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grassroots

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP



**A PASSIONATE
COMMUNITY**
WORKING TOGETHER

for **SUSTAINABILITY,**

PROGRESSIVE *Land & Animal* STEWARDSHIP

**HUMAN RIGHTS, SOCIAL & ECONOMIC
»JUSTICE«**

THRIVING **COOPERATIVE**
AND **LOCAL ECONOMIES.**

A SAFE Welcoming **COMMUNITY**

WHERE *ALL* ARE VALUED.

..... **A**

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WHERE ALL *Voices* **ARE VALUED.**
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OUR CUSTOMERS CAN
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Cover photo by Amanita Stewart-Kennett.

Left: People's Ends Statement, adopted by the Board of Directors in 2007, guides the goals and values of the day to day operations of People's Food Co-op.

Own it this October!

It's Co-op Month, the best time to invest!

Member-Owners are the reason that our Co-op exists.

From the very beginning, People's has been formed and molded by folks that saw a need to put in the time, work, and money to get this place started and keep it going. Member-Owner investments in the Co-op mean that we can tend to the needs of our space, our business, and our community.

We're able to keep this special kind of business going because of all of the people that show up and invest in their belief in an alternative and the difference People's offers. Every year during October, we take a moment to appreciate the work that we all do to sustain our Co-op, whether that's shopping, working, or purchasing a share in People's.

To say thanks for being here, for investing, and for sharing this Co-op with us, there are some special incentives for investing in People's in October:

Invest \$15 or more and you'll get an Equal Exchange Chocolate Bar and a People's Reusable Stainless Steel Straw!

Invest \$30 or more and get a chocolate bar, a straw, and a pair of Reusable Produce Bags designed by illustrator Tess Rubinstein and printed locally by Rebel Cricket Screen Prints!

Invest \$60 or more and get a chocolate bar, a straw, a set of produce bags, and a bottle of Equal Exchange Palestinian Olive Oil!

If you've already invested \$180 (the full cost of a share), don't worry! You can invest up to \$300 in the Co-op and still get all of these great incentives. Those extra dollars mean a lot here!

Golden Tickets!

Three lucky Member-Owners will find a golden ticket with their chocolate, straw, bags, or olive oil. If you find a golden ticket, you will get one of these amazing prizes:

- A locally made, heirloom quality cast iron skillet from Finex
- A pair of grocery panniers or totes from North St. Bags
- A gift bag from People's full of our favorite fall essentials

Find out more about these prizes on our blog!

Food for Change Screening

Saturday, October 13th at 7pm

Join us for a screening of the film *Food for Change*, all about the history of co-ops in America. We'll have popcorn and time afterward for discussion!

10% Off Day!

October 20th

Celebrate Co-op Month by saving on all of your favorites, and maybe even trying something new.

Co-op Community Potluck

Tuesday, October 30th at 6:30pm

Get to know other folks in the People's Community!

Reporting Back on Recent Input

BY JENNY OWEN, BOARD DIRECTOR

Hello and happy fall from the Board! We have been busy this summer and I want to share some of things we have been working on. Before I get started, I would like to thank all of the people who ran for the Board of Directors this year! We had many strong candidates and, at least for me, it was hard to come to a decision about who to vote for.

Congratulations and welcome are in order for our newest board members Liz Robertson, Vishal Dhandia, and Chris Eykamp! We are delighted by your passion and dedication to the Co-op and to work together as we navigate these exciting and changing times. I would also like to thank our outgoing board members, Jacob Engstorm and Isaac Hart, for all of your hard work over the years. We are in a great place to move forward and we wouldn't be here without you!

In the last issue of Grassroots, Board Secretary Naoki Yoneyama wrote an article entitled, "What Difference Should People's Food Co-op Make in Our Community?" He discussed our current Ends statement and how it has guided our business for the last 10 years. He also talked about how the Board has come to realize that it is too broad, too hard to put into practice and too difficult to measure our progress toward. The Board still believes strongly in this statement as a reflection of our values and no one is looking to radically deviate from the ideals it lays out, but we are looking to refine and focus our Ends statement as we look to expand our business and grow our impact in the Portland area in the years to come.

As an extension of that work, the Board posed the question, "What difference should People's Food Coop make in our community?" at the recent Annual Meeting to the Member-Owners in attendance. We then conducted a brief exercise to get feedback and ideas about what Member-Owners think about the difference People's should make and for whom. There was an engaged and lively discussion around this question and the Board came away with a better understanding of what values are important to us as a community and what impact we want the Co-op to make as we look to the future. Looking at the feedback we got from Member-Owners, it is easy to see how committed our ownership is to healthy, local, and sustainable food products. These strong values were also represented in our recent

survey. When asked to rate our Ends in order of importance, 65% of respondents stated that "healthful foods people can trust" was the first or second most important, 33% stated "progressive land and animal stewardship" and 40% stated "sustainability." These values are obviously a cornerstone of what People's Food Co-op is and what we as a community are trying to accomplish.

We also learned that our Member-Owners would really like to expand our impact and increase the access to our store for more people in the greater Portland area. We heard calls for increased education and outreach to certain segments of the population by either demographics or location. We on the Board feel strongly about this as well; it's an integral part of why we are looking to grow our business and possibly open a second store. It also brings up a very hard question, or set of questions, about how to stay true to these values which are a vital part of who we are while also meeting the needs of a very different community of people and shoppers. What would it mean for us as a community to expand our selection of foods making the store more relevant to new Member-Owners and shoppers while staying committed to our deep values around healthy food, sustainability and progressive land and animal stewardship? These questions, and more, are going to have to be looked at closely in the coming months as we continue to explore ideas around a second store in a different neighborhood.

Alongside refining our Ends statement, this work is part of why it is such an exciting time to be involved in the Co-op! As we continue the work of getting feedback from Member-Owners and refining our Ends statement, we greatly appreciate all the thoughts and ideas people shared at the Annual Meeting, through the survey and by contacting us directly at bod@peoples.coop. We hope that you will continue to share your perspective as we hone in on a new Ends Statement and a vision for the Co-op's future. 🍌

Annual Chili Cook-off!

Chili Recipes due Wednesday, October 24th

Cook-off Wednesday, November 14th, 3-6pm

Join us for our annual chili cook-off! Submit your best vegetarian chili for your chance to win a \$100 gift card, plus prizes for 2nd and 3rd place. If you are a chili lover but not a chili maker, come taste all of the chilis and vote for your favorite at the Farmers' Market on Wednesday, November 14th.

To enter the contest, submit the name of your chili to the Board of Directors by Wednesday, October 24th by emailing bod@peoples.coop. We'll follow up with further instructions! Feel free to reach out with any questions.



Long-term Planning Update: An Opportunity in Lents

BY CO-MANAGERS FINNLEY LOPRESTI & ASHLEY TODD

This past spring, the Collective Management made a decision to pursue acquiring a warehouse, opening a second retail space, addressing space issues in our current location without a major onsite expansion, and partnering with other co-ops and rad local food businesses as part of our long-term business plan.

Since then, we have been presented with an opportunity to open a second small-scale store (about 6000 square feet) in the Lents Town Center. This project meets several important criteria for the the Board and Collective, including aligning with the values articulated in People's Ends and the Collective's extensive experience running a small grocery store, having an additional source of income, and operating at a scale that is realistic given our current structures and systems. For these reasons, the Board and Collective Management feel this opportunity warrants a period of committed research to determine whether and how this could be the right option for the Co-op's future.

Community Input

During the past two years of long-term planning engagements, the People's community, Member-Owners, and staff have shared many values, needs, and ideas for the Co-op's future. The opportunity we are exploring in Lents meets many of the

common threads: the ability to build out and design the store to meet our specific spatial needs, accessibility via lots of different modes of transportation, creating additional co-ops that serve the communities they're in, and the opportunity to partner with organizations that are already working in Lents and share some of the same values that are articulated in our Ends.

Moving forward, there will need to be more conversations about the Co-op's values & direction as well. Opening a second store will likely involve a capital campaign with owners, and we will need to amend our bylaws, which currently state that the Co-op has its sole location on SE 21st & Tibbetts. The Board and Collective Management are in communication about these topics already, and we'll get the word out to Member-Owners through Grassroots, email, and notices in the store when there are decisions to be made by the Member-Ownership.

In addition to tending to what we've heard from Member-Owners about their long-term planning desires, we also need to make sure we hear from communities living near and affected by businesses in the Lents Town Center. The Collective Management is making plans to connect with folks who live in Lents and hear what their values and needs around a grocery store are, in order to know whether it's a good idea to open a second store there. We're also having conversations with social and food justice organizations in

Lents, such as Zenger Farm, the Lents International Farmers Market, Green Lents, and others, to hear what they're working toward in their community, and how we could partner with them.

Checking the Numbers

The Long-term Planning Committee is stewarding financial feasibility studies to evaluate if a second store in Lents will pencil out for the Co-op. These studies include a market study to learn whether Lents could sustain a small grocery store like People's, and a pro forma (a long-term financial projection that takes market study results into account to predict store performance). Because we are looking into a specific opportunity in Lents, we'll be able to get a really solid idea of how our numbers would look across both People's current location and this additional store. If this particular opportunity does not end up aligning with the Co-op's and Lents community's needs, however, the research will still be useful for pursuing a different location in the near future.

Operational Considerations

In addition to working on community engagement and financial studies, the Collective Management continues its ongoing work of refining the operational systems and structures that keep our store running, and connect community with food, farms, and producers. With the prospect of scaling up to a second store, and our continued research into how to incorporate a warehouse into our operations, the Collective Management will need to innovate and update the Co-op's management and staffing structure. The Collective Management will also need to work with the Board, our current Member-Owners, and members of the Lents community to learn how we can adapt our product offerings to meet folks' grocery needs in a different part of Portland.

Long-term Business Plan

This work is all in service of creating a long-term business plan for the health and abundance of People's Co-op for years to come. As we've already noted, this plan will include a suite of mutually supportive projects including a warehouse, a second retail space, space updates in our current location, and partnering with other co-ops and local food businesses. If the Collective Management and the Board determine that opening a second store in Lents Town Center is financially viable, has enough support among current Member-Owners and Lents community members, and is in line with People's Ends, the Co-op will sign this long-term lease. From there, a business plan will be written around the timeline of opening this store in the next 2-3 years, and integrating other components of the plan later on. If this Lents location doesn't pan out, the plan and timeline will have to shift.

Along the way, we will continue to prioritize making improvements to People's current building, figuring out how to maximize use of this small space, collaborating with other co-ops, and working with local food business and social justice organizations to continue to serve our community as best we can.

Plugging in to the Conversation

As this process flows and new opportunities arise, we are committed to continuing to hold space for Member-Owners and community members to share your thinking and feeling with us. The Board and Long-term Planning Committee are continuously revisiting these contributions to be sure that our direction is aligned with what we have heard from the Member-Ownership and Co-op community. We really appreciate everyone who has contacted us about long-term planning so far, and want to thank folks who participated in discussions around the Lents opportunity at this year's Annual Meeting. Feel free to contact us at planning@peoples.coop with your questions, concerns, and other feedback. We look forward to continuing conversations about People's future with you! 🍷

Food, Co-ops, Capitalism

BY ERIC HOLT-GIMÉNEZ, EXECUTIVE DIRECTOR OF FOOD FIRST

Back in May, Eric Holt-Giménez delivered the keynote address at CCMA, the Consumer Co-op Management Association conference held here in Portland. His assessment of food co-ops, their dance with industrialization and capitalism, and the call to action for what's next were so powerful that we couldn't help but share the article he wrote shortly thereafter. In celebration of Co-op Month this October, take a moment to steep yourself in the long history of cooperative economies and where the hope for an alternative is headed.

Last week, I travelled to Portland, Oregon to give a keynote presentation to the Consumer Co-op Management Association – CCMA. My first experience with cooperatives had been in 1983 when I worked as a manager for the Stockton Farmers' Market Co-op. Long before the rise of the food movement, we used to sell fresh produce to the Berkeley Co-op's supermarkets. This allowed a small group of struggling farmers to sell a lot of good food to a big group of affluent consumers. But that was long ago. I needed to study up to face 500 experts in co-op management.

When I did background research, I was struck by the obvious: Capitalism and food co-ops emerged together.

The first known food cooperative, the Rochdale Society of Equitable Pioneers, was formed in 1844 by a small group of craftspeople who had been de-skilled by England's great textile factories in the thick of the Industrial Revolution. Of course, cooperative forms of food sharing dates to the dawn of our species. But the consumer cooperative as we know it today was a desperate response by starving workers laboring in the 'Satanic Mills' where they earned "enough for their daily crust and not a penny more."

These workers originally came from rural communities and grew their own food. But large landowners enclosed the village Commons, fencing off communally-managed fields to raise sheep and produce wool for the emerging textile industry. Country people resisted these land grabs for over a hundred years, but the power of the industrialists steadily impoverished them, driving them to the cities where men, women and children were literally worked to death. This starving "reserve army of labor" provided early industrial capitalism with the cheap labor subsidy essential for making Great Britain a global industrial power.

Early cooperatives were not only a way for workers to survive, they were hubs that rebuilt the social relationships destroyed by the Industrial Revolution – radical "public spheres" where people helped each other, learned to read and write, and where ideas like universal suffrage, an end to slavery, and labor rights were discussed – and acted upon.

Just before the end of the U.S. Civil War, formerly enslaved Africans were given a huge swath of unused land on the Georgia-Carolina coast by General William Tecumseh Sherman (40 acres and a mule). A year later, with the North victorious, President Andrew Johnson rescinded the order, leaving them landless. After Reconstruction, southern states introduced segregationist Jim Crow laws to disenfranchise and incarcerate African-Americans, forcing many into chain gangs. But African-Americans pulled together. They organized not just food co-ops, but production, marketing and credit co-ops. By 1910 they had purchased over 15 million acres of land – without a penny from the government and in the face of brutally violent discrimination. During the Great Migration (1916-1970), six million African Americans moved to northern states, fleeing racial terror and severe economic

“EARLY COOPERATIVES WERE NOT ONLY A WAY FOR WORKERS TO SURVIVE, THEY WERE HUBS THAT REBUILT THE SOCIAL RELATIONSHIPS DESTROYED BY THE INDUSTRIAL REVOLUTION – RADICAL ‘PUBLIC SPHERES’ WHERE PEOPLE HELPED EACH OTHER, LEARNED TO READ AND WRITE, AND WHERE IDEAS LIKE UNIVERSAL SUFFRAGE, AN END TO SLAVERY, AND LABOR RIGHTS WERE DISCUSSED – AND ACTED UPON.”

oppression. Food co-ops like the Wedge Community Foods Cooperative of Minnesota provided essential food security for Black communities. African-American co-op federations, like the Federation of Southern Cooperatives, continue to this day. At its core, the Black cooperative experience has not just been about survival, but about independence, dignity, and economic sovereignty:

THERE EXISTS TODAY A CHANCE FOR [BLACKS] TO ORGANIZE A COOPERATIVE STATE WITHIN THEIR OWN GROUP. BY LETTING NEGRO FARMERS FEED NEGRO ARTISANS, AND NEGRO TECHNICIANS GUIDE [BLACK] HOME INDUSTRIES AND [BLACK] THINKERS PLAN THIS INTEGRATION OF COOPERATION, WHILE [BLACK] ARTISTS DRAMATIZE AND BEAUTIFY THE STRUGGLE, ECONOMIC INDEPENDENCE CAN BE ACHIEVED. TO DOUBT THAT THIS IS POSSIBLE IS TO DOUBT THE ESSENTIAL HUMANITY AND THE QUALITY OF BRAINS OF [BLACK PEOPLE]. – W.E.B. DUBOIS, 1935

When 13 million people lost their jobs during The Great Depression, there was an increase in cooperative activity. While co-ops saw a 17% rise in employment, 25% of the nation was unemployed. The nation was falling apart. In the three years following the 1929 stock market crash, the U.S. saw over 10,000 bank failures and 10,000 labor strikes. The government of Franklin Delano Roosevelt teetered on the brink. As the Depression worsened, unions and socialist parties grew in strength. Coops were seen as the “middle way” (between socialism and fascism) that could help strengthen Roosevelt’s New Deal reforms.

In the 1970s the food co-ops experienced another renaissance. Consumers began rejecting the unhealthy industrialized food being sold in the vast supermarket networks that had sprung up after the Second World War. These “Second Wave” co-ops, largely white and “counter-cultural,” were instrumental in ushering in organic food across the country.

Today, over 300 food cooperatives in the U.S. control about one half of one percent (.05%) of the retail market share. A diverse reflection of their seven-decade history, these co-ops

are big, small, consumer or worker-owned, local, statewide, and national in scope. There are co-ops in poor as well as affluent neighborhoods. Many cater to primarily white, middle class communities, but some are ethnically diverse, or anchored in communities of color. There are radical cooperatives forging alternatives to capitalism, progressive co-ops that support social causes, and reformist cooperatives that just want to get a better deal for their members.

What unites them? Aside from the Rochdale cooperative principles, all co-ops come from a long history of communities and counter-movements that stood up to the injustices of capitalism. Today, they face a food system in which 80% of our food is sold by a handful of retail monopolies and one in seven people in the U.S. are going hungry – largely women, children and people of color.

Co-ops are also united – and divided – in their diversity. Two hundred years of racism, sexism and classism under a series of capitalist food regimes has not left the movement unscathed. Like the rest of the food movement, if the co-op movement is to become a powerful force for food system transformation, they will also need to reach out to the nation’s 2.3 million farmers, 800,000 farmworkers, 46,000 workers in processing plants, and the over 3 million workers in retail grocery who together make up over 12% of the national workforce.

The good news – as I discovered when speaking with co-op managers at the CCMA conference – is that this conscious convergence is already underway. Many co-ops have become “radical public spheres” that prioritize social and economic democracy, equity, and radical social inclusion.

The food movement is searching for a catalyst to help bring us all together into a powerful countermovement, capable of transforming not just our food system, but the capitalist system in which it is embedded. As in the past, today’s co-ops are being called upon to rise to the challenge. ☺

Eric Holt-Giménez is the Executive Director of Food First, which aims to end the injustices that cause hunger through action-oriented research, publications, projects, and food sovereignty tours. Find out more about their work at foodfirst.org.



Equal Exchange's Palestinian Olive Oil

Co-ops, Culture, and the Challenges of Occupied Olive Groves

BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER

This Co-op Month, we are so excited to be able to offer Equal Exchange's Palestinian Olive Oil as an incentive for Member-Owners that make an investment in the Co-op of \$60 or more. Find out more about this super delicious olive oil and the co-ops that grow, process, and bottle it!

This month, the olive harvest is beginning in Palestine. Olives and olive trees hold a particular cultural significance for Palestinian people, representing Palestinian culture generally and the people's steadfastness in particular. The landscape of the West Bank is dotted with olive trees, many of which are hundreds or even thousands of years old. During the olive harvest, the hills are filled with people singing songs, chatting, and joking. Folks take leave from work or school and whole families celebrate the harvest together. Some of these trees have been passed down from generation to generation, and hold important ancestral significance that root families firmly in the land.

Equal Exchange has been purchasing olive oil from the Palestinian Agricultural Relief Committee, a nonprofit organization commonly known as PARC, since 2012. PARC

was founded in 1983 in the hopes of supporting farmers in Palestine. The Israeli government had prioritized investing in industries other than agriculture, and had particularly neglected agricultural infrastructure in the occupied Palestinian Territories. That led a group of Palestinian agronomists and veterinarians to found PARC. Since PARC's foundation, there have been two other big factors that have contributed to the creation of agricultural co-ops in Palestine. After the second Intifada in 2000, Palestinians were no longer able to sell their products to Israel, and so had to search out export markets. That situation eventually led Palestinian farmers to seek out the fair trade market. At the same time, cultural traditions that divided family land between children meant that land parcels were growing smaller and smaller and held by more individuals. This left some land neglected and many olive trees untended. There was concern that without a coordinated effort, many of the olive trees would languish.

Now, PARC works with 41 different cooperatives in Palestine. These co-ops grow and process many different products, including almonds, dates, couscous, and olive oil (of course). Olive trees are planted on roughly half of Palestine's

“EQUAL EXCHANGE’S OLIVE OIL CAN’T POSSIBLY BE SEPARATED FROM THE POLITICAL STRIFE IN THE WEST BANK AND ALL OF THE COMPLICATED FACTORS THAT MAKE GROWING AND EXPORTING THE PRODUCT SO CHALLENGING. BUT BEING ABLE TO SUPPORT THE INDIVIDUALS THAT ARE EMBROILED IN THAT POLITICAL TURMOIL THROUGH OUR PURCHASES OF THIS OLIVE OIL IS POWERFUL (AND DELICIOUS) STUFF.”

agricultural land, and the income from the olive oil industry supports about 80,000 families. Through PARC, olive farmers share plows and storage facilities, and coordinate fertilizing and harvesting their crops.

There are numerous benefits for the co-ops that are part of PARC’s larger organization, including sharing best practices for pruning, plowing, and harvesting with one another. The farmers are also able to purchase large-scale equipment together that they couldn’t necessarily afford on their own, which has lowered the production and pressing costs for participating farmers. Farmers have also learned how to organize themselves cooperatively and use democratic systems to make decisions.

Still, there are some particular challenges to producing olive oil and other agricultural products in Palestine. Since the second Intifada, the only way to export products is through the Karni crossing, which is often mired with delays and disruptions. This makes it difficult for exporters, including PARC, to have reliable schedules or delivery dates for their products, meaning they sometimes lose accounts due to the delays. Regarding olive oil in particular, PARC reports that bottles are often broken in transit. Because they have so much lost product, they are forced to sell their olive oil at a higher price. All of these factors make Palestinian olive oil less competitive in the global marketplace, regardless of how delicious it is.

Numerous checkpoints, settlements, and the wall around Israel also make it difficult for many Palestinian farmers to access some of their trees. Sometimes the wall separates a Palestinian farmer from their tree groves, which makes it near impossible for them to irrigate, compost, and otherwise care for their olive trees to the extent that they need to. In order to harvest their crops, Palestinian olive oil farmers sometimes have to seek permission from the Israeli Civil Administration to enter the area surrounding illegal Israeli settlements in the West Bank. This step adds bureaucratic complications, but on top of that the administration often limits permissions to just a few days – not enough time to harvest the full olive crop.

The scarcity of water in Palestine in general (and the lack of water for irrigation, in particular) have had big impacts on olive production. Most water in the West Bank is diverted to illegal Israeli settlements or back to Israel. Israeli policies

also limit Palestinians ability to collect water and use it for irrigation. Climate change is exacerbating this dynamic, but any resolution of water rights issues is dependent upon what the Oslo Accords call the “final settlement.” The Economic & Social Development Center of Palestine is warning that the 2018 olive harvest is expected to be only half of last year’s because of the impact of climate change, specifically high spring temperatures and low rain that caused fewer flowers on trees this year. That drastic decrease represents 25% of Palestine’s economy and will impact the tens of thousands of families who depend on the olive harvest to support themselves.

Unsurprisingly, conflicts with Israeli settlers also hurt the olive harvest and the livelihood of olive farmers. For the past decade, Palestinian farmers have relied on the Israeli military and volunteer security groups to prevent violent attacks throughout the olive harvest. Still, every year is marked by attacks on volunteers and Palestinians harvesting olives. Israeli settlers have also damaged, burned, or uprooted thousands of ancient olive trees. Because the olive harvest makes up such a significant source of income for so many Palestinians and the trees themselves hold such cultural significance, that action seems particularly violent. The air around the olive harvest has lost some of its merriment and some traditions have had to be abandoned.

Equal Exchange sees selling the PARC olive oil as a way for customers in the United States to express solidarity with Palestinian farmers in the West Bank by providing them with income. Doing business with PARC is also a way for Equal Exchange to continue its work of trying to build social and economic justice by selling products from agricultural cooperatives. They probably could have found another olive oil elsewhere in the world that would have fulfilled their mission, but its difficult to imagine a place where their purchases would have such a huge impact in helping farmers to stay on their land and make an independent living when there aren’t very many options for doing so.

Equal Exchange’s olive oil can’t possibly be separated from the political strife in the West Bank and all of the complicated factors that make growing and exporting the product so challenging. But being able to support the individuals that are embroiled in that turmoil through our purchases of this olive oil is powerful (and delicious) stuff. ☺



Make Your Own Granola!

BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER AND CO-MANAGER

Granola has a lot of connotations at a place like People's. Sure, we have tons of varieties in the bulk bins, but it's also slung our way as a pejorative – a catchall that fails to describe this place and this community in its totality.

But to be totally honest, I often forget about that connotation of “granola.” And that's probably because I just really love granola.

I started making my own granola in college, when I was in a real make-my-own-everything phase. It was also a money saving measure – all of the options at the store seemed so expensive, and when I made my own I could leave out all of the nuts and other pricey stuff. But it didn't take long for me to grow to love the routine of it, too. Every Monday morning, I'd make my way to the kitchen around 6:30 am before anyone else in my house was awake and do whatever reading I'd put off while the granola was baking. I'd get up and stir every fifteen minutes or so, and soon the kitchen would smell more like toasted oats and maple syrup than whatever weird smell was in there before. At the end, there'd be enough granola to last the rest of the week and I'd be set for breakfast.

My granola routine has gotten a lot less consistent since then, but making granola on a crisp fall morning is still something I very much enjoy. As a People's shopper with the whole bulk section at my disposal, the opportunity for experimentation and riffing on recipes is ripe. Here are some of my favorite ingredients from the bulk section, and a little more about them:

Gluten Free Oats from Lonesome Whistle Farm

The gluten free oats that we get from Lonesome Whistle Farm down near Eugene are a little bit more expensive than the regular rolled oats, but boy are they worth it. All oats are inherently gluten free, but oftentimes oats are processed in the same facility as wheat, rye, barley, and other glutinous grains – meaning that they are prone to cross contamination and no longer gluten free. In addition to being certified gluten free, the rolled oats that come from Lonesome Whistle are a bit thicker and have a richer, oatier flavor than the other rolled oats that we carry in bulk. They make for a more toothsome oatmeal and a really delicious granola.

Barley Flakes

Along with rolled oats, we carry streaker barley flakes in bulk that are grown and rolled here in Oregon. Barley is most commonly grown as an ingredient for making beer, but is delicious and nutritious eaten as a grain! We have a

few whole grain barley options in bulk, but the flakes are what we're after when it comes to granola. A little more toothsome than standard rolled oats, the flavor is a bit maltier, too. Barley does contain gluten, so don't opt for it if you are gluten intolerant. But otherwise you can swap the oats out for barley flakes either in part or in whole.

Pumpkin Seeds

Maybe the hardest part of making granola for me is figuring out the nuts. They can be so expensive! Those dollars go a long way in making granola, but it can still be hard for me to justify the cost. That's where pumpkin seeds come in! Delicious and considerably less expensive than many nuts, pumpkin seeds lend the crunch and texture variation that I look for in granola. Our pumpkin seeds are grown in the northwest, so they are super local, too!

Brazil Nuts

It's easy to reach for the same nuts for each batch of granola, but that's leaving out a whole host of really delicious options. Brazil nuts haven't historically made my grocery list, but I've been missing out! Their buttery tenderness and delicate flavor is a great compliment to granola, especially when they are chopped up into a more manageable size.

Buckwheat Groats

Adding buckwheat groats to granola is an idea I got from Sister Pie, a sweet pie cafe in Detroit that I have never been to but follow on the internet. I was kind of always afraid of buckwheat in its whole form (though I've always loved the flour), but granola has given me a surefire way to enjoy it. I'll throw in half a cup of groats instead of oats, which adds some really nice crunch, texture, and diversity to a granola. For me, there's a tipping point where the buckwheat takes over and makes things a little dry, but play around with it and you'll find your own sweet spot.

Orange Zest

Alright, obviously not from bulk – but I can't help it! The zest of a couple oranges is my granola secret ingredient, a trick I learned from Heidi Swanson's cookbook *Super Natural Every Day* (this seminal granola text is available used at Powell's for just \$15). The zest lends a floral quality that is hard to put your finger on and makes a granola batch extra special. I am an orange-zest-in-your-granola zealot. Give it a try!

Your granola can be whatever you want it to be!

Pick your favorite ingredients or a mix that sounds good, and make it your own. You can leave nuts whole, or chop them up if that's your preference. Leave out what you don't like, and add what you do!

Clump it up!

The ideal, chunky granola is a difficult ideal to attain. My love of a looser granola has grown over the years, but it is hard not to want more chunky bits. If you want the clumpiest granola possible, you have a few options:

- Once you put the granola in the oven, don't stir it at all! This works pretty well, but runs the risk of the corners burning. If you use this method, keep a close eye on your granola and rotate the pan frequently to prevent burning! Let the granola cool in the oven.
- After you mix the wet ingredients with the oats, stir in an egg white that you've whisked a bit. Then, bake it as you would normally. Avoid stirring for extra clumps, and allow the granola to cool in the oven.
- There is another method popularized by *Bon Appetit* where you add a cup of hot water to the dry ingredients, stir, let the mixture sit for 15 minutes, and then add the sweetener before baking. I find that this method produces granola that is almost unpleasantly hard. But if the other two methods don't work for you or you are into super crunchy granola, give it a try!

Granola Formula

Ingredients

- 4 cups oats, barley flakes, and/or buckwheat groats (try up to 1/2 a cup of groats to start, if using)
- 2 cups nuts and/or large seeds (almonds, pistachios, walnuts, pecans, brazil nuts, cashews, hazelnuts, pumpkin seeds, hulled sunflower seeds, hemp, etc)
- 1/2 cup coconut flakes (I prefer the large chips, but use what you've got!)
- Up to 1/2 cup small seeds (chia, flax, sesame, millet, etc)
- 1/2 to 3/4 cup liquid sweetener (honey, maple syrup, agave)
- 1/3 to 1/2 cup fat (olive oil, butter, coconut oil or a mixture, melted if needed)
- 1/2 teaspoon fine salt
- Extras: 1/2 to 1 teaspoon cinnamon, nutmeg, ginger, turmeric, or other spices, the zest from 2 lemons, a few tablespoons of cacao nibs, 1/3 to 1/2 cup cocoa powder, kind of whatever you are feeling.
- Up to 2/3 cup dried fruit (raisins, cherries, blueberries, currants, etc)

Preheat your oven to 300°. Pull out two large rimmed baking sheets. I like to line them with parchment paper, but you don't have to!

Combine the oats, nuts, and seeds in a big bowl.

In a medium size bowl, combine the sweetener, fat, sea salt, and flavorings (except something like cacao nibs – put those in the other bowl!). Whisk to combine.

Pour the liquid mixture onto the dry mixture and stir to combine.

Pour the granola mixture onto the baking sheets. You want it to be kind of thick, but still stirrable. If you are into clumps, press down firmly on the granola using a spatula.

Put the granola into the oven, stirring and rotating every 15 minutes or so until it's a nice golden brown, about 40 to 50 minutes. To preserve clumps, stir carefully or use that spatula to flip it and move it around.

When the granola is golden, take it out of the oven! If you want to have clumpy granola, press down on the granola with your spatula again and let it cool completely in the pan. If you don't care about clumps, just let it cool.

Mix in the dried fruit, if you are using it. Store in a really big jar or plastic bags. Eat it and enjoy! 🍯

Winter Wellness with Medicinal Mushrooms

BY BRITA ZEILER, BULK HERBS BUYER & CO-MANAGER

As colder weather and the holiday season approach, many people are looking for ways to support their immune system and mitigate stress. Medicinal mushrooms have been a rising star in the holistic medicine world for their seemingly endless health benefits, not to mention their positive ecological impact.

Supporting blood sugar levels, the immune system, brain function, cardiovascular system, liver function, and increased relaxation are just a few of their known benefits. There are hundreds of medicinal mushrooms, but the most commonly known are Reishi, Turkey Tail, Chaga, Cordyceps, Lion's Mane, and Shiitake.

Aside from adding shiitake mushrooms to a delicious homemade soup, my favorite way to incorporate medicinal mushrooms into my wellness routine is with mushroom powders found in our bulk herb section. These are a relatively affordable option that can be added to food & beverages or put in capsules, in consult with your doctor.

We carry many mushroom powders in bulk, including:

14 Mushroom Blend

This is a super comprehensive blend with lesser known mushrooms like Blazei and Agarikon. It's a great option if you want to cover all your bases. The 14 Mushroom Blend is by far our most popular mushroom powder!

Lion's Mane

Lion's Mane is known for its connection to brain function and health. It's been used in supporting the brain heal after head injuries.

Reishi

Reishi is commonly used in supporting the immune system. It's been linked to respiratory and cardiovascular health as well.

Roasted Maca Mocha Latte

A delicious and healthy take on hot cocoa complete with a blend of 14 medicinal mushrooms made locally by PlantSpeak Herbals! Recommended for rainy, grey days.

Ingredients for one serving:

- 8 ounces hot water, milk, alternative milk, or coffee
- 1 tablespoon Roasted Maca Mocha powder

Combine hot water or milk with Roasted Maca Mocha powder. Stir until dissolved and enjoy!

5-Minute Immune-Boosting Miso Soup

A simple way to get medicinal mushrooms into your fall cooking is by adding mushroom powders to soups and broths. For breakfast or lunch I often make a quick miso soup with water or broth. Mushroom powders, fresh mushrooms, veggies, and herbs can be added to this for flavor and health benefits. Here is my basic outline for a recipe:

Ingredients for one serving:

- 8 oz hot water or broth (hot but not boiling! Miso is full of probiotics and boiling water will kill beneficial bacteria.)
- 1 tablespoon miso paste (check out our bulk miso varieties!)
- ¼ teaspoon medicinal mushroom powder like Reishi or Lion's Mane
- 1 tablespoon tofu and/or thinly sliced scallions, onion, grated carrot, cilantro, bok choy or other veggies of choice

Begin with the miso paste in the bottom of your bowl and add twice as much hot water or broth to mix miso into a loose slurry without lumps. Add your medicinal mushroom powder and the rest of hot water or broth to bowl. Garnish with tofu, veggies, and herbs. 🍄



Melchemy Craft Mead Makers in the Forest

BY RYAN GAUGHAN, ALCOHOL BUYER & CO-MANAGER

As the alcohol buyer at the Co-op, it's one of my great pleasures to discover new, exciting beverages for our shelves – products which stand out from the crowd and speak to the place we share on this planet. Mead is one of these specialties that, despite its somewhat undeserved bad reputation, is perhaps one of the truest expressions of our region's flora.

Mead is known as the world's oldest alcoholic beverage. It is the end product of fermented honey, water, and additional botanicals. Evidence of human production of mead dates as far back as 7000 BC in China, where found pottery remnants contain chemical clues of the beverage. Mead has played a prominent role in Greek and Scandinavian early civilization, where it was often produced in places or times when making wine from grapes was not available (or not yet known of). Several centuries of innovations in alcohol production and the international transport of wine resulted in greatly decreased mead production, to the point where it was almost forgotten.

In recent years, the Pacific Northwest has seen a burgeoning revival of this ancient delight. Spurred by innovation (and an overtapped beer market) but definitely rooted in a quest

to continue the legacy of Pacific Northwest craft beverage exceptionalism, mead producers in Oregon and Washington have dug up the old techniques and thrown out the overly sweet amateur mead stand-ins. Just as wine and cider consumers have grown accustomed to terroir – the idea that the ingredients in an alcoholic beverage can impart a sense of the place in which they are grown – so, too does honey suggest the flavors of plants and crops in our bioregion. Bees, after all, are critical players in modern human survival, being responsible for a massive portion of the pollination required in industrial farming, both conventional and organic.

I'm very pleased to present Melchemy Craft Mead as a harbinger of the great things to come for this variety of alcohol. Produced by two friends, Tim and Jeffree, from their beautiful communal home and farm property in Carson, WA, Melchemy Mead holds many values – as a brand and a product – that are in alignment with the Ends Statement at People's: *A passionate community working together for sustainability, progressive land and animal stewardship, human rights, social and economic justice.*

My visit to Melchemy began shortly after a trip over Bridge of the Gods, and into the beginning of the Gifford Pinchot



Photos courtesy of Melchemy Craft Mead.

National Forest in Southern Washington. The property is nestled into a tree lined mountain side, and it doesn't take long to feel as if you've left much of the contemporary world behind. It's difficult to believe that not long ago colonizing interests coordinated the large scale clear-cutting of timber in this region. In fact, the land we were standing on was probably devoid of vegetation in the mid-20th century, like much of this part of the Columbia Gorge, as trees were pulled from the land en masse in service of the accumulation of capital.

"We have a neighbor who logged in this area," Jeffree tells me. "He can tell you exactly which acres came down for miles. It's a source of pride for him, and many people in this community."

Jeffree's speaking to a reality of life and economic existence in the region which has profound implications. The land we're standing on as we talk is the ancestral home of the Wishram Tribe, members of what is currently known as the Confederated Tribes and Bands of the Yakama Nation. For centuries, the Wishram harvested food from the forest and the great river which flowed below it. As this area was colonized, workers from around the world were imported to extract seemingly endless natural resources.

In current Carson, WA – as in much of Skamania County – the remnants of small, colonizer communities linger around a severely diminished timber industry. For much of the latter part of the 20th century, environmentalists and the timber industry in this region engaged in struggles mutually held as critical for human survival and prosperity under the backdrop of the Gifford Pinchot, some of the last remaining pristine rainforest in the state.

"How do you make money in the forest, other than cutting down trees?" Jeffree asks. It's a great question, because the geography of land here – mountainous, rugged – prohibits large scale agriculture and urbanity from sprawling across its surface.

Addressing this question, and breathing new life into Skamania County is a key component of Melchemy's mission. Tim and Jeffree routinely participate in the South Gifford Pinchot Collaborative, a democratic multi-stakeholder advocacy organization frequently attended by the U.S. Forest Service. It's part of a next generation of forest preservation, in which environmentalists, logging communities, tribes, and business owners meet to talk face to face about balancing the survival of the forest with the economy of sustainable logging. Melchemy Craft Mead has a place in that, operating as a small business with a big mission: build a producer and service economy in the region with as minimal environmental impact as possible.



Beehives kept on the land represent that work. The homestead employs biodynamic farming practices, in which the plants and animals of the surrounding area, along with the seasonal elements of wind, sun, and rain, are integrated into land use decisions. The bees here collect pollen from the Wind River Valley, imparting terroir into the honey they produce. While some of the honey harvested from their hives ends up in Melchemy products, much more is needed to achieve the 17 gallons required for a 275 bottle batch. Priorities are placed on sourcing the most local honey possible, with 10% coming from an ultra local network of beekeepers, and the remainder being sourced from elsewhere in the Columbia Gorge and the Willamette Valley.

Jeffree and Tim are quick to dispel a growing piece of misinformation, perhaps promulgated by new mead producers, that increased production of honey counteracts the diminishment of bee populations. Many consumers

have become aware of Colony Collapse Disorder, and other complications in bee survival that have been publicized in recent years. Much of the threat to bees is directly correlated to their interstate transportation for agricultural purposes – primarily to California, and especially for almond tree pollination – and the bees' exposure to transport stress, pesticides, and herbicides throughout the duration of their work in the fields. While it would be ideal for Melchemy to source honey exclusively from beekeepers who do not participate in this practice, it is simply not economically feasible for them to do so and keep their prices accessible. "The economy values bees for pollination," Tim tells me. "The honey is a by-product."

Melchemy believes very strongly in this degree of transparency in what they do – from the ingredients sourced for their mead, to their place as landowners and business people in their community. Each bottle produced is hand numbered; you can view the ingredients used in the bottle and their sourcing by visiting their website and correlating the batch number. Their website, www.melchemy.wine, also contains a great deal of information about the mead making process and the founders' philosophy of land stewardship and community development. One exciting piece of this for me is their commitment to developing Melchemy as a worker-owned business. Both partners want to participate in a business that directly profits the people who produce its products, rather than a small group of investors.

I invite you to enjoy Melchemy Craft Mead this upcoming fall and winter. This mead is a perfect complement to feasting in the colder months, and a lively addition to cheer around the dinner table. We currently carry "Uprooted," infused with ginger, turmeric, and peppercorn, and blackberry-infused "Triple Bee." Both are aged in oak barrels, and are not overly sweet or syrupy. These meads retail at \$21.99, but are on sale at \$18.99 throughout the month of October. Come give them a try! 🍯

Join us for a Melchemy Craft Mead tasting on 10% Off Day!

Saturday, October 20, 3:30-6:30pm

Meet the makers: Melchemy Craft Mead will be in the store pouring several of their creations. Try before you buy, and save 10% on your entire purchase!

Meet Green Acres Farm Sanctuary, our 2018 PCCF Winner!

BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER AND CO-MANAGER



In July the Co-op's Member-Owners voted for a non-profit to receive a \$1000 donation from the People's Cooperative Community Fund, or PCCF. Among the many awesome organizations nominated by Member-Owners, the one with the most votes is Green Acres Farm Sanctuary! The funds will be used to help cover medical emergencies like surgeries, x-rays, specialists, medications, and trips to Oregon State University Veterinary Hospital for the animals that live at the sanctuary.

Located in Silverton, Oregon, Green Acres was founded in 2011. Since then, the sanctuary has rescued, fostered, and provided care for over 700 abused, abandoned, and unwanted farm animals, with over 150 animals currently living on the farm. "Animals are often seen as a mere commodity. One of our goals is to help people understand that pigs, chickens, cows and all the other farmed animals have feelings and worth just like the dogs and cats they cuddle up with," wrote co-founder and President Tina Crow via email. "We want to help create compassion through rescue, education and service." Green Acres also runs a foster program in partnership with other local animal rescue programs. They take care of puppies, kittens, and their moms until the animals are old enough to be adopted.

Even though they are already running a big operation, Green Acres tries its best not to turn animals away. "When contacted about any animal in need, we reach out to our community of fellow rescuers and followers to provide resources and help," said Tina. "For those animals that can transition easy to a new home we do our best to assist through courtesy posts and contacts so that animal never needs to come to the sanctuary." They most frequently get requests about finding homes for roosters, but also help horses, ducks, dogs, cats, hens, and pigs find homes. There is limited space and resources at Green Acres, and so they try to save space there for animals that can't find homes elsewhere.



Photos courtesy of Green Acres Farm Sanctuary.

Impressively, Green Acres is an all-volunteer organization – there are no paid staff. Tina and John, her husband and co-founder, provide daily care for the animals at the sanctuary with other volunteers coming throughout the week, including several schools and youth groups that volunteer at the sanctuary on a regular basis. Every Saturday, Green Acres hosts volunteer work parties from 10 am until noon. When caring for so many animals, there is no end to the work that needs to be done, and that is especially true at Green Acres, where many of the animals have special medical and physical needs that require extra attention.

The sanctuary also welcomes special volunteer work parties for schools, businesses, and other organizations, and sometimes hosts special events that are open to the public. During the late spring and summer, Green

Acres also hosts monthly educational tours. “We enjoy being able to provide an opportunity for people to meet and help animals that they may never otherwise interact with,” said Tina. “We believe that when people are being of service to the animals it helps build a deeper connection between the species.” She also uses Facebook and Instagram to share the animals’ stories with even more people.

Because there are so many animals to care for, Green Acres is always in need of more volunteers and donations. If you are interested in volunteering at Green Acres, you should sign up for their newsletter or follow their social media pages to find out about volunteer opportunities. As Tina says, “Whether you are a one time visitor or a long time volunteer, you can't help but to learn something from these animals.” 🐾



Three Ways with Winter Squash

BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER AND CO-MANAGER

It is easy to get caught in a winter squash rut. I depend on winter squash as a main component of my dinners for much of the fall and winter, and by springtime I am darn near tired of it. My partner just about refuses to eat one more pureed squash soup – ever. But the thing is, winter squash is super delicious, economical, and much more versatile than I usually give it credit for. Here are three recipes to use winter squash this season, in case you also need to shake up your routine.

Simple, Spicy Squash Bake

This recipe, adapted from Denis Cotter's cookbook *Wild Garlic, Gooseberries, and Me*, is one that I have returned to every fall and winter for many years. Because of the chocolate and the almonds, it has a mole-like richness that I really love. It cooks for a long time, so will help warm up the house and makes for a great Sunday evening dinner when you're doing things around the house. It also keeps really well and scales easily, so it's a nice one to make in big batches and eat throughout the week. I like it with tortillas or even a quesadilla, but have also enjoyed it with rice. Pickled peppers or onions, chopped cilantro, scallions, and sour cream are all awesome on top.

- 1 can pinto beans
- About 1 1/2 cups winter squash
- A few glugs of olive oil
- 4 - 5 big leaves of kale (3 1/2 ounces)
- 2 tablespoons butter (or more olive oil)
- 1 medium onion, chopped
- 2-4 red jalapeno chiles, halved, seeded, and chopped (you

can also use green ones or another red chili, or leave it out if you aren't into spicy stuff)

- 2 garlic cloves, chopped
- 1 14-ounce can of diced tomatoes (I like the the Muir Glen fire roasted ones)
- 2 teaspoons paprika
- Salt and pepper to taste
- 1 ounce of almonds, dark roasted and finely ground
- About half of a 70% dark chocolate bar, broken into pieces
- Salt

Preheat oven to 350°.

Cut the squash into chunks, about 3/4-inch squares. You probably want to peel the squash first unless it's a thin-skinned variety like delicata. Put the squash in a roasting pan and toss with olive oil, salt, and pepper. Roast the squash in the oven for about 20 minutes until caramelized on the outside but still firm. Reduce the oven temperature to 250°. (If you'd rather, you can cook to squash on the stove to a similar state.)

Cut the kale into thick slices, without bothering to remove the stem. Melt the butter (or heat the oil) in an oven-proof casserole dish or cast iron skillet and fry the onion with the chiles over a low to medium heat for 20-30 minutes, until caramelized. Add the garlic and fry for three minutes more. Add the tomatoes and paprika, bring to a boil, reduce the heat and simmer gently for 15 minutes. Add the ground almonds, chocolate, squash, beans, kale, and a teaspoon of salt. Stir until the chocolate has melted. Cover the pan and put it in the oven to cook for 2 hours.

Roasted Butternut Squash with Sweet Spices, Lime & Green Chile

This recipe, like most from Yotam Ottolenghi's *Plenty*, rocked my world. It doesn't seem that revelatory, but subtle changes make all the difference. The warm spice here is predominantly cardamom instead of cinnamon, and the lime takes it in a whole new direction. It's refreshing in a way that most squash recipes aren't.

- 2 limes
- Salt
- 4 tablespoons olive oil
- 1 medium butternut squash
- 2 tablespoons cardamom pods
- 1 teaspoon allspice
- 1/2 cup yogurt or vegan yogurt
- 2 1/2 tablespoon tahini
- 1 tablespoon lime juice
- 1 green chile, thinly sliced
- 2/3 cup cilantro leaves

Preheat the oven to 400°. Slice off the top and bottom of the lime, and carefully carve off the rest of the rind, trying to get as much of the white pith as you can. Cut the limes into quarters, and the slice each quarter thinly. Put the lime slices in a bowl, sprinkle with a bit of salt, and drizzle with 1 tablespoon of olive oil. Let it rest while you prepare everything else.

Cut the squash in half lengthwise and scoop out the seeds. I like to peel the squash at this point using a sturdy vegetable peeler, but you can also peel it after the squash is cooked if you don't like peeling raw squash (or not at all). Slice the squash into 3/8-inch slices and arrange them on a baking sheet lined with parchment paper.

Put the cardamom seeds in a mortar and pestle and smash them a little bit to get the seeds out of the pods. Get rid of the pods and work the cardamom seeds into a powder. Add the cardamom to the allspice in a small bowl and add the remaining three tablespoons of olive oil. Brush or drizzle the mixture over the squash slices (or toss them together in a bowl). Sprinkle with a bit of sea salt and roast in the oven for 15 minutes or until the squash is tender when poked with a knife or fork.

Let the squash cool, and peel off the skin (if you haven't peeled it already) at this point if you'd like.

While the squash is cooking or while you're waiting for it to cool, whisk together the yogurt, tahini, lime juice, and a pinch of salt. Add a few tablespoons of water if you are using Greek or other thick yogurt.

Arrange the squash on a platter and drizzle the yogurt sauce all over it. Spoon the lime slices and their juices on top. Scatter the chile on top, and sprinkle the cilantro on there, too. Serve and enjoy!

Raw Winter Squash with Brown Butter, Pecans, & Currants

Even with its few references to "man salads" (what does that mean? can I not dig a hearty salad?), Joshua McFadden's *Six Seasons* was far and away my favorite cookbook of 2017. I have been reaching for it constantly all summer, and can't wait to tuck into some of the fall and winter recipes. This dish offers a totally new-to-me way enjoy squash – raw! With brown butter, pecans, and currants, it still feels squarely autumnal.

- 1/2 cup dried currants
- 1/4 cup red wine vinegar
- 1 pound of pumpkin or butternut squash
- 3 scallions
- 1/2 teaspoon dried chile flakes
- Salt and pepper
- 1/4 unsalted butter or vegan butter
- 3 tablespoons olive oil
- Pumpkin seed oil (optional)
- 1/2 cup lightly packed mint leaves (or substitute parsley)
- 1/2 cup toasted pecans, roughly chopped

Put the currants in a little bowl and add the vinegar. Let them soak for 30 minutes.

Trim the scallions, including about 2 inches worth on the green part. Thinly slice them (at an angle if you are feeling fancy) and soak them in ice water for 20 minutes or so, then drain them thoroughly.

Peel and seed the squash or pumpkin. Use a vegetable peeler to slice off thin ribbons of squash. If you run into hard bits, just use a knife to slice them as thinly as you can! The pieces don't need to be uniform – just nice to eat.

Put the squash in a large bowl and add the currants with their vinegar, the scallions, the chile flakes, and a generous sprinkle of salt and pepper. Toss to combine, and taste. Adjust the seasoning if it's not quite right.

Brown the butter! Melt it in a small saucepan over medium heat. Keep cooking the butter, swirling the pan every few seconds. The milk solids in the bottom of the pan will turn a deep golden brown and start to smell nice and nutty, which will take about 3 to 5 minutes, depending on the size of the pan. This technique should also work for vegan butter, but you could gently heat an equal amount of olive oil and add a drop of balsamic vinegar to enrich the flavor instead.

Once the butter is browned, pour it over the squash and toss it to coat all the slices. Add the olive oil and a little drizzle of pumpkin seed oil if you have it. Toss it again, and taste. Does it need anything else? If not, add the mint and pecans, toss one more time, and serve right away. 🍴

Fall Events

OCT
13

COOKING WITH NATTO

Saturday, October 13, 4-6pm

Is the Japanese superfood natto a part of your diet yet? This traditionally soybean ferment is often described as an “acquired taste,” however Heidi Nestler of Wanpaku Natto wants to challenge this assumption. In her 12 years making and demo’ing natto, Heidi has found that people are open to the taste of natto and many come to crave it. A lot has to do with preparation and in this class, Heidi will teach classic and simple ways to prepare natto, as well as new and unexpected preparations. Taste test different aged nattos and find your preferred level of funk. We will also sample some non-soy nattos and learn how to make natto from scratch. Heidi will serve a healthy red shiso and apple cider vinegar drink. All food and drink are gluten-free. *Registration required, \$15-25 sliding scale per ticket.*

NOV
3

THE HORMONE-GUT CONNECTION

Saturday, November 3, 1-3pm

Periods can generally be uncomfortable, but do you experience the added distress of tummy troubles? Like monthly bloating? Embarrassing gas? Disruptive diarrhea? Then this informative class is for you. Dr. Meghan will focus on explaining the connection between hormones and the gastrointestinal tract. This class will cover some anatomy and physiology, how imbalances can happen, and some simple ways to bring balance to these systems. Dr. Meghan Bennett is a naturopathic physician who focuses on women’s health, including hormonal balancing, gastrointestinal health, and Holistic Pelvic Care™. Dr. Meghan is currently practicing at Amber Wellness Group located in inner NE Portland. *This class is for educational purposes only and is not intended to diagnose or treat. That is best done on an individual level with a provider who knows your entire health picture. Space is limited, registration required. \$25-45 Sliding scale.*

NOV
6

VEGAN CHEESEMAKING WITH URBAN CHEESECRAFT

Monday, November 6, 4:30-6:30pm

Learn as Claudia, local cheesemaker and founder of UrbanCheesecraft.com, demonstrates how easy it can be to make your own impressive and custom vegan cheeses. Claudia will share her simplified technique as she makes dairy free smoked gouda and fondue. You will learn how you can personalize your cheese with different bases (nuts, seeds, white beans or even veggies) and add custom flavor with fermented foods, spices and herbs for a signature cheese in about 30 minutes. *Space is limited, registration required. \$30-35 Sliding scale.*

NOV
10

VEGAN THRU THE SEASONS!

Saturday, November 10, 5-7pm

Through a lens of seasonality we will learn how to cook for optimal wellness during the fall. Together we will debunk common myths about vegan cuisine to show that it can be health promoting, nutritionally adequate, delicious, satisfying, affordable and easy to prepare. Instructor Margaux Miller, creator of Margalaxy Superfood Snacks & Best Friend Juice Cart will share their expertise in health-conscious cooking. *Registration is recommended but not required. \$5 donation suggested.*

NOV
24

RAINBOW FELTED GEODES

Saturday, November 24th, 12:30-2pm

Geodes are the coolest thing. You open them up and there is always a surprise of color and crystals. Make your own felt geode using only colored sheep’s wool and hot soapy water in this felting workshop with LeBrie Rich. No experience necessary...come craft with us! *Registration required for kids and adults, \$20-30 sliding scale.*

NOV
24

DIY RELAXING BATH SALTS & SUGAR SCRUB WORKSHOP

Saturday, November 24th, 3-5pm

Give yourself or a friend the gift of a relaxing home spa experience! In this workshop we will be making a wonderfully scented bath salt blend and sugar scrub. Learn tips on how to take care of your skin in Winter, while taking home an awesome homemade spa package. *Registration required, \$15-25 sliding scale per ticket.*

**FYI! STARTING JANUARY 1, 2019 OUR COMMUNITY ROOM RENTAL RATES WILL INCREASE TO:
\$15/HOUR FOR MEMBER-OWNERS • \$30/HOUR FOR NON-MEMBER-OWNERS**

If you’d like to book a rental in 2019 before January 1st, you will be billed at our current rental rate, which is \$10/hour for Member-Owners & \$20/hour for non-Member-Owners. To rent the Community Room, fill out a rental request at peoples.coop/community-room.

DEC
12

WINTER CRAFT FAIR

Vendors apply by Wednesday, October 24
Craft Fair Wednesday, December 12, 2-7pm

Join us in the Community Room for the Winter Craft Fair! This holiday bazaar features local artisans and handmade arts, crafts and foodstuffs. This is a great time to get to know local artists right here in the Portland community. Speak with a crafter, grab a refreshment and share a conversation with other Member-Owners. *This event is free and open to all. Find the vendor application on our blog at peoples.coop/blog.*

DEC
14

JAPANESE BREAKFAST

Friday, December 14, 6-8pm

A traditional Japanese breakfast consists of a compelling array of small dishes. Fermented foods such as miso, natto and tsukemono (lacto-fermented vegetables) play starring roles. In this class, Heidi Nestler of Wanpaku Natto, will talk about the health benefits of these foods and give an overview of how to make them from scratch. Heidi will make and share recipes and offer samples. And while green tea is the beverage of choice with breakfast, Heidi will serve a healthy non-caffeinated Japanese herbal tea in class. All food and drink are gluten-free. *Registration required, \$15-25 sliding scale per ticket.*

EVERY
SAT.

HUMANS OF COLOR YOGA

Every Saturday, 10-11:30am

This class has been thoughtfully created by humans of color for humans of color. Our intention is to provide a safe space for those who identify as a person of color to come together to move, learn, talk, and create community with other humans like themselves. This will also be a gathering place for connecting and building communities of color. *Free and open to all.*

REGISTER ONLINE:

PEOPLES.COOP.EVENTBRITE.COM

REGISTER BY PHONE:

503.232.9051 EXT. 249

We are committed to making our classes accessible to folks of all income levels and financial situations while ensuring that our instructors get compensated fairly for their time, effort, expertise, and materials. If a class with a cost is interesting or useful to you but you can't swing the fee, please be in touch with us and we'll work something out. You can email communityroom@peoples.coop or give us a call at (503) 232-9051.

The Community Room is located on the 2nd floor up a flight of stairs. It is also accessible by elevator lift – just let a cashier know you need to use it and they will help you!

Grow Your Own Produce Series

GARLIC, COVER CROPS, & COMPOST

Tuesday, October 9, 7-9pm

October is a time for returning inward and thinking about nourishing the soil for the garden in the year to come. This class will highlight soil building methods including mulches, composting, leaf mold and more. We will discuss types of cover crops for building soil tilth and fixing nitrogen. Garlic goes in the ground this month for summer harvest. We will talk about the different types of garlic and best varieties for our region. As always, this class will highlight what is happening in the garden in October, how to tend to your garden, and prepare for the coming month. Handouts will include a to do list for the month, information on soil building methods, and other pertinent information.

NOURISHING SOUPS, WILDLIFE IN THE GARDEN, & PLANNING FOR THE COMING YEAR

Tuesday, November 6th, 7-9pm

In November, the weather has become cold and the garden has been put to bed. The birds, insects, and other critters need habitat to keep them around. During this class, we will discuss ways to encourage these allies to spend the winter in your garden. By having active food webs, like these, in the garden, we invite collaboration and enhance fertility cycles on site. As this is our final class for 2018, this class will provide relevant information to help you begin planning for the 2019 garden season. We will also highlight nourishing soup recipes from local herbs, veggies, and stocks. As always, this class will highlight what is happening in the garden in November, how to tend to your garden, and prepare for the coming month. Handouts will include a to do list for the month, information on wildlife, soup recipes, and other pertinent information.

These classes are part of the 10-class Grow Your Own Produce series. Classes are \$25. A 20% discount is available to People's Member-Owners – please email Marisha directly at marisha.permaculturerising@gmail.com with your Member-Owner number to receive the discount code. Marisha can also be reached by phone: (503) 454-6656.

WOW, THERE ARE SO MANY GREAT FALL EVENTS & CLASSES COMING UP! MAKE SURE YOU CHECK OUT OUR FULL EVENTS CALENDAR AT PEOPLES.COOP/EVENTS.

Get in Touch with Your Board of Directors

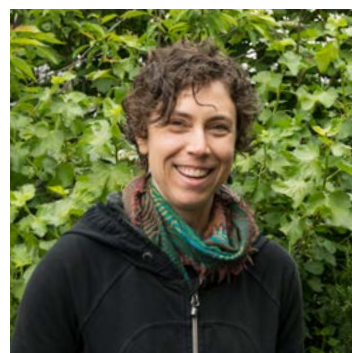
To email all Directors: bod@peoples.coop



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Liz Robertson
liz.robertson@peoples.coop

ATTEND A BOARD MEETING!

Board of Directors meetings are held the 4th Tuesday of every month from 5:30-8:30pm. Member-Owners are always welcome. There is a free, light vegetarian dinner served from 5:30-6pm that you can enjoy with your Board Directors and discuss your ideas casually. Afterwards stick around for the official meeting from 6-8:30pm. 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, October 23, 6-8:30pm

Tuesday, November 27, 6-8:30pm

December meeting date TBA

The Seven 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 + Independence**
Cooperatives are autonomous, self-help organizations controlled by their members.
- #5 Education, Training + 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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PRESORTED STANDARD
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