

WINTER 2016

# GRASS/ROOTS

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP



# OUR ENDS STATEMENT

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**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.



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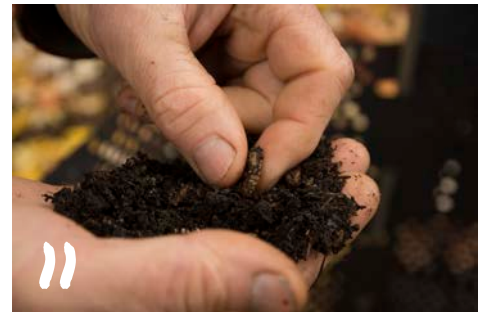
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# GRASS/ROOTS

If you have questions or comments, please contact Marketing & Membership Manager, by emailing [marketing\\_membership@peoples.coop](mailto: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](http://strongertogether.coop)



# coop<sup>TM</sup> basics

**LOW PRICES ON EVERYDAY STAPLES!**

People's is a Member-Owner of the National Co-op Grocers (NCG), a cooperative owned by food co-ops across the country. One of the benefits of being a Member-Owner of NCG is that we get to participate in the Co-op Basics program.

## What is Co-op Basics?

**Co-op Basics offers everyday low prices on popular grocery items.**

NCG has partnered with Field Day Organic to bring you everyday staples at affordable prices. Look for the Co-op Basics logo around the store on products like tomato sauce, peanut butter, canned beans, apple juice, crackers and more. All Field Day products are Certified-Organic and GMO-Free!

The Co+Op Basics program does not change the amount farmers receive for their product. The only thing that has changed is the price you pay for your grocery item. This way everyone shopping at People's has access to quality staple pantry items.

NCG represents 148 food co-ops in the United States. By coming together and combining resources, NCG is able to work cooperatively with manufacturers like Field Day to negotiate low prices.

If you've always loved People's because of the bulk and produce selection, now's the perfect time to start exploring all the grocery aisles you might have passed by!

## Current Price Sheet

Canned beans Pinto, kidney, garbanzo, black, baked and refried	\$1.49
Apple Juice 1 gallon	\$9.99
Peanut Butter Crunchy and smooth	\$4.99
Water Crackers	\$2.69
Pasta Sauce	\$2.99
Paper Towels	\$1.49
Facial Tissue	\$1.19

More coming in 2016!

# SNAP MATCHING DONATION DRIVE

## WE NEED YOUR HELP!



### WHAT IS SNAP MATCHING?

People's Food Co-op is rooted in giving all people access to healthy food that they can trust. Every Wednesday we give up to **5 additional dollars** to folks using EBT cards to spend on healthy, local food at our Farmers' Market. Our SNAP\* Matching Program helps us meet two of our Ends:

- Access to healthful food our customers can trust
- Thriving cooperative and local economies

\*Supplemental Nutrition Assistance Program (SNAP) offers food benefits to eligible, low-income individuals and families.

### DONATE!

Our SNAP Matching program is funded entirely by us, and we need your help to continue getting food into the hands of those who need it.

You can donate at the co-op or online at [www.peoples.coop](http://www.peoples.coop)

Your contribution goes directly to members of our community.

### WIN SWEET PRIZES

If you donate before Jan. 15, you can enter the raffle to win prizes from some of our partners below. Simply fill out a raffle in-store and drop it in the box at the end of the registers.



**\$17,398**

The amount People's distributed in SNAP matching funds in 2015.

*That's about \$370 a week!*

**3,735**

The number of community members who received matching funds from People's.

*That's about 80 people per week!*

**\$14,490**

The amount of money farmers' at the Farmers' Market received from the SNAP matching program.

*That's about \$308 per week that stays in our local economy!*



# REMEMBERING ROOTS

By: Lisa Moes, Farmer, Produce Keeper, & Collective Manager

The Dutch word *gezellig* has no direct English translation. Mostly it is an indescribable feeling of well being and a sense of ultimate coziness. My Dutch ancestry, my roots, are calling out to me right now, and this season is the height of *gezellig* for me. Tank tops are being replaced by sweaters, another blanket is going on the bed and hearty root veggies are taking the place of light summer salads. I am gravitating towards all things cozy.

Often overlooked and underappreciated, root vegetables seem dull and unappealing. But if you have ever sliced a chiodga beet to reveal the amazing burst of pink and white candy cane stripes, smelled the tantalizing aroma of freshly cut celeriac or tasted the rejuvenating power of red beet juice, you know roots have so much more to offer.

Our produce department stocks a variety of organic roots to fortify and get you through the cooler season ahead. We are fortunate to receive weekly farm-direct root deliveries from amazing growers like Wobbly Cart, Groundwork, Gathering Together NW Organics and Our Table Co-op.

Here are a list of root veggies with nutrition facts and recipe suggestions. Since I eat all my food raw, I've included no-cook ideas to show how versatile and flavorful roots can be. By adding nutritious and tasty roots to your meals, you might find your own version of *gezellig* for the coming months!

**Beets** absorb minerals directly from the soil, making them rich in nutrition when grown organically. They are high in potassium, magnesium, calcium, sodium and phosphorus. And save the beet tops! They are good sources of Vitamin A, calcium and iron.

Preparation: Beets can be boiled and served with vinegar or lemon, or they can be made into the well know soup borscht. I enjoy beets sliced thin and pickled with apple cider vinegar. A mix of red, chiodga and golden beets shredded with cabbage and carrots, tossed with ginger tahini dressing makes a filling winter salad. Juice them for a quick nutritious power on their own or add apple and carrot for sweetness. Use chiodga beet slices to make raw ravioli circles and fill with a variety of nut cheeses, spreads and veggies.

**BEETS**



**Turnips** are high in Vitamin C, and have a stronger, peppery flavor than **rutabagas**. Turnips contain beta carotene and turnip greens are rich in Vitamin A.

Preparation: Rutabagas and turnips are similar and can be used in recipes together. Both are good roasted or mashed with potatoes. I enjoy raw turnips and rutabagas when ground into small pieces and used like rice.

**RUTABAGA + TURNIP**



**Celeriac**, sometimes called celery root, is still a bit unknown to a lot of people. Containing Vitamin C, essential minerals such as phosphorus, iron, calcium and copper, celeriac is an important part of the winter diet.

Preparation: Celeriac adds flavor to soups, stews and is nice mashed as a side dish. Enjoy as a more filling version of celery or make a raw version of potato salad using peeled and diced celeriac instead of potatoes.

### CELERICAC



**Radishes** are a good source of Vitamin C and are also naturally low in calories.

Preparation: Radishes are not usually cooked, however black radishes lend themselves to roasting quite well. Other than eating them fresh, radishes are wonderful pickled or fermented. Daikon and watermelon radishes are two of my favorites to include in kim chi, and ground horseradish makes for a spicy condiment to help clear any stuffy sinuses.

### RADISH



**Carrots**, a staple root, are known for beta-carotene which converts to Vitamin A, essential for healthy eyes and good bone and tooth formation.

Preparation: Carrots are often added to stews, roasted with potatoes or other roots, or made into muffins or cakes. Raw carrots are always an easy snack. I add carrots when I make kim chi for depth and sweetness. I also make a raw carrot ginger soup that is especially warming this time of year.

### CARROTS



### BURDOCK

**Burdock** is high in potassium, B6, magnesium as well as a good amount of calcium, phosphorous, iron and copper. Burdock also contains the beneficial fiber called inulin, which promotes the growth of helpful bacteria in the large intestine, thus improving the immune system. This is especially important during the cold and flu season.

Preparation: Peel and slice burdock and add to stir fries, soups and salads. Make into a healthful tea. I enjoy adding burdock to various raw meals, either shredded or chopped. And since it contains Vitamin B6, which regulates mood, burdock is helpful when the days may seem a little too dark and gloomy.



### PARSNIPS

**Parsnips** need cold weather to convert the starch in the root to sugar, so they are at their best when the temperature drops. Like many root veggies, they contain a variety of essential minerals.

Preparation: Use in soups, cut into cubes and puree for an added bit of sweetness. Roast or mash with other roots. My favorite parsnip recipe is to make them into chips - I slice them thin, toss with a little olive oil and salt and dehydrate until crisp. Yum!

# HOMEMADE COLD AND FLU REMEDIES

By: Cari Eisler, Non-Foods Buyer, Collective Manager & Malerie Plaughter, Member-Owner

It's the inevitable time of year when, the common cold and various strains of the flu are being passed around like they're going out of style. It's important to take action as soon as you notice symptoms of a virus affecting your body. Why? Because you can reduce the ability of a virus duplicating itself, meaning you can put the brakes on the virus spreading.

There are many herbal remedies, both in supplement form and do-it-yourself methods, that can help accomplish this and ultimately make you feel a whole lot better.

## ELDERBERRIES

Elderberries are proven effective against the respiratory and influenza virus. A virus duplicates inside your cells and gains access to your cells using the enzyme neuraminidase. Elderberries are neuraminidase inhibitors and stop replication. Try the following recipe to make your own Elderberry syrup.



### INGREDIENTS:

- 2 cups dehydrated or 4 cups fresh elderberries
- 8 cups water
- Raw honey to taste
- Pinch of cinnamon and cloves (optional)

### DIRECTIONS:

Soak berries overnight if dry. When ready to make, rinse the berries. Combine them with water in a large pot and bring it to a boil. Simmer for about 45 minutes. Let everything cool to room temperature, then strain out the berries, and mash the liquid out.

Keep the liquid. Stir in raw honey to taste. Let cool and store in fridge.

Take 1-2 teaspoons each day for preventative measures. Added bonus? It tastes delicious and you can put it on pancakes.

When taken regularly, elderberry syrup is a fantastic supplement during the fall and winter months – even year-round.

*(Important note: uncooked elderberries may make you feel sick.)*

## NO TIME TO MAKE YOUR OWN?

Try our Grab 'n Go Favorite: **Rainbow Light's Counter Attack**

This formula was developed by well-known herbalist Christopher Hobb's. In the formula elderberry, isatis, sophora root (also a neuraminidase), berberine and andrographis mobilize the body's acute immune response. Included in the formula is a Clear Relief herbal compound that includes sophora root, yerba santa, platycodon, horehound, mullein, Iceland moss, coptis, Chinese lovage, and Chinese licorice.

Or pick up Mickleberry's Elderberry Syrup, locally made and available here at People's.







## GINGER

Similar to elderberries, fresh ginger can stop a virus from spreading. But it is also a hemagglutinin inhibitor, meaning it stops a virus from binding itself to the epithelial cells of the lungs. It's effective for shortening an infection, thinning the mucus, and slowing the spread of a virus. Try a ginger juice tea recipe from renowned herbalist Stephen Harrod Buhner's book, *Herbal Antibiotics*. According to Buhner, fresh ginger is the most effective form of ginger.

## GINGER JUICE TEA

- At the first sign of infection juice 1-2 lbs of fresh organic ginger.
- Combine 3-4 oz of ginger juice with a tablespoon of honey, 1/8 teaspoon of cayenne pepper and 6 oz of hot water.
- Drink 2 to 6 cups of this mixture a day



## INGREDIENTS:

- ¼ to ½ cup each:
  - Minced fresh garlic
  - Grated fresh ginger
  - Diced onion
  - Grated horseradish
  - Chopped fresh parsley
- 2-4 tablespoons diced hot peppers
- Half unpeeled orange, sliced
- Half unpeeled lemon, sliced
- 1/8 - ¼ cup each: chopped fresh rosemary, stemmed fresh thyme, chopped fresh turmeric (or 2 tablespoons dried turmeric powder)
- ¼ cup raw honey
- 2-3 cups raw unfiltered apple cider vinegar

## DIRECTIONS:

Mix all dry ingredients and honey in a quart mason jar (with a plastic lid). Cover with apple cider vinegar by an inch or so. Shake until the honey incorporates and let steep for at least two weeks, preferably four weeks. After it is fermented, strain out the solid ingredients and store in the pantry or refrigerator (where it will keep for up to a year). Enjoy a swig a day, or more when you are feeling ill.

While you wait for your fire cider to ferment or to avoid making it yourself altogether, check out Gee Creek Farm's

fire cider, which is available at our Wednesday Farmers' Market.

Fire Cider has been used ever since the 1970s when Rosemary Gladstar, herbalist extraordinaire, created it to ward off the bad bugs and keep folks in good health. It's a spicy mix of alliums and capsicums, fruits, herbs, and warming spices, combined with antioxidant-rich raw honey and the rock star of the health world (no, not coconut oil) - unpasteurized apple cider vinegar.

Recipe adapted from *Modern Farmer Magazine*

# OTHER FEEL-GOOD REMEDIES:



## VITAMIN D

Did you know your body can't make Vitamin D from wintertime sun above the 35th parallel, which is 690 miles south of Portland?

Vitamin D is associated with immune system functioning, viral respiratory infections, depression and a number of other health concerns. It may be helpful to get your Vitamin D levels tested because you may need higher doses temporarily to get up to ideal levels. Increasing your levels can help with depression and stress both of which make a person more susceptible to viral infection.

### TRY THIS!

- Vitamin D3 from Garden of Life (Vegan)
- Lanolin Source D3 from Source Naturals (drops)
- Vitamin D capsule from Deva (Vegan)



## MYCOMEDICINALS (MEDICINAL MUSHROOMS)

According to the Center for Disease Control (CDC), two of this year's most common seasonal flus are influenza A (H1N1) virus and influenza A (H3N2) virus. Cordyceps, a variety of medicinal mushrooms, are known to be a potent antiviral against H1N1.

### TRY THIS!

- 14 Mushroom Powder (in the bulk herbs section)
- Host Defense Stamets 7 Daily Immune Support
- Vitamin D capsule from Deva (Vegan)
- Host Defense Myco shield spray - designed to protect susceptible oral tissue when traveling with the potent viracide Agarikon



## ESSENTIAL OILS

Simply breathing steam that has essential oils can help improve airflow and thin mucus. Thyme, eucalyptus and rosemary essential oils all have antiviral capacity, and all you have to do is add a few drops of these oils to a pot of water that has just boiled, and breathe in the steam. Your sinuses will thank you. You can find the Veriditas and Snow Lotus lines of essential oils in tinctures People's, both of which come from organically grown or wildcrafted plants.

## SINUS BLASTER

Another option is our bulk tincture called Sinus Blaster, which contain elderberry, osha, olive leaf, horseradish and other herbs like echinacea augustifolia root.

Moral of the story, don't wait until the last minute to feel better. Next time you're at the co-op try one of the many way natural ways to kick that cold!

Sources: Product websites. "Herbal Antivirals, Natural Remedies for Emerging & Resistant Viral Infections", Buhner, Stephen Harrod.





**WINTER IS CITRUS SEASON!**

**CITRUS TASTING**

**Saturday & Sunday**

**January 23 & 24**

**12 - 3 PM**

**Come in and try something new.**



By: Kahadish Wa'abidah,  
Bulk Buyer, Collective Manager

## THE HISTORY OF BULK

The bulk section at People's Food Co-op offers a wide array of foodstuffs that are in alignment with values that began in the late 1960's and early 70's. Around that time, the number of farms were declining and access to healthy, organic and pesticide-free food was not a primary focus. As a result food cooperatives were established by groups of people who wanted to make decisions about production and distribution of foodstuffs and the quality of food we eat.

Food co-ops were on the front line of creating what are now known as "health food stores". And between 1969 and 1970 approximately 10,000 food coops were established throughout the United States (People's Food Coop being one of these co-ops).

The food cooperative movement, specific to the foundation of People's, is different than the general health food movement in that it is very intentional. It is based on values, as seen in the Rochdale principles which guide the co-op:

- 1) Voluntary & open membership
- 2) Democratic Member control
- 3) Member economic participation
- 4) Autonomy & independence
- 5) Education, training & information

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**THERE IS SOMETHING INTENTIONAL  
IN THE ACTION OF PREPARING  
FOOD IN ITS MOST BASIC FORM.  
IT CONNECTS US WITH THE  
COMMUNITY IT SERVES AND THE  
EARTH IT COMES FROM.**

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- 6) Cooperation among cooperatives
- 7) Concern for community

## MAKING BULK PART OF YOUR EVERYDAY LIFE

In our bulk section you'll notice a wide variety of organically grown grains, beans, seaweeds, nuts, seeds, vegetable oils and even so called "super foods", many of which are locally grown (noted by the Foodshed logos in the store). These items are significant in our co-op

history, in that at co-ops used to be the main provider of these items to our community.

Yet, lifestyles have changed over the last fifty years. People are busy and have so many obligations that they're running between. Food options have been created that fit this lifestyle—there's more eating out, grab and go, snacks and prepared food. There is less time given to and available for preparing food at home.

But preparing food as it was originally intended grounds us in the movement that led to the founding of People's Food Co-op and other food co-ops. Eating food in its whole form helps to fertilize the garden of our own bodies by honoring food preparation, eating the food we prepare, and returning to sharing food as a community.

## WHERE TO START

There is something intentional in the action of preparing food in its most basic form. It connects us with the community it serves and the earth it comes from. For example, try making beans instead of buying them canned. Through the

process of making food from its whole form, you may find yourself having time to enjoy the beauty and colors of the food you eat. You'll be honoring the fact that many of us have access to healthy, kindly planted and harvested food. You may be using your own containers and bags and therefore reducing waste (statistics from the EPA show we generate approximately

80 million tons of waste from packaging and containers annually). And you'll be supporting farmers and taking part in a legacy of food preparation that dates back to generations long before us.



## SQUASH AND RED LENTIL CURRY

### INGREDIENTS:

- 1 ½ cups onion
- 2 cloves garlic
- 1 tbsp fresh ginger
- 2 teaspoons (or more) curry powder and garam masala
- 1 large butternut squash, peeled and cubed
- 1 cup red lentils
- 1 cup fresh tomato or 1, 15 oz canned tomatoes drained
- 1 can coconut milk
- Salt
- Olive oil
- 4 cups water
- Lime wedges
- Cilantro

### DIRECTIONS:

Saute onion, garlic, ginger and spices in olive oil. Add squash, lentils, tomato and salt. Then add water and bring to a boil. Reduce heat to a simmer, stirring until the squash is tender for about 20 minutes. Stir in coconut milk and simmer until heated through, about 1 minute. Serve with lime wedges and cilantro and enjoy as this dish makes you comfy cozy.

Recipe adapted from *Eating Well*

# WINTER IS FOOD GROWING TIME TOO!

By: Lauren Ditscheit  
Marketing Manager, Collective  
Manager

"Garden essentials" can add up quickly. Liquid fertilizer \$24, compost \$60, organic garden soil \$50, plus flowers and seeds. Not to mention what companies spend on packaging, labor and transportation of these goods. But do we really need to buy all these things to grow food?

We Portlanders have created community gardens, urban farms, natural land preserves and front yards bursting with fruits and veggies. And many have built these environments using their hands and know-how, opposed to relying solely on store-bought goods.

To better understand what it means to grow food sustainably, I visited with Marisha Auerbach, Permaculture savant and educator at a handful of colleges, universities and right here at People's.

Marisha and Zane's home has beautiful examples of how growing food can be integrated into our lives. It's autumn and, from the front yard, you see the focus on composting. Bags of garden soil are replaced with heaps of leaves, a biodigester and worm bins. The side pathways have trellised tomatoes and grapes vines, remnants from the summer. In the backyard, chickens and bunnies are churning over the soil, hidden behind the fruit trees. The yard is still filled with greens, peppers and new plantings, grown so that the land can be harvested all year. Produce is harvested and either eaten immediately or canned, no refrigerator required, while an outdoor kitchen is being built, just waiting for the summer.

Marisha and Zane have been in their home for five years, but after just one year they were eating all their own produce. Marisha and Zane spend about 20 hours a month on their land and have more than enough to eat for the year.

Looking at their home, you can see how many different components connect to growing food, and everything serves multiple functions. It's easy to feel overwhelmed and get stuck thinking you need to do it all. But a tour of Marisha's land reveals simple ways to get started right now. Use those long winter nights to learn how to grow food!



*"Permaculture is a philosophy of working with, rather than against nature... It is the harmonious integration of the landscape, people and appropriate technologies, providing food, shelter, energy and other materials and non-material needs in a sustainable way." –Bill Mollison*



- **Get your compost method started.** Choose a composting method that works for you. Get supplies, and if you plan to do something larger, contact restaurants or friends that can supply you with more organic matter (food waste).
- **Eat your winter veggies** like mustard greens, celery, potatoes, squash, collards, chard, parsnip, Brussels sprouts, spinach, carrots and beet. These can stay in the ground as long as they are covered in leaves or in a greenhouse.
- **Learn more about veggies.** For example, did you know Brussels sprouts taste better after they have been exposed to a few frosts? The frosts cause the sugars to become more concentrated in the Brussels sprouts.
- **Help a farmer friend put up a hoop house.** A hoop house helps protect plants against frost so you can grow more in the winter.
- Start thinking about which **seeds** you want to start in the spring.
- **Take a class** or talk with an expert. Marisha teaches a monthly workshop series (Grow Your Own Produce) from February-November designed to help participants maximize their garden yields, see the next page for details.

Compared to Marisha, my food-growing attempts are on a much smaller scale. Every year I try to take on a new project. This year is composting, as a way to reduce costs and put waste to use. Worm bins are the easiest way to get started for city dwellers according to Marisha. Books like *Worms Eat My Garbage* and *Compost* by Clare Foster are great resources for getting started.

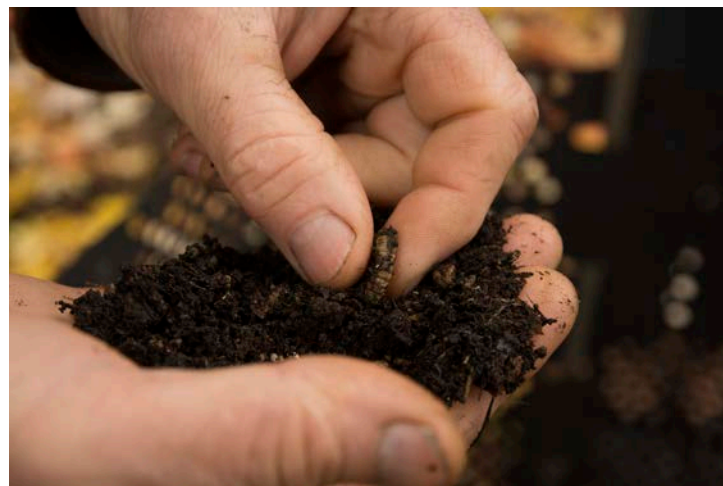
## WINTER COMPOSTING: HOW TO MAKE A WORM BIN



1. Think happy thoughts about worms. Worms bins are not smelly, so no need to be squeamish. Worms break down food so efficiently (they eat at least their own weight in organic matter every day) that there is no smell - so it's safe to keep inside.
2. Buy a long dark colored simple plastic bin.
3. Poke holes in the bin to allow for air to get in and get the aerobic process going.
4. Poke a hole in the bottom, and put on a tray. The bin gets hot and condensation will form and this will allow your bin to drain.
5. Find Redworms (different than earthworms, 500 worms for a family of 2 will work). Portland Nursery, distributors like Northwest Redworm, Craigslist, or a friend who composts are good places to get your hands on some worms.
6. Prepare the bedding. Worms need a high fiber environment to eat. Make out of shredded strips of newspaper and crushed leaves. Ideal moisture is 75 percent, which is more than a traditional compost heap. Once bedding is in bin, sprinkle with water.
7. Add your Redworms.
8. Add kitchen scraps by burying into bedding.
9. Feed worms with kitchen scraps once a day
10. After three months, harvest the compost by moving the bedding to one side. On the other side add fresh bedding and put all new kitchen scraps in. Worms will move from old to new side because they'll want to eat the new material. As the liquid fills up in the tray, empty into a storage container and use with water (3:1 water to liquid ratio) as fertilizer on plants.

### TIP!

Try not to overfeed your worm bin or it will become smelly. Keep a kitchen compost too and move into worm bin daily. If you do feed them too much, never fear, it will break down over time.



## GROW YOUR OWN PRODUCE

Class series with Marisha Auerbach  
Tuesdays 7-9pm

February 9	Planning, Design, Framework
March 15	Indoor Seed-Starting, Early Plantings, and Perennial Crops
April 7	Cole crops, Greens & Soil-Building
May 3	Warm-season Crops, Edible Flowers and Attracting Pollinators
June 7	Maintenance and Harvest
July 5	Berries, Herbs, and Water Catchment
August 2	Seedsaving and the Winter Garden
September 6	Putting up the Harvest
October 4	Garlic, Cover Crops, and Compost
November 1	Wildlife in the Garden, Nourishing Soups and Planning for the Coming Year.

All classes will be held in the Community Room.

Classes are \$25 each or \$100 for 5-classes, a 20% discount is available for Member-Owners.

Email Marisha directly to receive the discount: [queenbee@herbnwisdom.com](mailto:queenbee@herbnwisdom.com).

### REGISTER ONLINE HERE:

<http://www.peoples.coop/class-registration>

# BETTER BUSINESS

## Earthy Gourmet: Natural Foods Distributor & Social Change Activists

By: Jenna Chen, Design Manager, Collective Manager

Earthy Gourmet is a vegan, gluten free natural foods distributing company based out of SE Portland, OR. Heman and Marlena Bhojwani started Earthly Gourmet in 2006, and in a short 9 years now supply many of the top vegan, organic restaurants and businesses in our city including Laughing Planet Cafe, Sip Juice Cart and Canteen, Harlow and Prasad Cafes, Next Level Burger (a vegan burger joint that just opened on 4121 SE Hawthorne) and your very own People's Food Co-op.

People's Food Co-op was Earthly Gourmet's first customer. In 1996, former Grocery buyers Melody Anderson and Sarah Barnard bought fair trade chocolate syrups and ginger chews for the store. They also worked with Heman and Marlena to inaugurate Earth Balance into our bulk section. Earth Balance did not sell 30 lb boxes of their product until People's and Earthly Gourmet expressed high demand and guaranteed an order. This is an example of how values driven businesses can use their collective power to directly impact how something is produced, sold, and distributed – for the better.

People's commitment to buying in bulk not only reduces wasteful packaging but is more cost-effective for the consumer and producer. Now, Earthly Gourmet distributes a wide array of almost exclusively vegan and gluten-free products to the greater Portland area, Olympia, and Seattle, and almost 95% of these products are produced on the West Coast.

In addition to being a growing, values driven food distributor, Earthly Gourmet is working with Immigration & Refugee Community Organization (IRCO) to employ refugees from Afghanistan, Syria and other places. They currently have five full-time employees working for them that have come from overseas to seek asylum in the US. These staff members often were employed as engineers and in other highly skilled trades in their homelands and now work at Earthly Gourmet. Earthly Gourmet goes through rigorous and thorough questioning and investigation by the



Our Buyers Team look inside a large walk-in cooler at Earthly Gourmet's headquarters and warehouse in SE Portland just South of Powell Blvd.

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**"THE QUESTION IS NOT HOW CAN WE GROW BIGGER - IT'S HOW CAN WE GROW BETTER."**

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A delicious lunch of vegan, gluten-free pizza, made in Earthly Gourmet's on-site commercial kitchen which houses the headquarters of Gluten-Free bakery Sift. All ingredients on the pizza are ones that Earthly Gourmet distribute.

IRCO before being permitted to hire. After they are hired, Earthly Gourmet trains them extensively on job tasks and serves as a resource as they adjust to living in the US. Heman and Marlena's willingness to open their workplace and hearts to those less fortunate than us and use their business as an example of how social justice can be actualized is truly inspiring.

When asked what is next for Earthly Gourmet, a company that is meeting growing demand for vegan and gluten-free natural foods, Heman replies "The question is not how can we grow bigger - it's how can we grow better". As People's embarks into a future yet to be written, the idea of better growth rings clear and relevant. How can we stay connected to our roots, our community, support the farmers and food producers around us in a sustainable way and thrive in our city? The answer is up to us.



# Hot Chocolate Babble!

By: Sofie Sherman-Burton  
Storekeeper, Collective Manager

I first fell in love with People's bulk chocolate chips years ago, long before I started working here. A dear friend from college was in town and we were struck with the urge to make banana bread. He brought home a bag of the dark chocolate chips, and we ate half of them before any of them made it into the batter. These were the most delicious chocolate chips we had ever had. We were sure of it.

Naturally, these chips quickly beat out any packaged powder mix in my hot chocolate ventures.

Making hot chocolate from scratch is super easy and infinitely customizable. My current favorite combo is our Valhrona chocolate discs with cow's

milk, vanilla extract, freshly grated nutmeg and a few shakes from my Real Salt shaker. But if you're avoiding cow's milk, use raw goat or your favorite non-dairy option. Looking to use up those little bags of spices knocking around your kitchen? Add cayenne, cinnamon, allspice, cloves, ginger or anything else that sounds good. Avoiding cane

sugar? Use the raw cocoa powder and honey, agave, coconut sugar or your favorite sweetener. If you want thick hot chocolate, add more chips or swap some of the milk for whipping or coconut cream. The opportunities are endless, and this cold weather is the perfect time for some hot chocolate experimentation.

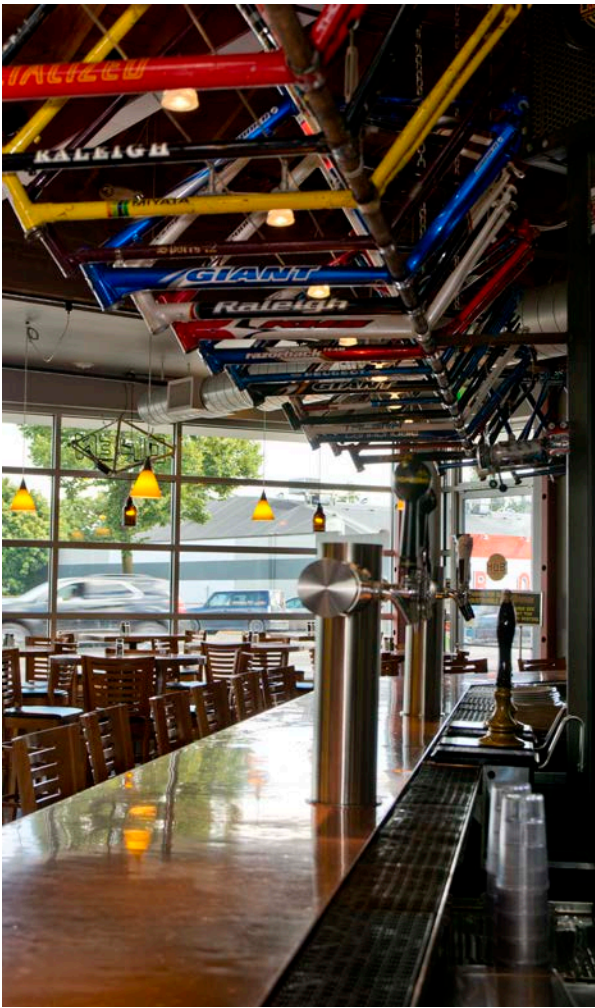


## Recipe:

1. Fill your favorite mug with the milk of your choosing.
2. Pour half of the milk into a small pan, and heat over medium-low (be sure it doesn't get too hot and scald!).
3. When the milk is warm, add two tablespoons of chocolate chips or powder and whisk until it's dissolved.
4. Once the chocolate is incorporated, add the rest of the milk and whisk.
5. Try some of the mixture and add more chocolate to taste if desired.
6. Add any sweetener (a tablespoon at a time) or spices (half a teaspoon or so) and keep whisking and tasting.

When it tastes like you'd always dreamed hot chocolate would and is the appropriate temperature, pour back into your favorite mug and enjoy!





# HOPWORKS!

## Our Neighborhood Organic Brewery

By: Ryan Gaughan, Beer & Wine Buyer, Collective Manager

Hopworks Urban Brewery (or “HUB” as they’re also known) broke into the NW craft-brew scene in 2007, and set shop right here in our neighborhood on SE 29th & Powell Blvd. Inhabiting what used to be a Caterpillar repair facility, and later a depot for Sunset Fuel, this sprawling complex is now the main brewing and storage plant for Hopworks beer and cider production and a bike-friendly brewpub.

The brewing mission at Hopworks has centered on producing very high quality beer, using only the best regional, organic ingredients. What sets this brewery apart from the flock? Their USDA Organic Certification.

The first certified organic beers on the market were mostly dismissed by beer enthusiasts as mediocre. In the early days of the USDA Organic Certification system, hops, a critical ingredient in beer making, were exempt from organic certification, a deficiency which led organic agriculture watchdogs to criticize the organic labeling of these products.

The founders of Hopworks were keenly aware of this stigma against organic beer, but at the same time, were deeply committed to promoting the use of organic ingredients in their product. The expanding craft beer market and increasing demand for organic products inspired them to test the waters. Today, Hopworks is at the cutting edge of sustainable craft beer production, slowly winning back the organic beer critics. The following photos are from a tour of their facility on Powell Blvd.



A brewery worker sifts through one of the first “baths” of fresh hops in the fermentation process. Oregon grown hops are sourced from either Pat Leavy or Crosby hop farms, both located in the Willamette Valley. Through their purchasing power, Hopworks has helped encourage these industry leading farms to plant and maintain an increasing quantity of certified organic hops.



Jaime Rodriguez, sales representative, sheds some light on regional ingredient buying practices at Hopworks. 80-95% of all organic grain malts used at the brewery are sourced from a single farm in the Klamath Falls region of Southern Oregon. Some specialty malts are sourced from Midwestern states and Canada, and the remainder are sourced from select organic farms in Idaho and Eastern Washington.



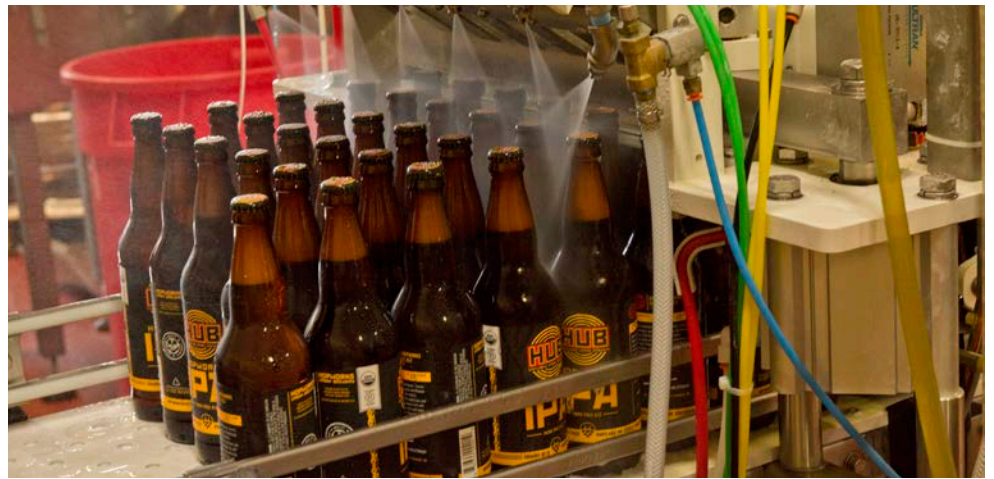
A massive lager filled fermentation tank where organic hop pellets are added to the mix. Between 2010-2013, Oregon hops growers influenced the USDA to institute changes requiring hops to be certified organic in order for the product to be labeled “USDA Certified Organic.” Previously, only grain malt was required to be certified organic in order for the USDA symbol to appear on the product.



Yeast and natural sugars ferment in a tank, where time and strict environmental controls produce the alcoholic qualities sought after in various beers. All beer and cider products from Hopworks do not contain any animal ingredients or byproducts.



Spent barley mash is emptied from a lauter tun, one of the first steps in brewing where machinery extracts the sweetness of the grain. The remnants are emptied into large containers (pictured here), and sold to Pacific NW dairy farmers as supplement feed for their cows. Hopworks, in turn, purchases the dairy from these cows for use as ingredients in their brewpubs.



While debate rages on about the pros and cons of glass vs. aluminum packaging for beer, Hopworks lets the consumer decide! Glass does not contain the B.P.A. plastic lined interior of cans, but is significantly more energy intensive to recycle and transport.

## HOPWORKS PRODUCTS @ PEOPLE'S



Here in the barrel-conditioning warehouse, specialty beers are allowed to age in Kentucky bourbon barrels, which impart oaky, vanilla like flavors into the beer. Hopworks is one of the very few certified organic breweries to produce these highly sought after, limited edition beers.

<p><b>IPX Single Hops Series</b> \$6.49</p>	<p><b>Deluxe Organic Ale (D.O.A.)</b> \$6.49</p>	<p><b>Assorted Single Cans</b> \$3.29</p>
<p>A rotating series of hop heavy beers which highlight new organic hop strains grown in the Pacific NW.</p>	<p>A flagship ale featuring all organic ingredients from the Pacific NW.</p>	



By: Justin Dewan, Produce Keeper, Collective Manager and Shawn Furst, Development Manager, Collective Manager

As People's moves towards the more public phases of our long term planning and visioning process, our Collective Management (CM) and Board members have begun to receive questions from Member-Owners. The Long Term Planning Committee thought that other Member-Owners might share these questions and concerns, so we compiled the following Frequently Asked Questions.

**I THINK OUR VALUES ARE IMPORTANT, BUT I'M ALSO AWARE THAT WE NEED MONEY TO SURVIVE. HOW ARE YOU MAKING SURE THAT WE'RE GOING TO MAKE ENOUGH MONEY TO SURVIVE AS A STORE?**

Over the past fifteen years People's CM has been improving its financial skills. Our budgets are well thought out, monitored closely and adjusted according to the needs of the co-op. Also, we've been successful operationally—more volume of product per square foot passes through our backstock, retail floor, and into our shoppers' hands than almost any other co-op in the country.

We've been keeping our eyes on the natural foods market, the demographics

of Portland and the trends that we hear about from other co-ops, our Member-Owners and shoppers.

We also are working with experts. We hired a consultant who has experience working with other food co-ops on financial sustainability, growth readiness, business practices and is no stranger to the competitive marketplace. If our long-term plan involves growth we will be practicing due caution, utilizing research, employing feasibility studies and doing whatever we need in order to poise ourselves for the continued success of People's.

**I DON'T WANT OUR CO-OP TO WATER DOWN ITS VALUES IN FAVOR OF MAKING MORE MONEY. HOW ARE YOU MAKING SURE THAT THIS DOESN'T HAPPEN?**

Our long-term plan needs to be both financially sustainable and fulfill our Values and Ends Statement. The long-term planning process has been crafted to ensure that we really listen to what our community needs so that we can ultimately serve and strengthen the community. While financial sustainability of the co-op is important, our values are what make your co-op important and worth caring for. Our consultants are helping us follow our values through the

planning process, and the CM is really excited about what the future will look like!

**ARE OUR PRODUCT GUIDELINES GOING TO CHANGE? WILL OUR CO-OP BE CARRYING MEAT?**

We're in the midst of understanding if the co-op's product guidelines will change as part of our long-term plan. If they do this will come from examining the balance of our values such as food accessibility, quality, sustainable practices and fair labor practices. Any change will also come from listening to the community's needs. The decision to be a vegetarian store was made by People's Member-Owners over two decades ago. Many current Member-Owners would like to see our co-op apply our values-based guidelines to purchasing meat, while other Member-Owners say how much they appreciate and value that the vegetarian focus of the store. Any change will not "water down" our values and will be carefully considered and informed by our values.

**WHY DO WE HAVE TO GROW?**

For better or worse, your co-op is subject to the same market pressures as any other business. Costs to keep

our doors open continue to rise. We can't make the same amount of money year after year because inflation causes our money to be worth 2-3% less each year. . We either need to keep up with inflation or cut back on expenses. Cutting back expenses would mean no building updates, a less supported floor and wage and benefits cuts for our staff.

Although we know that the co-op needs to grow, it is difficult with our limited space. For many of us, it's also about how we want to grow. We want to provide more access to our food, the co-op and collective structure, our human-scale workplace, and opportunities to participate in a democratic business, and we want to use the passion and heart of our communities to get us there.

**HOW WILL YOU MAKE SURE THAT THE PROCESS WON'T DRAG OUT, COSTING OUR CO-OP MORE MONEY THAN IS NECESSARY?**

In order to understand our long term planning process, it's good to understand our structure. People's has a Collective Management which, along with its Board of Directors, makes decisions using consensus. We're also very interested in deep democracy and working to counter the systemic effects of social and economic injustice. These kinds of values are what founded the store you see today.

Our structure and values make us who we are, but like any structure, there are drawbacks. Our need for careful consideration and consensus decision-making may lead us to take a little more time than other businesses might.

That said, the Collective Management and Board will be holding the process accountable to an explicit timeline, which will be checked in on by multiple groups on the Collective Management and the Board once per month.

If you have any more questions, feel free to send an email to [planning@peoples.coop](mailto:planning@peoples.coop) or contact your Board Chair Jacob at [jacobengstrom@peoples.coop](mailto:jacobengstrom@peoples.coop). Additionally, we'll get in touch soon about times when you can meet up with the Long Term Planning Committee to ask questions about the process and where People's is headed.



## TAKE OUR 2016 MEMBER-OWNER AND CUSTOMER SURVEY

### TAKE THE SURVEY ONLINE:

<http://www.peoples.coop/2015-survey>

### TAKE THE SURVEY IN-STORE:

A computer is available in our sun room with the survey ready to go.

Meeting the needs of our growing and changing community is at the core of our cooperative philosophy. Help us by sharing your experiences & priorities. Your input will enable the Collective Management to effectively plan for store updates.

As a thank you for completing our survey, you'll be able to pick up a free Equal Exchange chocolate bar the next time you come into the store. Also you will be entered into a raffle for one of ten, \$50 gift cards.



**OUR PEOPLE!**

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

As one of the first food co-ops in Portland, People's has a unique history, rooted in good food, community and values. Our Member-Owners have shared a lot together—some have memories of the early days, while others are just starting to create stories now. No matter how long you've been a part of the co-op **you are a part of our shared history.**

One of the best ways to tell our story is through our HOOs, who have dedicated time and energy to our co-op. We're here to share some these stories with you. Our first interview was with Jeffery Smith, Hands On Owner and Member-Owner since 2000.

### **WHEN DID YOU FIRST JOIN A CO-OP?**

I grew up in the South suburbs of Chicago and joined a co-op when I was fifteen. It was an old warehouse and the inside was a big open space. I had health issues and needed to rework my diet, and the co-op was a group of people that came together in the name of food and health. The food industry was different then; there wasn't that handcrafted process like there is now. Things didn't have fancy packages; co-ops were more about the anti-establishment movement then.

### **HOW DID YOU END UP AT PEOPLE'S?**

I moved to New Orleans and Montana, and then in 1996 I sold my car, hopped on my bike and came to Portland. People's was one of the first places I went. What struck me was the way the community really bought into the idea of People's. They were into it in a more holistic way—it felt like an extension of their attitude on life. It was unlike anywhere I'd been, except my first co-op, and it seemed like it was a project that people were really working hard on.

### **WHEN DID YOU BECOME A HOO?**

It wasn't until 2000 that I got my membership (I ended up going to Corvallis and then returning to PDX). I took on grocery and produce HOO shifts, and now am a closing floor keeper. My life's changed a lot over the years and I realized I'd rather be cleaning the bathroom than doing paperwork. For me, working as a floor keeper gives me the ability to interact with, connect with and help people.



### **WHAT DO YOU FEEL HAS STAYED THE SAME AND CHANGED ABOUT PEOPLE'S OVER TIME?**

What's been consistent is People's core attitude. Our ability to survive and tenacity. And this attitude is infectious. What's changed is our need to compete and defend ourselves against competition. But with the food industry changing we've needed to adjust. I see how the need to grow and change can be scary, but growth for the co-op has been good so far and I have faith in future growth here.

### **WHAT IS ONE MEMORY YOU HAVE OF PEOPLE'S PAST?**

I remember before the expansion needing to go outside in order to get to the cooler. Also getting ice off broccoli because of that cooler. Now it's much nicer. We also had a Halloween party three years ago and there is a photo of me dressed up as a peapod floating around here somewhere.

### **WHAT ADVICE WOULD YOU GIVE TO NEW HOOS?**

Embrace connections with people. And stick with it because the longer you do it the more comfortable you'll become and the more relationships you'll build. There are a variety of personalities at the co-op, which is something to appreciate. Being a HOO, you're making something exist for someone that needs it, so see your role as a bigger more altruistic goal, which is making this place thrive.

# OUR FARMERS' MARKET IS OPEN YEAR 'ROUND. RAIN OR SHINE.



**EVERY WEDNESDAY 2-7PM**  
**ON SE 21<sup>ST</sup> AVE BETWEEN POWELL & DIVISION**

Fresh, farm-direct organic veggies, eggs, and hot food!

**people's**  
FOOD CO-OP

# WHAT'S UP MAC?

## An Update on Your Market Advisory Committee

By Ashley Todd, Farmers' Market Coordinator, Collective Manager



This past summer the Farmers' Market elected its first ever Market Advisory Committee (MAC). The committee is made up of six members: two farmer-vendors, one prepared food vendor, one People's Co-Manager (CM), the Farmers' Market Coordinator (FMC) and one community member/shopper.

The MAC's primary responsibilities are to make thoughtful, informed and well-balanced decisions about vendor grievances and to give feedback to the co-op's Community Engagement Team (CET) and FMC. More specifically, the MAC provides input on market operations and policies, communicates with and solicits feedback from vendors and other stakeholders, and works with the FMC ensure the market runs smoothly and all voices are heard.

Vendors, People's Co-Managers, and Member-Owners were able to vote for their respective representatives in a series of elections. Neil Robinson (Farmageddon), Mark Bassik (Flying Onion Farm) and Pedro Ferbel-Azcarate (Three Sisters Nixtamal) were chosen as the vendor representatives. Amanda Coleman (People's produce co-buyer) was selected as the CM rep, and Daniela

Steiner (long time Member-Owner, HOO and market shopper) was elected to the community member seat. The Farmers' Market Coordinator (me!) is chair of the committee.

In October, the committee held an orientation and first meeting, with the help of the Board's facilitator (and lots of pizza!). During that meeting, we identified a number of issues that seemed important to vendors, staff as well as to our community of shoppers. Our priorities for the 2016 market season include:

- Creating more clarity around market hours and starting time
- Improving Market entertainment and learning opportunities (i.e. better music, more cooking demos, kids' activities, etc)
- Minimizing waste from "to-go" cups, plates, and utensils.
- Dive into the issues surrounding meat at the market

Whew, that's a lot of stuff!

Although we have already determined what our priorities for the year, we are open to hearing from you. What do you absolutely love about the Farmers' Market? What keeps you coming back

to this market? Are there things you'd like to see change? How could we improve the market?

As a member of our community, your thoughts about the market are important to us. **Here's how to get in touch with us and make your voice heard:**

- **Email [mac@peoples.coop](mailto:mac@peoples.coop)** - Daniela, the Community Rep, is monitoring these messages and brings them to the Market Coordinator and/or MAC.
- **Fill out a comment card!** You can find them at the Farmers' Market Info Booth.
- **Talk to us!** We're around every week at Market (but remember, vendors are trying to do business and may not have time to engage in in-depth conversations).
- **Be on the lookout for opportunities to chat with Daniela at the market.** She'll be setting up a booth throughout the year, complete with snacks, seasonal beverages and maybe even a fire pit for the cold days!

We are super excited about improving the Market, and look forward to your input!





Lisa Moes of Farmageddon Growers' Collective



Neil Robinson of Farmageddon Growers' Collective



Drew Mosher of Crooked Furrow

# LOVE YOUR FARMER DAY

## WEDNESDAY, FEB. 10 2016

### 2-6PM

Come celebrate our hard working local food producers at the Wednesday Farmers' Market.

Free hot beverages, snacks, and valentine making.



Dustin Olsen of The Mushroomery



May Herr of MC Farms



# WINTER EVENTS & EDUCATION

JAN  
17

## WINTER AND THE SKIN YOU'RE IN

**Sunday, Jan. 17, 2-3pm**

Winter is upon us and with it comes a different approach to your skin. Join Erika Anderson, licensed Acupuncturist and Chinese Herbalist, as she talks about winter skin issues and how Chinese Medicine can keep your skin healthy from the cold. We'll cover how winter changes, chronic issues like eczema and psoriasis, as well as treatment options for winter sports injuries and other winter skin issues. Free and open to all. Register online or call People's.

JAN  
20

## NUNO ZORI

**Wednesday, Jan. 20, 6:30-9:30pm**

Nuno Zori means "fabric shoes" and they're a traditional type of indoor footwear in Japan. Originally made out of old towels and worn by woodcutters to protect their feet from splinters, they're essentially fabric flip flops made by weaving fabric around rope. We'll use upcycled T-shirts and simple, ingenious equipment to make the shoes. Students will leave with a finished pair of shoes and the skills to make many more pairs of Nuno Zori at home. Led by LeBrie Rich, Hands On Owner and international textile artist. [www.PenFelt.com](http://www.PenFelt.com) Cost is \$30-\$45 sliding scale, all materials included. Class size limited, register online or call People's.

JAN  
23

## BOTANICAL SUPPORT FOR MENSTRUAL HEALTH (CLASS 1 OF 3)

**Saturday, Jan. 23, 11am-12:30pm**

This 3 part series will cover botanical support during 3 common stages in a woman's lifetime. This class will detail the hormonal influences and changes that happen throughout a woman's cycle and the common symptoms associated with those changes. Dr. Bennett will give insight for botanical support to ease common complaints. Dr. Meghan Bennett is a naturopathic physician specializing in women's health and offering. Free and open to all. Register online or call People's.

JAN  
27

## MAKE YOUR OWN SHOES: A 9 WEEK SERIES

**Wednesdays 4-7pm  
January 27 - March 23**

The turnshoe is an ancient technology for making lightweight, flexible, and durable footwear. Mixing in some modern technology (duct tape!) along the way, this class starts by measuring your feet and ends with a new pair of shoes. Cost is \$30-60 sliding scale and covers all materials, payable on the first day of class. Email the instructor ([shoemaker@riseup.net](mailto:shoemaker@riseup.net)) for inquiries and to register. Mike Glover is a teacher, father, and Monday morning produce HOO. This is fifth year teaching turnshoes at People's.

JAN  
31

## DECHARGING, FOOD FOR YOUR SOUL

**Sunday, Jan. 31, 3-5pm**

What is negative energy? How do you recognize when negativity is playing in your life? This class focuses on using the 5 elements in practical ways to decharge the different unwanted energies that affect us negatively, thereby opening the space for positivity to flow freely in our lives. Based on the teachings of Sri Kaleshwar. Offered by Ami Oyarzabal, LMT, Soul Healer & Teacher in the Sai Shakti Tradition and Catherine Klebl, Healer & Health Coach. Suggested donation \$10-\$20. Register online or call People's.

FEB  
7

## GLUTEN-FREE BREAD MAKING

**Sunday, Feb. 7, 2-7pm**


Join Dori Oliver, baker at Ground Breaker Brewing Gluten-Free Gastropub as we talk and taste Gluten-Free French Brioche Bread. We will talk about the delicious and nutritious options for making gluten-free bread at home. This class is a hands-on demonstration of the versatile French Brioche Bread. It's rich and cakey and can be used for rolls and pastries as well as bread. There will be time for questions and discussion with Dori has been developing gluten-free recipes and baking since 2011. Free and open to all. Register online or call People's.

**REGISTER ONLINE:**

<http://www.peoples.coop/class-registration>

**REGISTER BY PHONE:**

503.232.9051 ext. 249

**FEB  
6****BOTANICAL SUPPORT  
FOR PREGNANCY AND  
LACTATION  
(CLASS 2 OF 3)** **Saturday, Feb. 6; 11am-12:30pm:**

This second class with Dr. Meghan Bennett (Naturopathic Physician), will cover which herbs are safe to use while pregnant and nursing and which to avoid. There will be some detail of common complaints as well, but please keep in mind that this is a sacred time in a woman's life and it is best addressed by seeking individualized care. Free and open to all. Register online or call People's.

**FEB  
9****GROW YOUR OWN  
PRODUCE: PLANNING  
DESIGN AND  
FRAMEWORK** **Tuesday, Feb. 9, 7-9pm**

This opening session will focus on garden planning and design. From the macro perspective to the microclimate, we will discuss Permaculture design strategies that can maximize your yields and diversity of crops throughout the season. Fruit trees, berry bushes, and other large landscaping elements will be discussed as the framework for creating the context for your space. Each participant is encouraged to come with a base map of their site. Contact Marisha (queenbee@herbnwisdom.com) if you need support before class to have this available. Cost is \$100 for 5 classes or \$25 per class. A 20% discount is available to People's Member-Owners. Email Marisha directly to receive discount. Register online or call People's.

**FEB  
12****NEEDLE FELTED CAKES** **Friday, Feb. 12, 6-8pm**


Make a sweet for your sweetheart this Valentines Day! Using needle felting techniques, we'll create beautiful and intricate wool desserts inspired by Japanese felt dessert master Rio Fukuda. Students will learn to felt many basic shapes, and will leave class inspired and equipped with the knowledge to make many more needle felted items! Led by LeBrie Rich, Hands On Owner and international textile artist based in Portland, OR. [www.PenFelt.com](http://www.PenFelt.com) Cost is \$25-\$35 sliding scale, all materials included. Class size limited, register online or call People's.

**FEB  
13****CHOCOLATE GALORE!** **Saturday, Feb. 13 1-2pm**

Freshly made chocolate. There's nothing like it. It's February and now's the perfect time to learn the art of making chocolate. Join Janet Straub, local chocolate maker from Creo Chocolate, while you watch a wet stone grinder make chocolate which you will get to sample. This class is both a demo and a tasting. A fun way to celebrate Valentine's Day this year! Free and open to all. Register online or call People's.

**FEB  
19****FOOD  
EMPOWERMENT WITH  
LAUREN ORNELAS** **Friday, Feb. 19, 7-8:30pm**

Join Lauren Ornelas, executive director and founder of the Food Empowerment Project in an educational presentation and community open discussion. We will talk about the power of our food choices, the social and food justice issues related to our everyday food choices, such as farmworkers rights, labor practices, access to healthy food, and how we can make a difference as consumers. Free and open to all. Registration required. Register online or call People's.

**FEB  
20****BOTANICAL SUPPORT  
FOR MENOPAUSAL  
COMPLAINTS  
(CLASS 3 OF 3)** **Saturday, Feb. 20, 11am-12:30pm**

This third class with Dr. Meghan Bennett (Naturopathic Physician) will address the most common menopausal symptoms such as hot flashes, night sweats, and insomnia; and how to support the transition into becoming post-menopausal. Free and open to all. Register online or call People's.


**FEB  
20****SPRING CLEANSING** **Saturday, Feb. 20, 2-3:30pm**

At the end of winter, in February, the body enters a natural cleansing cycle. All of nature is renewing and resetting in spring, and we are a part of nature. It is important to support the body through this transition from winter to spring. We do this by resetting the fat metabolism and the digestive system

with seasonal foods and daily practices. Come learn what the oldest continually practiced healthcare system in the world, Ayurveda, recommends for a gentle spring cleanse with seasonal food. Led by Susan Bass. Free and open to all. Register online or call People's.

**FEB  
21****SOURDOUGH BREAD:  
MAKE YOUR OWN  
STARTER** **Sunday, Feb. 21, 2-4pm**

Interested in learning a new hobby that will fill your home with the smell of homemade bread? In this two-hour class you will combine flour and water for a sourdough starter, from which you'll be on your way to creating a living, breathing substance to use for making your own sourdough bread. If you've made bread using commercial yeast, you'll find this is a slower approach—with a better taste, often praised as more digestible. You'll take home a glass jar with white flour starter as well as printed material on moving toward baking your loaf plus resources for other kinds of starters—rye, gluten-free will help you toward satisfying sourdough baking. Free and open to all. Class space limited, register online or call People's.

**MAR  
15****GROW YOUR OWN  
PRODUCE: INDOOR  
SEED-STARTING, EARLY  
PLANTINGS, AND  
PERENNIAL CROPS** **Tuesday, March 15, 7-9pm**

In March, it is time to begin planting seeds both outdoors and indoors. This session will focus on those early plantings and the varieties that perform best for our climate. Perennial vegetables can be transplanted at this time. Since many perennial vegetables are new to gardeners, Marisha will share about growing and cooking some of her favorite types. Seed catalogs and other resources will be available as references for each participant to make a personalized planting calendar. Cost is \$100 for 5 classes or \$25 per class. A 20% discount is available to People's Member-Owners. Email Marisha (queenbee@herbnwisdom.com) receive the discount. Register online.



## AND THE WINNER IS...



People's 2nd Annual Chili Cook-off was a big success again this year. Our Board of Directors handed out samples to over 200 judges (you!), who voted on 7 delicious chilis. Farmers' Market vendor, Emily Cooper's Smoky 2-Bean Chili took home first prize. The ingredients for her chili came straight from her farm, Full Cellar Farm. Make sure to visit Emily and all of our wonderful farmers on Wednesday from 2-7pm in the People's Courtyard. See you at next year's cook-off!

## SMOKEY 2-BEAN CHILI!

### INGREDIENTS:

- 2 cups of dry beans (1 c. each Black Coco and Jacob's Cattle), cleaned, sorted, and soaked overnight
- 2 med. onions, diced
- 1/4 c. olive oil
- 4 (or more) garlic cloves, minced
- 1 chili pepper, minced, with or without seeds depending on how spicy you like it
- 1 tsp salt, plus more for the beans
- 1 Tbs. ground cumin
- 2 tsp. oregano
- 1 Tbs (or more) smoked paprika
- 1/4 tsp. chipotle chili powder
- 1 qt. canned tomatoes (preferably homemade, but 28 oz can of chopped tomatoes works too)
- 1/2 c. (or more) chopped cilantro
- Dash of balsamic vinegar (red or white wine vinegar works well too)

### DIRECTIONS:

Drain and rinse the beans, then cover them with water, add some salt to taste, and bring to a boil. Lower the heat and cook until tender, about 1 hr.

About 30 minutes before the beans are done, in a separate skillet, sauté the onion in the olive oil until it's soft. Add the garlic, chili, salt, cumin, oregano, paprika, and chili powder and cook for another few minutes. Add the tomatoes and simmer for about 15 minutes, or until much of the juice is cooked off.

When the beans are cooked, add the tomato mixture directly to the beans and their cooking water. Add the cilantro, and cook until the chili is the consistency you like. Add salt to taste. Finish with a dash of vinegar.

# BOARD ENGAGEMENT UPDATE

Where we've been, where we'll be and why it matters to the Democratic Process

By: Amy Wong, Board member since July 2014



Member-Owners share their thoughts at the Annual Meeting.

One of the functions of the People's Board of Directors is to listen to what Member-Owners want from their co-op, as well as answer any questions you might have. In doing so, the Board is able to best represent your interests to the Collective Management. Hearing what Member-Owners love (and don't love) about People's, as well as what you want your co-op to become in future years, is one of the most rewarding aspects of Board service.

In the last couple of years, Board members have been to several co-op events—the Farm Tour, the Annual Meeting, Harvest Festival, Coffee Talks, and several Farmers' Markets. We've sponsored events like the popular Chili Cook-off, a book club, and a Study & Engagement session where People's hosted labor activist Rosalinda Guillen. Why all the engagement events? Because it's important to have a dialogue so that the Board understands your needs, especially as People's embarks on our Long Term Plan.

Starting in 2016, Board engagement will also include participation in Long Term Planning events that involve Member-Owners. To recap, People's is creating a 10-year plan which will be a cohesive vision of our future

amidst the giant natural foods scene here in Portland. People's is facing challenges—more natural grocers are moving into the neighborhood and more mainstream grocery chains are increasing the amount of organic and “natural” products they offer, which in turn siphons customers away from the co-op. The Long Term Plan aims to find a thoughtful and sustainable path forward in the face of these challenges, so that we can continue to be a viable presence in Portland while staying true to our Ends. As part of the planning process, we will be holding specific Member-Owner engagement events so that your voices are heard—something that is integral to the Long Term Plan, as well as the democratic co-op model.

Integrating Member-Owner voices early in the planning process, as well as democratic participation, is important to the health of People's. This was recently highlighted during a presentation by Art Sherwood, a Long-Term Planning consultant at People's, presentation on Democratic Leadership at the Provender Conference in Hood River. A handful of Board members attended the conference and presentation, during which Mr. Sherwood facilitated the creation of a definition of a healthy, participative democratic enterprise:

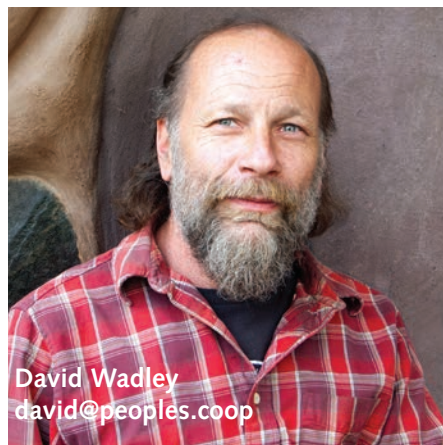
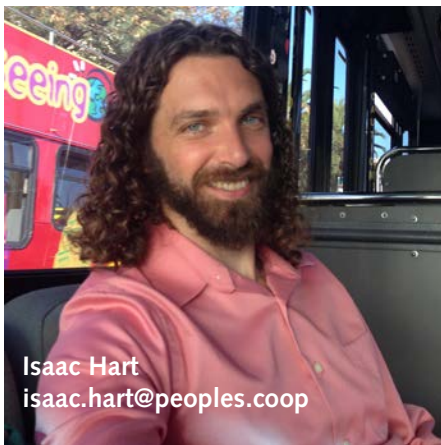
“It provides adequate support and meaningful opportunities to participate in the process, inspires participation, creates value, includes reflection and change when needed, and is agile in decision-making.”

As People's takes the first steps on this long road, it's necessary that we create democratic alignment from the start—as a Board we're working to foster a healthy, participative democratic enterprise so that we have the alignment necessary in order to move fast when needed. As co-op leaders, the Board needs to ensure that an appropriate direction is set and that we're moving in that direction. But this is only possible with your input and participation, because it's Member-Owners who are charting the course that best represents the needs of our community.

Please look for Board engagement and other co-op updates in this newsletter, in your inbox, and on the People's website—and do your part in creating democratic alignment by making your voice heard.

# GET IN TOUCH WITH YOUR BOARD OF DIRECTORS

All Directors [bod@peoples.coop](mailto:bod@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 5:30-6:00pm 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, January 26, 6-8:30pm

Tuesday, February 23, 6-8:30pm

Tuesday, March 22, 6-8:30pm

# 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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