

SPRING 2016

GRASS/ROOTS

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP



OUR ENDS STATEMENT

A PASSIONATE COMMUNITY
WORKING TOGETHER
FOR SUSTAINABILITY, PROGRESSIVE LAND
AND ANIMAL STEWARDSHIP, HUMAN
RIGHTS, SOCIAL AND ECONOMIC JUSTICE.
THRIVING COOPERATIVE AND LOCAL ECONOMIES
A SAFE, WELCOMING COMMUNITY WHERE ALL ARE VALUED
DEMOCRATIC WORKPLACE WHERE ALL WORKERS' VOICES ARE VALUED
ACCESS TO HEALTHFUL FOODS OUR CUSTOMERS CAN TRUST



People's Ends Statement, adopted by the Board of Directors in 2008, guides the goals and values of the day-to-day operations of People's Food Co-op.



COLLECTIVE MANAGEMENT

- Sonrisa Alter
- Dusty Bloomingheart
- Lisa Bogar
- Kim Card
- Jenna Chen
- Ben Clark
- Amanda Coleman
- Karna Conyers
- Virginia Currin
- Kris DeMaria
- Justin Dewan
- Cari Eisler
- Shawn Furst
- Ryan Gaughan
- Daniel Khalid Horton
- Kathryn Kucera
- Ben Magaziner
- Rachel Markley
- Rachel Mockler
- Lisa Moes
- Cristos Papaicovou
- Melissa Perry
- Paige Pineshadow
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- Padrice Stewart
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SUBSTITUTE STAFF

- Scott Bailey
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- Bryn Harding
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- Jessamyn Johns
- Amanda Knepp
- Annie LoPresti
- Jenny Owen
- Rachel Pincus
- Sara Powell

BOARD OF DIRECTORS

- Lisa Bogar
- Mallory Cochrane
- Jacob Engstrom
- Isaac Hart
- Josh Monifi
- Heidi Olejnik
- David Wadley
- Amy Wong

INGREDIENTS:

1 / Run for the BOARD!

THREE open seats on our Board for passionate Member-Owners who want to get involved



3 / Nominate a Local Organization to win \$1000!

Our People's Co-operative Community Fund gets going again this year

4 / Toxic Air, Community Strength

A Member-Owner's thoughts on recent air pollution revelations



5 / 5 Easy Vegan, GF Dinners for Under \$25!

With a little planning, eating healthy and affordably is no big thing

8 / Malheur - It's for the Birds!

What you didn't hear about Malheur Wildlife Refuge in the news



10 / You're Invited! Long-Term Planning Update and Engagement Event

Where we are in the process and how to have your voice heard

13 / Our People

Spotlight on Member-Owner and Hands-On-Owner Josue Avelar

14 / What's in a Name: Appreciating Garden Seeds

Seed Buyer Lisa Moes highlights her favorite seed varieties (and names!) from Uprising Seeds and Strictly Medicinals



16 / \$10 SNAP Match at the Farmers' Market starts May 4!

A new statewide program means that folks using EBT at the Farmers' Market can match their bucks up to \$10.

18 / Gluten-Free Flours

About these non-glutenous flours in our bulk section, plus delicious recipes for chickpea flatbread, teff pancakes, and buckwheat banana bread

21 / Spring Events

Spring classes and events!

GRASS/ROOTS

If you have questions or comments, please contact Marketing & Membership Manager, by emailing marketing_membership@peoples.coop or by calling the Co-op.



National Cooperative Grocers, of which People's is a member, hosts the Stronger Together website. Visit the site for informative articles, recipes, and more!
strongertogether.coop



With sunshine and spring in the air, it is time to start thinking about your People's 2016 Board of Directors election coming up this summer. As always, this election culminates at the Annual Meeting, on Saturday, July 16th. However, now is the time to consider running for the Board of Directors!

This year there are **THREE** director seats up for election. We encourage passionate, interested Member-Owners to consider running for these seats.

If you love the co-op, our Ends, and want to learn more about our work while furthering our mission, this is a great opportunity. We encourage folks from a variety of backgrounds to bring their unique knowledge and experience to the table. Don't worry if you aren't an expert at running a natural foods store—day-to-day operations are not the purview of the Board anyway. Specific information and the tools you need to serve on the Board of Directors will be covered in orientations and trainings.

People's is at a very exciting crossroads, poised for further development. We need your passion and willingness to learn, listen, and share ideas to shape the future of our co-op. The Collective Management will continue their great work on sustainable, responsible, long-term planning, and the Board will be supporting these efforts by continually engaging with the Member-Ownership to ensure your feedback in the process. We will also continue to delve into our Ends Statement and explore the big picture of People's role in our community and world. Interested? Come to our April 17th candidate orientation to learn more and ask questions.

WHAT DOES THE JOB ENTAIL?

Here's a basic breakdown of Board commitments:

- **ORIENTATION**
A full-day training on Sunday, September 25th.
- **ONE MEETING A MONTH**
The general Board meeting is 6-8:30pm on the 4th Tuesday of the month, with dinner provided. Board members also occasionally meet up during the month to discuss reports or other People's happenings.
- **PREPARATION FOR MEETINGS**
You will have at least a week to read the packet of information that will be discussed. It takes about an hour, on average.
- Other research or work that you have volunteered for. For example, Board meetings can include "Study & Engagement" modules that are often presented by board members who have proposed, researched, and organized a topic of interest to the board.
- **REGULARLY ATTEND SPECIAL EVENTS**
For example: the Board Retreat, Annual Meeting, trainings, Farm Tour, Chili Cook-Off, Harvest Festival, and other People's events where board member participation is appreciated. Of course, not all Board members can make all events, but regular participation helps grow the relationship with the Collective Management and Member-Owners.
- **PARTICIPATE IN AT LEAST ONE "ENGAGEMENT ACTIVITY" QUARTERLY**
This is flexible, it can be big or small, and depends on your interests and talents. Some examples are: writing a Grass/Roots newsletter article, talking to fellow Member-Owners at the Farmer's Market, or organizing an event of your own. The possibilities are endless!
- **CANDIDATE ORIENTATION**
Perfect place for questions! Come to the community room on April 17th from 3-5pm if you are interested and want to learn more about being on the Board. The deadline for submitting packets with your intention to run is April 27th.

WHY DO YOU LOVE BEING ON THE BOARD?



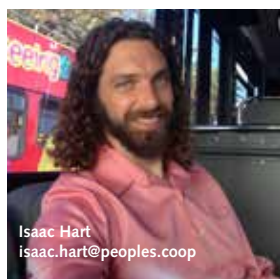
"There is a positive and supportive culture at People's. We want to be effective and grow together! If you have the interest and willingness to be a part of something great, you can really help your co-op. People's invests in its directors to help us get the specific knowledge and skills required. I have learned a lot about co-ops, policy governance, and democratic leadership."



"Being on the Board allows for an array of wonderful opportunities to learn and bond with other passionate, dedicated People's Member-Owners. I recommend it highly to anyone who wants to help People's thrive in its mission going forward!"



"I ran for the Board because I love People's and want to help it thrive beyond my shopping patronage. Now I feel like I am making a difference and helping to support our awesome Collective Management while broadening my understanding of what it takes to run a successful co-op. I like being constantly challenged to question and understand People's' role in our community and food chain, and to be able to say that we are continuously working on becoming better."



STAY IN THE LOOP!

There will be several opportunities for you to learn about your Board candidates and get excited about electing new directors to represent you.

The summer issue of Grass/Roots will feature interviews with the Board candidates. You can "Meet the Candidates" in person at the Farmers Market on June 29th 2-4pm, and at the Annual Meeting on July 16th. Watch for future announcements about these events.

So get on board! We want you involved as directors and voters. This is local, direct democracy in action, y'all. It's fun, important, and WE OWN IT!

DON'T HAVE TIME TO RUN? MAKE SURE TO VOTE!

Our goal this year is to get at least 10% of our Member-Owners to participate in elections in some way - help us meet our goal!

NEED MORE INFO?

Pick up a Board Candidate Nomination packet in the store or online at:

www.peoples.coop/run-for-the-board

See the Fall 2014 Grassroots article "What the Board Does" online at:

www.peoples.coop/why-peoples/fall2014.pdf

Feel free to contact your Board Secretary at amy@peoples.coop with any questions.

GO TO A BOARD MEETING!

Member-Owners are always welcome. There is a free, light vegetarian dinner served from 5:30-6:00pm that you can enjoy with your Board Directors and discuss your ideas casually. Afterwards stick around for the official meeting from 6:00-8:30pm. This is a great chance to get your message to the Board or to just see what's going on at your Co-op.

UPCOMING MEETINGS:

Tuesday, April 26, 6-8:30pm

Tuesday, May 24, 6-8:30pm

Tuesday, June 28, 6-8:30pm



PEOPLE'S COOPERATIVE COMMUNITY FUND (PCCF) NOMINATION FORM

ORGANIZATION YOU'D LIKE TO NOMINATE:

Name of Organization _____

Website _____

501(c)3 ID#* _____

* A valid tax id is required

PLEASE INCLUDE A STATEMENT to communicate the work and mission of the organization to be displayed on the ballot

OPTIONAL INFORMATION (Helpful but not necessary.)

Your Name _____

Your Phone Number _____

Your Email _____

Organization's Contact Person _____

Organization's Phone Number _____

Organization's Email _____

Mailing Address _____

Please return this form to the co-op by 5/9/16.
For any questions, please contact Sofie, Marketing & Membership Manager at: sofie@peoples.coop

Nominate a local organization for the People's Cooperative Community Fund - \$1000!

WHAT IS THE PCCF?

In 2007, People's started the People's Cooperative Community Fund (PCCF) through the Twin Pines Cooperative Foundation (TPCF). Donations and contributions from our Member-Owners, suppliers and the co-op's profits build our bank account totals. TPCF then loans that money to budding cooperatives in need of resources. The interest earned from the PCCF is donated to local cooperatives and community organizations that are in alignment with our Ends Statement. Each year during the People's election process, Member-Owners nominate community organizations and then elect one to receive a \$1000 donation.

PAST RECIPIENTS:

2015



2014



2013

Learning Gardens Lab
Montavilla Food Co-op
Northwest Environmental Defense Center (NEDC)

TOXIC AIR AND COMMUNITY STRENGTH

By: Tanner Johnson, Member-Owner



On Wednesday, February 3rd, the *Portland Mercury* broke the news that the Bullseye Glass factory had been emitting toxic levels of cadmium, chromium, and arsenic from their Southeast Portland factory, just a few blocks from People's. The news came as a shock to neighbors and local air quality groups, and sparked outrage state-wide about the severe regulatory misstep by the Oregon Department of Environmental Quality. According to *Mercury*, "DEQ data indicates a monthly average of 49 times the state air-safety benchmark level for the neurotoxin and carcinogen cadmium, and 159 times DEQ's air-safety goal for the carcinogen arsenic." Many neighbors are wondering how such an egregious offense has been allowed to happen for so long in, quite literally, their backyard and what they can do to mitigate the effects of the toxins in their bodies.

At a community meeting held at Abernathy Elementary School on February 16th, a panel of experts including an environmental geologist, naturopathic doctors, and an environmental lawyer fielded questions from concerned citizens of Southeast Portland. They assured those in attendance that efforts are underway to get free testing for affected residents' soil, as well as their bodies. The real focus of the meeting was implementing a plan of action for dealing with the fallout of heavy metals released from Bullseye Glass Factory.

Alex Lopez, an environmental geologist and proprietor of Black Bear Environmental Services (located just blocks from the factory), stated that the most pressing issue for residents within

the affected area is dealing with the long-term effects of cadmium pollution in the soil. Now that Bullseye Glass has voluntarily stopped using chromium, cadmium, and arsenic, the air that we breathe is not the problem, rather it is the soil in which we grow food, play, and walk upon. In the hot months, bare soil turns into dust, which we breathe and track into the house. This is the way in which chronic exposure to heavy metals occurs, through contact with soil contaminated with persistent toxins. On March 9th, the DEQ confirmed that toxins are at "background levels" and that soil is safe for gardening, according to the results of 67 soil tests conducted in Southeast Portland. Hands and produce should be washed, but produce grown in backyards is safe for consumption. Our health, they say, is not under threat.

I live just three blocks away from the Bullseye plant, and the ongoing issues surrounding the safety of the environment in which I live has been a significant source of distress for me. It is scary to know that even in Portland, a city touted as the pinnacle of environmental consciousness, such drastic regulatory negligence can occur.

With the recent lead poisoning crisis in Flint, Michigan and the natural gas leak in Los Angeles, California, environmental and industrial disasters have been brought once again to the forefront of the national urban consciousness. The difference with Bullseye Glass, however, is that this was no accident. It was not a combination of chemicals that, without the knowledge of the plant, happened to produce dangerous pollutants. Rather,

these toxins were directly used with full knowledge and neglected the safety of the community. The Oregon Department of Environmental Quality (DEQ) failed to adequately regulate emissions on the factory. With exceedingly lax laws on industrial pollution regulation, Oregon is at the back of the pack when it comes to protecting its communities from heinous abuses by industry.

The bright side of this debacle is that now Oregonians are calling attention to the lack of government oversight on industrial pollution. Citizens are organizing meetings like the one on February 16th to discuss air pollution problems across the city, and calling on the DEQ, the Oregon Health Authority (OHA), the Multnomah County Health Department, and other experts to help them address concerns. Mayor Charlie Hales has stated that they will create a city-wide clean air oversight committee, if DEQ fails to act. Governor Kate Brown has called on DEQ and the OHA to provide services for residents of the affected area.

It is doubtful that officials would have made such decisive declarations had there not been such a swift and organized reaction from the community. By putting pressure on local and state politicians, the community that lives around the Bullseye Glass factory engaged in one of the most efficient and direct forms of democracy. In order to prevent similar pollution scandals in the future, citizens need to keep insisting that government agencies founded to protect the health of all Oregonians actually do so. As the co-op motto goes, we are stronger together.

5 EASY VEGAN GLUTEN-FREE DINNERS FOR UNDER \$25

Life is busy! Finding the time to prepare, cook, and feed yourself and your family good, healthy meals can sometimes feel impossible. These recipes are here to show you that with a little bit of planning you can eat healthy and save money. These recipes were designed to feed one to two people. If feeding a family of four, simply double all the proportions.



YOUR SHOPPING LIST:

- 2 large carrots
- 1 packaged King Soba noodles
- 1 can garbanzo beans
- 2 bunches of kale (or chard, or a mix)
- 1 large sweet potato
- Two tablespoons bulk miso
- 1 lb onions
- 1 bunch of scallions
- 1 Tofu
- 1 head of cauliflower
- 1 small avocado
- 1 lemon
- 1 head of garlic

I'M ASSUMING YOU ALREADY HAVE:

- Salt and pepper
- Cooking oil
- Soy sauce, Bragg's or tamari
- Your favorite spices
- Vinegar

PREP ON SUNDAY:

- Cut the tofu into small cubes and bake at 375° until light brown and crispy
- Roast the sweet potato (cut into small cubes) and cauliflower (broken into florets) at 375° until tender and lightly browned

You could even:

- Cook your noodles (al dente!!)
- Make salad dressings



KALE, CAULIFLOWER, + CHICKPEA SALAD

MISO VINAIGRETTE INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon miso paste
- 2 teaspoons lemon juice (about 1/2 lemon) or apple cider, white wine, or rice vinegar
- Salt & pepper to taste

SALAD INGREDIENTS:

- ½ a bunch of kale
- 1 cup of roasted cauliflower
- ½ a can of chickpeas, drained and rinsed

1. Combine vinaigrette ingredients and stir vigorously with a fork to combine.
2. Rib kale, slice it into ribbons, and put it into a large bowl. Add a tablespoon or so of the vinaigrette to the kale and massage: scrunch the leaves up in your fingers, rubbing the dressing into the leaves.
3. Add the cauliflower and the chickpeas and toss to combine. Add more dressing until it is to your taste! Sprinkle on some more salt and pepper if necessary.

NOODLE STIR-FRY

INGREDIENTS:

- 1 tablespoon of neutral or coconut oil
- ½ an onion, thinly sliced
- 1 garlic clove, chopped
- ¼ cup roasted sweet potato, cut into small cubes
- ¼ cup roasted cauliflower, broken into small florets
- A few leaves of kale or chard, chopped
- ¼ cup baked tofu
- Cooked soba noodles
- 1 tablespoon soy sauce
- Hot sauce
- Two scallions, chopped

1. Heat the oil in your favorite large pan. When it is hot, add the onion and cook until it is starting to turn golden brown. Add the garlic and cook for a few minutes more. Add the already cooked vegetables and tofu, and sauté until warmed through. Add the greens and cook until wilted. Add the noodles and cook, stirring constantly until warm. Add a tablespoon of soy sauce or tamari, and stir to combine.
2. Dump it all into a bowl. Top with hot sauce if you'd like, and sprinkle the scallions over the whole thing. Depending on your appetite, this might make enough for lunch tomorrow, too.



MORE RECIPES ONLINE!

peoples.coop/recipes



Recipes courtesy of Member-Owners Andrew Barton & Natalie Bickford

HEARTY MISO SOUP WITH SOBA NOODLES, CARROTS, TOFU AND GREENS



INGREDIENTS:

- ½ a small onion
- 1 carrot
- Kale
- Miso
- Soba noodles
- Baked tofu
- Scallions

1. Pour a cup of water in a small pot. Thinly slice the onion and the carrots, and add to the water. Bring to a boil, and then reduce heat. Simmer for ten minutes.
2. In another pot, cook the noodles (if you haven't already!) a few minutes shy of their total cooking time. Drain.
3. While everything else is simmering away, coarsely chop the kale and slice scallions. Add the kale to the onions and carrots, and cook for a minute more until the kale is soft.
4. Put the miso into the bowl you want to eat from. Add a bit of the hot water the veggies are cooking in and stir to dissolve the miso. Remove the vegetables from the heat, and stir in the miso. Add the noodles and the tofu. Top with scallions.

Dress it up!

- I like to eat miso soup with a bit of tamari. You could add grated ginger with the kale if you want.

SWEET POTATO AND CAULIFLOWER SOUP

INGREDIENTS:

- 1 ¼ roasted sweet potato
- The remaining roasted cauliflower
- 1 large carrot, chopped
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- Salt and pepper

1. Heat the olive oil in a medium-sized pan. Add the onion, garlic and salt and pepper, and cook until soft and fragrant, 3-4 minutes. Add the carrot, stir, and cook until soft. If you want to use any spices (cumin and a little cinnamon would be good, or some fresh ginger), add now and cook until fragrant.
2. Add the cauliflower, sweet potato, and water or stock to cover (about a cup). Use a hand blender (or regular blender in batches) to blend the veggies. Add back to pan and heat until simmering. Add more water if the soup is too thick, or simmer to thicken. Season to taste.

SWEET POTATO, KALE, AND CHICKPEA BOWL

DRESSING INGREDIENTS:

- 2 stalks scallions rinsed and chopped
- 1/4 teaspoon salt, plus more to taste
- 2 tablespoons fresh lemon juice or vinegar
- Olive oil
- 2 tablespoons avocado
- 1 teaspoon agave, honey or other sweetener of choice
- Pepper

KALE INGREDIENTS:

- Olive oil
- 2 garlic cloves
- ½ a bunch of kale (or chard or a mix)
- Red pepper flakes, optional

REMAINING INGREDIENTS:

- ½ roasted sweet potato, peeled and cubed
 - ½ can chickpeas, rinsed
 - The rest of the avocado, cut into small cubes
1. Blend the dressing ingredients with a hand blender or food processor (if you don't have one, just chop the scallions as finely as possible - obliterate them! – and then stir vigorously with the rest of the ingredients). Start with ¼ cup of olive oil, and add more if necessary to reach the right consistency.
 2. De-stem your greens and chop coarsely. Crush and finely chop your garlic.
 3. Heat olive oil up in a skillet. Add the kale and a few pinches of salt. Stir the kale until the color turns bright green, 2-4 minutes. Stir in the garlic, and sauté for a moment. Remove from heat, and add red pepper flakes if using.
 4. Put the kale, sweet potato, and chickpeas in a bowl. Top with the dressing. Season as desired.

MALHEUR, IT'S FOR THE BIRDS!

By: Candace Larson, Produce Hands-On-Owner

Hello, People's people! Y'all may know me as a long-time produce HOO; in fact, I've been stocking early-morning broccoli since 2001, adding my small piece of cooperative energy to our amazing grocery and community resource. I also work for the Audubon Society of Portland, and I spend ten weeks each spring doing field work on the Malheur National Wildlife Refuge.

If you've been to Malheur, you know it is an astonishing place, where 320 bird and 58 mammal species find refuge over 187,000 acres of lakes, marshes, meadows, rivers, and sagebrush uplands—a mosaic of diversity and a critically important site on the Pacific Flyway. What you may not know is the story of cooperation on the refuge. It is deeply ironic that this winter, right-wing crusader Ammon Bundy and his devotees chose Malheur as the place to manufacture a standoff between “the people” and “the government,” for Malheur is perhaps the best example of collaborative decision-making that exists on our public lands today. Since 2008, another mosaic of diversity has been hard at work: ranchers, farmers, conservationists, the Burns



Burrowing Owl

make sure priorities are implemented as intended and to extend and develop these priorities for surrounding private wetlands in the Harney Basin. Perhaps

is designated a Western Hemispheric Shorebird Reserve. I'll be monitoring all these wondrous creatures, and more, to help the refuge implement the best conservation strategies for the health and prosperity of native birds, plants and wildlife. I hope you'll consider a visit to the refuge this spring, where you can see firsthand just how remarkable and essential our public lands are to everyone's health and wellbeing.

“MALHEUR IS THE ONLY REFUGE IN THE COUNTRY THAT ADOPTED A TRUE CONSENSUS-BASED APPROACH TO DEVELOPING THEIR LATEST LONG-TERM MANAGEMENT PLAN, COMPLETED IN 2013 AND RESULTING IN ONE OF THE MOST AMBITIOUS WETLAND RESTORATION EFFORTS EVER UNDERTAKEN.”

Paiute tribe, refuge staff and county officials have all been working together to develop conservation priorities for the refuge and surrounding wetlands. Malheur is the only refuge in the country that adopted a true consensus-based approach to developing their latest long-term management plan, completed in 2013 and resulting in one of the most ambitious wetland restoration efforts ever undertaken. The plan is guided, in part, by this visionary cornerstone: “We commit to learn from our efforts, successes, and failures; to be humble about what we know; and to continuously strive for greater understanding in our stewardship of this remarkable place”. This cooperative process was so successful that local folks and refuge staff have chosen to continue to work together to

this history of cooperation explains why the armed occupiers received so little support from the people they came to “save.”

Now that the armed invasion is over, I'm looking forward to getting back to the birds. Already, thousands of cranes, geese, and swans have arrived in the Harney Basin. Great-Horned Owls are setting up their nests for the year, and Golden Eagles have started their courtship rituals in the skies. Soon, hordes of White-faced Ibis will settle in the marshes (Malheur supports up to 20% of the global population of this very cool species!); Bullock's Orioles will begin constructing their neatly and often colorfully woven pouch nests; and all manner of stilts, sandpipers, curlews and plovers will demonstrate why Malheur



All photos by Candace Larson



Short-eared Owl



White-faced Ibis

MALHEUR NATIONAL WILDLIFE REFUGE

187,000 acres of lakes, marches, meadows, rivers, and sage brush uplands
320 bird and 58 mammal species



Sandhill Cranes



Black-necked Stilts

All photos by Candace Larson

LET'S TALK.



PEOPLE'S IS CREATING A PLAN FOR OUR FUTURE, AND WE WANT YOU TO HELP US ENVISION IT.

As you may have heard, People's is making a long-term plan. We've taken the last year to carefully craft our approach, and are ready to hear from our Member-Owners and customers. We're also reaching beyond our current community to see what the food, social, and cultural needs of greater Portland might be in the years to come. **The graphic on the next pages illuminates the process.**

Step 1 in our process is to **Listen**: We're beginning by inviting shoppers and Member-Owners whose voices are often heard last in mainstream culture to take the center in visioning the future direction of the Co-op. We'll also be meeting with a number of community organizations whose values align with ours to see how People's can better serve the greater Portland community.

The ideas that come out of those conversations will help frame our discussions with our wider community of Member-Owners, shoppers, and neighbors, when we'll further define our vision and focus. (See more information about these events on the right.) Keeping the input gathered from meetings with neighbors, Member-Owners, shoppers, and community members in mind, the Board of Directors and staff will provide their input.

Then, we're on to Step 2: **Filtering Insights & Developing a Plan**. Collective Management will narrow our focus even more before beginning research regarding the financial and business sustainability of the ideas gathered. We'll get input from experts, and come back to the community for feedback on our plans to **Test Our Assumptions & Validate Our Ideas** (Step 3). We'll make necessary revisions until we get to step 4, when we **Create a Thriving Vision Together** and emerge from the process with a 10-year plan for the Co-op!

This process gives you, as a Member-Owner, shopper, or neighbor, the chance to share your experiences with us, and also to create and answer some deep questions about where best to put our energy and focus for the future direction of the Co-op.

Help us create a path forward for the Co-op.

YOU'RE INVITED!

**MEMBER-OWNER
VISION CONVERSATION
WED. APRIL 20, 1:30-3:30PM
SUNDAY APRIL 24, 2-4PM**

Open to entire Member-Owner community, frequent shoppers, and neighbors to discuss values and future direction of the Co-op.

Snacks and childcare provided. Both events will be the same, no need to come to both.

Events will take place in the Community Room. Email planning@peoples.coop to arrange childcare.

Questions? Come talk to us at the store on Sunday, April 17th from 2-4pm or send an email to the Long Term Planning Committee at planning@peoples.coop.

www.peoples.coop/vision

ENVISIONING OUR CO-OP'S FUTURE



Hi! We're on a LISTENING MISSION...



1 LISTEN
+ COLLECT
INSIGHTS +
NEEDS

Strengthen current relationships
Integrate many voices
Foster new relationships with extended communities

people's
NEW
FOOD CO-OP
**10-YEAR
VISION
AND
PLAN**



WE WANT TO HEAR FROM YOU TOO!

✉ planning@peoples.coop

📘 facebook.com/PeoplesFoodCoopPDX

💻 peoples.coop/vision

Understand
community
needs + how
the Co-op
supports

Ask for
feedback

3
TEST
OUR ASSUMPTIONS
+ VALIDATE
IDEAS

4
CREATE
A
THRIVING
VISION
together

VISUALIZATION BY STEFANIE KOEHLER - LETS COCREATE.ORG



OUR PEOPLE!

People's history through the eyes of our Hands-On-Owners

Day to day, week to week, the People's staff is supported by numerous dedicated Hands-On-Owners (or HOOs), each contributing in individual weekly shifts in departments throughout our co-op. Being involved in the HOO program brings HOOs closer to People's and to our community.

Josue Avelar is a HOO on Saturday mornings as an opening floor keeper, supporting the staff in getting the store ready to open, and was previously a bulk stocking HOO on Sunday mornings.

What is your background with food co-ops?

I first learned about food co-ops in college, around 2003. My roommate at the time introduced me to the Isla Vista Food Co-op. I was a regular shopper at the co-op and I ended up working there. I had a great time working for the Isla Vista Food Co-op! I was sad to leave when I graduated from college and had to move to a different city.

One of the first things I did after graduating from college and moving back to LA was look for a food co-op. I found one in Santa Monica and I would shop there as much as I could. As someone that does not drive it was difficult to make it to Santa Monica on a regular basis, but I would go as much as I could.

What brought you to Peoples?

I moved to Portland in 2014 and (once again) one of the first things I did was look for the nearest food co-op. I live close enough to People's to be able to walk there, so I decided to get involved as a HOO. I became a HOO at People's about 18 months ago, around September 2014.

What have you learned about People's as a result of being involved as a HOO?

Each of those roles have taught me more regarding what goes on "behind the scenes"... like how hard everyone works. I see how some of the staff work long days. I might do a HOO shift in the morning and then go home but if I come back to shop at People's, some morning staff are still there working very hard.



Being involved as a HOO has also taught me some of People's rich history regarding food justice and the surrounding community... the "major milestones" that people can see on People's website, except I have learned about those milestones from people, that have been customers and community members since the 60's and 70's.

What inspired you to become a HOO?

What inspired me to become a HOO is an interest in being around the people that shop there more often. I really enjoy people's energy especially if they care about good quality food, food justice, and equality and fairness.

What do you enjoy about being a HOO?

What I enjoy about being a HOO, besides meeting people, is feeling a sense of accomplishment. I am aware People's is a small store and contributing in a small way seems reasonable to me.

What is one of your favorite moments of being a HOO?

One of my favorite "moments" of being a HOO is being complimented by other staff saying that I am a "great greeter". No matter what I am doing, I try to acknowledge every person that comes through the doors with a smile and a greeting. What is that quote by William Butler Yeats? "There are no strangers, only friends you have not met yet."

WHAT'S IN A NAME: APPRECIATING GARDEN SEEDS

By: Lisa Moes, Produce Keeper & Garden Seed Buyer



I enjoy words, their history and how they reached their current meaning. By associating a word with a specific object, humans name things and give those objects a certain elevated power. It is true that a rose by any other name would smell as sweet, but I don't think "thorny stinky flower" would have caught on quite as well. In my new role as Garden Seed Buyer at People's, I admit that the name of a seed variety can be an inviting promise of an interesting vegetable, herb or flower.

Just as a seed variety name can tempt, a seed company's name can explain their mission. Horizon Herbs has now changed their name to Strictly Medicinal Seeds. To quote their catalog: "Strictly Medicinal Seeds reflects our core principle: planting seeds of tasty, homegrown, organic food is essentially medicine for the body; planting seeds is the first step in empowering the individual to treat common ailments".

I agree that food is medicine, and I appreciate the selection of seeds from Strictly Medicinal this year. With a strong focus on healing herbs and flowers, I've stocked over 100 different seed varieties from the Williams, Oregon company.

Some of my favorite plants would be considered weeds by most people. By definition, a weed is an undesired plant, but for those who know their strength and healing capabilities, weeds are welcome in the garden. Strictly Medicinal Seeds values weeds like I do and sells many of my top choices.

Chickweed, named because it is a favorite of chickens, is an amazing plant. I know a lot of farmers and gardeners do all they can to rid their land of the sprawling greenery, but I'll continue to encourage its growth. It is



a mild, tasty addition to salads, a micro-green-like sandwich filling, or a boost to a smoothie. Known for its blood-cleansing properties, high Vitamin C content and a long list of essential minerals, chickweed seed is a true start to health. Other Strictly Medicinal "weed" seed favorites of mine include purslane, borage and comfrey, all with internal and external benefits.

As someone who uses a good amount of herbs, I've stocked cumin, dill, marjoram, mint, three different varieties of basil, oregano, parsley, rosemary, sage, tarragon and thyme, just to name a few. If you are interested in more of what Strictly Medicinal Seeds has to offer, including herbal extracts, books, trees, and plants, their current catalog will be available on People's seed racks while supplies last. You can also visit their website, strictlymedicalseeds.com.

The other seed company returning to the co-op this year is Uprising Seeds from Bellingham, Washington. Holding onto their strong, inspiring name, Uprising celebrates a decade of providing open-



pollinated and certified organic seeds. Vegetable seeds comprise most of Uprising's offerings at People's.

As I write this in late February, spring seems to have arrived a month early, and the sugar snap variety of peas I put on the rack has already sold out. So I'm ordering more seeds and already thinking about what cucumbers, tomatoes, and peppers to plant. But I'll hold off on planting summer crops... for now.

I enjoy growing new varieties, and of course something new with an interesting name is doubly appealing. I couldn't pass up ordering seeds for a new-to-me pickling cucumber called "Vorgebirgstrauben." Loosely translated as "growing on a ridge" in German, Uprising recommends this cuke as a snappy, crisp, productive pickler. That all sounds great to me, but they had me at "Vorgebirgstrauben."

One of my top tomato varieties from last year is back, and I'm glad to promote it. It is a medium-sized, orange tomato called "Jaune Flamme," which means "yellow flame" in French. It is very productive and ranked high in Uprising's taste tests. I know I'm looking forward to those juicy orange treats this summer.

The green bean variety called "Provider" lives up to its name as a prolific producer of tasty, fresh beans. But to get the most from the plant, it is best to pick the beans on a daily basis to keep it "providing."

Besides supplying vegetable seeds, Uprising has a nice selection of flower seeds as well. If you plant only one flower – and I encourage you to plant more – "Bee's Friend" is a garden necessity. Bees will travel miles to find these lovely purple blooms. In a world where pollinators are being increasingly threatened, there is a need for more "Bee's Friends."

As for edible flowers, People's seed racks hold Uprising's Trailing Mix Nasturtium, Calendula Mix, and a lovely Edible Flower Mix. Try adding a few petals to summer salads or desserts for a splash of color and flavor.

I mentioned that I enjoy word origins, but didn't mention that the word "seed" means "the source, the beginning of everything." So it is appropriate that as this part of the world is waking up from winter, the soil warms to begin planting more and more. A packet of seeds may not seem like much, but it is the result of so much attention and hard work that charging only a few dollars for it seems unbelievably generous. Each individual seed holds the capacity to grow into a plant that provides food for humans and pollinators; nutrients for healthy soil, air and water; shelter and incubators for beneficial insects; and much, much more. So I am proud to provide our community with this amazing resource as I buy seeds for People's. Equally gratifying is the fact that seeds and plant starts may be purchased using EBT cards, ensuring that the opportunity to plant is available to all our co-op shoppers.

If you have never experienced the joy of putting a seed into the earth, seeing it transform into a small sprout peeking through the soil, tending it, nurturing it, and watching it silently grow and change into a mature, productive plant, I invite you to try it. And if you continue to plant more, you can't help but feel that seeds truly live up to their definition as the source of so many things, including a way to have a real connection to the earth. I promise you'll look at every bulk bin filled with thousands of sunflower seeds, chia seeds, poppy seeds, etc. with a newfound respect and appreciation.

GET FRESH WITH DOUBLE UP FOOD BUCKS!

By: Ashley Todd, Farmers' Market Coordinator

Close your eyes. Imagine a farmers' market. What are some things that come to mind? Heirloom veggies and wildcrafted mushrooms and herbs? Organically grown, non-GMO produce? Artisan cheeses, chocolates, and breads? Handcrafted hot foods and sweet treats? Chatting with a farmer or producer about the food you're buying? What about affordability?

If you've been shopping at Portland-area farmers' markets for a while, affordability may be one of the first things that comes to mind when you think about farmers' markets. That's because many farmers' markets - including People's - are helping improve access to farmers' markets by giving people using government food benefits (like SNAP, EBT cards or WIC vouchers) matching funds to spend at farmers' markets. At People's Farmers' Market, for example, we give folks using their EBT cards up to an additional \$5 to use at the Market. **In fact, in 2015 we gave matching funds to more than 80 people per week on average. That's over \$19,000 that went to our local economy and helped our community eat healthy, local food!**

In 2016, we hope to do even more to provide our community with access to food they can trust, through a new program called Double Up Food Bucks (DUFB). DUFB is a statewide nutrition incentive program funded by a grant from the US Department of Agriculture that is designed to make fresh fruits and vegetables more affordable while supporting family farmers and local economies. The program will provide SNAP recipients with a dollar-to-dollar match up to \$10 each market day to purchase fruits and vegetables.

DUFB will be offered at People's Farmers' Market beginning the first week of May, and will replace our current matching program. For our SNAP shoppers, this means a couple of changes:

1. A new currency that can be used at over 40 farmers' markets statewide.
2. New restrictions on what matching funds can be spent on. Whereas EBT funds (including Farmers' Market tokens) can be spent on any SNAP-eligible foods, the Double Up Food Bucks can only be spent on fresh, dried, or frozen fruit and vegetables (including mushrooms, herbs, and beans) without added sugars, fats, oils, or salt.

The process to get the matching funds will be the same:

1. Stop by the info booth with your EBT card,
2. Swipe your card for EBT tokens,
3. Get matching tokens, and shop!

If you are not using an EBT card but want to support the program, you can make a donation at the register to help us keep the program going throughout the 2016 season.

While People's is looking forward to offering this new \$10 match to our community, which helps us move towards our Ends of providing "access to healthy foods our customers can trust" and supporting "thriving local and cooperative economies," some members of the Collective Management (myself included) have some hesitations about the program.

First, in restricting the use of the matching funds to such a narrow range of products in the name of promoting healthy eating, the USDA seems to be ignoring the well-



\$10 SNAP MATCHING AT THE FARMERS' MARKET STARTS MAY 4!

documented health benefits of fermented foods (including sauerkrauts and tempeh) and honey. We also feel that such restrictions suggest that people using SNAP benefits are not able to make good food choices on their own. However, we see the fact that people are using their SNAP benefits at farmers' markets as evidence to the contrary. Finally, the restrictions against masa, tortillas, pickles, and ferments create explicit barriers around culturally appropriate foods for many people in our community.

Despite these issues, People's is excited about providing additional food dollars to people in our community when housing costs are going up and up, wages are stagnating, food costs are increasing, and government benefits are being cut. People can still use EBT tokens for anything allowed under the SNAP rules, which means \$10 in Double Up Food Bucks for all your fruit and veggies, and \$10 of your own EBT dollars for any other SNAP-eligible foods at the market.

Everyone deserves access to the great foods that the farmers' market offers. It is exciting to be able to join the Double Up Food Bucks program with more than 40 other farmers' markets across the state to help increase that access, while supporting the farmers and small producers who help our local economy thrive.



**DOUBLE UP
FOOD BUCKS™
OREGON**



EARTH DAY

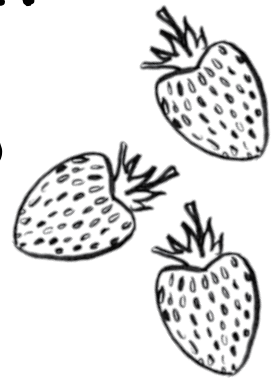


AT THE FARMERS' MARKET!



WEDNESDAY APRIL 20

2-6PM



- Start giveaway • Seed swap • Craft booth •
- Free Bike Tune-ups by Bikes for Humanity
- Learn from a master recycler!



GLUTEN-FREE FLOURS

By: Kahadish Wa'adabisha, Bulk Buyer

There are many who shop at People's Food Co-op who have sensitivities to gluten proteins. Approximately three million people have been diagnosed with celiac disease in the United States. Others have less severe forms of gluten sensitivity such as bloating, fatigue, headaches, weight loss and weight gain.

Over the past eight years there has been an explosion of different gluten free flours that can be used to make breads, pastries, and other recipes. Many are now available in bulk at People's, including: sorghum, tapioca, chestnut, corn, almond, oat, teff, chickpea, buckwheat and three different types of rice flour. Other whole grains such as quinoa, millet, and wild rice can be pulverized in a powerful blender or coffee grinder to make flours that can be used in recipes as well.

These flours aren't just for people that are gluten-free though! Many have terrific flavor and are incredibly healthful. When used as a valuable ingredient in their own right rather than a substitution, the results of baking and cooking with these flours do not disappoint.

SOME OF THE FLOURS WE CARRY:

Sorghum

Originally from the continent of Africa, Sorghum is now grown in the United States. It is unique because it does not have an inedible outer husk. This is a whole grain with intact nutrients.

Tapioca

A starch extracted from cassava root. It is originally from Brazil and can be used as a thickening agent in gravies and to add texture to bread. Other thickening agents that can be used are: kudzu, arrowroot and agar seaweed.

Chestnut flour

Milled locally in Washington. Chestnuts are a true nut and are a superior source of folates, vitamin B complex and fiber. Chestnut flour is high in starch rather than fat, and offers a rich flavorful quality.

Buckwheat

Originally from the Himalayas. It is not a grain but a seed. Unlike other flours, buckwheat is alkaline and does not contribute to acidity when consumed. It has a well-balanced starch, protein, fat and mineral composition. Buckwheat is approximately 11-14% protein and is high in the amino acid lysine, which is indispensable and low in some grain flours. Buckwheat has a distinctive taste and is a rich source of soluble and insoluble fiber. Rutin, a polyphenolic antioxidant is also found in buckwheat.

Rice

One of the best flour bases for baked goods, rice flour can also be used as a thickener for sauces or as a breading for baked or sautéed dishes. All of our rice flours are milled from brown rice, with the germ included.

Chickpea

Originates in SE Asia. It is a pulse or bean flour that is higher in protein than most other flours. It is used extensively in Indian, Nepali, Pakistani and Bengladeshi cuisine. It can be used to thicken stews and to make savory pancakes.



Socca

Socca, farinata, or cecina, the name changes depending where in Italy or France you are.

No matter what you call it, this chickpea flatbread is easy and delicious.

INGREDIENTS

- 1 cup chickpea flour
- 1 cup water
- 1 ½ tablespoons extra-virgin olive oil, plus more for the pan
- ½ teaspoon salt
- Black pepper to taste

Makes 1 thick 10" pancake or 2 thin 10" pancakes (recipe can be multiplied).

DIRECTIONS

1. Whisk together the chickpea flour, water, olive oil, salt, and pepper in a small bowl. Let rest for ½ hour to 2 hours. This gives the flour time to absorb the water.
2. Set an oven rack six inches below your oven's broiler and turn on the broiler (or crank you oven up as high as it will go). Set a cast iron skillet or other baking dish on the rack to warm for five minutes.
3. Remove the skillet from the oven using oven mitts. Add a teaspoon or so of olive oil and swirl to coat the bottom of the pan. Whisk the chickpea batter quickly and then pour half into the hot skillet (or all of it to make a thicker flatbread). Tilt the pan so the batter coats the entire surface of the pan.
4. Broil for 3 to 5 minutes, until you see the top of the socca begin to blister and brown. If you find the top browning before the batter is fully set, move the skillet to a lower oven rack until done. The socca should be fairly flexible in the middle but crispy on the edges.
5. Use a spatula to work your way under the socca and ease it from the pan. Slice it into wedges or squares, sprinkle with salt and pepper, and drizzle with a little good olive oil. Repeat with any remaining batter. Add fresh herbs, spices, garlic, or other toppings if desired.

Socca is best if eaten immediately after baking while still warm, but can be refrigerated and re-toasted for up to a week. Feel free to get creative! Mix olives, herbs, or spices into the batter. After baking the flatbread, socca could also be dressed up like a pizza and returned to the oven.



Adapted from TheKitchn.com

TEFF PANCAKES

INGREDIENTS:

- 1 ½ cups teff flour
- 2 ½ teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon, cardamom or a favorite spice (optional)
- 1 tablespoon sugar, honey, agave, coconut sugar, or your favorite sweetener
- 2 eggs, or equivalent substitute
- 1 ¼ – 1 ½ cups coconut milk, buttermilk, soymilk, or other milk
- 1 teaspoon molasses (optional)
- 6 tablespoon melted coconut oil, butter, or neutral oil

DIRECTIONS:

1. Mix teff, cinnamon, baking powder, and salt in a large bowl.
2. Mix the sweetener, eggs (or substitute), and 1 ¼ cups milk in a separate bowl. Whisk to combine.
3. Add the milk mix to the flour mix. If the mixture is too thick, add a quarter cup more milk.
4. Add coconut oil or other fat to a pan, and heat on medium until hot. Add a quarter to a third of a cup of batter. Wait until you see bubbles form on the surface of the pancake or

Heads up: The texture of the batter is almost mousse-like: super light and fluffy with lots of air holes. It doesn't act like traditional pancake batter, but do not fear! These are delicious and the texture is terrific, especially when the pancakes are allowed to crisp. This batter can also be used for waffles.

Adapted from WholeNewMom.com

BUCKWHEAT BANANA BREAD WITH TAHINI

INGREDIENTS:

- 1/3 cup raw white sesame seeds, divided
- ¼ cup raw black sesame seeds, divided
- 4 very ripe bananas
- 1 ¾ cups buckwheat flour
- ¾ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 eggs or comparable substitute
- ½ cup vegetable oil
- 2 tablespoons tahini
- 1 tablespoon vanilla extract
- 2 cups dark brown sugar, coconut sugar, maple sugar, or your favorite granulated sugar

DIRECTIONS:

1. Preheat oven to 350°. Toast 1 Tbsp. white sesame seeds and 1 Tbsp. black sesame seeds in a dry medium skillet over medium, stirring occasionally, until fragrant, about 5 minutes.
2. Smash the bananas with a fork, your hands, or another smashing implement. Whisk flour, baking powder, baking soda, and salt in a medium bowl. Whisk eggs, oil, tahini, and vanilla in a large bowl. Whisk in sugar and banana purée into the egg mixture until well blended, then fold in dry ingredients until just combined. Fold in toasted sesame seeds.
3. Scrape batter into a 9x5" loaf pan and sprinkle with remaining white and black sesame seeds. Bake bread until a tester inserted into the center comes out clean, 60–70 minutes. Let cool completely in pan.

Adapted from BonAppetit.com



APR 8 **PEOPLE'S VEGAN CREW POTLUCK** 

Friday April 8th, 6-8pm
 Please join People's Vegan Crew for our first ever vegan potluck! People's Vegan Crew is a group of People's workers who are working to promote veganism in the People's community and throughout Portland. Bring a vegan dish to share (no animal products), along with a sign saying what the dish is and listing its ingredients. Friends and families welcome! Free and open to all. No need to register.

APR 9 **KOMBUCHA DEMYSTIFIED** 

Saturday April 9, 10-11:30am
 In this demo class, see how to make the basic kombucha brew, how to pull your brew when it's finished fermenting, examples of second fermentation, what to do with extra SCOBY's and how to utilize kombucha in other recipes. This demo class is great for beginners and well-seasoned kombucha tinkerers alike. The instructor will sample a jun culture in addition to various brews of kombucha. You will leave with a half gallon jar and cheesecloth. The instructor will offer several options for procuring your own SCOBY. There will be plenty of time for questions! \$10 for members and \$15 for non-members. Class size limited! Register online or call the co-op.

APR 10 **HABLA YOGA COMMUNITY CLASS** 

Sunday April 10, 3-4:15pm
 Diversify your language learning style with an intentionally designed yoga class to help ease the tension of learning a new way of thinking and communicating through the calming and healing benefits of yoga! All levels of Spanish and Yoga are welcome. Suggested donation \$10-15. Class size limited! Register online or call the co-op.

APR 16 **NUTRITION & BUDGETING 101** 

Saturday April 16, 4-6pm
 In this class, we will be talking about basics on nutrition, diet, and portion control. We will talk about how today's diets have affected the current generation and how we can make simple changes to correct bad habits. We will also touch on how to budget a healthy lifestyle on a limited budget. Community meal will be provided. The cost of the class is \$10. Register online or call People's.

APR 20 **EARTH DAY AT THE FARMERS' MARKET** 

Wednesday April 20, 2-6pm
 Come celebrate this wonderful planet at the Farmers' Market with free bike tune-ups provided by Bikes for Humanity, a start giveaway, craft booth, master recyclers, and of course our weekly Farmers' Market! Free and open to all.

APR 23 **COMMUNITY HEALTH FAIR** 

Saturday April 23, 2-5pm
 Join us for a community health fair with a few of the neighborhood's best practitioners. There will be free community screenings for joint & muscle mobility, thyroid, adrenal and hormonal balance testing, and a unique massage therapist who is giving a demo on a new table he designed with transducer speakers and an app he's created to control the ideal vibrational frequency for helping your nervous system relax. This is an excellent way to ask practitioners your questions without an elaborate appointment or payment. Free and open to all. Register online or call the co-op.

REGISTER ONLINE: <http://www.peoples.coop/class-registration> **REGISTER BY PHONE:** 503.232.9051 ext. 249

TBA 15-MINUTE MEALS

Date and time to be announced.
In this class we will show you three 15-minute vegetarian meals that will make cooking fast, healthy, and cheap anytime of the week. A community meal will be provided after the lesson along with recipes. Cost of class is \$12. Register online or call People's.

MAY 3 GROW YOUR OWN PRODUCE: WARM SEASON CROPS, EDIBLE FLOWERS, AND ATTRACTING POLLINATORS

Tuesday May 3, 7-9pm
In May, the weather typically gets warmer and many flowers are blooming. We will discuss reliable varieties of warm season crops to grow in your garden that will produce well despite our cool summer evenings. Enhancing warm microclimates and providing protection are two strategies for increasing production of these heat loving plants. In this class, you will learn about pollination, pollinator insects, and flowers that attract these companions to gardens. We will also highlight edible flowers, their functions in the landscape, and recipes. We will cover common weeds in the garden. Students will learn how these plants reproduce and how to discourage them in their gardens. Class is \$25. A 20% discount is available to People's Member-Owners, please email Marisha (queenbee@herbnwisdom.com) directly to receive the discount. Register online or call People's.

MAY 14 CO-OP 101 & STORE TOUR

Saturday May 14, 2-3:30pm
Join us to learn about the co-op: from its history to the building, buying guidelines to collective structure. Designed for new Member-Owners and community members, we'll talk about the ins and outs of the co-op and take a tour around the store. This is a great opportunity to answer questions you've had, and to find out more about your grocery store! Free and open to all, no need to register.



MAY 22 MANAGING YOUR INSOMNIA

Sunday May 22, 2-3pm
Insomnia is frustrating, exhausting, and downright painful. This class will address the problems with and side effects from the common treatments for insomnia, the different types of insomnia from a Chinese medical perspective, and unconventional effective approaches for treatment. Suggested donation of \$10 with nobody turned away. Register online or call People's. Tiffany Prado is a local acupuncturist, herbalist, and massage therapist. She is well aware of the pains of insomnia, having experienced it in her own past, and she has helped countless patients (herself included!) to have a full night of sleep on a regular basis.

MAY 22 GET DRESSED! SALAD DRESSINGS FOR ALL TASTES

Sunday May 22, 4-5:30pm
Add to your salad dressing toolbox with this fun afternoon workshop! Spring is the best time of the year for greens, so you may find yourself craving salads, salads, salads. But one can easily tire of store bought or same-old homemade dressings. Andrew will teach a number of techniques, with an accompanying example dressing, all quite adaptable to your tastes and ideas. Vinaigrettes, creamy dressings, herby dressings, and more! We'll design our own salad dressings, based on what we've learned, and then eat a bunch of salad! Free and open to all. Register online or call People's.

JUN 5 NUTRITION & LIFESTYLE FOR OPTIMAL FERTILITY

Sunday June 5, 2-3:30pm
Diet and lifestyle help prepare the uterus for conception and pregnancy. This class will address a few of the common diagnoses associated with reproduction from a Chinese medical perspective, and ways to help yourself at home with food choices (what to include, what to avoid), lifestyle habits, and self-massage. These habits are helpful for all mothers, but can be especially helpful for those having difficulty conceiving. Led by Tiffany Prado. Suggested donation of \$10 with nobody turned away. Register online or call People's.

JUN 7 GROW YOUR OWN PRODUCE: MAINTENANCE & HARVEST

Tuesday June 7, 7-9pm
June completes our planting of the summer vegetable garden and it is time to focus on maximizing the harvest. For the urban gardener, this may mean optimizing a small space to produce as much food as possible. Marisha will share pictures to help identify pests in the garden and offer ways to discourage them. We will discuss which plants are affected by which pests. It is also a good time to consider irrigation options as June may be a dry month. This class will cover trellising techniques and considerations for various vegetable varieties. Class is \$25. A 20% discount is available to People's Member-Owners, please email Marisha (queenbee@herbnwisdom.com) directly to receive the discount. Register online or call People's.



GROW YOUR OWN!

GET SEEDS, STARTS & SOILS HERE!

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people's
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Invest in your PeopleShare and update your address online.

<http://www.peoples.coop/current-member-owners/>

WE OWN IT.

THE **7** COOPERATIVE PRINCIPLES

- #1 VOLUNTARY, OPEN MEMBERSHIP**
Open to all without gender, social, racial, political, or religious discrimination.
- #2 DEMOCRATIC MEMBER CONTROL**
One member, one vote.
- #3 MEMBER ECONOMIC PARTICIPATION**
Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.
- #4 AUTONOMY AND INDEPENDENCE**
Cooperatives are autonomous, self-help organizations controlled by their members.
- #5 EDUCATION, TRAINING AND INFORMATION**
Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.
- #6 COOPERATION AMONG COOPERATIVES**
Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.
- #7 CONCERN FOR THE COMMUNITY**
While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.



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