... and the other 18,000-plus members of our co-op.

Still, I decided that membership was starting

to feel pretty good. The more I shopped here, the more I realized how different the cooperative business model really was. I had always figured it operated the same way as any other business: with one all knowing and dictating owner, some dutiful employees and unquestioning customers.

It could not have been any different. I learned our co-op is equally owned and operated by all of its members, an economic democracy of sorts. I was literally voting with my fork, or spoon for that matter. And eating was fun, so I could rejoice in this cause.

Since my days of operating lemonade stands and posting huge profit margins on my products (hey, I didn't care about ripping off my customers), I had never considered business ownership as part of my future plans.

Now, as a part-owner, I had an equal say in the co-op's operations and future, and that felt good. No one was forcing me to participate, but when I had a problem or suggestion, someone here might actually listen to me.

I had a choice about what I was purchasing and as a consumer, this was empowering. The more I started to hang out here, the more I realized that the staff and customers were also unique: this was a dynamic and diverse

group of folks that had thoughts, opinions and ideas about the food they wanted to eat and the type of business they wanted to support. There was a conversation happening, and I liked it.

Still, when I didn't feel like engaging in that conversation, or the greater good, I knew I could show up and find quality food that actually tasted good at a fair price. And, chances were, there would always be some tasty chocolates and wines on Member Special.

In honor of all of these wonderful things that differentiate the cooperative business model, October has been declared National Co-op Month. It gives nods to the more than 29,000 co-ops across the country, from natural food stores, to banks, manufacturers and everything in between. Local, trusted and serving you. What's not to like?

Authored by Alison Grey Germain (Courtesy of Community Food Co-op) for Stronger Together. 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. And for more information and articles on Community Food Co-op in Bozeman, Montana, go to www.bozo.coop.

FROM CO-OPS TO CO-OPS

ALTER ECO EXCLUSIVE TRUFFLES



Deep, dark smooth chocolate sourced from Ecuador and Peru surrounds these sumptuous bite-sized truffle delights. Pure organic coconut oil sourced from India combined with milk and cacao creates the silky-smooth, melty filling. Only available at community-owned food co-ops, this exclusive 8-pack of Swiss-made, organic, fair trade truffles from Alter Eco launches with two new flavors, Salted Caramel and Sea Salt, to accompany their wildly-addictive Black and Velvet Truffles. These co-op-exclusive truffle assortments are available for a limited time at food co-ops around the country, and are making their debut just in time for Co-op Month.

Founded in 2005, Fortaleza del Valle Cooperative is the source for the rich, fruity cacao used in Alter Eco's Black, Sea Salt and Salted Caramel Truffles. Located in Calceta, Ecuador, this cooperative of small-scale cacao farmers has been working to improve their farming techniques in order to enhance quality and expand market opportunities. The fair trade premium has enabled the cooperative to invest in infrastructure, processing equipment and pre-harvest financing for the 630 members. Through crop biodiversity, the farmers are now able to include the plantation of cacao, banana, coconut and timber in their fields, using this diversification to catalyze their business.

CONTINUED ON NEXT PAGE

FROM CO-OPS TO CO-OPS (CONTINUED FROM PREVIOUS PAGE)

Nestled along the river Huayabamba at the edge of the Peruvian Amazon, the farmers of the cacao found in Alter Eco's Velvet Truffle survey a landscape that's entirely different than it was 15 years ago. In 1994, a United Nations program made it possible for these farmers to begin replacing their illegal coca crops (used to make cocaine) with cocoa, releasing them from an oppressive, volatile and often dangerous relationship with drug traffickers. Located in the San Martín region of Peru, the ACOPAGRO Cacao Cooperative has over 2,100 members of small-scale cacao farmers. The fair trade premium has allowed ACOPAGRO to invest in a new office and warehouse facility, equipment and quality trainings for its members, and social programs such as access to medical services like dental and eye care.



Peruvian Cacao Farmer:

Bento Zambrano

Alter Eco has taken their commitment to sustainability one step further with these truffles by introducing new eco-friendly packaging. Alter Eco has developed a groundbreaking wrapper – printed with non-toxic compostable ink – that will decompose in yard waste and at-home compost bins. Look for these delicious truffles at the Co-op.

You can learn more about cooperatives at www.strongertogether.coop, and find out about Alter Eco at www.alterecofoods.com.

CO-OP OWNER SPOTLIGHT

AN INTERVIEW WITH *Jules Bellissimo* OF HITS 94.3

Q: Tell us a bit about yourself (where you work, family, etc.).

A: My family currently resides on the WA Peninsula, and I am fortunate to work in beautiful Astoria for Hits 94.3 KRKZ-FM. I have worked in various forms of multimedia over the years. I started writing music when I was ten, worked and saved to buy my first guitar at 13. Music is my passion. I stumbled into radio later, and that has enriched my life with dear friends and fun memories. I am a homebody and a mountain chick. Anywhere where there is great music, snow, and incredible food with close friends and family, those are my "happy places".

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

A: I call it heritage eating; patterning behaviors pertaining to food on common-sense core values, and continuing education. The Co-op adds new products, stocks staples for healthy living, and provides educational tools to actively support sustainable application for individuals and for families as well. I shop at the Co-op because of the synergistic impact of community and family economy working in tandem, creating a beneficial and healthy experience for all involved on a long-term basis.

Q: What are your favorite products and why?

A: I walk into the Co-op and see favorites all around me. My favorite wine is the sulfite-free Redwood Hills Organic Cabernet from California. My favorite sweet treat has to be the Peppermint Patties from Clatskanie, Oregon. I love tomatoes and strawberries and bell peppers, and... you see where this is going! I guess favorite foods change by season. The harvest of fresh produce dictates my current favorite. It's like asking a DJ to pick a favorite song. You never overwrite old favorites, but new faves are added all the time. I discover



new products by trying one new thing I've never had before at each pay period. I love being able to say, "Yes, I've tried that..." when someone speaks of a new product. And so often I can also add, "They have that at the Co-op!"

Q: What kind of food do you like to cook at home, especially as we move into the fall and colder months?

A: I enjoy baking especially during the holidays. As for cooking, if I had my choice, I'd be having a glass of that Redwood Hills Cab while my husband Marcus does the cooking so I can join in as a taste tester. We like to use as much of the fresh veggies as possible. Vegetables stretch any recipe, add color and flavor, and ultimately, we all know it's healthier! Fall and winter are my favorite seasons. I like soups and stews, "kitchen sink" dishes. They save well as leftovers for the family in preparation for busy weeknights, and are an economical option as well. Lately, it's been all about fresh seafood at our house. We can't get enough of it.

Q: As a mom, any tried and true tips on getting kids to eat healthy?

A: When kids have involvement in choosing healthy foods like selecting veggies by hand, putting them in the bag, or weighing them, or washing and preparing them, they are more willing to participate in eating them too. They learn skills and good habits for later in life, and it really is a lot of fun. It is another excuse for them to be away from the electronic devices for a spell, and many happy memories are made in the kitchen. Kids end up ASKING for that dish you made together and they want to help... all because they were invited to be a part of it and it turned out to be fun and delicious, too!

You can hear Jules interview the Co-op crew Friday afternoons on 94.3 FM.

WANT GMO'S LABELED?

VOTE YES ON OREGON'S MEASURE 92

Recently, the movement to label GMOs* has scored some major wins. Last year, Connecticut became the first state to pass a GMO labeling bill, with Maine following suit shortly thereafter. Of course, there were some caveats to this ground-breaking legislation. Most notably, both bills contain "trigger clauses" which means they won't go into effect until several other states pass similar laws. Earlier this year, Vermont became the first state in the nation to pass a "no strings attached" GMO labeling law, which is slated to go into effect by July 2016.

With studies consistently showing that over 90 percent of Americans want genetically engineered foods labeled, there's no doubt that momentum for mandatory labeling is building. Here in Oregon, we have a unique opportunity to make our voices heard. When we vote in annual elections this November we'll be able to vote on Measure 92, a ballot initiative to require mandatory labeling of genetically engineered foods in our state.

Astoria Co-op Grocery supports mandatory labeling of genetically engineered foods because we believe that our shoppers have the right to information they need to make their own purchase decisions.

For that reason, we believe it's time for the U.S. to join the sixty-four countries around the world that already require mandatory labeling. And, it's time for FDA to recognize that over 1.3 million people have signed a petition to label GMOs—more than any other food petition in FDA history.

Measure 92 needs your vote. Labeling opponents spent more than \$65 million to narrowly defeat California's Proposition 37 and Washington's I-522, ballot initiatives that would have required GMO foods to be labeled in those states. Now's our chance to make our voices heard! Cast your vote on Measure 92. We're stronger together.

* Genetically modified organisms (GMOs) are plants or animals created through the process of genetic engineering. Typically, 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. Eating foods which are USDA certified organic or third party verified as non-GMO is the most reliable way to avoid GMOs.

WHAT WE'RE DOING TO PROVIDE *Education:*

Sponsoring a documentary: GMO OMG Astoria International Film Festival Friday October 17 at 5:30-7:00 p.m. Liberty Theatre in Astoria

GMO OMG director and concerned father Jeremy Seifert is in search of answers. How do GMOs affect our children, the health of our planet, and our freedom of choice? And perhaps the ultimate question, which Seifert tests himself: is it even possible to reject the food system currently in place, or have we lost something we can't gain back? These and other questions take Seifert on a journey from his family's table to Haiti, Paris, Norway, and the lobby of agra-giant Monsanto, from which he is unceremoniously ejected. Along the way we gain insight into a question that is of growing concern to citizens the world over: what's on your plate?

More information at: gmofilm.com/

Doing a Class: Shopper's Guide to GMO's with Co-op GM Matt Stanley October 24, 5-5:30 p.m.

This is a great opportunity for those wanting to learn more about GMO's and food. The class will include information about the different types of labels, how to know if the food you eat contains GMO's and the highest risk foods.

CROOKED FALL-WINTER 2014 CO-OP CALENDAR

TASTING AT THE CO-OP

Artisan cheesemaker Cynthia Clark admits her business, Crooked Cow Cheese in Naselle, WA, is a way to pay for what she calls her cow habit.

"Most little girls want horses and I always wanted soft brown cows," Cynthia said.



Photo by Lynette McAdams

The Co-op recently started carrying Cynthia's raw cheddar.

Cynthia says she is passionate about caring for her cows, feeding them the best food she can afford, and treating them well. For example, she milks them just once a day, resulting in less stress for the animals. The end result is happy cows and a quality product.

The name, Crooked Cow, comes from the name of one of her three cows. Crooked, is a gigantic Brown Swiss cow. Cynthia says her milk has the right balance of fat and protein, making it ideal for cheese.

Cynthia makes wheels of cheddar cheese from her cow's milk and ages them in a temperature controlled cave for more than 90 days, creating a phenomenal flavor.

On the weekend prior to Thanksgiving, Cynthia will be at the Co-op offering samples of Crooked Cow Cheese. Stop by on November 22 from 11-1 to meet Chythia and taste her delicious cheese!

OCTOBER

October 1-31: Co-op Owner Survey
Details in the store and at www.astoria.coop

October 1: Farm to Fork Cooking Class
(see article below)

October 9: Beers to Your Health
Maggie Stuckey, Author of Soup Night
7 p.m. Fort George Lovell Showroom

October 17: GMO OMG
Co-op sponsors documentary in Astoria Film Festival, 5:30-7 p.m. Liberty Theatre

October 24: GMO Class/Store Tour
Led by Co-op GM, Matt Stanley, this event aims to make shoppers more aware.
5-5:30 p.m. Sign up in advance at the Co-op or email zetty@astoria.coop

NOVEMBER

November 13: Beers to Your Health
This is our monthly food and wellness lecture series. We will show a documentary about the cooperative food movement in the USA, called Food For Change. Film starts at 7 p.m. in the Fort George Lovell Showroom in Astoria.

November 22: Crooked Cow Cheese Demo
At the Co-op 11-1, come meet the local woman who makes this cheese and taste samples.

November 22: Artisan Cheese Store Tour
Learn about the local & regional artisan cheeses we carry. 11:30 am. -12 p.m. Sign up in advance at the Co-op.

November 27: Thanksgiving
The Co-op will be closed

DECEMBER

December 7-13: Owner Appreciation Week
Save 10% on a shopping trip just for being a Co-op owner. (For memberships in good standing, limited to items in stock, does not apply to case discounts.)

December 11: Beers to Your Health
Our monthly food and wellness lecture series. Starts at 7 p.m. Fort George Lovell Showroom, Astoria. See www.astoria.coop for details on this event.

December 24: Christmas Eve
The Co-op will be closing early (Hours 8 a.m. to 6 p.m.)

December 25: Christmas
The Co-op will be closed

FALL FARM TO FORK COOKING CLASS

OCTOBER 1



Fall is here and Chef Marco Davis is coming up with a menu using the freshest local ingredients around. How to cook using fall foods from local farms is the focus of an

upcoming fall farm to fork cooking class in Astoria. We have been teaming up with Columbia Memorial Hospital to produce a series of these classes, and this is the third.

Foods are harvested just before the class and the menu is designed based on what's freshest and in season. Chef Marco's preliminary plans for the evening include a grilled carrot and radish appetizer, soup, root vegetable layered lasagna dish, as well as homemade gingerbread and sweet corn ice cream for dessert. Anyone who's had Marco's cooking at the Columbian Café knows how great his food tastes, and this is an opportunity to learn from him as he prepares dinner before your eyes.

"Cooking local and seasonal can be simple, easy and tasty. With patience, anyone can cook a meal that fills the belly and warms the heart. Food should be shared and preparing meals together is the best way to learn and grow as a family and community," Davis said.

Local produce will be incorporated into the dinner as well as locally-caught fish. The Co-op will use its relationships with local farmers and ability to source directly from Bornstein Seafoods in Astoria to provide local and organic ingredients. The farmers will be in attendance at the dinner and will talk about their farms, growing food, and how to source it. The four-course meal will also include wine pairings from regional wineries.

The class takes place at CMH's Columbia Center Coho Room on Wednesday October 1 at 6 p.m. To sign up, stop by the Co-op.

If you wish to have a more hands-on experience, Chef Marco encourages you to come early to help in the kitchen. Just let a cashier know you'd like to do this when you sign up. The cost is \$50 for individuals or \$85 for two people. Proceeds will go toward North Coast Food Web's Fruit Box Project, which aims to get more fresh food into local schools.

STAFF PICKS

FEATURING MATT STANLEY/ASTORIA CO-OP GROCERY GM



it. And I certainly eat plenty of things that not everyone would consider healthy. Ranzel organic sugar mixed with whole non-homogenized milk as a post-workout shake. I still eat lots of bread, usually baguettes from the Blue Scorch. I could even make an argument that wheat is good for me. In ayurvedic tradition it is grounding for folks with a predominant vata dosha.

Ultimately, my diet and philosophy on food is a conglomeration of many diets, trends, and traditions. I hope you enjoy learning about some of my co-op favorites!

San J Black Sesame Seed Crackers

You can't beat this crunch! Oh, and black sesame seeds are good for you too. Pairs superbly with Cowgirl Creamery's Organic Mt. Tam.

Hail Mary's Chocolate Macaroons

This is my go-to snack for quick energy from coconut oil. I make them at home once in a while. But when I'm working and need a quick fix these chocolate babies do the trick!

Bulk Dried Cherries

These are a necessary indulgence. Sweet, tart, and from a local distributor. They boost your melatonin for a good's night sleep and make a fun addition to a cocktail!

Flemish Sour Ale

A beer that can be cellared, but good luck wait-

ing to pop them open! If you like tart funky beers, Cuvée des Jacobins is my personal favorite! Excellent with a bite of dark chocolate.

Scottish Ale

Move on over IPAs! Two Kilts makes excellent ales, and this one is a new favorite of several customers, including me.

Deck Sliced Meats

What a treat that we have the option of buying local, pasture raised deli meats! Warm these up on a sandwich and you'll never go back to the big brands.

Stewardship Farm Honey

Aida and family in Clatskanie treat their local hives with lots of love. No miticides or antibiotics ever. No nearby mega farms spraying chemicals either. Oh, and the flavor!

Alaffia Neam & Shea Shampoo

The most luxurious shampoo. Beautiful color. And you're supporting a company that works for women's empowerment projects in Africa.

Weleda Shaving Cream

Best natural shaving cream ever! Super rich, doesn't rinse away easily. For men & women!



10 WAYS TO LOVE AN ONION

FALL PRODUCE REPORT BY CO-OP'S *Danny Rasmussen*

1. CARAMELIZE IT Onions are full of sugar, so caramelizing is always a good idea. Heat butter or oil in a pan over medium high heat, and add thinly sliced onions, turning them regularly to avoid burning. Turn down the heat after about 20 minutes, and cook for another 30 minutes to make a deliciously sweet treat. Serve hot or cold with anything and everything.

2. GRILL IT Most onions are good on the grill, but cipollini are my favorite. These smaller, flatter onions are attractive option for skewering and grilling, served whole with a splash of balsamic vinegar.

3. SLEEP WITH IT Many people believe that leaving a peeled, cut onion by the bedside of a flu-ridden person will cure that person of their illness. The theory is that cut onions absorb all the harmful bacteria, leaving a healthy person behind. While there's no solid science to confirm this theory, there's no debate that onions are a nutritional powerhouse. Full of vitamins, minerals, and great for the heart rate and blood pressure, you cannot go wrong eating an onion a day.

4. CUT IT Ah, the teary dark side of onions. The trick to cutting down on those onion blues? A sharp knife, and speaking from personal experience, contact lenses. Or just close your eyes and hope you still have ten fingers when you're done!

5. EAT IT RAW Salads are just not salads to me without very thinly sliced red onions. Always a good reason to break out the mandolin blade.

6. PICKLE IT A simple way to incorporate a nice onion flavor into sandwiches. Slice red onions thin (get out that mandolin again), and soak them in your favorite vinegar with a

pinch of salt. Add garlic and chili pepper for a nice kick. Store it in glass or ceramic and keep it in the fridge for up to two weeks for a quick easy topping.

7. SIMMER IT If I know I'm going to have a lot of extra vegetable scraps, I like to throw them in the pot with a chopped yellow onion, thyme and a bay leave. Simmer for an hour then strain and use the stock or freeze it for a future soup.

8. MARMALADE IT I have a pantry shelf full of berry and fruit jams that I've made or been given, that I rarely find a reason to use. Onion marmalade does not stay on the shelf very long. One of my favorite snacks is onion marmalade on crackers with smoked salmon and raisins.

9. COMPOST IT Onions can be composted, but most composting experts recommend cutting them into small pieces and making sure they're buried at least ten inches deep in your pile to avoid attracting critters. Worms are not fond of the taste of onions, so avoid using them in your vermicomposting bins.

10. GROW IT Produce manager Kelly's advice on growing onions: Don't forget to start onions early. Start transplants before March and start a lot, because germination can be a problem for onions. Plant the seedlings when they are 3 to 4 inches high and the stalks start to fill out a little bit. I usually plant them about 4-5 inches apart. Remember to keep a consistent water supply on onions. They don't need a ton of water, but if it is inconsistent it can lead to small, under-developed bulbs. If you are growing storage onions remember to lay them out in a well-ventilated area until the tops are dried out. You can either pull the tops off at this point, or cut them off.

TOMATO FIGHT!

BY CO-OP PRODUCE MANAGER

Kelly Huckestein

At the Co-op, the produce we can't grow locally here on the North Coast we source from Organically Grown Company (OGC). They are a great company that serves Oregon and Washington and provides fresh organic produce to many food co-ops and natural foods stores. Every year, instead of a company picnic, they hold a Tomato War. This year, for the first time, we were able to make it down to represent the coast.

The war takes place at Gathering Together Farm and involves two teams that get to throw squishy tomatoes at each other for about half an hour. It is messy, but a super fun way to celebrate the Pacific Northwest growing season. There is even a kid's war with cherry tomatoes.

This is then followed by a jump in the creek to wash off and a delicious dinner where we can actually talk face-to-face with the people we order fruit and vegetables from three times a week.



Here Danny and Kelly from our produce department squish tomatoes onto each other's heads all in the spirit of the 2014 Tomato War Slogan: "No vegetable left behind, no tomato left unthrown."



Fall 2014 Newsletter

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RETURN SERVICE REQUESTED

GET A BOOST FROM BEETS

WELLNESS SPOTLIGHT

This is the time of year for root vegetables, with beets being no exception! You can find local beets in the Co-op's produce department as well as a new beet-derived supplement in our wellness department.

Supplementing with beetroot has been shown to improve exercise performance. MegaFood Daily Energy Booster can add a nutrient-dense boost to your day, according to Sarah Jaroszewski, our wellness buyer.

There are also some other great health benefits from beets. Betalain pigments, which are antioxidant pigments that give beets their color, help to support liver health and detoxification. The nitrates in beets increase oxygen and blood flow to help support brain health and blood pressure.

Beets are also a good source of fiber, potassium, manganese, and folate. They contain vitamin C, zinc, copper, and iron.

6 easy ways to use beets:

1. Roast and drizzle with balsamic vinegar, goat cheese and yellow onions.
2. Replace potatoes with beets for a more colorful latke.
3. Make a juice with beets, carrots, ginger and celery.
4. Top cooked beets with pumpkin seeds and extra virgin olive oil.
5. Make a spread of roasted beets with garlic, lemon juice, olive oil and sea salt
6. Add MegaFood Daily Energy Booster to your favorite fruit and veggie smoothie.

Did you know that beet juice also makes an excellent natural red food coloring? Use the bright juice leftover after boiling to add a vibrant hue to baked goods.

Sources of information for this article include Deliciousliving and MegaFood.



In addition to Daily Energy, a beet-derived supplement, the Co-op is also adding these other new Megafood nutrient boosters:

- Daily C-Protect
- Daily Purify
- Daily Turmeric