

HOLIDAY  
SEASON 2012



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ALL SHOPPERS WELCOME



ON THE COVER: Board Pres. Merianne Meyers truly outdid herself at a fall 4th Thursday food tasting at the Co-op. Specialty cheeses--Cowgirl Creamery Redhawk & Gabriel Coulet Roquefort--coupled with Seckel Pears make a simple, elegant presentation for holiday entertaining with Co-op ingredients. Read on for more of Merianne's wonderful recipes in this issue.

# SEASON OF GIVING

## CO-OP GIFT BASKETS NOW AVAILABLE



For a grab-and-go gift, check out our pre-made gift baskets. They're full of awesome Co-op stuff with themes including food, health & beauty, and chocolate & wine. The idea stemmed from member requests last holiday season, and the concept is coming to fruition. We think these are not only great for the most seasoned shoppers, but also for those new to the Co-op's offerings. By the way, membership can make a great gift too at just \$25 to get started.

## FISH FRIDAY CLUB



Fresh and local seafood will now be available for you at the Co-op. The folks from Skipanon Brand Seafood have launched the "Fish Friday Club". Your weekly cooler will be packed with what's in season off our coast, including fresh salmon, crab, clams, shrimp, oysters, and rockfish. The program is based on the idea of Community Supported Agriculture (CSA boxes) for farmers. Skipanon is grateful for the support from the

OSU Extension Office, specifically Kristin Albrecht, who helped launch this program. The weekly coolers will only be available for pickup at the Co-op. There are sign-up forms at the store and online at [www.fishfridayclub.com](http://www.fishfridayclub.com). Norman and Judy Kujala started Skipanon Brand Seafood in Warrenton 33 years ago. Today their son, Mark, owns and operates the cannery, and his brother Paul, is the owner and captain of the Cape Windy Fishing Vessel.

# A NATURAL FOODS HOLIDAY

## HOW TO CO-OPERATIZE YOUR FAMILY MEALS



BY MATTHEW STANLEY  
GENERAL MANAGER

Ever felt uncomfortable introducing new foods at extended family gatherings? Maybe you've found yourself wishing that the turkey Mom cooks is free range and antibiotic free, that the salad greens are organic, or that your new focus on vegetarian cuisine won't offend?

I am ten years into eating an organic whole foods diet. But the beginning was met with some frustration whenever I visited family. Moving from Wisconsin to San Diego introduced me to this new and improved way of eating. Two weeks after my relocation a new friend asked, "Have you been to the Co-op?" My first reply was "Do they sell meat?" I soon visited the Ocean Beach People's Co-op and the rest is history.

People's did happen to be a vegetarian co-op. But it made no difference. It quickly became my grocery store of choice. Before I knew it, I was eating things like kale and quinoa, foods absent from my pre-co-op diet. I developed a strong commitment to eating organic foods. At the same time, I harbored some resentment at the fact the industrial food system had seemingly pulled the wool over my family's eyes. It was clear that once anyone learned about a food system using feed lots, toxic sprays, or genetically engineered ingredients they wouldn't serve food from that system to their family.

Of course, the truth is not so obvious. We all have many reasons for choosing the foods we put on the table. Budgets, traditions, taste preferences, or lack of access to or knowledge of healthy options may prevent us or our loved ones from trying new things to improve their diet.

I want to share some ideas for introducing co-op foods at family gatherings without alienating or offending our hosts or guests. I have learned much of this the hard way. When we introduce

foods with the right amount of tact we can enrich our family gatherings with good conversation and spread the message of eating healthy at the same time. Here are a few tips to keep in mind:

- Start small – Insisting that everything you eat be certified organic is unrealistic and only serves to alienate you from your loved ones. Instead, try bringing a dish that uses organic ingredients or maybe a food that not everyone will recognize. New foods can spark conversation and curiosity.
- Set an example – If you have a new way of eating that may seem foreign to your family you can still stick to your commitment. Fill your plate with the foods that you feel good about eating. If that doesn't include meat, that's okay.
- Share knowledge the right way – Your new habits probably won't go unnoticed. Family will notice if you pass on the turkey or foods containing gluten. It is easy to be reactive when asked why you do so. Share your beliefs using some of your new knowledge, but without casting judgment. For example, when asked why you are skipping the turkey, you might say "I am trying out a plant based diet. Some folks thrive on a diet without meat. And I'm saving a lot of money too."
- Tradition – Fortunately, most traditional holiday recipes can be made using organic and whole foods ingredients. Chances are they taste better too. Pie crusts can be made with butter, coconut oil, or shortening that does not have hydrogenated oils. Cranberry sauce can be purchased organic. Free range turkey purchased at the co-op insures fair treatment for your bird all the way through the butchering process.

• Focus on flavor – Perhaps your best offense is the arsenal of flavors available at the Co-op. Who can argue with the tantalizing flavors that fresh unique foods deliver? Crème fraiche filled dates. Roasted Brussel sprouts with hazelnuts and honey. Or brie with Seckel Pears, walnuts, and fresh cranberries, all drizzled with maple syrup and popped in the oven to form a warm gooey appetizer. Who can resist?

Before you know it your family may be craving these foods all year long. You might even mention the Co-op and why you choose to do the bulk of your shopping at a store that focuses on fresh organic foods all delivered by a friendly, well compensated staff. May all your holiday meals be filled with Co-op ingredients and the love of friends and family too!

## MATT GRADUATES FROM CO-OP MANAGEMENT INTENSIVE

In October, General Manager Matthew Stanley completed a 6 month Consumer Cooperative Management Intensive. Matt received a \$2,000 scholarship from the NCGA, the organization that administers the program.

"This was an invaluable learning experience for me and the other GMs who participated. The strong focus on leadership and teambuilding, as well as the opportunity to network with fellow co-op co-conspirators, added much depth to my formal education. I am looking forward to applying all I've learned to our organization. My main takeaway is that leadership is something that requires constant refinement, practice, and commitment. It is something that you can get better at if you give it some effort. I intend to do just that," Matt said.



Matt (top right) receives his diploma at the NCGA headquarters in Iowa City, Iowa.

# MEET YOUR FARMER

## BRADY GRIT STEWARDSHIP FARM

The mashed potatoes that make it into your holiday meal just might be from a local organic farm in Clatskanie. The name, Stewardship Farm, pretty much says it all when it comes to the farm's mission—it started as an experiment in being beneficial to the environment in and around food production. Working with nature is what Farmer Brady Grit says he loves most about farming. He farms with wife Aida, and their two children, Audrey and Abraham.

"We're raising ourselves as a family together with nature and that's what gives us our lessons every day, the constant interaction with nature in a scientific way, trying to understand how we could adapt our systems to fit in better with our local environment," Brady said.

They achieve this through a variety of practices. To name a few, sheep keep the grass "mowed" surrounding the fields, and straw from Triticale they grow (a hybrid of wheat and rye) crowds out weeds. Continually improving soil quality is important here via technology projects, for example, creating bio char from straw and branch trimmings.

Brady learned farming at WSU, where he designed his own major, called alternative agriculture. He studied hard then went abroad, farming

with nomadic people in the mountains of Kyrgyzstan. Aida was raised as a farmer, growing garlic, apricots, and potatoes. She studied hydrology in Turkistan, where she's originally from.

All kinds of vegetables grow on the farm, but the main crop for sale is potatoes. They can grow a lot of them without as much labor as vegetables. This year they raised 15 acres of potatoes, all with their own hands and the help of neighbors, which is important because they're trying to buy the farm (they've managed it since 2005).

Whenever we meet local farmers, we gain a better understanding for how hard they work, "One thing my wife says is when you see somebody that really appreciates the product, then it's worthwhile. It's about working with nature to produce something good, needed, and respected," Brady said.

As you can imagine, Brady and his family eat a lot of potatoes. His favorite way to eat them is fried with kale and garlic. The kids especially like what they call, potato pancakes, made by grating and frying the potatoes.

The Co-op will be selling Stewardship's potatoes to our appreciative shoppers through fall and winter.

# PRODUCE REPORT

## BY KELLY HUCKESTEIN PRODUCE MANAGER



All fruit boils down to two things, apples and pears. While apples are ripe when they are picked and ready to eat right when you buy them, pears are a little more mysterious. Most varieties are picked when unripe, as they do not actually ripen on the tree. This makes them easier to store and ship, and some pear varieties actually need the cold dip in temperature to trigger their ripening abilities.

Pears are a delicious, sweet addition to fall and holiday meals and can be prepared in a variety of ways. Not every pear is suitable to every kind of culinary use. So here is a chart (on the next page) to make your selections easy and your meals taste great. Pears are not only tasty, but are also a great source of fiber and vitamin C while still being low in calories. Give a few new pear varieties a try this fall, you won't be disappointed!

VARIETY	FLAVOR	BEST USE	RIPE
 ANJOU	Buttery sweet with a hint of citrus.	Fresh, in salads, baking and poaching.	Yellow green color with occasional red blush. Ripe when yield to gentle pressure at the stem end.
 ASIAN	Crisp, apple-like texture with a melon-like flavor.	Fresh and in salads.	Unlike other pears, Asian Pears are ripe when picked and can be eaten right away.
 BARTLETT	Classic sweet pear flavor with a touch of tartness.	Best choice for canning, fresh, pies, and sauces.	Light green to completely yellow. Ripe when yellow and giving off a sweet aroma. Bruises easily when ripe.
 BOSC	Crisp texture with sweet and rich flavor.	Baked, boiled, poached, pies, sauces, and fresh eating.	Dark yellow with a cinnamon russeting of the skin. Ripe when yield to gentle pressure at stem end.
 COMICE	Silky texture with a rich, succulent flavor.	Fresh, salads, great with cheese. Not recommended for baking.	Green-yellow with occasional red blush. Ripe when yield to gentle pressure at stem end.
 CONCORDE	Tender and juicy with a sweet, vanilla-like flavor.	Fresh and as a dessert ingredient.	Does not change color as it ripens. Ripe when yields to gentle pressure at stem end.
 PACKHAM	Similar to Bartlett, with a sweet and juicy flavor.	Fresh, baked, or poached.	Ripe when fragrant and yields to gentle pressure at stem end.
 SECKEL	Sweetest flavor profile of any pear!	Fresh.	Green with dark red blush or nearly all red. Ripe when they take on a yellow hue and yield to gentle pressure at stem end.
 STARKRIMSON	Juicy and sweet with floral undertones.	Fresh, salads, and paired with strong-flavored cheeses.	Bright red, turning more vibrant when fully ripe. Bruises easily when ripe.

"We don't want to do anything on the farm unless we put positive energy in it and produce a product that comes from nature."

"We hope everything is beneficial to people's health."



# A TASTE OF OUR NEWEST PRODUCTS BEER, WINE, + CIDER TO COMPLEMENT YOUR HOLIDAY MEAL

BY KENDALL MCEUEN CO-OP STORE BUYER



## THE KALE CO.

Hmm... Chips or vegetables? Normally, that question doesn't have to be asked; however, The Kale Company, out of Portland, OR has taken the guesswork out of healthy snacking. Three delicious and unique flavors of kale chips combined with the satisfying crunch of a potato chip with all the healthy benefits of kale. So, the answer is BOTH!



## BETTY LOU'S BALLS

Health bars have taken on a new shape! Betty Lou's has created nutrient-dense, protein-rich "balls" to appease the need for on-the-go sustenance. Gluten free and packed with plant phytosterols, one of our three flavors will surely appeal to even the pickiest pallet.



## MASALA POP

Family owned and operated, Masala POP, also Portland-based, puts a twist on the classic movie fare. Delicate spicing with savory masala, tangy tamarind, or sweet and creamy chai, creates a gourmet popcorn at its finest! All three addictive varieties provide an Indian flair to a snacking classic.



## MICKELBERRY GARDENS HONEY PRODUCTS

As the seasons change, many of us find ourselves struggling to stay well. Mickelberry Gardens has created a natural solution using their own bee hives. Inspired by folk medicine, honey tonics made with 100% Pacific Northwest propolis support our natural immunity, not only providing seasonal resistance, but soothing relief to the often inevitable sniffles.



## COUSIN JACK'S PASTIES

With the chill in the air and increasingly damp weather, we naturally crave comforting foods. Cousin Jack's Pasty Co. (pronounced pass-tee), out of Eugene, offers a warm, buttery pastry shell filled with combinations of locally-raised, organic, grass fed meats, independently farmed organic vegetables, and locally-produced organic cheeses. With three delectably savory choices, including a vegetarian option, even the coldest of days won't stop you from getting the comfort you deserve.



Cousin Jack's Owner, David Clark, visited the Co-op recently with pasty samples hot out of the oven.

## ANTHEM HOPS

This is one of those products with energy behind it, and word of mouth popularity. Anthem Cider's tribute to the Northwest's love of hops, Anthem Hops is a gluten free cider dry hopped with Oregon-grown Cascade hops for more than three weeks. The result is a light "lager-ish" cider with all the beautiful citrus and floral aromas of Cascade hops with only a slight bitterness on the finish.

## GOLDEN MONKEY

A great affordable domestic Belgian-style 6-pack opens the door for people to step outside of the mainstream micro-brew selection. I think we all love a good IPA, but it's nice to try other things without having to spend 30 dollars on a beer from Belgium. You can buy it domestically here in the US, and this one really has a kick. It's strong and sensual, this golden colored ale glows. The richness of German malts and Belgian yeast are tempered by a sparkling approach and overall light body. Abundant herbal, fruity notes make it one to savor.

## LA VIEILLE FERME ROUGE

This is a top seller, which I wouldn't recommend if it didn't get such rave reviews. I just think it's a great daily red table wine, and very affordable at \$8.99. It has a deep cherry red color and a ripe fruit, rich and spicy nose. The palate: red fruit (blackcurrant and blackberry) spice with a fresh finish.

## BLUE MOUNTAIN CHERRY HARD APPLE CIDER

A refreshing balance of apple flavor with a splash of tart cherry freshness... Pair with rich chocolate and enjoy the perfect blend of sweetness and acidity. This item will be featured at a tasting event at the Co-op on November 17th.

## ELK COVE

In my opinion, of all the Oregon Pinot Noirs I've tasted, Elk Cove makes some of the best. We keep eight varieties ranging from \$20 to \$50. They basically only release wine that is fantastic. Their Mount Richmond is so nice going in, it's complex with all those things you'd



expect from a Pinot Noir, but then there's all these subtle flavors. I wish I could drink it every day, but it's more for a special occasion. At \$50 a bottle, it's not one of those wines you would spend money on and regret it; you'd enjoy every last sip.



## BY MICK MITCHELL

Mick selects and orders the beer and wine for the Co-op. His official title, Promotions Liaison, means he also works with brokers to select which items are on sale at the Co-op. He's savvy when it comes to value and has an extensive background and enthusiasm for the craft beer and wine industry. Don't hesitate to chat him up and ask about some of the Northwest's most coveted limited beer and wine releases that the Co-op receives.

# MEMBER SPOTLIGHT

## CMH'S EXECUTIVE CHEF KURT RUMMELL



Before Rummell was a chef, he worked in health care for 10 years, including assisted living and long-term care facilities throughout Clatsop County. He was studying to be a nurse, when he realized his true calling was in another aspect of healing—food. He wanted to have a job that would keep him employed here in his hometown, connected to the river, ocean and family (he grew up with 15 brothers and sisters).

“One day I said I’m not dead I’m only 33 so my wife and I went for a tour of the Western Culinary Institute, and at that point I signed right up,” Rummell said.

Rummell would like to continue to implement more local and fresh foods. In fact, the hospital cafeteria is undergoing a renovation, which will result in a new salad bar and more vegetarian options in 2013. He says he’s just getting a feel for what’s available at the Co-op, but so far everything from the produce department has been fantastic, including a few favorites.

“Orange cauliflower, I love the heirloom beans, the fingerling potatoes, the fresh raspberries,

put them out there and they’re gone,” Rummell said.

The food he serves is far reaching beyond patients. Family members, doctors, nurses, insurance agents, hospital board members, and a lot of catering has created some satisfied customers who are able to access good food at a reasonable price.

It is challenging to find a solid and consistent source of local foods for an institutional setting. But Rummell is strategically planning for the seasons, and continues networking and communicating with purveyors, which includes popping into the Co-op every few weeks to see what’s changing.

“It brings the community together more in this way, meeting some neat people with a strong knowledge of what’s out there,” Rummell said.

Rummell plans on offering healthy eating courses through the hospital and potentially creating recipe cards which would be available at the Co-op, so keep an eye out for these.

### CO-OP SHOWS SUPPORT FOR BREAST CANCER AWARENESS

In the photo, staff from the Co-op and Columbia Memorial Hospital are wearing pink bandanas in support of the CMH “Pay it forward” campaign for breast cancer awareness month in October.

Co-op staff also decided to make a donation (a voluntary deduction from paychecks) to the CMH Foundation to be directed to the fund to support uninsured/under-insured women in our community to get preventative screenings.

Left to right: Mike and Kenlynn Nelson, Chef Kurt Rummell, Janice Pember (CMH Materials Manager), Matthew Stanley, and Kelly Huckestein.

The executive chef at Columbia Memorial Hospital in Astoria has been keeping a pulse on what’s cutting edge in the Northwest food scene, bringing the concept of farm to table to the hospital’s cafeteria and catering. Kurt Rummell is brightening the cafeteria salad bar with fresh and local produce, much of it from the Co-op. This fresh take on hospital food falls in line with the hospital’s Planetree philosophy, in which patients receive support and education on all levels of healing.



# HOW THE CO-OP IS BUILDING COMMUNITY THROUGH FOOD



Many of the Co-op’s recent community-building efforts have had Kenlynn Nelson at the helm. Since pioneering the position of Community Outreach Director, Kenlynn hit the ground running, participating in Columbia Memorial’s Doc Walks, networking with local health care experts. She lights up when talking about Chef Kurt Rummell shopping at the Co-op and broadening a relationship with the hospital.

“We could create a model that other communities might look at to say, here’s how you start collaborations to change the way we look at our health care. We can start to perceive healthy food as a way to celebrate and care for each other, not just once you get really sick, you better eat this way to save yourself, let’s eat this way to enrich our lives. I have this vision of where it could go in the future that could be amazing,” Kenlynn said.

Kenlynn has been exposing those unfamiliar with the Co-op to what’s available in the store and encouraging new memberships. That’s meant giving a big tour to the cruise ship hosts and getting the Co-op name “out there”, sponsoring a movie at the Astoria Film Festival, and participating in several events including the Pacific Northwest Brewcup.

“When you see all those people crunch that Honeycrisp Apple at the Brewcup; they wouldn’t be talking to us and having that apple if we weren’t there. Food from the Co-op might be

used for a meal at home, get packed into a lunch box, or even brought to a big dance party on a Saturday night. We celebrate our exciting moments together, we bring food when someone is sick, so when the food leaves the Co-op and gets shared together, that’s building community through food,” Kenlynn said.

Kenlynn’s recent outreach activities run the gamut; from attending Astoria Downtown Historic District Association meetings, to participating in Community Collaboration, part of the Ford Institute Leadership Program, where she was able to network with about 50 area leaders. Her mixing and

mingling took her all the way out to Puget Island to visit with some of our local producers at Stockhouse Farm’s fall celebration. In addition to seeing Kenlynn out and about at these events, you can also catch her cashiering at the Co-op several days a week.



### CO-OP EXPERIENCES HEALTHY GROWTH IN MEMBERSHIPS

- This year revenue to date is up 20 percent with annual gross sales exceeding \$2 million.
- In July the Co-op had the 3rd highest sales growth among all NCGA (National Cooperative Grocers Association) members.
- 21 people work at the Co-op.
- August & September, enrollment of new members was up 100% over the previous year.
- There are now 2,090 members (up from 620 in December 2008).
- Co-op memberships start at \$25 a year for 8 years. A lifetime membership costs \$200. Members receive sale prices, are eligible for discount days, and become owners of the store, participating in the election of board members. Member equity allows the Co-op to continue improving the store.
- You need not be a member to shop at the Co-op, all shoppers are always welcome!

Co-op Board Member Allie Evans (left) and Co-op Outreach Director, Kenlynn Nelson at the Pacific Northwest Brewcup in Astoria. The Co-op booth had apples, root beer, popcorn, and other healthy snacks for sale.

# ALL ABOUT THE GINGER

BY MERIANNE MEYERS BOARD PRESIDENT



It's Fall. Farmers Market season is over and our 4th Thursday Food Tastings have moved back indoors. The produce section is a study in abundance, tempting us with pumpkins, winter squashes, pomegranates, quince, pears and apples. I have traded the urge to peel a fresh mango and sit on the porch to savor it for the urge to have a pot of something aromatic bubbling on the stove and steaming up the windows.

Here are a couple of things we shared at the October tasting. They both evoke the season and are inexpensive and easy to make. Although it's not the main ingredient, fresh ginger is the grace note in both these recipes, moving effortlessly from sweet to savory.

## Pumpkin Mousse

Serves 4 to 6



4 eggs  
7 Tablespoons sugar  
1 Tablespoon unflavored gelatin  
1 1/2 cups organic canned pumpkin or pureed fresh pumpkin  
3/4 teaspoon cinnamon  
1/2 teaspoon grated fresh ginger  
1/4 teaspoon grated nutmeg  
1 cup heavy cream  
Beat eggs with sugar until light and creamy. Add gelatin and mix well. Mix in the pumpkin

and spices. Chill until it begins to set.

Whip cream to soft peaks and fold gently into pumpkin mixture. Chill for several hours.

This is heady stuff and can be used in lots of luscious ways. Serve it as is, topped with minced fresh ginger and/or a dollop of whipped cream. Layer it in tall glasses with crushed ginger snaps. Spoon it into tiny graham cracker or pie pastry shells. Stand in front of the open fridge at 2am and eat it right out of the bowl.

## Cranberry Chutney

Makes about 2 cups



4 or 5 shallots, chopped  
12 ounces fresh or frozen cranberries  
2/3 cup sugar  
1/4 cup cider vinegar  
1 teaspoon minced garlic  
1 teaspoon minced fresh ginger  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Saute the shallots in a bit of vegetable oil. Add the rest of the ingredients and simmer until the cranberries pop. This is great as a side with roast turkey or pork chops. You can mix it with cream cheese and use it as a sandwich spread for leftover turkey or roast chicken. The chutney/cream cheese mix makes wicked good sandwich cookies spread between two ginger snaps. Stir a spoonful into hot cereal or steamed rice.

## MEET



### MERIANNE MEYERS BOARD PRESIDENT

I think the things that enrich our lives deserve our support for their very existence so it was a no-brainer to become a member. Over time, I have become increasingly devoted to this community treasure, joining the Board of Directors under Tracy Erfling's skillful leadership and eventually becoming Board President. In truth, I am actually President of The Co-op Fan Club and miss no opportunity to share my enthusiasm with anyone who will listen.



### BETH LA FLEUR

I have been a Co-op member and shopper for over a decade and decided to become more involved as a volunteer board member since having a family. Choosing to shop at the Co-op means giving my boys the best tasting, healthiest food around.

## THE



### TOM DUNCAN

I love the Co-op because I believe it is the only way we can have adequate knowledge of the sources of our food. The modern "food chain" from Wall Street-financed factory farm, through giant processing factories, intermediate warehouses to the big box store guarantees a total anonymity of the producers and the purveyors. Because of that anonymity, there is a predictable cookie-cutter sameness to the product -- even if it is safe, and of course, safety can't be assured when everything is interchangeable and there is no personal accountability for quality in this production method.



### KELLY HUCKESTEIN

Vegetables are my main interest in life, as I have a farming background and am now the Produce Buyer at the Co-op. I love anything to do with food, especially anything that I can grow myself or wild-harvest.

## CO-OP



### MINDY STOKES

My love affair with food began when I lived in Northern California. I would ride my bike to the farmer's market twice a week to purchase fruits, vegetables, and bread. The market created a space for me to meet the folks who grew my food. It also cultivated community. I earned my BS in Dietetics. Later I earned my MA in Women's Studies. Now I help clients and students become aware of why they eat what they do. My job is to help them uncover the pain that prevents them from making more loving choices for themselves.



### NELS OLSON

I first worked in health food for a store who sold vegetarian canned food. Back then gluten was a way of making fake meat, well, more meaty! I've enjoyed watching how the industry has grown and changed. (October was Nels' last month of service on the board. We thank Nels and wish him the best!)

## BOARD



### MARK ALBRECHT

I have strong interests in social justice, health care, nutrition and sustainable farming and love to debate these issues with my family, some of whom are running industrial farming operations in Nebraska and Iowa. I am a volunteer at the Wildlife Center of the North Coast, the Cannon Beach Farmers Market and North Coast FoodWeb, was one of the organizers of Project Homeless Connect 2012, and I'm president of the Cannon Beach Farmers Market Committee and the Cannon Beach Community Food Systems board.



### ALLIE EVANS

The more we consciously choose what to put into our bodies, the better we feel which means better interactions with others, rippling out to spread the vitality and joy to the entire community. For me, the Co-op represents this intersection of community and food.

Saturday November 17th: 10% Owner Discount Day!

Also, CoCo Shea Soap Demo (10-2) and Wine and Hard Cider Tasting (2-6)

Sunday November 18th: 10% Owner Discount Day! Wine and Hard Cider Tasting (2-6)

Thursday November 22nd: Thanksgiving Day, Co-op Closed

Friday November 23rd: Shop local day! It is Green Friday, aka, National Shop Local Day.

Wednesday December 5th: Board Meeting 7PM

Saturday December 8th: 7% Owner Discount Day!

Saturday December 22nd: 10% Owner Discount Day! Plus live music!

Sunday December 23rd: 10% Owner Discount Day!

Tuesday December 25th: Christmas Day, Co-op Closed

Saturday January 12th: 7% Owner Discount Day!

Thursday January 24th: 10% Owner Discount Day!

Thursday January 24th: Board Meeting 7PM



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