



chicken from stockhouse's farm puget island wa . meet your farmer inside

**ASTORIA CO-OP NEWSLETTER  
SUMMER 2013**

# ASTORIA cooperative

• Building Community Through Food •

Open 8-8 Daily  
1355 Exchange Street Ste. 1 Astoria, OR 97103  
503-325-0027 www.astoria.coop

All shoppers welcome!  
Just \$25/year to become a member and receive special sale pricing and discount days.

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Tom Duncan  
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## INTRODUCING CO+OP DEALS

CO-OP SUCCESS MEANS MORE SHOPPER VALUE



*Sales flyers run for a specified time period. All sales in the flyer are available to all shoppers.*

Early this year our Co-op officially became full member owners in the National Cooperative Grocers Association (NCGA). This cooperatively run business services organization partners more than 120 nationwide food co-ops in order to provide purchasing power, staff development programs, financial oversight, and, most notably for our co-op shoppers, a promotional program called Co+op Deals.

The Co+op Deals program consists of several components, the most prominent of which is a bi-monthly sales flyer. Beginning in June, our co-op will distribute these sales flyers throughout our region via the Daily Astorian. We know that you'll be pleasantly surprised at the competitive pricing inside the flyer. We'll be highlighting some of the best deals on our sales endcaps in the front of the store. We'll even have local artists chalking up fun graphics above these sale displays (if you're interested in helping with these chalkboard signs, email zetty@astoria.coop). You'll notice these displays changing every two weeks in connection with the sales flyer. Co+op

Deals will be communicated in store through specific signage. These sales will be available to all shoppers. Our aim is to introduce the co-op to new shoppers by showing them that our store provides competitive pricing on key or staple items. While they check out the organic olive oil for \$8.99, they won't be able to pass up the fresh produce, tasty organic deli, friendly staff, and all the other wonderful things our co-op has to offer. Before they know it, they'll be co-op owners just like you!

The Co-op will still feature member/owner sales. New signage will clearly indicate that a sale is a member-only deal. These sales are an additional member benefit that we will continue to offer on a monthly basis. Weekly produce sales will also remain member-only specials.

In addition to the bi-monthly sales flyer, the Co+op Deals program will include a coupon program that permits additional savings at the Co-op! Don't worry; we don't expect you to do a bunch of coupon clipping. We'll post coupon tear off pads right in front of the products to which they apply. Once in a while a coupon will apply to a product that is on sale too. That

means some pretty good deals! Our first coupons will hit the store in July. They are valid for two month periods and are available to all shoppers.

All in all, the Co+op Deals program accomplishes what our co-op could never do alone. Only through the combined effort of many co-ops across the country can we offer this additional value to our community. Help us share the program with friends or family who may think the co-op is too expensive. Co+op Deals will prove that the Astoria Co-op can be your go-to grocery store!



## ADVENTURES IN EATING: MY OAXACA, MEXICO STORY

BY MATTHEW STANLEY, GENERAL MANAGER



How easy it is to forget that our food world is relatively insular and regionally specific. We are certainly blessed with a bounty of wild mushrooms, wild salmon, and densely sweet berries. All these wonderful edibles decorate a growing local food movement.

Set off to another region and most likely you'll find new cuisine with its own core ingredients, garnished with a wholly unique medley of local delicacies. Such was the case on a recent trip my

wife and I made to Oaxaca, Mexico.

Oaxaca City sits in a valley where water is scarce and treated as a precious resource. Here, food traditions can be described as ancient sources of perpetual contentedness. Take, for example, the nixtamalization of corn, whereby the humble corn kernel is soaked in lime ash, schlepped to a local grinder, mixed to form masa, and then pressed into tortillas that finish light, flaky, and considerably more digestible had these millennial old steps not been followed.

Eat these tortillas with beans and you feed the body a complete array of amino acids. The cuisine in Oaxaca, of course, can be much more colorful. Moles adorn most menus, for example, and they range in color and richness, from the mole amarillo to the chocolaty mole negro. Find yourself in Oaxaca during mango season and you'll always have dessert covered too.

In all, Oaxacans love their food and they are proud of the several-thousand-year history

behind it. We really have no comparison that I can imagine. Apple pie is oh so new compared to masa, mole, or cacao. Our Oaxaca souvenir was food-related too. In addition to several pounds of locally-made chocolate (used by locals to make hot drinking chocolate, but I eat it like a candy bar) we imported our very own metal prensa (tortilla press) that we use for making fresh tortillas at home. We like to think they are just as good as the Oaxaca variety. They are certainly better than anything that comes in a package!



*Fried Eggs and Enchiladas with Mole Negro*

## CO-OP IN THE COMMUNITY

WE LOVE "BUILDING COMMUNITY THROUGH FOOD" AND IT'S OUR MISSION



Here are a photos from a few noteworthy Co-op experiences in the community. On the left, Merianne Myers of the Co-op Board accepts an award on behalf of the Co-op from Chamber of Commerce Director Skip Hauke. The award: Business Service to the Community. Thanks to Clatsop Economic Development Resources for recognizing the work we do supporting the community.

And on the right, here is a lovely group of Coast Guard families. Allie Evans of our board led the group on a store tour and Manager Matthew Stanley was there to present and answer questions as well. Thanks to Member Jen Whalen for setting this up!



# PRODUCE REPORT

## OUR STAFF AND THEIR PICKS: SIMPLE AND FRESH IS IN SEASON

BY KELLY HUCKESTEIN, PRODUCE MANAGER

Our produce team spends a lot of time thinking about vegetables, whether it's making sure that each item in the display looks great, or learning about the new and interesting veggies and fruit that come into season. We are passionate about our department. So after all the vegetable attention and pondering, which vegetable do we take home? We asked everyone from our produce team what their favorite piece of produce is and how they like to prepare it. Here's what they said:

### BROOKE: TURNIPS

"I love them fresh with nothin' on 'em! You can cook the greens if you want too."

### KELLY: BABY BROCCOLINI

"Roasted with onions and chile powder for tacos."

### MICHELLE: CARROTS

"Raw!"

### LULU: KALE

"Kale chips! Baked in the oven at 375 degrees for 15 minutes with olive oil, salt, garlic granules, and black sesame seeds."



Why is Co-op produce so good? Here are 5 reasons: (left to right) Brooke Duling, Kelly Huckestein, Michelle Bisek, Lulu Quinn, and Danny Rasmussen. We always have a well-trained staff person tending to our organic & farm-direct produce.

### DANNY: ONIONS

"If a genie came down to earth and offered me one wish, I would wish for an onion."

## AMY'S GINGER CABBAGE COLESLAW



medical student in Portland.

"I'm studying to become a naturopathic physician where food equals medicine," Amy said.

You might recognize Amy from the "I love my Co-op" photo contest (her banner is still hanging in the store). Amy was born in Astoria and is currently a 2nd year

Recipe:

- 4 cups red or green cabbage, chopped
- 1 cup shredded carrots
- 3-4 green onions, chopped
- 3/4 cup peanuts, raw or roasted
- 1/3 cup rice vinegar
- 2-3 tsp minced ginger, or more to taste (Amy likes "The Ginger People")

In a small bowl whisk minced ginger and rice vinegar together. In a large bowl toss cabbage, carrots and green onions with dressing. To serve, sprinkle peanuts on top.



Enjoy! :) Amy Neussl

# NEW PRODUCTS AT THE CO-OP

BY KENDALL MCEUEN, GROCERY BUYER



### TANKA BITES



Responsible snacking, that's what you get when you choose moist and tender Tanka Buffalo Bites. Naturally roaming Buffalo, low in saturated fat, provides a heart healthy protein for those on the move. Nourish your body while knowing you are supporting sustainable Native American

food and healthy prairie growth systems.



### THAI AND TRUE SWEET CHILI AND PAD THAI SAUCE

Long-standing curry aficionados, Thai and True, have broadened the horizons of Asian cooking with two new tasty sauce options: Sweet Chili and Pad Thai. These sauces lend creativity to any dish, functioning as

marinades, dips, dressings or practically any exotic delicacy you can think of. Take one home and experiment with your culinary vistas today.

### ISLAND'S END KIM CHI AND SAUERKRAUT

Keeping it real, and keeping it raw, Island's



End Farm, out of Cathlamet, Washington, has been producing organic, delicious Krauts and Kim Chis for more than 30 years. Site-grown and processed, owners Carol and George take pride in the quality and freshness of their stellar products, and they should, because after

three decades, they've had lots of practice!

### PALEO BREAD



Grain free bread? What?! Yes, you heard correctly. Living without grain can be tough. Be it a lifestyle choice or an intolerance, you no longer have to sacrifice a good sandwich or piece of morning toast. Using high fiber coconut flour and other simple ingredients, Julian's Bakery provides a satisfying and guilt-free alternative to traditional bread. So good, you'll forget you're not cheating.



### ZUCCHINI STRIPS

Step aside potato chips, there's a new snack in town. Crunchy, savory and low fat, zucchini strips are yet another great veggie chip option. Organic, raw and gluten free, they also provide a good source of protein as well as 20% of your

daily dietary fiber. Who would have thought something so healthy could taste so good?

## NEW HEALTH & BEAUTY PRODUCTS

BY SARAH JAROSZEWSKI, HEALTH & BEAUTY BUYER



We want to tell you about SkinFare, creators of versatile organic skin care sticks. They are made with coconut oil and the travel-friendly tube is biodegradable! We have space

here to name just of few uses: soothes dry skin, after-tattoo balm, after-shave balm, eyecream, baby balm (topical nourishment) and even insect repellent (verdant remedy).



The essential oil blends are amazing and not overpowering, choose your blend depending on essential oil preference and usage. My personal favorite is Apothecary Prime, I love everything about it.

To learn more, visit [skinfare.com](http://skinfare.com).

*Health and Beauty Reset: Next time you're at the Co-op, check out the new shelves in the health and beauty aisle. Sarah has been busy overhauling this department to make it more aesthetically pleasing and easier for you to navigate. Plus, keep your eye out for several additional new products sprouting up here.*

# MEET YOUR FARMERS

ROB AND DIANE STOCKHOUSE OF STOCKHOUSE'S FARM, PUGET ISLAND, WA

BY ZETTY NEMLOWILL, CO-OP OUTREACH DIRECTOR



Rob and Diane Stockhouse are living their dream on a small farm on Puget Island. They retired from their decades-long careers—he a botany professor at Pacific University, she a manager at Intel—left their home in Hillsboro and became full-time farmers about eight years ago. Do they miss “big-city” life? Not at all.

“Often when people come I say welcome to paradise and I think that’s exactly the way we feel,” Diane said.

On a typical day you might find Diane in a hoop house weeding around her vegetable beds,



while Rob is on the nearby Bernie Slough, hoping to catch dinner.

“When I walk down to our dock and get into my boat and go fishing it’s like, this is Nirvana, especially if I come home with a fish,” Rob said.

One thing is for sure, these folks not only grow great food, but they know how to eat well. Rob has been catching fresh spring Chinook salmon, which they sometimes smoke to make salmon dip for the fresh bread he bakes in their new outdoor brick-fired oven. They sell the bread, eggs, flowers, and vegetables at a farmer’s market they host on their property.

To get there, Produce Manager Kelly Huckestein and I took the ferry from Westport (see photo on next page). The Wahkiakum County Ferry is the last ferry in operation on the lower Columbia. You park your car on it, and on a nice day, you can stand on the deck and drink in the view. It is only about a ten minute ride to the picturesque seven square-mile Puget Island, Washington, located at Columbia River mile 39. A bridge connects the island to Cathlamet on the Washington side of the river.

Wednesdays Rob and Diane commute to the Co-op on this ferry, driving to Astoria to deliver vegetables and eggs for us to sell to you. They also use the Co-op as a pickup site for those with a subscription to their offerings, via the Community Supported Agriculture also known as CSA. The Co-op is the only retailer that the Stockhouses sell to. Our grocery store is small enough, willing, and has experience working with the quantities small farms have available. Providing you with the freshest, naturally-grown, local, farm-direct produce when available is a very important mission of the Co-op. Kelly loves working with Rob and Diane, as they are very consistent, professional, and have high quality greens and other produce. Plus, they have great personalities.

As we learned on this farm visit, Rob and Diane Stockhouse are very hard workers. Their farm is clean, neatly weeded and the vegetable starts were very mature in early May. But they sustain themselves with making their jobs fun and enjoyable.

“We enjoy doing it. Rob’s motto is, if it isn’t fun it isn’t done,” Diane said.

For example, they tried raising turkeys, but these birds did not get along with the chickens and they got into the vegetable gardens. You can still see patches on the hoop houses where the turkeys tore into the plastic. So they stopped raising turkeys.

“You try something and if it doesn’t work, don’t think of it as a failure; it just means you are not set up to do that,” is the advice Diane would offer other farmers.

They will be setting their farm up to grow even more vegetables. Upon returning from a whiskey tour and friend’s wedding in Ireland, they’ll be building a sixth hoop house. A grant from the Natural Resources Conservation Service—aimed at farmland protection—will help make this possible. But for the amount of work this will take, they don’t actually look at farming as “work”.

“If we wake up one morning and think of this as work we’re quitting. This is a beautiful place to live and a wonderful occupation. We can quit whenever we want and that is a wonderful thing,” Diane said.

But while that work philosophy brings the Stockhouses a sense of freedom and joy, we certainly expect to get as much wonderful produce as they can sell us into the future.



Charlie is the beloved farm dog.



## YOU CAN VISIT STOCKHOUSE'S FARM TOO

Rog’s Retreat at Stockhouse’s Farm is a cottage on the property that’s available for a vacation rental. For more information visit [stockhousesfarm.com](http://stockhousesfarm.com) or [airbnb.com](http://airbnb.com).

Two Islands Farm Market at Stockhouse’s Farm on Puget Island brings neighboring farmers together to offer the public veggies, meats, flowers, and fresh baked bread. Fridays 3 p.m.-6:00 p.m May through October at Stockhouse Farm.



### POTATO SALAD WITH PANCETTA & PEAS RECIPE FROM STOCKHOUSE'S FARM

- 2 pounds small Yukon Gold potatoes
- 2 ounces pancetta, diced
- 1 cup briefly cooked peas
- 1/4 cup olive oil
- 5 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives
- Coarsely ground black pepper

Cook the potatoes in lightly salted water for 15 to 20 minutes or until fork tender but not falling apart. Drain, cool and cut into bite size pieces. Place potatoes in a bowl. Fry pancetta until crisp. Remove from the pan and add to the potatoes with the peas. Toss ingredients to distribute them evenly. Whisk together the olive oil, vinegar and mustard and pour over the potatoes. Toss, then add the parsley, chives and black pepper, toss again. Let sit to meld for an hour or so and serve at room temperature.



# STAFF SPOTLIGHT: OUR MICK MITCHELL

CELEBRATING 15 YEARS AT THE CO-OP!



**Q: What are some of the biggest changes you've seen occur at the Co-op over the years?**

A: The biggest change has been the shift from customers utilizing the Co-op as supplemental shopping to a primary shopping experience, meaning that the majority of people shopping here either do all of their shopping at the coop or do just a little at other stores.

**Q: How do you think the Co-op will continue to evolve?**

A: I see growth in the short and long term future. As growth continues, the more capacity the Co-op will have to offer more services. In addition to more perishable and value-added products the store may be able to offer more services which don't directly benefit the Co-op in a profitable way. Some ideas have already been happening and could include: meeting space, in-school education, better food in schools, better food in care facilities, developing more regional sustainable quality products (organics, seafood, meat, and cheese), child care, and delivery. I'm sure there are lots of other things that could be done.

**Q: What are your current top five favorite items at the Co-op and why?**

## MICK'S PRODUCT PICKS

1. Bulk tofu because you can eat so many vegetables with it.
2. Good Life Descender IPA because it's from Oregon and is super hoppy.
3. Pastures of Eden Sheep Feta because it is delicious on our Quinoa.
4. Deck sausage because it makes my penne dish perfect.
5. Sale chocolates because they make me smile.

**Q: What is your current position and what kinds of things do you do on a day-to-day basis?**

A: My main title is Promotions Liaison, which means I make sure customers know what items are on sale in the store through signage. I help with organization (I let my OCD side take over). I get to select, order, and merchandise beer and wine - almost a hobby :) I order, not to be confused with product selection, Grocery, Chill, Bakery, Special Orders, Frozen, Meat, Dairy, Bulk, Non-food, and Store Supplies. I am also on the management team.

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

A: I really like the upbeat environment here at the Co-op. Interacting with staff and customers in a positive and friendly way adds a lot of happiness and fulfillment to my life. Talking about beer is my most favorite duty.

**Q: What has made the Co-op lucky enough to have retained you as an employee for 15 years?**

A: Feeling empowered in the organization has kept me here. I've been fortunate to feel valued for the majority of time I've worked at the Co-op. Believing that the Co-op makes a difference through fulfillment of its mission has kept my interest.



Here Mick shows what a good sport he is, participating in the Jane Barnes Review, an event to raise money for the Astoria Downtown Historic District Association. Photo by: Tiffany Estes

## STAFF ANNIVERSARIES

Mick Mitchell: Promotions Liaison 15 Years

Kelly Huckestein: Produce Manger 2 Years

Sam Seulean: Deli Manager 1 Year

Kendall McEuen: Grocery Buyer 3 Years

Danny Rasmussen: Produce Staff 1 Year

Sarah Jaroszewski: Health & Beauty Buyer 4 Years

Andrea Larson: Front End Staff 1 Year

Judith Grifis: Deli Staff 10 Years

Maren Ludwig: Front End Staff 3 Years

Brooke Duling: Produce/Deli Staff 1 Year

Jennifer Rigley: Deli Staff 4 Years

Brandon Massey: Deli Staff 3 Years

Charissa St. Clair: Bookkeeper & Membership Administration 2 Years

Matthew Stanley: General Manager 5 Years

# CO-OP SUMMER 2013 CALENDAR

SAVE MONEY, LEARN NEW THINGS, AND BE PART OF COMMUNITY

## JUNE 2013

### Co+op Deals Flyers

Look for the flyers starting on June 5 with new flyers every two weeks. These will be available at the Co-op, online at [www.astoria.coop](http://www.astoria.coop), and inserted into the Daily Astorian.

### 5% Member Discount Day Saturday June 8

Co-op members receive an extra discount on groceries this day.

### Co-op Class: Growing Your own Food 10 a.m.-noon Saturday June 8

Meet the growers of the Co-op's plant starts! Farmers Teresa Retzlaff and Packy Coleman of 46 North Farm in Olney will be at the Co-op with even more of their edible plant starts, ready to answer questions and talk about how you can transform your garden into an edible landscape.

### Wine Tasting with Crush Wines 1-4 p.m. on Saturday June 8

### Co-op Class: Become a Bulk Shopping Master 5-5:30 p.m. Wednesday June 12

Ever wonder what those mysterious bins contain in our bulk department? Become a Bulk Shopping Master will teach you to save money, eat healthy, and help the planet. Co-op Manager Matthew Stanley will host this informative tour of our bulk department and answer your questions. This class is free and we expect it to fill up fast, so please register as soon as possible by emailing [zetty@astoria.coop](mailto:zetty@astoria.coop) if you would like to attend!

### Father's Day Sunday June 16

Co-op membership makes a great gift, starting at just \$25. Gift cards are also available!

### Co-op Board Meeting Wednesday June 26 7 p.m. Location to Be Announced (TBA)

### River People's Farmers Market Starts June 20 3-6 p.m. on Thursdays

The Co-op will have a booth and offer food tastings and demonstrations. The market is located across the street from the Co-op Thursdays and goes through October 10th.

### 10% Member Discount Day Thursday June 27

Co-op members receive an extra discount on groceries this day.

## JULY 2013

### Summer Floating 10% Member Discount

Members choose one shopping trip in July to get 10% off groceries! Details available in-store.

### Look for: Co+op Deals Flyers and COUPONS!

### 4th of July

We will be open, but will close at 6 p.m. so our staff can enjoy community festivities.

### Co-op Board Meeting Thursday July 18 7 p.m. Location TBA

### 10% Member Discount Day Friday July 19

Co-op members receive an extra discount on groceries this day.

### Meet Your Farmer Cooking Demonstration 11 a.m.-1 p.m. Friday July 26

Farmer Fred Johnson will showcase some seasonal products (peppers, tomatoes, basil) prepared simply in the very rustic italian vein. Come see, taste, and get the recipe and products!

## AUGUST 2013

### Look for: Co+op Deals Flyers and COUPONS!

### 5% Member Discount Day Saturday August 10



This photo of some local kids you may know is from the Healthy Kids Food Tasting Event we had in the spring. Kids got to taste healthy snacks, plant seeds, and color a rainbow based on the color of foods they ate.

### Co-op Kid's Cooking Class: Smoothies 11 a.m.-Noon on Sunday August 11

There are endless varieties of smoothies. Kids will help create new nutritious and delicious recipes, taste, rate their experiences, and have recipes to take home. Class size is limited so please register as soon as possible by contacting [zetty@astoria.coop](mailto:zetty@astoria.coop). The class is free and open to kids of all ages.

### 10% Member Discount Day Thursday August 22

Co-op members receive an extra discount on groceries this day.

### Co-op Board Meeting Thursday August 22nd 7 p.m. Location TBA

## SEPTEMBER 2013

### Labor Day Closed

A new newsletter this month will contain your fall Co-op calendar.

# ANNUAL MEETING FIESTA

## TWO NEW CO-OP BOARD MEMBERS ELECTED



Left to Right: Matthew Stanley (Co-op General Manager), Tom Duncan, Allie Evans, Beth LaFleur, Libby Lawrence, Mark Albrecht, Norma Hernandez, Merianne Myers, & Kelly Huckestein (Since the annual meeting, Co-op Deli Manager, Sam Seulean, has taken over Kelly's role as staff representative.)

This year's Co-op Annual Meeting was held at the Fort George Lovell Showroom. More than 70 Co-op members joined us for some exquisitely delicious Cinco de Mayo tamales while we all learned about the Co-op's financial situation and plans for the future. We looked quite a bit at what the Co-op's new NCGA membership means for our shoppers. Members had an opportunity to ask questions and share ideas too.

The Annual Meeting also saw the election of new board members Libby Lawrence and Norma Hernandez. Check out the Co-op webpage, [www.astoria.coop](http://www.astoria.coop), for information on our Board of Directors. Thanks to all the members who turned out to this year's meeting!



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Thanks Merianne for your dedication as board president for 5 years. Merianne planned and catered our annual meeting; just one example of how hard she works for the Co-op.



The calendar and the moon may think they know something about seasons but the produce department holds the truth. If the need to start thinning the garden beds was a hint, the appearance of stone fruits in our store is a full blown wakeup call. It's spring! Although summer technically starts in June, I'm reserving judgement (and room in the fridge) until I see fresh corn.

Luckily the wait is a pleasure and completely delicious. Here are a couple of recipes from the latest food tasting. They promise to help us savor every moment of Spring and look forward hungrily to summer.

## ARE WE THERE YET? BY MERIANNE MYERS, CO-OP BOARD MEMBER



APRICOTS STUFFED WITH BLEU

Amounts for this are flexible and determined by how many folks you're feeding. So, I offer the how-to rather than the how much.

Blend a small wedge of softened bleu cheese with a drizzle of cream or dollop of creme fraiche to a silky consistency. I like to leave small bits of cheese but want to be able to pipe the mixture.

Pipe into halved apricots, plums, pluots, apriums, peaches or pears and top with crushed, toasted hazelnuts or almonds. Peach and pear halves make a sensational salad served on a bed of greens dressed lightly with orange vinaigrette.

This is completely deluxe and best enjoyed with a glass of something cold and bubbly.



AVOCADO MANGO SALSA

This is spring in a bowl and does equal justice to grilled fish, roast pork or chicken or a corn chip. Brown rice becomes elegant topped with a spoonful of this. Come summer, substitute corn fresh off the cob for the mango.

- 1 avocado, diced
- ¼ red onion, diced
- 1 mango, diced
- 1 jalapeño, minced
- ¼ cup fresh cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste

Mix everything together in a bowl and let sit for a few minutes to allow flavors to blend. Taste and adjust seasoning.

Hang out the Do Not Disturb sign, find a sunny spot in the back yard and eat this all by yourself. It's a fitting reward for a job well done, it's frightfully healthy and a guiltless pleasure.

## MAKING PEACE WITH PEAS

BY ALLIE EVANS, INCOMING CO-OP BOARD PRESIDENT/NATUROPATHIC PHYSICIAN

As parents, of course we want to feed our children the most nourishing health foods out there. We go through great efforts to buy healthy ingredients, and sometimes successfully, sometimes unsuccessfully



prepare them into meals our children will eat. I can remember steaming and pureeing plain

unseasoned zucchini for my daughter's first meal, which she undeniably did not enjoy; nor did I when I tried it. In terms of the physiology of a child, taste and taste preferences are a very real and necessary part of a child's development, yet it can be very inconvenient for the health-conscious desperately hoping their child will someday love kale. Pickiness is in fact normal and physiologic. In light of this, maybe we, as the adults feeding the children, can shift our paradigm just a bit. What if we make peace with where the child is at. Let's not give ourselves a hard time that all our child wants to eat is the same foods over and over. Let us teach through example. Let the children see us adults feeding ourselves in a nourishing fashion and let them

learn through our model. Let's be brave and try new recipes for our kids, but feel OK when we put a trusted favorite on their plate. Let's balance the adventure and the comfort. Let's encourage our kids to exercise their taste buds and try bites of new foods without forcing them to like it or finish it. The more times they try, the more likely they will be to train their taste buds into liking it. But remember, actions speak louder than words. Let them see us shopping, preparing and enjoying wholesome foods, and some day they may just be on board with a lunch of tempeh, greens and quinoa. Here's to the adventure. Let's go on it with the youngsters we are feeding, and we may find some new foods for ourselves as well.



1355 Exchange Street Suite 1

Astoria, OR 97103

**RETURN SERVICE REQUESTED**

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## GRILLED PEACHES

CO-OP FAN KELLY STEARNS WON A CONTEST WITH THIS RECIPE!

2 peaches  
2 slices bacon  
One and a half tablespoons maple syrup  
One tablespoon balsamic vinegar  
Half a cup blackberries (MarionBerries in Oregon)  
Small handful slivered or chopped almonds

Wash and cut peaches in half and stone the fruit. If needed, rub grill with olive oil and pre-heat medium hot. Grill peaches 2-3 minutes on a hot grill cut side down until light to medium brown grill marks appear.

Place bacon slices in toaster oven to bake or pan fry until crisp. Then crumble bacon.

Place berries, maple syrup and balsamic in sauce pot and simmer until vinegar is reduced. About 5-6 minutes, stirring occasionally.

Plate peach cut side up. Spoon sauce over peach. Top with a pinch of bacon and half the almond slivers. Yum, enjoy!

*Kelly's recipe is featured on Cavegirl Cuisine: Eating Paleo One Bone at a Time (cavegirlcuisine.net)*

