



# Co-op News

A bi-monthly publication for members of the Olympia Food Co-op and its surrounding communities

August/September 2011

## Meet the farmers of OPMA: The Okanogan Producers Marketing Association

By **Emily Van Kley & Kim Langston**, Staff Members

What do you do when you live in one of the best growing regions in the state of Washington far away from major distribution hubs and need to find a market for your certified organic fruits and vegetables? This is a question that has plagued many small organic farmers all over the state and made them scramble to bring their fresh offerings to a hungry populace. In 2004, a group of farmers in Washington's fertile Okanogan Valley came together to answer this very question. With the help of a grant from the USDA Farming and the Environment program and technical assistance of the Northwest Cooperative Development Center (NWCDC), the Okanogan Producers Marketing Association (OPMA) was on its way to answering this question.

The realization that they are stronger as allies than as competitors fueled this diverse group of farmers to come together and do something that most farmers today would never consider—form a co-op. They hired one of their own to be the face of OPMA and began the rather lengthy and challenging process of building a community together. Since all of these farmers offer their produce collectively, they can bundle their nearly 100 crops together and have one point person connect with each vendor. If each farm had to do this individually they would need to hire someone just to make all the calls to find outlets for their fruit. Watershine Woods of Filaree Farm was voted the marketing director in charge of this work, freeing the others to focus on what they do best: grow amazingly sweet and delicious produce.

In the fall of 2006, with their combined of-

ferings of fruits and vegetables, OPMA was able to fill up their own truck and provide an impressive number of varieties to accounts in the South Sound area. Several years and many new varieties later, OPMA is delivering their produce as far north as Seattle and as far south as Rochester, Washington where the staff of Helsing Junction Farm offer an OPMA fruit share to their CSA members.

According to its members, OPMA is "six small farms working together, sharing resources, equipment, knowledge, expertise, marketing, and sales. We have developed a close working relationship between the farms and farmers and our co-op for the benefit of the consumers we serve. We believe that we have much more to offer our customers through these relationships than we ever did as individual farms and farmers."

What this means for members of the Olympia Food Co-op is that we not only get to support another co-op to achieve success, but we can expect to be dizzied every summer

and fall by all the tasty and often hard-to-find varieties these six farms produce. One thing that impresses us time and time again about OPMA is the commitment and generosity they exhibit in helping one another out. For example, when Filaree created a niche market for their famed Arkansas Black and couldn't keep up with demand they asked Mike Simon of Applecart Farm to plant more trees to fill the void. Norm and Diane Weddell did the same when planting garlic for Filaree's blossoming garlic operation. According to Norm of River Willow, "It was the right thing to do. We had the land and Watershine needed the garlic." If all farms worked as cooperatively as the OPMA farms, we would see a radical shift in the way local farmers support one another and get their produce from farm to consumer.

**Read more about the farmers of OPMA on page 4!**



JC Kaufman of Filaree Farm loading up the first of the Spitzenberg apples for the season 2010

photo courtesy Filaree Farm

**Editor & Advertising Coordinator**  
Jennifer Shafer

**Staff Liaison / Coordinator**  
Maureen Tobin

**Graphic Artist**  
Rachel Carns

**Photographers**  
Patrick Maley, Kathy Strauss

**Newsletter Committee**  
Jennifer Shafer, Kathy Strauss,  
Maureen Tobin, Julia Sokoloff

**Westside Store**  
921 N. Rogers • Olympia, WA 98502  
(360) 754-7666  
Open every day, 8am - 9pm

**Eastside Store**  
3111 Pacific Ave. SE • Olympia, WA  
98501 • (360) 956-3870  
Open every day, 8am - 9pm

**Both Co-ops** are open every day of the year (except New Year's Day, January 1st, for inventory).

**The purpose** of the Olympia Food Co-op is to contribute to the health and well-being of people by providing wholesome foods and other goods and services, accessible to all, through a locally-oriented, collectively managed, not-for-profit cooperative organization that relies on consensus decision-making. We strive to make human effects on the earth and its inhabitants positive and renewing and to encourage economic and social justice. Our goals are to:

- **Provide** information about food
- **Make** good food accessible to more people
- **Support** efforts to increase democratic process
- **Support** efforts to foster a socially and economically egalitarian society
- **Provide** information about collective process and consensus decision-making
- **Support** local production
- **See** to the long-term health of the business
- **Assist** in the development of local community resources.

Opinions expressed in the **Co-op News** are those of the authors and do not necessarily reflect the views of the Co-op Staff, Board of Directors, Co-op advertisers or anyone else. Co-op members are welcome to respond.

The **Co-op News** is published on a bi-monthly basis and comes out in February, April, June, August, October and December. Please contact the editor, Jennifer Shafer, at [olycoopnews@yahoo.com](mailto:olycoopnews@yahoo.com) or 360-789-7313 to discuss your article idea or advertising inquiry. You may also leave messages in the newsletter box at either Co-op or mail them to either store, Attention: Co-op News.

Acceptance of advertising does not indicate endorsement by the Co-op of the product or service offered.

<http://www.olympiafood.coop>

Cover photo:

Imogen Perkins-O'Neill with her feathered friend, Ruby

photo by Jennifer Crain

# The Israeli-Products Boycott: One Year Later

By **Jayne Kaszynski**, Staff Member

*One year ago in July, the Olympia Food Co-op's Board agreed to join the boycott of Israeli-products called by Palestinian Civil Society. After the news broke in Haaretz and Al Jazeera, the Co-op received thousands of calls and emails from around the world. Olympia Food Co-op members' responses ranged from strong condemnation to fervent support, with most people falling in the middle. Some members questioned whether Co-op processes were followed properly, and everyone wondered what to do next. Ultimately, the decision led to the Co-op removing nine products from the shelves, ranging from ice cream cones to moisturizer. We continue to sell Peace Oil, which is a joint Israeli-Palestinian fair-trade product.*

*A lot has happened in the year since the original decision was made, and work continues on boycott-related subjects. Here's a quick overview of what has happened and where things stand:*

● After we joined the boycott, the Board and stores received thousands of phone calls and emails. Every message was listened to or read by a team of Staff and Board members who reported back to the full Board. Although the overwhelming response (and the fact that it was difficult to determine which messages were from actual Co-op members versus out-of-state commentators) made it impossible

to respond to each message individually, the messages we received were discussed during boycott-related Board meetings. Individual Board members also spent more than a hundred hours listening to members one-on-one in front of the stores.

● The Co-op held a member forum that was packed wall-to-wall with members who came to share their opinions. The fact that our community was able to come together in the midst of disagreement and talk civilly to each other made many of us proud, even as we were saddened by the rift in our community. The Board carefully listened to member feedback and began to make changes to the boycott and our boycott process:

● The Board revised the boycott itself, making the "what will end the boycott" language clearer and less subject to anti-Israel interpretations. If you haven't done so already, you can read the updated boycott language on our blog (find the link on our website's mainpage - [www.olympiafood.coop](http://www.olympiafood.coop)) Look for the February 2, 2011 post.

● The Board created a boycott subcommittee, made up of Board, Staff, and members at large, to revise the Co-op boycott policy. This group continues to work on finalizing changes, which will be presented to the Board by the end

of the summer. Stay tuned to the blog for updates!

● The Board also changed their meeting structure and how they communicate with the membership. Now, Board meeting agendas are posted on our website and blog one week before each meeting, and meeting minutes are consented to and posted in advance of the next meeting. You can find Board agenda information and previous meeting minutes on our website at [www.olympiafood.coop](http://www.olympiafood.coop) under the "About Us" tab.

● The Co-op held trainings for staff and Board, and for the community, on Interrupting Anti-Semitism and Anti-Arab Racism.

● Keep your eyes on the registers – Co-op staff approved a proposal to accept donations for Jerusalem Peacemakers, a non-political peacemaking organization led by Israelis and Palestinians! See the article in this newsletter or Google "Jerusalem Peacemakers" for more info.

*For updates on boycott-related processes, or any other Co-op projects, please read our blog at <http://olympiafoodcoop.blogspot.com>. You can find contact info for the Board and other Co-op groups at our website: [www.olympiafood.coop](http://www.olympiafood.coop) or join us for Board meetings on the third Thursday of the month.*

*Teresa Guajardo, MA, LMHC, LMP*

*Integrative Counseling for Adults & Youth*

Gentle		Personal Growth
Experiential		Anxiety
Expressive		Trauma or Abuse
EMDR		Self Esteem
Dog Assisted		LGBTQ

360-789-7025      [www.Connections-MindBody.com](http://www.Connections-MindBody.com)

*Connections-Mind & Body*

*New Heritage Farms*

*Picturesque Pasture Pigs ~ Perfectly Pastured Pork*



<http://newheritagefarms.blogspot.com>  
Vickie Hinkley 360 304-2786

*Sparkle House Cleaning Service*

- Floors & Dusting
- Kitchens & Bathrms
- Earth safe products
- 25% off 1st cleaning

(360)753-4164



Sarah Jewett

# Join the Celebration!



## The Co-op's Seventh Annual **HARVEST PARTY** is Sunday September 18th!

All members of the Co-op community are encouraged to join in the fun of celebrating the bounty of our local foods at the Harvest Party Potluck, Sunday, September 18 at Lions Park in Olympia from 2 to 6 pm.

This party is a casual gathering of everyone who helps make the Co-op and local production possible: local business owners and farmers, Co-op staff and working members, and all the members who have loyally shopped at the Co-op for almost 35 years.

We'll be having a big potluck with as much local food and drink as we can come up with- and it's usually quite a lot! Offerings from your home gardens and kitchens are a welcome addition to the feast. Think of all the wonderful green beans, potatoes, lettuce and cabbage (to name just a few things) that are grown right around Olympia and cooked up into lovely dishes for us all to enjoy.

This year there will be live music with the local talent of Yodelady, as well as games for all ages and yoga for the kids with the Traveling Yogini. You can find your creative side at our painting table or try your aim with our second attempt at a composting produce toss! Volunteer help is always appreciated with this event; please contact a working member coordinator at either store if you're interested in volunteering, either at the party or in advance.

Mark your calendar: the 7th Annual Harvest Party will be at Lions Park (Southeast Olympia at Wilson and 7th), Sunday, September 18, from 2 to 6 pm.

### What is Good Nutrition?



### The Nutritional Therapist Training Program

**NTA** 800.918.9798  
[www.nutritionaltherapy.com](http://www.nutritionaltherapy.com)

## 510INTERIORS

LIVE WELL. LIVE GREEN.

We provide beautiful, quality flooring, furniture and interior solutions that address environmental, health and global concerns. Live well, live green.

SUN AND MON BY APPOINTMENT TUES TO FRI 10AM TO 6PM SAT 10AM TO 5PM

510 COLUMBIA STREET SW OLYMPIA, WASHINGTON 98501  
TEL 360.753.1866 FAX 360.753.1867 [WWW.510INTERIORS.COM](http://WWW.510INTERIORS.COM)

Find out why a naturopathic physician is the physician for the whole family.  
Call today for a free consultation 360-357-1470



**Ash** Family  
Medicine

Or visit our website  
[www.drjenniferash.com](http://www.drjenniferash.com)



**Healthy Future**  
PEDIATRICS

**An Apple a Day...**

**We are Focused  
on Prevention**

• Carl Lindgren, MD  
• Tammy Winchell, DNP, MSN, CPNP

(360) 528-4220

3023 Pacific Avenue SE • Olympia  
Next door to the Eastside Co-op

Find us on  
Facebook

[www.HealthyFuturePeds.com](http://www.HealthyFuturePeds.com)

**BRAND**



Design/Construction

**Brand X Design & Construction**  
BRANDXD077KS

residential remodel general contractor

Douglas "Off" White  
(360) 264-4425

*"Building Green  
since 14 B.C."*

[brandx@scattercreek.com](mailto:brandx@scattercreek.com)

# Okanogan Producers Marketing Association (OPMA) Farms continued from page 1



Mike Simon explaining the benefit of grafting more favorable and marketable varieties of apples for market. This once Golden Delicious trunk will eventually be a beautiful Honeycrisp tree. photos courtesy OPMA

## Apple Cart Fruits

Mike Simon, (Si to his friends and fellow-growers) owner and operator of Applecart Fruit, is an evening and weekend orchardist whose second full-time job is as a construction contractor. Applecart is 11 ½ acres of mostly certified organic orchards, with a few in transition toward organic certification. Mike has been cultivating this piece of land since 1978. The first view when arriving at Applecart is of a small house and an outbuilding, which upon closer inspection turns out to be a cleverly designed cold storage facility. Walking between the buildings, you move into long, sun-dappled rows of apples and stone fruit that slope gently at first and then steeply toward the Okanogan River below. Mike came to the Northwest by way of the sixties, hitching his way from the East Coast, working here and there in orchards, learning the trade, and finally landing on his own farm in Tonasket.

Mike enjoys experimenting with both new and classic fruit varieties. Keep your eye out for the Candy Crisp apple, a variety similar to the Honeycrisp, that Mike is hoping to introduce more widely in the coming seasons.

When asked about his choice to grow fruit organically, Mike says that learning to grow with organic practices is really learning to be a farmer. As a conventional orchardist, he says, you apply commercial fertilizers to the soil year after year to get nutrients to the trees, whereas an organic orchardist must learn to build the soil so that it is able to naturally provide these nutrients instead. For Mike, this means that as he removes golden delicious trees planted back in the fifties to make room for more currently appreciated varieties, he plants nutrient-rich mustard and rye in their place. These cover crops can then be tilled under, a first step in ensuring a nourishing start for new trees.

Varieties Apple Cart may offer at the Co-op—Apples: Early Fuji, Gala, Gold Delicious, Granny Smith, Honeycrisp. Cherries: Bing, Lapin, Lambert.

## Bartella Farm

John and Cindy of Bartella farms grow a wide variety of stone and other orchard fruits on 20 acres near Omak, Washington. While a small portion of their orchard is transitional, the vast majority of the Bartellas' acreage is certified organic. Walking through the orchards, we sample delicious, sun-ripened pluots, apples, and grapes. As the former head of the Okanogan Horticulture Society and Irrigation District, John is a very scientifically inclined farmer. He keeps a detailed log of soil and tree conditions, weather events, and other pertinent information. He has even rigged a thermometer to an alarm next to his bed that goes off if, in the middle of the night, the spring temperature dips too low for his budding trees. Growing organically makes sense to him because of the overall higher quality and more consistent sugar levels organic practices produce in his fruit. "I don't plant anything I don't want to eat a ton of," John says. And indeed, his pluots are sought after as exemplars of their varieties. Connoisseurs like Michael and Janine of Madrona Beach Fruit Stand on Steamboat Island make sure to have his

Dapple Dandies on hand each season.

The Bartellas use a variety of approaches for marketing their fruit. One of the most effective and rewarding ways is selling fruit through OPMA because the direct marketing approach cuts out many of the distribution costs and brings a higher percentage of the proceeds of fruit sales back to the farmer. In addition, they sell fruit to area schools, which carries a unique set of requirements. Apples sold to the schools, for example, need to be small enough to flush if they are dropped down the toilet! Another way the Bartellas get their fruit to market is to sell full cases of their fruit straight from the farm for folks to pick-up and eat, can, or share with family and friends.

Varieties Bartella may offer at the Co-op—Cherries: Lambert, Lapin and Rainier. Peaches: Andross and Saturn. Nectarines: White Flesh. Pluots: Santa Rosa, Dapple Dandy, Flavor Queen.



Rainier cherries

## Bunny Laine Farm

Dave Morgan and Karen Beller own and operate Bunny Laine Farm, 40 acres near Malott, Washington that have been farmed by Karen's family since 1974. The farm is named for the couple's young daughter, Laine, who has the privilege of growing up on an organically certified orchard, berry, and vegetable farm. Behind the farmhouse, when you first pull in to Bunny Laine, you are greeted with a profusion of strawberries grown in stacks of tall white pots, like small-scale berry skyscrapers. This planting method makes harvesting easier by bringing the berries off the ground and to the level of the hand-picker as well as protecting the fruit from slugs, insects, and several types of disease.

Behind the strawberry fields, orchards extend to the base of a tall rocky bluff. Heading away from the house, you encounter fields of staked raspberries, long rows of tomatoes, and potato mounds. Though this farm is not a high volume provider for the Co-op, many shoppers anticipate the arrival each fall of the crisp and delicious Sweet Louise, an apple as yet not widely cultivated, but lucky for us well-represented in the orchards at Bunny Laine.

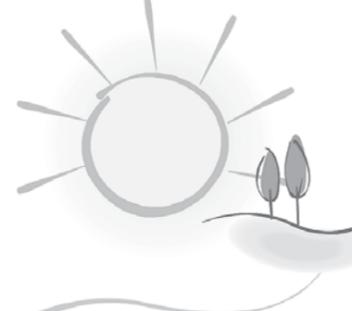
Varieties Bunny Laine may offer at the Co-op—Berries: Raspberries, Marion berries. Apples: Elstar, Jonagold, NY 428, Spitzenberg, Sweet Louise. Apricots: Rival, Perfection. Aprium: Tasty Rich. Nectarines: Arctic Glow, Fantasia, Fire Bright, Honey Royal. Peaches: Arctic Gem, Canadian Harmony, JH Hale, PF-1, Red Haven, Saturn, Sweet Bagel, Sweet Dream. Pluots: Flavor Supreme.



Dave Morgan of Bunny Laine Farm demonstrates the ease of harvesting vertically grown strawberries

Somatic  
Spiritual  
Counseling

Maggie Laurentz  
(360) 264-6146



**South Sound Solar**  
Now offering Made in WA  
Solar Systems!

**360-352-7869**  
southsoundsolar.com

#SOUTHSS902J3 & #SOUTHSS902N7

## Filaree Farm

Over the past 30 years, Watershine Woods has developed certified Organic Filaree Farm into a truly diverse farm, orchard, and community outside of Okanogan Washington. From nationally distributed seed garlic, to CSA vegetables, to a dizzying variety of heirloom apples, this farm, though small in size, has been a rich addition to the culture and food diversity of Washington State and beyond. Last year, Washington Tilth named Watershine farmer of the year, in large part because of her long-time role as a mentor to young farmers, some of whom have stepped in to take over ownership of parts of Filaree as Watershine has begun to develop her job as marketing manager for OPMA. Last year, Alley Swiss became owner of Filaree Garlic Farm, the seed garlic business, and this year will be JC Kauffman's first as full owner of Filaree Fruit, the orchard. Watershine will continue to raise greenhouse starts, vegetables and Hay as Yonder Farm, on the fields behind the orchard.

Walking though Filaree farm, you are likely to encounter goats, chickens, beautiful widely-arching apple trees, meandering gardens, and any of the dozen or more people living

and working on site at any particular time. Buzz about Filaree's apples is widespread, from the enthusiastic shoppers at the Olympia Food Co-op, who often find themselves browsing 7-8 different heirloom varieties at a time, to denizens of Spokane's South Hill, where the Rocket Market takes out special advertisements in local papers to announce the arrival of Filaree's King David's each year.

Through years of planning, tending, and careful development, Filaree Farm's soils are so healthy that they no longer need regular inputs of nutrients to keep the orchards vibrant and productive. While particular areas of the orchard may need occasional attention, Russian Olive and other strategically interspersed trees serve as nitrogen fixers, effortlessly feeding neighboring apple trees throughout the growing season.

In the orchards, JC wants to continue the tradition of relying as little as possible on even those organically approved pest management orchard maintenance products. "I'd far rather pay for labor than for something that's been industrially produced," he says. This means that, for example, rather than spraying apple trees with a blossom-thinner like lime sulfur at the beginning of the growing season, JC and other

farm laborers will often go through and pinch off extra buds by hand. This ensures that the trees will be able to put just the right amount of energy toward the apples they will be developing, and allows JC to invest in the people working with him rather than chemical companies developing products approved for organic use.

Varieties Filaree may offer at the Co-op—Apples: Akane, Arkansas Black, Cameo, Cortland, Cox Orange Pippin, Elstar, Gravenstein, Ida Red, Jersey Mac, JonaMac, Keepsake, King David, Liberty, Macintosh, Macoun, Mutsu, Nickajack, Prairie Spy, Red Gravenstein, Spartan, Spitzenberg, Stayman Winesap, Vista Bella, Wagener, Wealthy, Winesap. Asian Pears: Hosui, Shenseiki. Nectarines: Red Haven, PF Flyer, Suncrest. Plums: Catalina, Elephant Heart, Shiro, Blue Italian Prune. Several varieties of garlic. Did you know they grow over 100 varieties of seed garlic?



Hosui asian pear



Grandpa's Homeplace Organic pear trees

## Grandpa's Home Place

Jim and Sandee Freese tend 50 acres of farmland outside of Omak, much of which Jim's parents and grandparents tended before them. Grandpa's Home Place is a farm just beginning to move in the direction of organics, with nine acres of organic Bartlett, Bosc and D'Anjou pears, as well as small plots of heirloom organic cider apples and newly-planted berry fields.

The rest of their conventionally grown apple, cherry, and pear harvest is marketed through Chelan Fruit Company, for which the Freeses are one of the top-ranked growers. OPMA helps to market their organic pears, and the Freeses hope for an eventual partnership with an artisan hard-cider business for their heirloom apples.

A focus for Jim and Sandee in the past few years has been working with the Global G.A.P. program, an international food safety initiative that provides voluntary certification for farms around the world. In addition, their son, Shea, has been experimenting with an organic, heirloom vegetable garden, which last year provided the Co-op with some beautiful Japanese eggplant when Western Washington's harvest was finished for the season.

Varieties Grandpa's Home Place may offer at the Co-op—Pears: Bartletts, Bosc, D'anjou.

## River Willow Farm

Coming down the lane at Diane and Norm Weddle's River Willow Farm, you can't help but be struck by the variety, beauty, and tidiness of the land. For those who think of organic farms as wild places with eccentric, curving fields, creatively assembled living structures, projects in various states of completion, and old tools and another paraphernalia in found-object sculptures along a variety of footpaths, the Weddles' farm is quite a departure from the mold. It is your grandparent's farm, complete with a comfortable house, a row of tidy sheds for canning and storage, a pretty old outbuilding-turned-art-studio where Diane makes intricate wooden puzzles, a mown field near the river for playing croquet or tossing the dog's tennis ball, and a picturesque strip of trees and native foliage bordering the Okanogan river. Indeed, the Weddles are happy each year to welcome children and grandchildren back to the farm to help with the harvest and the incredible amount of food preservation they undertake for their own winter food stores.

On the left side of the road that leads to the main house are 19 acres of orchards planted neatly in rows and pruned to a height convenient for harvesting. To the right, a small field boasts an incredible variety of certified organic hot and sweet peppers, thirty different kinds in all, grown by Alma and Fernando Capote, long-time farm workers who live have lived at River Willow Farm since 2003. In addition to stone fruits from River Willow's Orchards, the Co-op is pleased we will be able to expand our offerings of hot peppers by carrying some of Alma and Fernando's varieties this summer and fall. Some of the peppers we may see this August include, but are not limited to, several varieties of Jalapenos, Hot Banana, Chile de Arbole, Guajillo, Pablano, Habanero, and a pepper so bold it's called the Super Chile.

As an organic farmer, Norm has learned to use pest controls "with a light touch." Though there are full-spectrum (i.e. multi-bug targeting) pesticides approved for organic use, he prefers an early spray of rosemary and peppermint oils to ward against aphids on his cherry trees. This gets rid of early season aphids without affecting ladybugs and other aphid predators. Then, rather than needing to return and spray with the full-spectrum pesticide again and again throughout the season, populations of ladybugs and other beneficial insects grow alongside any returning aphids, naturally keeping the aphid population under control.

Varieties River Willow may offer at the Co-op—Apricots: Gold Bar, Perfection, Rival. Cherries: Chelan, Lapin. Nectarines: Red Gold. Peaches: Blushing Star, JH Hale, Red Globe, Sweet Dream.



Blushing Star peach



**OLYKRAUT**  
★ RawTradition ★

We make raw fermented sauerkraut and kimchi right here in Olympia with as much local produce as possible. We support our farmers and so should you.  
Eat your (fermented) vegetables!

PO Box 1234  
Olympia, WA 98507  
www.olykraut.com

probiotic  
cultures

## BLUE HERON BAKERY

Whole Grain Baking Since 1977  
Natural Before it was Fashionable.

Breads, Cookies, Pastries, and Granola  
4935 Mud Bay Rd  
Olympia 98502  
www.blueheronbakery.com

(360) 866-2253 (BAKE)

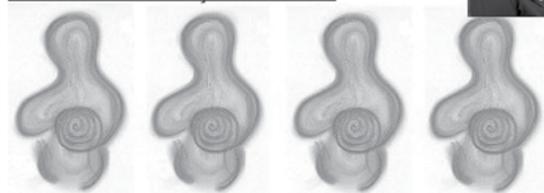
**7 am to 6 pm**  
**Seven days a week**

Why choose Blue Heron?

- No artificial colors, preservatives, or flavors.
- Handmade locally.
- Sustainably produced ingredients preferred.
- Natural foods leader for 28 years.

You can find our products on Mud Bay, at the Olympia Farmers Market, and in quality food stores throughout the South Sound.

Laura Herrick Postpartum doula  
Loving support after your birth  
360-451-0717  
[laurakherrick@yahoo.com](mailto:laurakherrick@yahoo.com)



read more about how OPMA works with the Co-op's BUY DIRECT/BUY LOCAL program on page 6

# The Board Report – 2012: International Year of the Cooperative

By **John Nason**, Board Member

## Bienvenidos a CECOSOLLA!

The United Nations has proclaimed 2012 as the International Year of Cooperatives. The resolution states that cooperatives “promote the fullest participation in the economic and social development of all people” and urges us to use the proclamation “as a way of promoting cooperatives and raising awareness of their contribution to social and economic development.”

In the spirit of this resolution, our OFC Board agreed to investigate the possibility of having an exchange with the CECOSOLLA “Central de Cooperativas de Servicios Sociales de Lara” based in Barquisimeto, Venezuela. Cecosesola operates three large food fairs and is part of a large network of co-operatives involved with farming and food processing.

In March I visited members of Cecosesola in Barquisimeto. The one OFC Spanish language flier that I brought was enthusiastically received, duplicated, and widely circulated among coop workers. Thumbing through our Newsletter, several workers noted our growing sales figures. We discussed the possibility of an exchange where OFC workers would visit Cecosesola in January 2012 and workers from Cecosesola would visit OFC in May, 2012.

In April we were notified by Cecosesola that their workers had met and agreed to the exchange and had selected four candidates to come to Olympia. The exchange was discussed among OFC workers at May’s collective meetings.

The collective meetings generated wide-ranging ideas about what the exchange could accomplish. We could create events to generate community understanding of the size and potential of the cooperative movement internationally, and encourage the formation of new local cooperatives. We could gain insights about how we might expand our local food system by growing vertically, integrating our store operations with food processing and local farms. We could learn how Cecosesola’s cooperative culture has sustained 47 years of community service, most recently completing construction of a modern hospital that is free to the cooperative’s members, and offers low-cost medical service to the entire community.

The logistics of the exchange continue to be developed through the work of the Education Committee and an ad hoc committee working with the Board. Meanwhile our compañeros in Barquisimeto are processing their applications for VISA’s to enter the United States. Come January we hope to be ready to promote – 2012, International Year of Cooperatives.

Lay down your arms...and your legs

MAKE YOUR BED, NOT WAR



**Holy Lamb Organics Oakville 273-9400**  
OG Mattresses Comforters Pillows Toppers Baby Sheets

THE NALANDA INSTITUTE  
BUDDHIST STUDY AND MEDITATION

EVERY THU 7PM: MEDITATION &  
DHARMA DISCUSSION

QUALITY TEACHING, FRIENDLY GROUP

1211 WILSON STREET, OLYMPIA

INFO AT (360) 786-1309  
WWW.NALANDAOLYWA.ORG



**THE  
FIRESIDE  
BOOKSTORE**

locally owned independent bookstore  
a unique selection of new books  
quick arrival of special orders

in beautiful downtown Olympia across from Sylvester Park  
Mon-Sat 10-6 Sun 11-4 116 Legion Way SE (360) 352-4006

OPMA *continued from page 5*

## What are the advantages of direct marketing and the Coop’s buy local/buy direct program?

One of the biggest advantages of direct marketing is that the farmer gets to participate in



JC Kaufman, new owner of Filaree Farm, harvesting spitzenberg apples.

setting the prices for the crops they grow. Without the packing sheds and distributors working as middlemen, the farmers get to negotiate with each vendor they work with. This means that rather than getting 40-80 cents/pound for their fruit, they can demand an amount that reflects the amount of labor and inputs that goes into each crop and accounts for unforeseen weather and crop problems.

For example, the Co-op pays OPMA growers \$1.35-1.75/pound wholesale for the premium heirloom apples they offer. Since these apples are fragile and the volumes rather small using distribution centers to peddle these hard to find varieties is not an option. Without OPMA the Co-op wouldn’t be able to offer upwards of 20 varieties of heirloom apples each



Watershine Woods organizing the weeks shipments for OPMA. *photos courtesy OPMA*  
It’s a forest of stickies, random notes and pricelists for each crop.

season. What this breaks down to is this: if the Co-op pays a farm \$1.50/pound wholesale for apples you will be paying \$2.15 at the register. The way our local/buy direct program works is that we pay the farmer more and charge the consumer less to support local/regional production.

We negotiate crop prices every winter with all the farmers we buy from, and together, we

decide on the wholesale prices for each crop. Sometimes the prices change mid-season depending on crop failure or success. Since the Co-op is buying produce directly from the farmers, we can ensure that a fair price is paid for each crop offered in our stores. Long live small farms! Long live direct buying! We hope you enjoy the amazing abundance of fruit we have to offer this season.

# Support Jerusalem Peacemakers

By **Maureen Tobin**, Staff Member

**A**nouncing the Co-op's next special fundraising drive! From now through December, we will be collecting donations for the Jerusalem Peacemakers, a non-profit organization and network based in many countries including Israel, Palestine, and the USA. Their mission is to contribute to peace, justice, reconciliation, and a decent life for all people in the Holy Land.

Jerusalem Peacemakers promotes the creation of cultures of peace and justice, with a strong focus on interfaith heal-

ing of separated and conflicted communities experiencing violence, prejudice and injustice. Their method is to support a network of teachers, healers, and innovators in Israel and Palestine who are dedicated to peace building but are overstretched and under-supported in their work. Through peace centers and regular dialogue- and community-building events this network of individuals is at the forefront of the difficult struggle for reconciliation and healing.

Your donations can help this important work of people supporting people and peace-building in Israel and Palestine. Any amount, large or small, will be gathered together to make a difference! Just let your cashier know what amount you would like to donate at the register.

Please see our in-store handout for more information, or search Jerusalem Peacemakers online to find testimonies,



**Sheikh Abdul Aziz Bukhari Allah yirhamu , Haj Ibrahim Abuelhawa, and Eliyahu McLean, "Rodef Shalom", co-founders of Jerusalem Peacemakers. (Sheikh Bukhari passed away this last year—a great loss to a great many communities.)** photo courtesy Jerusalem Peacemakers

project information, and biographies of the individuals this fund is working to support. There are also several wonderful videos available on youtube, such as a 'sulha' reconciliation prayer led by a group of Jewish and Muslim peacemakers in Hebron.

## Focus On Food: A Community Food Summit, Farm Tours and More

By **TJ Johnson**, Co-op Local Food, Farms, and Products Committee, & **Halli Winstead**, South of the Sound Community Farm Land Trust



**Imagine a community where no child comes to school hungry. A community where everyone has access to safe, local, sustainably grown food. A community with thriving rural farms and a rich patchwork of vibrant urban gardens and markets. A community with a prosperous local food economy that provides entrepreneurial opportunities and good jobs that can't be outsourced. A community that has recognized the realities of climate change and peak oil, and has taken charge of its food future.**

Now imagine that place is your community – South Puget Sound.

Sound impossible? A growing number of individuals, organizations and community leaders think that it is not only possible but essential that we realize this

vision. That's why we've come together to create Focus on Food, a series of events this summer and fall designed to bring our community together to celebrate, learn, network and develop an action plan for a just, sustainable and resilient local food system.

Focus on Food will culminate with Come to the Table – A Community Food Summit on October 14 and 15. The first day will feature a giant community pot-luck on the streets of downtown Olympia, a food and agricultural expo in the Washington Center for the Performing Arts, and a keynote speech by Mark Winne, author of *Food Rebels*, *Guerilla Gardeners* and *Smart Cookin'Mamas: Fighting Back in an Age of Industrial Agriculture and Closing the Food Gap*. The second day will be a 'roll up your sleeves' conference at the Thurston County Fairgrounds where we will collectively clarify our vision for the future and start building the roadmap to get us from today to tomorrow.

The Food Summit is sponsored by a growing list of partners that, as of mid-June, included Sustainable South Sound, GRuB, Thurston County, City of Olympia, WSU Thurston County Extension, Thurston regional Planning Council, Community Sustaining Fund of Thurston County, World Knives, Americans for a Better World, Tenino Farmers Market, Enterprise for Equity, and the Olympia Food Co-op.

Leading up to the food sum-

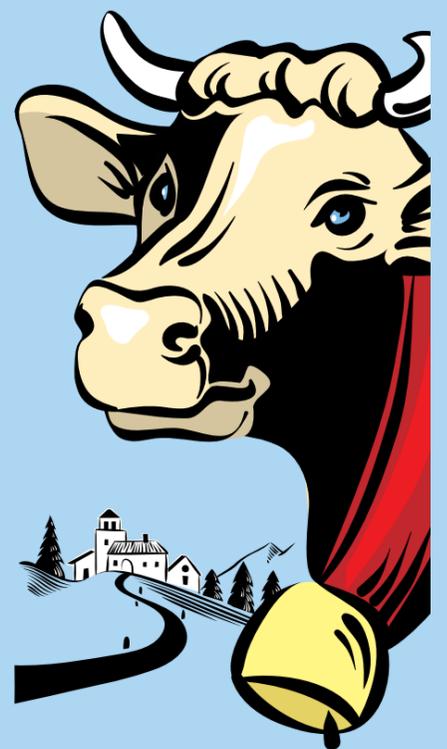
mit there will be other events designed to build community momentum, including tours of local farms and gardens on August 20 and 27. The Farm Tours are sponsored by The Olympia Food Co-op, South of the Sound Community Farmland Trust, and the Thurston County Food Bank.

Thurston County and the South Sound are fortunate to have dozens of thriving farms and a rich patchwork of vibrant urban gardens. The Farm Tours are a chance to visit a few of these special places and meet some of the amazing people who grow our food and who are leading the way to a more sustainable community.

On August 20th the Farm Tour will focus on small farms and community gardens in the urban area. This tour will leave from the new Westside Farmer's Market and will include stops at Sunbreak Farm, Calliope Farm, Common Ground Farm, Kiwanis Food Bank Garden on the Capitol Campus, Wendell Berry Community Garden, and Piece by Piece Farm. The tour will wrap up with an optional stop at Fish Brewing to debrief over award-winning locally brewed beer.

The August 20 tour will be primarily bicycle based, though people who cannot participate on two wheels can certainly opt to participate on four wheels.

The August 27 tour will focus on larger farms in the more rural areas. The morning will include stops at Kirsop Farm and Left Foot Organics. We'll swing by the



Tenino Farmer's Market for lunch, then in the afternoon visit Lincoln Creek and Boisfort Valley farms. The tour will wrap up with an optional stop at NW Sausage and Deli to debrief over a cold glass of locally brewed Dick's beer.

The August 27 tour will use vans provided by Intercity Transit to shuttle people to the stops.

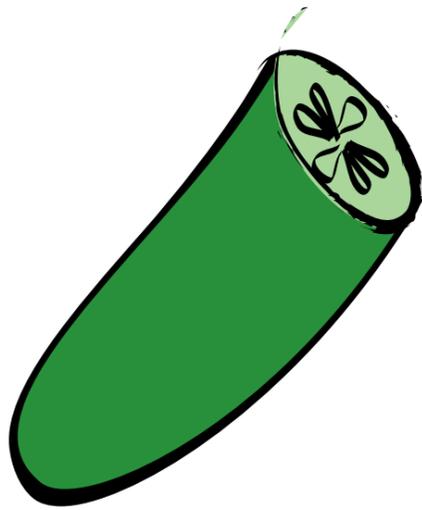
Both tours can accommodate a maximum of 50 people and require advanced registration. To register, contact Halli Winstead at halliw@gmail.com. After you register you will be provided with additional information and details about the tour.

**focus on**  
**FOOD**  
South Puget Sound

To learn more about other Focus on Food events, or to register for Come to the Table – A Community Food Summit, visit us on the web at [www.sustainablesouthsound.org](http://www.sustainablesouthsound.org).

# In Search of the Perfect Pickle: Sunbreak Farm's Super-Local Preserves

By **Emily Van Kley**, Staff Member



At Sunbreak Farm, a one-acre certified organic vegetable and seed farm on Olympia's Westside, sustainability is about more than the responsible farming practices owners Kandi Bauman and Aaron Varadi use to help keep their soil healthy, their family safe, and their produce exhibiting the highest quality and nutritional value. It is also about doing as much as possible with each row foot they have in cultivation, minimizing each crop's footprint, maximizing efficiency, and extending the harvest, while still giving back crucial nutrients to the land.

You see this second layer of sustainability at work in their seed crop business, where rows of purple mizuna, mustards, and other greens are planted tightly enough in the spring to keep weeds from encroaching. As the crops grow and threaten to become too crowded, the vibrant young greens are harvested to be included in CSA boxes or sold in bunches at the Co-op and the West Olympia Farmers' Market. After several such thinnings, the remaining plants are left to flower, and their seeds collected. In the three years since they began operations, Sunbreak Farm has been a supplier for organic seed companies such as High Mowing

Seeds in Vermont and Bellingham's own Uprising Seeds.

Seeds from Sunbreak's mustard and cilantro crops also figure in Kandi and Aaron's artisan canning business, something that is as yet fairly unique among small, organic farms in the Northwest, and which also helps

**One of the great things about artisan products is that no jar is exactly the same. Depending on the size and heat of the peppers, one jar of chipotle might be a little spicier than the other. A particular variety of garlic might impart a slightly different**



**flavor to a batch of dills. It's the same thing that makes French wine so good: every bottle is a new experience.**

—Kandi Bauman

make the most of a small amount of land and relatively short growing season. While many local farmers preserve food they grow for their own use in the cold winter months, Kandi knew from the time she and Aaron got serious about having a farm of their own that she wanted to make preserves for the community using as many home-grown ingredients as possible. Along with local fermentationists at Olykraut, Sunbreak Farm is working to extend the local growing season by keeping local organic food

available on the shelves long past traditional harvest and storage dates.

Growing up an urban kid in Vancouver, Washington, Kandi's first experience with canning came when she

was ten years old, the year her parents decided to try their hand at home preservation. Kandi's mom bought boxes of fruits and vegetables from local farms, and put them by with the help of a crew of other neighborhood women. Watching her community come together—the ladies who came to help were elderly and white, her mother was in her early thirties and a woman of color—not to mention the taste of the home-canned food in the dismal months of January and February, convinced Kandi there was something wonderful about this canning business. More than a decade later, while she and Aaron were living in Portland, she began to get into it for herself. She soon became adept at jams and jellies, whole fruits, salsas, and a variety of other delicious concoctions. At the same time that Aaron was experimenting with sauerkrauts and other kinds of fermentation, Kandi perfected a killer pickle recipe that became a favorite among family and friends.

Though she and Aaron considered a variety of products when preparing to launch Sunbreak Farm's value-added operation, pickles quickly became the clear choice. They were delicious, well suited to Olympia's growing season, and nearly every ingredient could be grown on the farm. To prepare for the transition from home to commercial canning, Kandi developed eight different variations on her



Kandi and Aaron with newest farm member, Lazlo

photo by Brandon McKenney

pickle recipe. She tried canning with and without citric acid and other natural "stiffeners." Then she invited a mix of friends and other community members to a series of taste tests. The results: an original dill and chipotle pickle were judged the most delicious. As for the crispness factor, the

## Sunbreak Farm's Vegetables in the Produce Department

❖❖❖❖❖❖  
Look for these crops and more from Sunbreak Farm this season at the Co-op's East and Westside produce departments:

❖❖❖❖❖❖  
Purple Kale  
Kohlrabi  
Mustard  
Snap Peas  
Radishes  
Daikon  
Turnips  
Tomatillos  
Sweet Dumpling  
Squash

fact that Sunbreak's cucumbers were harvested and canned in the same day without any heat processing and kept under refrigeration thereafter meant that taste testers couldn't tell any difference between pickles that had been canned with stiffeners and those that had been canned without.

continued facing page

## Local, Farm-Canned Pickles?! What's Next?

Depending on the success of this year's pickles, Kandi & Aaron have dreams of expanding their canning operation to include other delicious pickled items. Here are some ideas for the future:

- ❖ cumin-flavored pickles
- ❖ pickled carrot, daikon, & jalapeno mix with ginger and rice vinegar
- ❖ pickled garlic scapes (especially good in bloody marys)

# Wiser Worm Farm

By **Desdra Dawning**, Working Member

**A**lex Weisser has a worm farm—Wiser Worm Farm—right here in Olympia. He sells his Red Wiggler Worms to people for their own composting, Worm Castings, the nutritious-for-plants stuff (worm poop) that they leave behind in the compost as they wiggle and munch their way through the special compost he provides for them, and Worm Tea, the juice created from those castings.

Alex transplanted himself from Minneapolis, Minnesota to Olympia in 1987. Being surrounded by organic farms, he found himself eventually drawn to the question of what might create good compost for gardens. Starting with a pound of Red Wigglers—a European variety that, unlike our native earthworms, are fast eaters, need compost to survive, and prefer a fairly warm climate (50 to 80 degrees) to do their job—Alex began to experiment.

Treating it like a research project, he tried different food environments for his compost-eaters and raised them in various containers, until he arrived at the system he has today. By 2003 he was ready to get a business license and Wiser Worm Farm was born. Starting at Brewers Health Crafts, then expanding to the Co-op in 2004, Alex now sells his Red Wiggler Worms (compost worms), Worm Castings (organic soil amendment), and Worm Tea (liquid organic fertilizer) at both Eastside and Westside Co-op markets, at the Olympia Farmer's Market, and also delivers to 20 stores within 50 miles of Olympia. He also has a website: [www.wiserwormfarm.com](http://www.wiserwormfarm.com) for online sales.

Wiser Worm Farm is run from a couple of out-buildings behind Alex's home. Although it is a small operation, he is able to create plenty of product for his customers, both near and far. The area where the

worms live is perhaps the size of a two-car garage. About 150 wooden trays—pallets—about 4 or 5 inches deep and lined at the bottom with wire mesh are stacked on top of each other almost to the ceiling. The process begins with just a couple of pallets, on top of each other, with the worms in the bottom. As they munch their way through the first pallet, they migrate up through the mesh to the next level, looking for food, and leaving their castings, their poop, behind. More pallets are added on top until they reach the ceiling. Alex has discovered that a combination of Alder shavings (he has a shredder for just that purpose), shredded newspaper, coffee grounds, vegetable scraps, leaves, and powdered oyster shell (from Black Lake Organic Nursery), make the perfect food for his worms. He gets his coffee grounds from local espresso stops, and left-over unsellable produce from vendors at the Farmer's Market for his compost. Further

recycling comes in his shipping area, where he recycles used plastic milk jugs from the



Table at Olympia Farmer's Market



Red Wigglers

coffee shops for his Worm Tea. It's a win-win for both of them. They go through a lot of milk for their coffee drinks in a day and he recycles their containers for them!

The Worm Tea that Alex sells is produced by slowly running water through the pallets. This drains into a large holding drum below and then this lovely worm juice is pumped into large drums that preserve it until ready to be bottled, then shipped or delivered. Worm Tea is an organic fertilizer that is odorless and will not burn plants or



Alex and his flats of composting worms photo by Desdra Dawning

harm animals. It is good for your veggies, indoor house plants, roses, shrubs and lawns. The Worm Castings are natural soil amendments that provide many nutrients as well as beneficial microbes, bacteria and absorbable minerals. They have also been found to help reduce plant disease and fungus.

Over the years, Alex has learned a few things about his worm population. They don't like vibrations, so earthquakes really shake them up and they don't like light, so when exposed will very quickly work their way back into the soil. Although they contain both male and female parts, it takes two to do the reproduction tango. Fully matured worms become the "breeder worms" that lay eggs from which sprout many new little worms for the farm, and for any customers wanting to play with composting worms themselves.

**If you are interested in learning how to start your own worm vermiculture organic compost, check out the 5 minute video of Alex on YouTube. In "Your Garden Needs Worms" you can get a crash course in how to create your own worm farm. Or check out WormDigest.com for a forum and Q&A on the subject. And if you are looking for good soil amendments for your garden, come to the Co-op and ask for Wiser Worm Farm's Worm Tea!**

## Sunbreak Farm *continued from previous page*

This is another way Sunbreak's pickles are unique: their satisfying crunch comes from freshness, not from added ingredients.

This year, a full ten percent of Sunbreak's land is planted in pickling cucumbers. In addition for the pickle operation, Kandi and Aaron are growing garlic, jalapeno and cayenne peppers, dill, and the coriander and mustard seeds mentioned above. They are looking into the possibility of a partner-

ship with a local restaurant to smoke their own jalapenos for their chipotle variety. Glass jars, peppercorns, and vinegar are the only ingredients they don't anticipate being able to produce on the farm. Any shortages in ingredients due to crop failure or unexpected demand will be filled with produce from other local, organic farmers.

Sunbreak's pickles will have their official debut this fall at the Co-op, as well as through direct sales at the farm. This year, Kandi and Aaron's goal is to

provide both the East and Westside stores with two cases of pickles each for fifty weeks, with the hope that their canning operation will grow as their farm does. Those who were lucky enough to get a jar of Sunbreak pickles during last fall's market test at the Westside will be anticipating their return in early September, and even those who haven't yet had a taste of these delicious treats can anticipate the good fortune of enjoying a tangy, crunchy slice of local season through the long, cold winter days ahead.

# Olympia Seed Exchange – Your Community Seed Exchange

By **Caitlin Moore**, Co-op Member and Education Coordinator, Olympia Seed Exchange



OSE volunteer crew: Claire Ethier, Eli Evans, Perry Onorio, and Benji Friedman  
photos by Desdra Dawning

The Olympia Seed Exchange (OSE) has been a part of the community for almost four years. We provide free seeds and seed saving information to anyone who needs it. We started doing this work because we believe that everyone should have access to healthy food. This starts with seed. In pursuit of this goal, we have developed three important programs.

Our most well-known program is the exchange itself. This is a seasonally operated seed bank, open in spring and then again in late summer for fall gardeners. We function

by collecting seeds from the community and redistributing them to others. No money is required, but joyfully accepted as a donation. Anyone can come and drop off store-bought or home-saved seeds, or pick up seeds. You do not have to bring seeds to get seeds, however we do depend on seed donations from the community to operate. Since we are now closed for 2011, in order to further replenish our stock for next year, we will be at both Co-op locations from noon-5 on October 15, for people to drop off seed from their garden. Anyone who wishes to drop off seed outside of this timeframe can leave it in specially-marked boxes in the garden center at both locations.

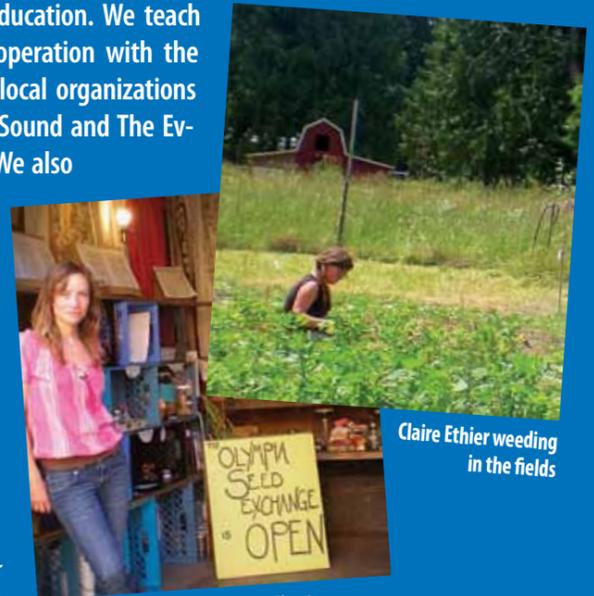
We also have a small farm. Here, people are welcome to volunteer to learn seed saving skills, and help us grow seeds. Our farm is on donated land, owned by

local businessman John MacLean of Energy Efficiency Finance Corporation. This year we grew spinach, beets, peas, beans, quinoa, kale, and some South American tubers: oca and mashua. Any folks interested in volunteering at the farm should email [volunteer@olympiaseedexchange.org](mailto:volunteer@olympiaseedexchange.org) for more information.

Our third program is education. We teach short workshops in cooperation with the Co-op, and with other local organizations like Sustainable South Sound and The Evergreen State College. We also offer educational information on our website, and at select local events. Next year we hope to offer weekend intensives for those interested in more detailed seed saving skills.

Donations to support our work are gladly accepted.

To give in-kind donations, contact [farm@olympiaseedexchange.org](mailto:farm@olympiaseedexchange.org). Financial donations can be made via Paypal on our website [www.olympiaseedexchange.org](http://www.olympiaseedexchange.org). Donations support our work in many ways, for instance: by helping purchase fertilizer and other soil amendments, coffee and snacks for volunteers, pay for training opportunities and conference fees for our volunteer staff, and to cover website fees.



Caitlin Moore, education coordinator

Claire Ethier weeding in the fields

*You Love Their Apples-  
Now It's Time to Meet the  
Folks Behind the Shine:*

## Brownfield Orchards

By **Emily Van Kley & Kim Langston**, Staff Members

Located just outside of Chelan, Washington, Mike Brownfield's 52 acres of apple, grape and stone fruit orchards were the first to be certified organic in the state. Brownfield orchards are situated in jagged country near the Columbia River, punctuated by bluffs and bordered by sagebrush. Walking through the orchards, we are accompanied by Mike's 4-year-old son Benjamin, who is not tired of fruit. "Yum yum!" he says as we walk through rows of trees and grapevines, sampling Honeycrisps, Fujis, and Interlaken grapes. Like many of Brownfield's loyal customers at the



Mike and Benjamin cut up a Fuji

Co-op, we are inclined to agree.

In addition to Mike's family, farm workers Humberto and Leonor Ramirez, Roberto and Laura Ramirez, and Andres Ramires live at the orchard. In recent years, Humberto and his brothers have purchased and are operating their own orchards next door. Mike acknowledges that the long-term collegial relationships he's developed with these families have been a crucial component to Brownfield's success, and he is happy that the combination of the higher wages he pays and the organic methods used on the farm have helped make it worthwhile for folks to stick around.

The philosophy at Brownfield incorporates cutting-edge farming practices to minimize water and other resource consumption while maximizing output of fruit. Mike keeps a keen eye on new apple and stone fruit varieties, carefully choosing those he believes have the right combination of taste, appearance, hardiness, and overall appeal to do consistently well in the markets where he sells. This year, for example, he's added his first graftings of Blondee apples, an early season yellow developed in



Mike Brownfield and Benjamin talk with Co-op staff Kim and Emily in the orchard

photos courtesy of Brownfield Orchards

Michigan that also stores especially well.

One of the secrets to Brownfield's long-term success is a reliance on direct marketing, which accounts for a quarter to a third of yearly sales, percentages Mike says he is always looking to increase. At the same time, low-tech, sticker-free packing methods help keep his costs low so that he can offer consistently competitive prices for his high-quality fruit, a combination that Co-op shoppers have enjoyed for the past seven years and can expect to rely on for many years to come.

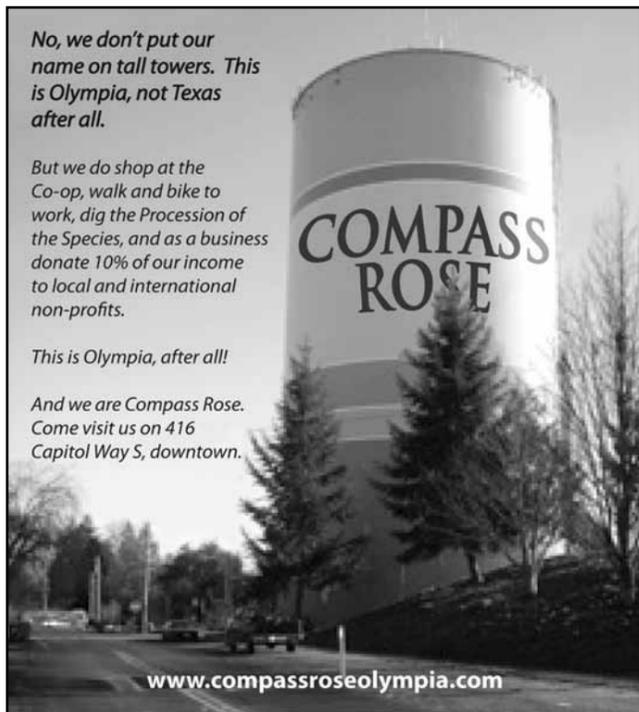
Look for all the exciting varieties of fruit the Co-op will be receiving from Brownfield Orchard this summer and fall—Apples: Braeburn, Fuji, Gala, Gingergold, Granny Smith, Honeycrisp, Pink Lady, Sansa, Zester. Cherries: Akida, Benton, Chelan, Rainier, Sweetheart. Grapes: Einset, Canadice, Glenora, Interlocken, Lakemont, Reliance, Vanessa. Pears: Bartletts, Concorde, D'Anjou, Star Crimson. Pluots: Dapple Dandy and Flavor Rich. Peaches and Nectarines: Many varieties to offer.

No, we don't put our name on tall towers. This is Olympia, not Texas after all.

But we do shop at the Co-op, walk and bike to work, dig the Procession of the Species, and as a business donate 10% of our income to local and international non-profits.

This is Olympia, after all!

And we are Compass Rose. Come visit us on 416 Capitol Way S, downtown.



[www.compassroseolympia.com](http://www.compassroseolympia.com)

**Rising Tide School**

a democratic learning community for ages 5 - 18



[risingtideschool.org](http://risingtideschool.org) • (360) 753-0820 • Olympia, WA

**Sweet Creek Foods**

Family owned & operated  
Supporting local farmers & fisherman

Our products are sold at your Co-op

[scf@sweetcreekfoods.com](mailto:scf@sweetcreekfoods.com)  
[www.sweetcreekfoods.com](http://www.sweetcreekfoods.com)



**Olympia Waldorf School**

[www.olympiawaldorf.org](http://www.olympiawaldorf.org)

## Our Co-operative Finances: FIRST QUARTER 2011 Budget Report

By **Corey Mayer**, Bookkeeper/Staff Member

If you regularly read this column, last issue I presented a report on 1st quarter 2011 sales. Total sales growth at both stores was just slightly below budget (\$15,238.52 under budget is equivalent to about 0.5%), as seen on the top line of the table on this page. The amount we paid for all of the items we sold, or purchases, was considerably less than what we budgeted. Therefore, the gross revenue that we generated to cover all of our expenses was nearly \$40,000 greater than our collective goal.

Overall, our 1st quarter expenses were quite in line with expectations at only \$2,700 over budget. As you can see in the table, all of the general expense areas were not appreciably different from our budget to date. Below is a highlight of what we have learned after analysis of the numbers:

❖ **Community & Marketing** – most of the expenses in this area of our budget are under-spent either because they are on a bi-monthly schedule (newsletter) or because we budget for expected annual usage not knowing exactly when the money will be needed (to support attendance at conferences and trainings). These budgets naturally fluctuate as the year progresses.

❖ **Staffing** – we set an internal goal of attempting to control this budget much more tightly for 2011, as it is by far the largest contributor to total expenses. Our labor costs, in terms of wages, were over budget by nearly \$30,000 as we put in many extra hours working on major changes to our labor structure and updating our accountability systems. Balancing this out, our medical benefit costs were more than \$36,000 less than expected (prudent budgeting practices necessitate us to project these costs at nearly worst case conditions). In addition, we all made personal contributions of accrued sick hours to a shared emergency leave fund which led to a one-time expense of nearly \$12,000.

❖ **Operations** – this includes all expenses associated with the physical aspects of our stores: supplies, equipment, maintenance, repair, utilities, etc. Overall, these expenses were within 1% of budget, but individually they varied widely. Credit/debit charges are more than expected partly due to fee increases by the major card companies

### Olympia Food Co-op 1st Quarter 2011 Budget Report – For The Year Ending March 31, 2011 –

	Current YTD	Budget YTD	\$ over Budget
<b>Revenue:</b>			
Sales	3,457,363.70	3,472,602.22	(15,238.52)
Discounts	(184,087.85)	(184,190.20)	102.35
Purchases	(2,254,091.85)	(2,308,703.55)	54,611.70
<b>Gross Sales Revenue:</b>	<b>1,019,195.91</b>	<b>979,708.47</b>	<b>39,475.53</b>
Other Revenue	7,011.91	7,256.29	(244.38)
<b>Total Net Revenue:</b>	<b>1,026,195.91</b>	<b>986,964.76</b>	<b>36,231.15</b>
<b>Expenses:</b>			
Community & Marketing	35,161.83	39,795.00	(4,633.17)
Staffing	761,079.38	752,436.47	8,642.91
Operations	152,991.46	151,604.94	1,386.52
Depreciation	8,428.40	9,225.00	(796.60)
Interest	1,076.66	2,925.00	(1,848.34)
Corporate Income Tax	0.00	0.00	0.00
<b>Total Expenses:</b>	<b>958,737.73</b>	<b>955,986.41</b>	<b>2,751.32</b>
Other Income & Expenses	404.22	0.00	404.22
<b>Total Net Income:</b>	<b>67,862.40</b>	<b>30,978.35</b>	<b>36,884.05</b>

(which we have no control over), but also due to more customers using credit cards relative to all other cards. Just a reminder to all of you that credit cards cost us more in transaction fees than debit cards, checks or cash.

This year we added a separate expense line to track all technical hardware and software needs. Our initial estimates of these expenses are turning out to be low. Hopefully, as the year progresses, this line will even out. Conversely, savings were realized as we spent less for possible equipment repairs at the Eastside store and for meeting our store supplies needs at the Westside store.

❖ **Depreciation** – as in all years, this line is inaccurate in 1st quarter as we await our new fixed asset schedules from our accountant. Once we have all of the additions and deletions of equipment and other large expenditures made in the past year, this expense and budget will match.

❖ **Interest Expense** – this budget was based on estimates for the amount we were going to borrow for the purchase of the Eastside property and current interest rates. Seems we overestimated. This budget will be fairly exact after this year.

*The bottom line? Since we budgeted for a profit of about \$31,000 and rocked our revenue stream, we now have a year-to-date profit of nearly \$68,000! As you read this, 2nd quarter numbers are being collected, entered and analyzed. As usual, if you have questions about any of the information presented here, you can contact Corey, Harry or Grace in our downtown business office at 357-1106 x12.*



Some of South Bay's living soils

photo courtesy South Bay Soil

# Peat-Free South Bay Soil Makes Its Debut at the Olympia Food Co-op

By **Steve Hodovance**, Co-op Member

Born from a desire to create high quality potting soil, South Bay Soil Company was formed in the dark winter months of 2010. Business partner Adam Lukomski and I, shared the vision of turning an old goat barn into a space to create a rich, fluffy, 'living' soil. With the help of friends, and a little orange tractor, we were able to start the conversion from years of accumulation to a workable space. The work was difficult at first as the winter clay was more of a mud pit and the tractor got stuck more than once. But we kept at it and the collection of old boards, household appliances, and goat droppings started to resemble a workspace. The addition of crushed rock and a few dry days helped us get onto the solid ground we work on today.

The first mixes were done on boards in the barn as we cleared more space and started to build a covered structure from rough-cut boards from our neighbor's saw mill and from fallen trees on the property near South Bay Elementary. The barn is now all cleared out, the concrete floor and mixing space is complete, and we're busy working away at our soil mixes.

Local and regional ingredients from the Yelm Worm Farm, Creations Organics, and Down to Earth Distributors provide us some of the best raw materials the area has to offer. We've also started producing our own worm castings. We've tested, tweaked, and reformulated many mixes since beginning this endeavor. Our customers have responded with much apprecia-

tion and suggestions, and the mixes have continued to evolve.

What makes our soil so different from other soil companies and mixes out there is that ours isn't sterilized. Our soil contains living beneficial bacteria and mycorrhizal fungi that colonize the soil and turn the rich ingredients into plant available food. These bacteria also help with reducing the amount of water used and in disease prevention. Organic fertilizers are also added to give the biology and the plants a boost. Coconut coir fiber is a sustainable ingredient that gives the soil structure, retains water and aerates at the same time. Pumice is used instead of perlite (it's less dusty).

We are pleased to be offering a special peat-free blend to the members of the Olympia Food Co-op this year. Instead of using peat moss we are using Cedar Grove compost, a local recycled material that is fully tested and certified organic by the State. You can find our soils in the garden centers at both stores.

**As our planet becomes more populated, the space we live in becomes more precious. Larger yields of nutritious fruits and vegetables will help us use our land in a better way. South Bay Soil is committed to that vision.**

**MAGIC KOMBUCHA**  
 BREWED & BOTTLED IN OLYMPIA, WASHINGTON  
 ingredients: 100% raw kombucha (Olympia's own artesian well water, live kombucha culture, organic green tea, organic evaporated cane juice)  
 magickombucha.com  
 "the CHAMPAGNE of kombucha"

**Down to Earth Creations**  
 Garden Maintenance  
 Renovation  
 Permaculture and Design  
 360.273.6557  
 Efficient Organic Beautiful

Community ACUPUNCTURE Studio  
 Group Treatment Room  
 Comfortable Recliners  
 Sliding-Scale from \$20-\$40  
 1803 State Ave NE, Olympia  
 Ph. (360) 943-6730  
 www.cas-olympia.com

**David Lerner**  
 L.Ac., MTCM  
 Acupuncture, Herbs and Nutritional Counseling

- Supportive Cancer Care
- Acute and Chronic Pain
- Women's Health
- Weight Management
- Hormonal/Mood Imbalances
- Autoimmune Disorders

- 17 Years Experience -  
 3525 Ensign Rd NE, Suite N · Olympia, WA 98506  
 360. 943. 3777 · www.David-Lerner.com

## UPCOMING COMMITTEE MEETINGS

**Outreach and Education.....Aug 16 & Sept 13**  
**Personnel..... Aug 22**  
**Member Relations..... Aug 4 & Sept 1**  
**Eco Planning..... Aug 17 & Sept 21**  
**Local Farm, Food and Products..... Aug 5 & Sept 2**  
**Finance Committee.....Sept 13**  
**Newsletter Committee..... Sept 1**  
**Board of Directors..... Aug 18 & Sept 15**

*Committees of the Board meet monthly or bi-monthly and the schedule can change. If you are interested in attending one of these meetings, or have other questions, please email ofcboard@olympiafood.coop or call 357-1106 x12*

# Scratch and Peck Feeds

By **Jennifer Crain**, Co-op Member

Carrie O'Neill's chicken tractor is a pale green triangular structure situated in the center of a backyard laced with vegetable beds. It makes me think of a Hobbit's house: it's low against the earth with sides slanting to a freshly painted peak.

It's a nice day and the chickens, Fay, Bird, and Harriet, are out of sight, nestled in their favorite spot underneath the peonies. O'Neill shuffles them out, to subtle clucking protests, so my kids and I can glimpse them in the greenery.



Chicken tractor

Statistics are difficult to find, but backyard coops are becoming a common sight as more and more households join the chicken boom. But the whole grain feed O'Neill and her partner, Tony Perkins, feed their "girls" is not as easy to come by.

That's exactly why Diana Ambauen-Meade,

owner and founder of Scratch and Peck Feeds in Bellingham, was prompted to produce whole grain feeds, first for her own chickens and then on a commercial scale.

"From the first day that I owned chickens I felt the best way to feed them was with natural, whole grains," she says. "I never bought into the idea that processed pellets are the more nutritious way to feed livestock animals. To me, they don't resemble real food."

It's industry standard for chicken feeds, even organic feeds, to be "pelletized."

Asked why, Ambauen-Meade replies, "The industry standard is to use 'grain and plant protein products and processed grain by-products.' Labeling standards allow for that vague description of what is actually going into the feed. Nutrient supplements are added and the whole mixture is ground to a fine consistency, processed with high steam heat and extruded into pellets. It became the standard because it makes it easy to feed and so that by-products, which may not be palatable on their own, can be integrated."

Ambauen-Meade took matters into her own hands, researching feed requirements, finding the ingredients and mixing them herself. "The birds thrived," she says, "and rewarded me with lovely, delicious eggs."

After mixing more and more feed at the request of friends, she launched the company in 2009. Since then, they've moved from mixing the feeds themselves to contracting with a small mill in Oregon to planning and



Carrie, Imogen, and Ruby the hen photos by Jennifer Crain

building their own mill in Bellingham where the feeds are now processed.

I peek inside O'Neill's coop. There's a hanging container filled with water and a feeder resting on wood shavings that's filled with an earthy mix of yellows, browns and flecks of green. The feed is Scratch and Peck's corn- and soy-free mix and contains peas, triticale, wheat, barley, camelina meal and fish meal, among other ingredients. It looks wholesome enough to boil up and serve at the breakfast table.

*continued on page 15*



Environmentally  
Conscious  
Housecleaning  
offering free estimates on  
custom, personalized service  
for your home or business

**360 - 556 - 5341**

Licensed and Bonded

A+ COMPUTER

OLYMPIA




+ REUSE  
+ REPAIR  
+ RECYCLE

Low Cost Computer Repair Fast

2724 PACIFIC AVE SE + (360)+754+1311

2011 CSA Season Shares Available!

COMMUNITY SUPPORTED AGRICULTURE

2 NEW OFFERINGS

A MINI SHARE  
\$20/WEEK

LOCAL FRUIT SHARES



HELISING  
JUNCTION  
FARM

Certified Organic

4 OLYMPIA DROP SITES:

EAST OLYMPIA

WEST OLYMPIA

OLYMPIA SEAFOOD CO.

DOWNTOWN OLY

LACEY

Sign up, view sample boxes and  
Get more information **ONLINE!**

360-273-2033 • [helsingfarmcsa.com](http://helsingfarmcsa.com)  
12013 INDEPENDENCE ROAD • ROCHESTER, WA 98579

YOGA LOFT

FALL PASS



Sept. 1st thru Dec. 31st

\$189

Unlimited Yoga Classes

219 Legion Way SW Olympia  
[www.yogaloft.biz](http://www.yogaloft.biz)



PROVIDENCE

Integrative Cancer Care

"Providing resources to complement conventional medical care."

Services include:

- Acupuncture
- Oncology Massage
- Naturopathic Oncology
- Therapeutic Yoga
- Nutrition Classes

Local resources for cancer patients and their caregivers.  
For more information, call 360.412.8951.

For scheduling, registration, or cost information, please call 360.754.3934, ext. 1083.



PROVIDENCE

Regional Cancer System

# Why buy your milk from The Co-op?



Organic Valley milk in the refrigerated section

## ✓ Reason #1: We appreciate the company it comes from.

Here at OFC we have chosen to carry Organic Valley, a nationwide co-operative of family farms with regional distribution. Did you catch that? A co-operative of family farms. Family farms we could drive to within a day. Family farms that, in some cases, have been in the family for generations. The farmers own the company and share a voice in how the company is run. They have some control over their livelihood, independent of the grip of a large agri-business. And organic is all they do. Most of the farmers will tell you they wouldn't be in business if it weren't for OV. But that's not all. The profits (you can see this on their website) are divided between the farmers, the employees and the community: 45-45-10.

## ✓ Reason #2: The farmers that harvest the milk are our neighbors.

Organic Valley is divided into re-

gions. Most of the gallons of milk we get here in the Northwest are actually produced by farms located in the Northwest, in Oregon and Idaho, and in Washington, in the Puget Sound Area. These are farms in Whatcom County, Klickitat,

Snohomish, Skagit and Lewis. Just down the road are Gordon Dairy Farms in Elma, River Valley Farm in Rochester, Brunoff Farms in Chehalis – rural communities all about a half hour drive from the Co-op. Organic Valley is helping farms thrive.

## ✓ Reason #3: You can't get the same product elsewhere.

At the Olympia Food Co-op we're glad to offer the Northwest milk in the ½ gallon cartons as well as the gallon jugs-- more support for our neighbor-farmers. At the Co-op you'll see three things on the ½ gallon carton that differentiate it from the carton you'll see in conventional establishments: the "Fresh From Northwest Family Farms" banner near the top, the old fashioned pouring system of cracking the carton open (no round plastic spouts), and the word "Pasteurized." Not "Ultra-pasteurized." Just pasteurized.

That means it hasn't been as highly processed. It doesn't last as long. Maybe you've noticed: our sell-by dates are shorter. That's why.

Of course, when the label sports the "Northwest" banner it means that both the bulk milk and finished carton don't travel so far. You not only get a fresher product, you use less energy getting it. Double bonus. By the way, the whipping cream pint at the Co-op is also minimally pasteurized, not ultra. Yum.

*continued facing page*

**We've Got Your Back.**  
prevention/wellness . work/auto injury . chronic cases

Andy Rosser, D.C.

**ROSSER**  
CHIROPRACTIC  
DOWNTOWN OLYMPIA

705 4th Ave, East · Olympia, WA 98506  
360.754.6499 andy@rosserchiro.com  
www.rosserchiro.com

## Olympia Community School



New central location – Scholarships available  
Independent progressive education since 1973  
Cultivating curiosity and love of learning  
Hands on discovery and problem solving  
Nurturing and inclusive environment  
(360) 866-8047  
olympiacomunityschool.org

Compassionate, Pro-Choice  
Counseling and Education:

- Pregnancy Options
- Infertility
- Abortion
- Adoption
- Pregnancy Loss
- Birth Control
- Sexuality



Laurie Dils, MSW  
1021 Legion Way SE  
Olympia, WA  
360-790-5511

## Upcoming Volunteer Intro Tours

Be a weekly volunteer in the store!

### Attend a Volunteer Intro Tour (V.I.T.)!

Come tour the store and learn about volunteer opportunities (including cashiering, stocking, and more) at the Co-op. If you are interested in volunteering, please attend this 2-hour orientation.

### Westside:

Saturday, August 6.....10am-12pm  
Wednesday, August 10.....6-8pm  
Saturday, September 2.....10am-12pm  
Wednesday, September 7.....6-8pm

### Eastside:

Tuesday, August 2.....5:30-7:30 pm  
Sunday, August 7.....11am-1pm  
Tuesday, September 5.....5:30-7:30 pm  
Sunday, September 11.....11am-1pm

For more information about volunteering at the Co-op, please contact Alejandro or Keziah at the Eastside store, (360) 956-3870 and Tatiana or Diana at the Westside store, (360) 754-7666. You can stop by either store to get more information, fill out a volunteer application, or sign up for an upcoming event.



COUNSELING CONSULTANTS  
209 EAST FOURTH AVENUE  
OLYMPIA, WASHINGTON 98501  
360/786-8879

Ronnie Hacken, M.A., L.M.F.T.

Maureen Foye Parker, M.A., L.M.F.T.

Individual • relationship • family

ALWAYS SAFE & LOCK, inc.

[www.alwayssecurity.com](http://www.alwayssecurity.com)

SECURITY TECHNOLOGY SPECIALISTS

Card Access • Closed Circuit TV • Handicapped Operators

Visit Our Showroom

815 4th Ave. E. (360) 357-8500  
Olympia, WA 98506 Fax: (360) 754-8331  
alwaysafe815@hotmail.com

But why pay more for organic milk at the Co-op when you can buy it cheaper from a conventional store?

Because it does cost more at the Co-op, that's true. We don't sell enough to warrant the big discounts that chains and larger stores are entitled to, and we have to deal with that. Having said this, we are working with a representative who

is keen to help us get the best deal possible. We want to keep staple grocery items affordable, but at the same time we want to ensure we are making choices that uphold our values: support the local economy; enable our farmers to continue farming and managing their lands and animals in a sustainable way; reduce our energy consumption; and offer quality foods. So keep your eyes open for reduced price

stickers, coupons and in-store specials. We'll give you the best price we can.

**We're grateful for our co-operatives, our dairy farmers, and the milk they provide for us. Enjoy!**

## Local Produce – Local Restaurants

The 2011 growing season is finally underway, and the Co-op is once again sending out a weekly listing of local produce that's available to restaurants and other businesses that are interested in supporting local agriculture. If you own or work at a business that uses fresh produce and would like to receive a weekly email of what's available, contact our local farm coordinators at [localfarms@olympiafood.coop](mailto:localfarms@olympiafood.coop). If you eat out, ask the restaurants you frequent if they use local produce, and let them know that they can get on our email list too!

The following Restaurants and Businesses currently receive the Co-op's weekly local produce list:

- ◆ The Mark
- ◆ 8 Arms Bakery
- ◆ Ramblin' Jack's
- ◆ Italia
- ◆ Mercato
- ◆ Bearded Lady
- ◆ Cicada
- ◆ Fish Brewing
- ◆ Iron Rabbit
- ◆ Traditions
- ◆ New Moon Cafe
- ◆ Blue Heron Bakery
- ◆ Anthony's
- ◆ Old School Pizzeria
- ◆ Meconi's
- ◆ Cascadia Grill
- ◆ Swing Wine Bar
- ◆ Budd Bay Cafe
- ◆ Ricardo's
- ◆ Vic's Pizza
- ◆ Steven's Fine Dining
- ◆ Olykraut
- ◆ Elyse's Catering

**BROWSERS' BOOK SHOP**

*Used and New Books  
Book Searches*



**Jenifer Stewart**  
Owner

[bbshop@qwest.net](mailto:bbshop@qwest.net)

107 N. Capitol Way • Olympia, WA 98501 • 360 357-7462

**Scratch and Peck**  
*continued from page 13*

Not only are the grains whole and organic, the company also boasts the use of grains grown exclusively in Washington State. With the exception of camelina, a grain high in Omega-3s that the company buys from a farm that uses sustainable practices, the grains are all grown by in-state, certified organic farmers. Ambauen-Meade can call them out by name, "Farmer Tim grows organic barley in Skagit County, Farmer Gilbert grows organic corn in Ephrata, Farmer Gavin grows organic triticale in Othello, Farmer David grows organic wheat near Spokane, Farmer Isaac is growing organic peas in Moses Lake."



Whole grains used in Scratch and Peck Feeds

raise chickens because we want to increase our food security and enjoy farm fresh eggs," she says. "I'm really pleased that I can offer them food that is not only grown and milled in Washington state but is made of high quality ingredients."

rapidly than whole due to the oxidation that occurs following grinding. Chickens feasting on whole grains produce superior eggs because they're receiving more nutrients.

Whole grain and organic feeds for livestock animals are more expensive than conventional feeds. But the benefits, say whole-grain feed proponents, are important.

Plus, Wenner adds, "It is super convenient to pick it up when we shop for our own groceries. The extra it costs over the feed store stuff is made up by the money we save on gasoline."

Suzanne Wenner, another Olympia chicken keeper, also opts for the company's feed. "We buy it because it is real food produced pretty close to where we live," she says. "We like to support good quality food production and we have chickens to get great eggs so it makes sense to feed them well."

The Co-op stocks products from the "Naturally Free" line, feeds that are corn- and soy-free and enriched with Omega-3s: the 3-grain scratch and starter feeds for chicks and layer feed in both 25- and 40-pound bags. They also carry layer grit and five-pound bags of oyster shell.

According to the company's Web site ([www.scratchandpeck.com](http://www.scratchandpeck.com)) ground grains lose their nutrients more

Other products, including goat, sheep and pig feeds, whole grains and other feed supplements can be ordered directly from the company.



**peter e. brown**  
marakame y granicero

plant spirit medicine,  
bodywork & ritual

[peterbrownhealing.com](http://peterbrownhealing.com)  
360-561-8772

The kids have moved to the other side of the yard, the chickens have shuffled out of sight and O'Neill and I are talking. "We decided to



Ruby – a well-fed hen

**Sacred Awakenings**




Kristen R. Rubis

- Doula
- Yoga Instructor
- Massage Practitioner
- Childbirth Educator
- Sound Acutonics

*\$20 off*  
Services of  
Your Choice

[krbylove@yahoo.com](mailto:krbylove@yahoo.com)  
[www.SacredAwakenings.org](http://www.SacredAwakenings.org) (360) 534. 4716



Olympia Food Co-op  
3111 Pacific Avenue SE  
Olympia, WA 98501

Address Service Requested

♻️ Printed on recycled paper using soy-based inks




# Co-op News

## Kids Corner!

### What is it?



Last "What is it?" was: **Green onion**  
**Congrats to last issue's winners:**  
 Joel, 5, Jenna, 10, Azalea, 8, Igra, 3, Dallyn, 10, Dean, 5,  
 Tristan, 10, Liam, 4, Daphne, 10, Sophia, 9, Amika, 10,  
 Mia, 7, Amani, 9, Taymen, 11, Atalanta, 8

*If you're 10 or under, guess what is in this photo. Fill out the form and put it in the What's It? box in the Co-op office, or hand it to a Staff person, by the deadline. Enter once per issue. Guess correctly, and you'll win a \$1.00 gift certificate to spend at the Co-op!*

### What is it?

Deadline: September 1st, 2011

Name \_\_\_\_\_

Age \_\_\_\_\_

Guess \_\_\_\_\_

**Please pick up your gift certificate at the store where you dropped off your entry.**

August/September 2011

## Local Food Production Abounds!

**OPMA – Orchard Co-op sells direct to us!**  
**Sunbreak Farm**  
**South Bay Soil**  
**Wiser Worm Farm**  
**Scratch and Peck Feed**

**Israeli Product Boycott – One Year Later**  
**Harvest Party – September 18**  
**Finance and Board Reports**

## Join the Co-op's Board of Directors!

*Board members are elected by the membership and make decisions about the Co-op's finances, vision, and direction.*

**Applications to run for the Board will be accepted from August 10 - September 10 at store closing (9 pm).**



*Find the application on our website, [olympiafood.coop](http://olympiafood.coop), and in the stores. If you have questions about the board election process, email [ofcboard@olympiafood.coop](mailto:ofcboard@olympiafood.coop)*

**Both Co-ops will be closing early on Friday, September 30 at 7 pm for our quarterly inventory. Sorry for the inconvenience, we will open again at 8 am on Saturday October 1st.**