



First Alternative
NATURAL FOODS CO-OP

IT'S

NOVEMBER
2 0 1 4
VOLUME 35 • ISSUE 11
Community Monthly

In This Issue:

Board's Month in Review, 230 Words or Less: 2

Manager Reports, Thymes History: 3

Thankful Harvest: 4

Brand Spankin' New, Wine Pairings, Holiday Special Orders: 5

Co-op Classes, Demo Schedule, Holiday Party Etiquette: 6

Farmer Feature—Gathering Together Farm: 7

Co-op Specials: 8 & 9

Budget Bites, Local 6 Feature—Oh So Simple Cashew Spreads: 10

Staff Anniversaries, Art at South, Staff Spotlight: 11

Health Services Guide & Unclassifieds: 12

Pacific Foods' New Caps, Beans for Bags, Fall Fest Wrap Up: 13

November Happenings, Community Calendar: 14

Olive Oil Showdown, Preparing For Our 10,000th Owner, The Scoop: 15

Recipes—If It's On The Table, It's Family: 16

This Thanksgiving let the Co-op cook for you -pg.5

THYMES

AND THAT MEANS

IT'S TIME FOR TURKEY



Arriving at the Co-op
Thursday November 20th
Date subject to change

This year we are proud to be offering a limited number of local, free-range turkeys from Walker Farms of Siletz. Walker turkeys enjoy a grass diet supplemented by organic, non-GMO spent grains from the Rogue Brewery. The "Powered by Rogue" sticker means the grains which would normally be wasted are transformed into a nutritious food source.

Walker Free Range Turkeys \$5.19/lb.
While supplies last

NO PRE-ORDERS NECESSARY JUST COME IN AND PICK YOUR FAVORITE!
The Co-op is not able to take special orders for turkeys, but we will have plenty of them, in a range of sizes sure to meet your needs.



Arriving at the Co-op
Wednesday November 19th
Date subject to change



The diet these turkeys receive is free of hormones, antibiotics, gluten, meat & meat byproducts, and preservatives. Mary's also provides four times the amount of range area per bird as a typical commercial turkey farm.



Mary's Free Range Turkeys \$1.99/lb.
Mary's Organic Free Range Turkeys \$2.99/lb.
Mary's Bone-in Free Range Turkey Breasts \$4.49/lb.
Mary's Whole Free Range Ducks \$3.79/lb

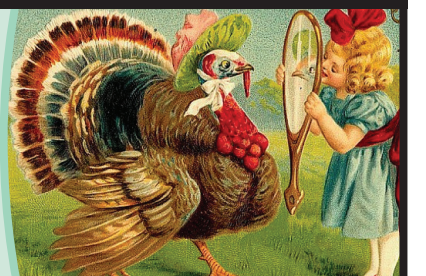
www.firstalt.coop

FIRST ALTERNATIVE CO-OP
1007 SE THIRD ST.
CORVALLIS, OR 97333

PRSR STD
US POSTAGE PAID
SALEM, OR
PERMIT #178

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

—John Fitzgerald Kennedy



FA THYMES

First Alternative Co-op
Community Monthly



Toni Hoyman
Co-op Board

the board's month in review

The Co-op Thymes is published on the 1st of each month. Correspondence and submissions are welcome. Send by e-mail or 'snail mail' to addresses listed below. Deadline for all submissions is the 15th of the prior month. Opinions expressed in *The Co-op Thymes* are strictly those of the writers and do not represent an endorsement by, or official position of, First Alternative Co-op, its Board, managers, or owners, unless specifically identified as such. The same is true of claims made by paid advertisers.

The Co-op Thymes is a free publication available at First Alternative and at other locations in the Corvallis area. Owners may receive the paper via mail. It can also be viewed online at www.firstalt.coop.

Editors: Donna Tarasawa, Adam Payson

Design/layout: Adam Payson, Jessica Brothers

Photography: Jessica Brothers, Adam Payson, Emily Stimac

Greetings from the Board. I know I may regret this later...in a month or so, but I am really glad the rains are finally back. With most of my harvesting from my garden and yard done and some wintering crops in the ground, I can now turn my attention to mushroom hunting! For those of you who have caught the bug to hunt you know it can be very rewarding. Over the years I have expanded the varieties that I look for from chanterelles to hedgehog, cauliflower, boletes, oyster, bear's head and the delicious chicken of the woods. I recommend *All That the Rain Promises, and more...* by David Arora. It is a classic for those interested in hunting for wild mushrooms.

It is also good to take along an experienced person the first few times you go out, and don't forget to be aware of private property signs and daily legal limits.

Since my sister's birthday is mid-October we have a tradition of going on our first mushroom expedition the Saturday nearest to her birthday. This year we continued our streak of successful hunting though the rains had not quite started in earnest. It took a while but we filled our baskets and had a lovely afternoon in some beautiful Oregon forest.

If you would rather get your mushrooms without the hunt you will find a growing variety at First Alternative this time of year, too. We are fortunate to have local growers like the Mushroomery providing First Alternative with their grown varieties plus their wild harvest mushrooms. Yum!

We are entering the time of year when the Board considers the Budget Assumptions for First Alternative's 2015 budget. Every year our Management Team must make their best guess to try and predict what the future economy holds for our operation and develop a budget based on that prediction.

This year the Board is considering all resources available to it to work with Staff to improve our financial outlook. Last month Joel Hirsch mentioned our frustration working with our bank, and how we would love to get out from under their heavy handed treatment of us and take our line of credit business to a friendlier provider.

Our GM and Staff have years of experience, education, and industry resource information that they will use in making the predictions for our 2015 budget needs. The Budget Assumptions provide the targets that staff will ultimately try to hit in the coming year. The Board looks at the most basic considerations for our finances, and either accepts or modifies them to reach common ground with Management. We must agree that the Budget Assumptions are both reasonable and attainable for the coming year. These Assumptions will form the basis for a more detailed budget that Staff will use to achieve the bottom line goals. The details are for the Staff, the bottom line goals are the responsibility of the Board and our General Manager.

This year the Board is considering all resources available to it to work with Staff to improve our financial outlook.



The Board also discussed our annual retreat, which will happen this month. We have a great opportunity to once again use an OSU graduate class to conduct a survey for us. There were two previous surveys done for us, one in 2008 of Owners' attitudes, values, and preferences, and then a second in 2009 of non-Owner attitudes, values, and preferences. Times have changed a bit, and the Board will review these last two surveys and national co-op market information, and then will compile some ideas for a new survey. We meet with the class and they will design and perform the survey and produce a report for us for basically no cost to First Alternative. It is a great cooperative venture where both First Alternative and the OSU class get information and experience.

Also, at this year's Board Retreat the Board and GM will do some introspective work to better understand where we are, how we got here, and what can we learn to help future Board members, and other co-ops. We are always looking for ways to improve our financial stability and perfect our Board process. There are several food co-ops around the US that have had times of financial struggle, and we have reached out to a few to learn more. It is great to be a part of a larger community of co-ops that is supportive and helpful and willing to share their experience and knowledge.

And lastly I have to say, from all of us on the Board...VOTE!!!

STORE LOCATIONS & HOURS

SOUTH STORE:

1007 SE 3rd St., Corvallis, OR 97333
Phone: (541) 753-3115
Open 7 days a week, 7am-9pm

NORTH STORE:

2855 NW Grant Ave., Corvallis, OR 97330
Phone: (541) 452-3115
Open 7 days a week, 7am-9pm

Web site: www.firstalt.coop

Email address: firstalt@firstalt.coop

Editor's email: thymes@firstalt.coop

FA Board's email: faboard@peak.org

VISION STATEMENT

First Alternative aspires to be a cooperative model, providing high quality natural and organic products in a community oriented store.

MISSION STATEMENT

First Alternative is a community market aspiring to be a model for environmental sustainability through our purchasing and workplace practices. We:

- seek to honor our traditions and build upon our potential.
- are committed to cultivating tolerance and diversity in our operations.
- strive for excellence in our products and services, including wholesome organic foods, innovative education and community outreach, while offering high quality, local, organic and minimally packaged products whenever possible.
- will act ethically and appropriately in our pricing practices.
- seek to provide a democratic business climate, fostering worker and Owner participation, according to cooperative principles.

THE INTERNATIONAL COOPERATIVE PRINCIPLES

Voluntary and Open Membership
Democratic Member Control
Member Economic Participation
Autonomy and Independence
Education, Training, and Information
Cooperation Among Cooperatives
Concern for the Community



230 WORDS OR LESS

Owners tell us in their own words why they chose to increase their equity

The Co-op is a huge part of our day-to-day life, and one of the great benefits of living in Corvallis. Moreover, it is a successful example of an economic model that is different than the standard corporate model in the most fundamental way: it exists entirely for the benefit of its local members (small-scale food producers and consumers), not for the benefit of some distant wealthy shareholders. As a couple, we wanted to do all we could to support this idea. So we invested the maximum amount (\$300 each). If the Co-op's by-laws allowed it, we would invest more to ensure that our cooperative thrives and continues to provide its many benefits to the Corvallis community.

Thanks for the opportunity,

—Viola and Tom Manning, Past Volunteers, Sub, Owner Worker, and Staff...and always, loyal shoppers and proud Owners!



welcome

First Alternative Co-op
welcomed 52 new owners
in September for a total
of 9920 Co-op owners!

Co-op owners enjoy:

- Monthly Owner Sale Day Discounts
- Electing Co-op Board of Directors
- Voting for Donation Recipients
- Receiving Co-op Thymes via mail
- Patronage Dividends as profitability allows
- Community-owned business
- Support Owner Worker opportunities
- Annual "Owner Rendezvous" celebration
- It's refundable!

To buy an owner share, please stop by
Customer Service or call 541-753-3115 or
541-452-3115.

we are the co-op



Cindee Lolik,
General Manager

THE HOLIDAYS ARE HERE AGAIN AT THE CO-OP

We're here to help make them a grand affair

The holiday season is almost upon us. Students, faculty and staff at OSU are back, hard at work. The kids in the community are back in school. And here at the Co-op, our Staff are working hard on creating a great and fun place to shop during the holidays.

Thanksgiving, Hanukkah, Christmas, and Kwanza will be here soon! Our buyers are working hard to make sure we have something for everyone, and for every occasion. Here at First Alternative, whenever and whatever we celebrate, we make sure to do it right. Celebrating doesn't have to be wasteful. Celebrating doesn't have to be bad for our health. And giving to our friends, our families, and our loved ones doesn't mean we have to take from someone else.

When First Alternative celebrates sustainability, we do it sustainably. When we feast, we feast healthfully. And what we give, we make sure to have gotten in fair trade.

Coming up first in the holiday procession, of course, is Thanksgiving. This year we will continue to bring you Mary's Turkeys—natural and organic. We're primed and excited to receive those turkeys on about the 19th of November, and are thankful that we will have the assistance of our neighbors at the South Store who will be helping us unload with their loading dock and forklift! Taking those pallets of turkeys off the truck, box by box, is a long and back straining process.

In addition to the Mary's Turkeys, coming to us from Northern California, we're lucky enough again this year to be bringing in some more local, free-range Walker Farms birds from Siletz. We're expecting them to arrive around the 20th of November.

We will be offering turkeys this year at the same low per-pound price as last year, and because this price is literally pennies over our cost, we will not be offering an Owner Sale Discount on them.

There's no need to pre-order. These birds are available to all. We will have a limited amount of them, so keep an eye on our Facebook page and Twitter feed as their arrival draws near. And remember the old saying, early bird gets the bird. That's how that goes, right?

We will have plenty of whatever you need to make your Thanksgiving meal a memorable one, including those of you whose celebration does not have the turkey as its centerpiece. Field roasts and Tofurkeys, pumpkins and squash varieties too numerous to name, vegan and gluten-free pumpkin pies ready to eat and much more!

And, if it all seems too much—the shopping, the preparation, the cooking—don't forget about the Co-op Kitchen. They love to cook. Pick up a Festive Fixings special order guide, available soon at the Deli counter and Let us cook for you.

I would like to appreciate and thank all our Owners, shoppers and Staff for making First Alternative a great place to shop and a great place to work!

Happy Thanksgiving! ☺



Above: 1985's brand-new red cedar sign.

Below: The sign in its original north-of-the-store position. It was later relocated to the south parking lot.



GIVING THANKS FOR SO MUCH IN SO LITTLE SPACE

There's never enough space to say everything you want



Bill Genne
North Store Manager

Writer's block has set in for me on this one! I've been trying to think of something interesting, exciting, and original to write about and haven't gotten very far. Thanksgiving is the obvious topic for November and it is fun and exciting if not the most original. Election Day? Not so sure about fun but definitely exciting and interesting this year! I do look forward to the end of political junk mail and the bombardment of campaign advertising and will be curiously awaiting voting results.

Sometimes when I can't settle upon a worthy topic to address I look back to past years November articles to glean inspiration. Other than reminding me not to forget Thanksgiving, all this has done is saddened me that I haven't made it out chanterelle foraging yet this season! Better whip this article out so I can get out in the woods!

OK fine—I'll do the Thanksgiving theme, with a slightly fresh twist.

Product wise, it will be as awesome as ever. This late season good growing weather should lead to a cornucopia of local produce. Sounds like a bumper crop on Oregon grown fresh cranberries as well!

Turkeys should be here right around Wednesday, November 19th. We'll have plenty of every size to accommodate all desires. Also we've made sure to order lots more

ducks as they ran out quickly last year. Perfect for roasting at your Civil War gathering!

I don't want to get carried away listing specific items because they are just too numerous to list but if we've got it, it's something you want to eat or drink or use!

I want to give thanks for every employee we have, and would like to print something specific I appreciate about each and every one of them. That would take up this whole edition of the Thymes, though, so I had better thank them all directly.

We Staff are also thankful for all our Owners, vendors, customers and Board members. We're also thankful for the support we are getting from National Cooperative Grocers as they are helping us resolve our critical debt issue.

There is always room for improvement and continued viability is an ongoing challenge but we can all be tremendously proud of what we have built here in the Willamette Valley with First Alternative. Cooperatively I'm confident we can make the necessary changes that will allow us sustainable success indefinitely.

Thank you for your continued support and may your holidays all be festive and filling with delicious food and drink!!! ☺

November in Co-op Thymes History

1982: Bulk foods led all departments in sales in with 41% of sales.

1984: Breakdown of sales shows compared to 1983 the Co-op is selling less bulk, but more grocery, dairy, produce and frozen foods, similar to other co-ops and natural food stores in the Pacific Northwest.

1985: New 7' x 11' sand-blasted red cedar exterior sign installed. (ed: Pictured to the left.) • Third checkstand installed.

1986: Volunteers putting in a total of over 600 hrs/week • Thymes says Thank You to the 48 local growers supplying the Co-op.

1987: First Alternative observes 17 years.

1988: General Manager, Philip Gutt, wants to keep volunteer system alive, in spite of challenges and other co-ops ending their volunteer systems: "[...] Having so many committed people involved with the operations of our store creates a unique relationship between shoppers and workers; there is an atmosphere of reciprocity and symbiosis that could never exist under other circumstances."

1989: New, longer store hours solve some old problems (customer convenience), and create some new ones (finding volunteers to cover all the shifts).

1992: Help wanted! The Co-op is looking for 15 new volunteers, including 9 cashier positions.

1995: TEAL celebrates its 10th anniversary, in Cannery Mall this year (ed: and they're still at it! See their ad on pg. 11) • Co-op finally has a commercial dishwasher to sanitize containers and utensils used in bulk areas, and for used containers brought from homes for reuse in bulk • Co-op makes plastic bags available, stating these reasons: 1) Their production consumes

less energy than paper bags 2) They're reusable. 3) No trees are used to produce them. 4) Much less expensive than paper bags.

1996: Legal counsel states members working at the Co-op must receive compensation in the form of wages. Non-compliance would result in a significant potential financial liability for the Co-op.

1997: OSU Federal Credit Union approved for community charter • Co-op considers removing children's play area for added retail space (ed: It was decided it was best not to anger the little ones.)

1998: The votes are in! Record number of ballots counted. Approved: Real estate purchase (2 lots south of Co-op, where Fireworks currently stands), and the lease/purchase of a new cash register and Point-of-Sale system (POS). Failed: both an expanded meat selection, and a ban on meats.

1999: Board converts Member Fee to Owner Share. The next step is an Owner vote on a proposed increase to the share price.

2000: The beautiful, giant redwood at the store entrance beginning to cause structural problems.

2001: Grass Roots Books & Music celebrates 30 years in business.

2005: The Co-op welcomes 75 new Owners for an active total of 5,222 (ed: Currently we're approaching a grand total of 10,000 Owners! See pg. 15 for more on our plans for number 10,000.)

2008: Locally-grown wheat finally available for local consumption. ☺

LA FLAUTA MAGICA BILINGUAL PRESCHOOL



This dynamic Spanish-English curriculum is based on literature, music, and art. Activities are fun, interactive, and engaging.

La Flauta Magica provides a warm, safe, open & educationally stimulating atmosphere in which children are nurtured and supported.

2945 NW Circle Blvd.

AFTER SCHOOL SPANISH CLASSES FOR KINDERGARTEN AGED CHILDREN

CALL 541-602-4140

KAREN ROSENBERG
Broker, Realtor®, SRES®
(541) 760-6858



CAROL TRUEBA
Principal Broker, CRS, GRI, SRES®
(541) 760-8081



Service with integrity, respect, and patience.

Call today to discuss your Real Estate needs!



Licensed Real Estate Brokers in the State of Oregon
455 NW Tyler Ave, Corvallis OR 97330 | 541-757-1781 | tncrealty.com





Thankful Harvest



CHEESE BALLS IN THE FALL

Just one of the many wonderful ways to get your dose of vitamin cheese

If you're a cheese lover like me, you know that most cheeses taste great on their own. But cheese as an *ingredient* shouldn't be overlooked, especially when you need something extra-special for your table!

Have a ball this fall by making a cheese ball for your next tailgating event or holiday get-together. Using softened cream cheese or cheddar as a base, add shreds or crumbles of any strongly-flavored cheese (like sharp cheddar or blue cheese) until the mixture is firm but holds together. Many cooks also add wine, chutney, or jam at this stage to round out the flavor profile. Shape into balls and roll in chopped nuts, minced dried fruit, or herbs. Serve with crackers or colorful *Terra Chips*. Creativity is key; you just need the 3 essential elements: a soft cheese, a strong cheese, and a colorful or crunchy coating.

Here are some possible combinations:

- Cream cheese, blue cheese, onion jam, & crumbled bacon, rolled in chopped walnuts
- Fresh cheddar, goat gouda, & apricot jam, coated in minced parsley
- Cream cheese, sharp cheddar, & chives, covered in chopped dried cranberries



Some gorgeous Shropshire Blue

Cheese can also add an elegant touch to your Thanksgiving vegetable dishes:

- Spruce up your Brussels sprouts—shred, sauté, and top with bacon and crumbled blue cheese or aged gouda.
- Elevate your sweet potatoes or yams by making them au gratin—slice thinly and layer with fresh cream and shredded swiss in a buttered baking dish, then bake until tender and browned.

Any way you slice/shred/grate it, cheese is sure to please. Check out our new Fresh Flyer weekly specials posted in the front of the store for more great cheese ideas!

—Jeannie Holiday, *Deli Manager*

GETTING BACK TO OUR ROOTS

Celebrate the rain and cold by staying in with some truly underground vegetables

In this, the incredible month of November, we'll be experiencing the torrential amounts of water that make Oregon, our green state, so amazing, so vibrantly-lush, so full of life. Again we will see the wealth of this land. We'll experience it every time we take a breath. This space is rich in life, and I feel wealthy every day I'm here. Wealthy not just because of the land, but because of those who work it—our local farmers who will continue to tend their land and harvest their crops, keeping us supplied with the nutrient dense vegetables we need to survive and to thrive.

The cold season brings chills, and with chills comes chili... among other great things. It's a time to eat thick and hearty meals, to hunker down and get back to our roots—our root vegetables that is.

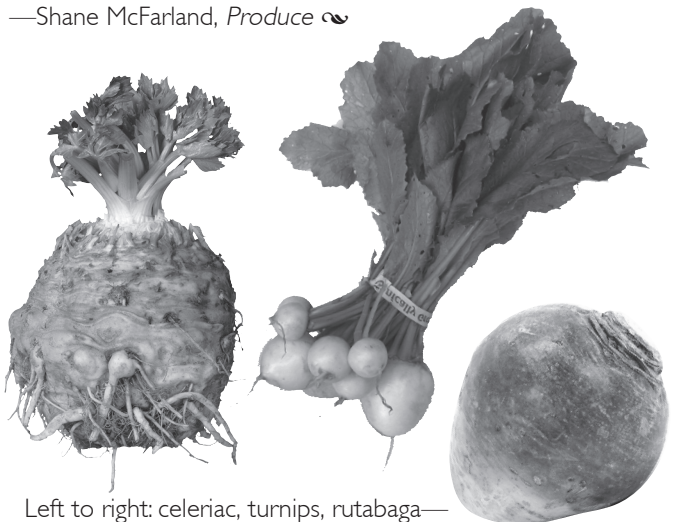
One suggestion: try adding Celeriac (celery root) to your mashed potatoes for a delightfully new experience. It has a mildly nutty but at the same time celery-like flavor that will take your mash to a brand new place. Celeriac is a rich source of vitamin K, and some essential minerals like iron, calcium, magnesium, and especially phosphorous.

Another suggestion: roast rutabagas, turnips, parsnips and any and all potatoes you can get your hands on. Mix them all together and you've got a root medley of pure joy. Parsnips are loaded with fiber and anti-oxidants. Rutabagas are also rich in anti-oxidants and beta-carotene, which our bodies turn into vitamin A.

I have a feeling this winter is going to be a nice cold and wet one, but we'll keep the Produce department stocked with all the stew-making supplies necessary to get you through it.

Throw it all in a crock-pot and let it sit. And let it sit. And then when it's all warm, and all the flavors have blended together creating a unique and utterly mouth watering concoction, eat it up with loved ones, and enjoy the fact that we get to live in this beautiful state of Oregon.

—Shane McFarland, *Produce*



Left to right: celeriac, turnips, rutabaga—all delightful, all healthful.

IT'S COLD, IT'S RAINY, AND ON TOP OF ALL THAT IT'S TRAVEL SEASON

When making your seasonal necessities checklist, be sure to keep vitamin C at the top of the list

Vitamin C has many essential functions in our body: It is required for the synthesis of collagen. It's a building block and main component of our connective tissue. It plays an important role in the synthesis of norepinephrine, a neurotransmitter known to affect mood. And it increases white blood cell activity, which is vital to a properly functioning immune system.

In the US, the recommended dietary allowance for vitamin C was revised in 2000, upward from the previous recommendation of 60 mg./day for men and women. It's now 75mg./day for women, 90mg./day for men.

Vitamin C is not naturally produced by our bodies. We need to get it from the food we eat, or by taking high quality supplements. We have a wide selection of these supplements here at the Co-op.

My personal favorite—and a general staff favorite—is the *HealthForce Nutritionals Truly Natural™ Vitamin C*. In this pure form there is no toxicity level, unlike with other forms such as ascorbic acid, which is a purified isolated compound

produced in laboratories from glucose, usually derived from GMO corn sugar. In contrast, the vitamin C in *Truly Natural™ Vitamin C* comes from whole-food Acerola cherry extract.



Vitamin C—you can't do without.

Acerola is a tart cherry native to South America, Central America, and southern Mexico, and which is now also being grown as far north as Texas and in other subtropical areas such as India.

Acerola cherries are low in calories, while being rich in vitamin C. A single Acerola cherry has 65 times more vitamin C than an orange. Eating as few as 2 or 3 cherries is sufficient to fulfill your daily vitamin C requirements. Acerola cherries are also high in B vitamins, carotenoids and bioflavonoids, and alkalizing

minerals—specifically magnesium, potassium, iron, zinc and calcium.

Whether you're traveling this winter, or having all the family and friends gather at your estate, stay healthy by arming yourself with this important supplement, available packaged or in bulk in the Wellness aisle!

—Susie Willis *South Wellness Assistant*

Restore the joy of living.

Benefit from our 27 years experience resolving the causes of chronic and acute pain, fatigue, mood and sleep disorders, and many other conditions.



Integrative Chiropractic Care

Finally...the long-term relief you've been looking for.

(541)738-2711 • www.virginiashapiro.com

Most insurances accepted



Ted My Handyman

(541) 207-6349

Remodels - Home Maintenance - Honey Do Lists
Intelligent - Honest - Affordable
Free 3-D Drawing of Your Project
Free Professional Estimates

CCB # 183405

Ted Wade - Owner

Oregon Organic products

We offer: Quality

- ★ Assorted Pickles
- ★ Albacore Tuna
- ★ Fruit Spreads
- ★ Salsa
- ★ Pickled Beets
- ★ Pickled Jalapeños

Thanks for Supporting



Sweet Creek Foods is proud to be supporting our local farmers.

Our business is family owned & operated.

We enjoy what we do, then we bring it to you.

Sweet Creek Foods

www.sweetcreekfoods.com

541-935-1615

look for us at your Co-op

Spankin' New

RISING STARS ON THE CO-OP SHELVES

GROCERY

La Rosa Flour Tortillas: Folks have been asking, and now we've got them. These tortillas are made with organic whole wheat flour, and safflower oil, not canola.

Rice Dream Rice Nog: The first nog of the season comes to us from *Rice Dream*. It says "Limited Edition," but isn't that assumed with nogs? Who wants nog in summer? Nearly no one, that's who. This nog is non-GMO verified, so you can get your fill, worry-free.

BULK

Oshawa Organic Brown Rice Vinegar: Made according to a thousand-year-old traditional method in earthenware crocks, this authentic vinegar is aged for over 12 months. Its delectable taste lends itself to a variety of uses: dressings, pickles, sauces and dips!

Just Coffee Wake the Dead Coffee: Medium body with a light acidity. Notes of plum, orange, and lime. Sourced from coffee co-op's in Sumatra and Papua New Guinea. —Currently only at the North Store.

Mountain Rose Herbs Annatto Seeds: Annatto seeds are used as a colorant in butters, cheeses, soups, stews, and dishes like Arroz con Pollo where it's also a key flavor component. It's typically described as earthy and slightly peppery. Grind or steep in oil prior to use.

Menu Cipollini Onions in White Balsamic: These sweet cipollini onions go great in a mushroom risotto, polenta, or in a goat cheese salad. They also pair well with grilled meats!

—Currently only at the North Store.

WELLNESS

Andes Gifts Fair Trade Woolens: Temperatures are dropping, and you've nothing warm to wear. Not for long, now that our *Andes Gifts* woolens are arriving. We've got handmade, fair-trade hats, headbands, and scarves, direct from Bolivia, made with traditional Andean knitting techniques.

Andes Gifts Fair Trade Finger Puppets: Not just keeping you warm, but keeping you entertained. *Andes Gifts* Finger Puppets are fun, adorable, and handmade by Aymara and Quechua knitters. There are all sorts of cute critters. Get a handful of favorites.



Andes Gifts knitters in action

FROM THE CO-OP KITCHEN TO YOURS

This Thanksgiving, let the Co-op Kitchen cook for you

This Thanksgiving season, our cooks and bakers will continue to bring you the best, and the freshest homestyle favorites.

The week before Turkey Day, visit the deli case and Grab & Go for seasonal treasures like *sage apple stuffing*, *maple glazed yams*, *mashed potatoes* (or *Mashers*, as we call them), *cranberry sauce*, and *pumpkin pie*.

Need a little help rounding out your holiday menu? The above items (and more) are also available in larger quantities by special order!

Let us make you a delicious pumpkin cheesecake, cranberry cheesecake, or pecan pie that all your guests will love.

Pick up a Festive Fixings special order menu in the Deli or at Customer Service for more information.

—Jeannie Holiday, Deli Manager ☺



Special order brochure, with the Festive Fixings insert. Look for it in the Deli.

GIVING THANKS IN BULK

Taking stock and giving thanks, as much or as little as you'd like

With the Thanksgiving holiday approaching, I enjoy turning my attention to those things that I am personally thankful for—both at work and at home.

Personally, I feel extremely fortunate to have such a loving, supportive family that provides me the space and freedom to work, volunteer in the community, and take time for myself.



Bulk liquids, circa 1974

I have a profound appreciation for the state of Oregon, the Willamette Valley and Corvallis. The temperate climate, abundance of open space, plethora of local farms, ranches, and orchards. Our close proximity to the ocean, the mountains and the high desert. And a community of people who care so deeply about so many of the essentials: healthful food, fresh air, clean water, and shelter for all. So much of my life revolves around First Alternative Co-op, and I'm thankful. We

should all be thankful to that original group of concerned citizens who formed the Co-op 44 years ago. They gave so much to this Valley. And we will continue to give for them—showing our thanks for the generations past, and our hopes for the generations to come.

I'm thankful to be able to come to work every day and have a chance to do what I love: interacting with the best coworkers around, connecting with Owners and shoppers who support the Co-op, and working directly with local farms, manufacturers, and distributors who are filled to the brim with integrity, generosity, and understanding.

First Alternative Co-op truly is a community in every sense of the word and I am so thankful to everyone that makes it possible for this place to continue to exist. Thank you.

—George Brown, North Bulk Assistant ☺

THE WINE SELLER

local pairings for your local celebrations

Boedecker Cellars Pinot Gris 2013 - \$16.99

Enhance your Thanksgiving meal with a sophisticated Pinot Gris grown in the Willamette Valley. Boedecker Cellars of Portland, Oregon crafts a beautifully well-balance Pinot Gris with layers of creamy richness and ripe apricot that lingers into a satisfyingly dry finish. Enjoy with an array of side dishes such as roasted butternut squash, sage-rubbed turkey or as a simple aperitif with your guests.

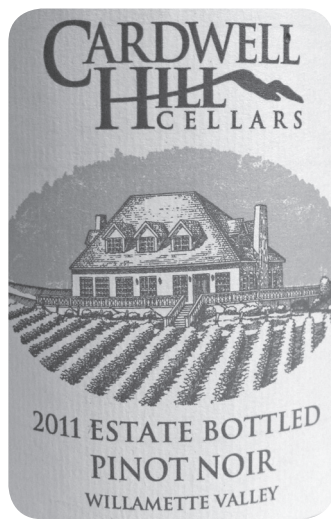


Cardwell Hill Pinot Noir 2011 - \$21.99

Located on the basin of Marys Peak, Cardwell Hills' vineyards produces some of the best Oregon Pinot Noirs. Their Estate grown Pinot Noir has a perfect balance of fruit and acidity, with notes of black cherry and lush raspberry, cinnamon spice, and touch of oak accenting its long finish. A perfect companion to your holiday meal!

Come give it a try: Cardwell will be pouring samples at our North Store on Thursday, November 20th from 4:30 to 6:30pm

—Kristana Burt, South Grocery Assistant & Wine buyer ☺



Hours
M-S 10-6
Sun 12-5

TEAL

handcrafted
by local artists

Open Now through Dec 28th
328 SW 2nd St.
Next to Gibbs Furniture In Downtown Corvallis

★ 2014 Recipient of Teal's "Donation To Art" goes to Cheldelin Middle School ★

www.TealArtistCoop.com | 541-754-6338

AMERICAN DREAM PIZZA

Gluten Free Crust available Sunday through Wednesday!

FREE DELIVERY!

CAMPUS 757-1713 • 2525 NW Monroe
DOWNTOWN 753-7373 • 214 SW 2nd
www.adpizza.com

inspiring beautiful & bountiful gardens

Enjoy 6 acres of:

- Perennials, Annuals, Trees & Shrubs
- Fruits, Vegetables & Herbs
- Garden Supplies
- Houseplants & Bonsai
- Gifts & Home Décor

Garland NURSERY
Since 1937

5470 NE Hwy 20, Corvallis, OR 97330 • (541) 753-6601

Go online to learn more about our upcoming event >> GarlandNursery.com

November Co-op Classes

Classes held in the South Store Co-op Meeting Room unless otherwise noted. Register online at www.firstalt.coop

Mondays through November 17th • 7-8:45pm
Waking Up White Book Study

Cost: free (pre-registration required) • Class size limited to 12 people

Deepen your consciousness about whiteness, white privilege, how white people can best work for racial justice.

At the North Co-op. Participants MUST register by contacting Faith Reidenbach via email: reidenbach.9@osu.edu or by calling 541-929-7435.

Thursday November 6th & 20th • 6:30-8:30pm
Soul Collage

Cost: \$8 for Co-op Owners; \$10 for general public

Experience this fun and empowering process using magazine and photo images. We make a deck of cards that reflect our many-faceted selves in surprising and delightful ways. It's a story of You. A visual map of the psyche. Meets every first and third Thursday. Materials provided. FML: Lucy, (541) 704-0135

Saturday November 8th • 1-3pm
How to Lose 1-3 Pounds Per Week and Reduce Medications w/o Portion Control

Cost: \$18 Co-op Owners, \$20 general public

Tired of 'exercising more' and 'eating less' in an attempt to lose weight? Learn how to lose 1-3 pounds per week and reduce or eliminate medications without portion control or exercise. Learn exactly how with Nutrition Educator, Trisha Mandes, MS, MPH. A Thanksgiving meal is included and a bonus "cheat sheet" of this evidence-based information is provided. Preregistration required + FREE RESOURCES at www.TrishaMandes.com/events

Trisha Mandes, MS, MPH is the owner of Regenerative Health Services. She specializes in helping people achieve optimal health through evidence-based, plant-based nutrition. Trisha received her Master's in Public Health Nutrition at the University of Eastern Finland and has trained and worked with Dr. John McDougall, Dr. Pam Popper and T. Colin Campbell, PhD from the film, Forks Over Knives.

Monday November 10th • 7-8:30pm
The Roots of Awakening: How to Land Your Higher Potential in Your Life

Cost: free

Do you feel scattered, energetically drained, or have inspired ideas that seem to go nowhere? In this seminar we'll explore how to hold conscious awareness in the body, to access and

live our higher potential in our day to day life—for health, well-being and expanded possibilities. The class will include teaching, meditation and individual guidance.

Tuesday November 11th • 7-8pm
Hairbraiding for Beginners and Pros with Raychel Emmons

Cost: free (pre-registration requested) • Class size limited to 20 people

Come learn exciting hair braiding techniques for all instructional levels! Participants will get hands-on practice and instruction from braiding expert, Raychel Emmons. This class is appropriate for hands 4 years old and older. FREE and open to the public. See examples of Raychel's work on her website: www.findingbraids.com

Thursday November 20th • 6-8pm
Gluten Free Holiday Meals: Simple, Safe and Delicious

Cost: free (pre-registration requested) • Class size limited to 20 people

Join Nadine Grzeskowiak, the Gluten free RN for an informative workshop about gluten-free and paleo foods for the holidays. Nadine has a passion for helping people with great, gluten-free and Paleo foods. The workshop will be followed by a store tour to highlight all of the helpful ingredients you'll need to prepare your holiday meals and beyond. Learn more about her and her work on her website: <http://glutenfreern.com>.

Saturday December 6th • 11am-12:30pm
Stay Healthy Through the Holidays with Virginia Shapiro and Donna Tarasawa

Cost: \$15 Co-op Owners, \$18 general public (bring a buddy for 1/2 price!)

Learn how you can maintain health and happiness and enjoy healthier versions of holiday fare. We will discuss the most important dietary and lifestyle factors for supporting healthy immune function, stress handling, energy, and mood. We'll taste many delicious, low-sugar, healthful holiday treats. This will be a lively and well-illustrated presentation with plenty of time for questions. Recipes provided!



HOLIDAY PARTY ETIQUETTE

Some get-together season do's and don'ts

Oh the holidays, a time for food, gatherings, family, and friends. Also a time of stress, worry, and anxiety, with questions of what to prepare, how much to prepare, and how elaborate it should be, all swirling around in the cook's mind.

As a person who loves to cook for others, I try to do my homework and fix at least one thing for everyone, but in no way am I able to prepare an entrée, and side dishes, and desserts that can satisfy all of the dietary needs represented around the dinner table.

We live in a time of hyper food awareness, which leads to many ingredients being banned from the buffet line.

It's hard enough already for the cook to do the shopping, preparation, cooking, and the plating. So I'd like to encourage our readers to throw those cooks, ahem, a bone, this holiday season.

I'd like to suggest that if you have a specific dietary need when attending a food gathering, you bring a dish you know you can eat. Prepare your favorite thing and share it with others. That way you know you'll be fed, without adding to the cook's neurosis. Maybe you'll even turn other party-goers on to something they would never have expected to like.

If the cook happens to call you up and ask about your dietary preferences, don't be a martyr; be honest, let them know any and all food allergies you may have. But also let her or him know that you'll bring a dish to share.

If you have a life-or-death type of food allergy, make sure you mention it—whether or not the cook calls—that way they can be meticulous about telling you what's in each dish that's been prepared. Otherwise, it'll be up to you to know what you can and can't eat.

If you feel strongly enough about having a variety of dishes you can eat at a holiday gathering, why not offer to have the party at your place? When you're the cook, you're in charge. You can prepare multiple dishes you can eat.

I have a second suggestion to offer you, dear readers: If you are considering taking a gift for the cook, perhaps spend some time browsing the olive oil section in addition to the wine nook.

A delicious bottle of olive oil goes a much longer way than a bottle of wine and has more uses. This is especially thoughtful if you know the cook doesn't drink!

—Yadira Ruiz, Outreach Coordinator

November Demo Schedule

Daylight savings ends November 2nd. This means that wine tasting times will be changing, effective November 6th.

Wednesdays	Thursdays	Fridays*	Saturdays†
South Store	North Store	South Store	North Store
3:30-5pm	5:30-7pm	5:30-7pm	5-6:30pm Nov. 1 & 8 2:30-4pm Nov. 15 & 22

*No demo or wine tasting Nov. 28 †No demo Saturday Nov. 29

Have you talked to **MOM** MAGAZINE lately?

Not all holiday cards are picture-perfect. Like us on [Facebook.com/lovemommag](https://www.facebook.com/lovemommag) and send us the best of your worst family holiday photo cards. We may include your photos in an upcoming issue!

'tis the season

MOM MAGAZINE
 editor@mommag.com
www.mommag.com

Check out our **BULK LOOKUP**
 Go to www.firstalt.coop
 Select "Bulk Search" from the menu bar and enter your mystery PLU numbers

Tax Return Preparation
 Personal • Corporate • Estate • More!

Since 1973

757-1945
 316 SW Washington
 Corvallis

A&S
 ACCOUNTING

Recipes • Digital Thymes • News • Events • and much more

www.firstalt.coop

MAJESTIC THEATRE
 NOVEMBER CONCERT EVENTS

VAGABOND OPERA
 European Cabaret! Vintage Americana! Neo-Classical Opera!
 Nov. 7 • 7:30pm
 Tickets: \$15-20

OMAHA DINER
 featuring Charlie Hunter, Bobby Previte, Steve Bernstein, Skerik
 Nov. 10 • 7:30pm
 Tickets: \$18-20

BIRDS OF CHICAGO
 poetry, deep grooves, sharp hooks and joyful singing
 Nov. 20 • 7:30pm
 Tickets: \$15-18

BUY ONLINE: WWW.MAJESTIC.ORG
 BOX OFFICE: 541-738-7469

Gathering Together Farm



25159 Grange Hall Rd. Philomath, OR

The 2014 International Year of Family Farming (IYFF) aims to raise the profile of family farming and smallholder farming by focusing world attention on its significant role in eradicating hunger and poverty, providing food security and nutrition, improving livelihoods, managing natural resources, protecting the environment, and achieving sustainable development, in particular in rural areas.



The Gathering Together Farm team, gathered together

John Eveland and Sally Brewer have been running Gathering Together Farm (GTF) for 27 years. In that time they've become indispensable to the Co-op, to local farmers' markets, to lovers of fresh and delicious food, and to the Willamette Valley itself.

John and Sally each come from a long line of farmers. John comes 3 generations of Iowa farmers; Sally from 5 generations of New Hampshire market gardeners. They came together, here, 27 years ago. Today Gathering Together Farms, Inc., a certified organic farm, operates on 60 acres, including over 4 acres of hoop-houses that let them lengthen the seasons.

Their farm stand has grown locally famous, not just for their immaculate produce, but because of their small restaurant. During the regular season the farm stand restaurant serves lunch Tuesdays through Friday, does dinner on Thursday and Fridays, and on Saturday mornings puts together an incredible breakfast. Everyone who loves good, fresh food owes it to themselves to have a meal at GTF.

John was a partner in another locally-renowned restaurant, Nearly Normal's, when he decided he wanted access to higher-quality vegetables. The solution was simple—grow them. Together with Sally, who at that time was deciding she'd rather be a hands-on, organic farmer than a graduate student learning about conventional agriculture.

Gathered together, they started to grow in response to market demand for their high quality produce. The farm now employs between 35 and 120 people depending on the season, with 40 people dedicated to working farmers' markets.

They grow, as John says, "almost everything." Here at the Co-op you can find GTF salad mix, lettuce, spinach, carrots, beets, sweetcorn, winter squash, celeriac, parsnip, turnips, rutabaga, leeks, and kale. And it's always beautiful.

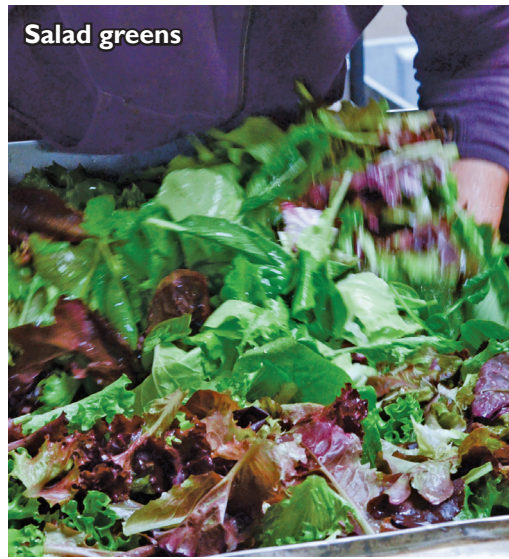
The key, John says, is to "feed the soil, keep the beneficials happy, focus on seasonal crops, but extend the seasons with hoop structures. Work hard, work smart, rely on teamwork, pursue excellence." ☺



Planting starts



Winter squash



Salad greens



John and Sally with their daughter Haylee



Dinner at the farm stand restaurant



Beautiful bread



Bountiful beets

Try the Wednesday Farmers' Market!

1st & Jackson
9 AM-1 PM

2014 season:
April 19 - Nov 26

Wednesdays & Saturdays

Also Saturdays in Downtown Albany!

www.LocallyGrown.org

Deep Release of Tension
In a Supportive Setting

Small classes
Private yoga therapy
Lovely space

Contact Christine
541-231-5992

www.sweetyyoga.net

Margarita Monday 4-6pm

\$5 Daily Specials

Monday Sunburgers 'til 2
Tuesday Nasty Burritos
Wednesday Falafels
Thursday 2 egg breakfast 'til 2

• BREAKFAST • LUNCH • DINNER •

NEARLY NORMAL'S
ganzo cuisine

(541) 753-0791
109 NW 15TH ST. CORVALLIS, OR

WE CATER
vegetarian
vegan

PRINTING & DESIGN
WITH THE EARTH IN MIND

element graphics

541.752.0033
250 nw tyler corvallis
katy@element-graphics.com

November 2014

Sale period:
Nov. 5th-Dec. 2nd

Special order deadline:
Nov. 28th

local color bulk



coffee

Equal Exchange
All Caffeinated Varieties
\$9.99 reg. \$11.99/lb.
Organic, Fair Trade, Delicious.

Local 6
Pacifica
French Roast & Black
Rocks Mountain Clouds
\$8.29 reg. \$10.79/lb.



Vote with your fork! Look for products that sport the NON GMO Project verified label!



Co-op deals

stock up and save!

Flyer A: Nov. 5th-18th
S.O. deadline: Nov. 14th

Flyer B: Nov. 19th-Dec. 2nd
S.O. deadline: Nov. 28th

Find more sales in our
Co-op Deals flyers!



Wholesome Sweetener Organic Sucanat **\$2.39/lb.**
reg. \$3.19/lb. Gluten-free, Vegan, Kosher. A wonderful whole, unrefined sugar.



Oregon Jewel Organic Wild Rice **\$6.99/lb.**
reg. \$8.49/lb. Smoky, nutty flavor combined with a chewy texture. High protein and B vitamins.



Nature's Bakery Fig Bars **\$4.99/lb.**
reg. \$5.79/lb. All natural ingredients, great taste, balanced nutrition and plenty of energy for life's journeys



Wildtime Foods Organic Spicy Nut Mix **\$13.95/lb.**
reg. \$15.59/lb. This handmade, certified organic trail mix is for the taste adventurer looking for some heat paired with sweet! Made with organic cashews, almonds, pumpkin seeds, walnuts and Oregon hazelnuts roasted with a light coating of maple syrup and a secret blend of spices.



Hummingbird Organic Cranberries **\$21.99/lb.**
reg. \$24.49/lb. Honey Sweetened // Organic Oregon grown cranberries, dried with a touch of Local Blackberry Honey!



wellness



Shikai
Borage Therapy Dry Skin Lotion
Great for travel!
1oz reg. \$1.99 **99¢**



First Alternative
Vitamin D3 5000IU
60 tab **15% off**



First Alternative
Enzyme Complex With Herbs
90 cap **15% off**



Acure
Brightening Facial Scrub
OVER 50% OFF! WHILE SUPPLIES LAST.
4oz reg. \$15.59 **\$7.49**

Herb Pharm
Stress & Anxiety Support
Including Nervous System Tonic & New Lemon
Balm Blend
30% off

Herb Pharm
Herbal Immune Support
Including Children's Echinacea & Children's
Winter Health
30% off

Barlean's
Selected Products
Flax Oil, Coconut Oil,
Olive Leaf, & Vegan Swirl
15% off



Enzymedica
Digestive Enzymes
The holidays are a great time to
stock up on digestive goodness!
25% off



Boiron
Cold and Flu Products
up to **30% off**

Host Defense
Maitake
All Sizes
20% off



Host Defense
MyCommunity
All sizes // Comprehensive Immune Support
20% off



Garden of Life
KIND Organic Multivitamins
All sizes
35% off



produce



Oregon Cranberries
Certified Organic
& Grower Direct from
Winsmuir Farm in Oregon

cheese & deli

Bella Capra	Goat Cheese Wedges	6 oz	reg. 6.99
Gina Marie	Cream Cheese Chub	8 oz	reg. 4.39
Graziers	Raw Milk Sharp Cheddar	8 oz	reg. 6.19
Graziers	Raw Milk Jalapeno Jack	8 oz	reg. 5.99
Kerrygold	Select Varieties	7 oz	reg. 5.39
Montcherre	Chevre Medallions	5 oz	reg. 5.69
Montcherre	Goat's Milk Feta	7 oz	reg. 5.89
Montcherre	Mini Goat Logs	4 oz	reg. 4.29
Tillamook	Sliced Habanero Jack	7 oz	reg. 5.39
Tillamook	Reduced-fat Cheddar	8 oz	reg. 4.79
Tillamook	Smoked Cheddar	8 oz	reg. 5.99
Delin	Domaine du Vallage	per lb	reg. 16.59

2/\$10
\$3.69/ea.
\$5.69/ea.
\$5.49/ea.
\$4.89/ea.
\$5.19/ea.
\$5.39/ea.
\$3.89/ea.
\$4.89/ea.
\$4.29/ea.
\$5.49/ea.
\$14.99/lb.



meat

Draper Valley Farms
Ranger Bone-in Chicken Thighs
 reg. \$3.99 **\$3.59/lb.**
 Draper Valley Farms
Organic Bone-in Split Chicken Breasts
 reg. \$6.19 **\$5.69/lb.**

co-op local kitchen

Pad Thai Salad
 reg. \$8.99 **7.99/lb.**
Tuscan Cream Cheese Spread
 reg. \$8.49 **7.69/lb.**

grocery & chill

Cherryvale Farms
Bread Mixes 15-20 oz reg. \$6.29-7.19 **\$4.99**
 Select Varieties // Quick and easy to make -- and there aren't any weird, obscure, or mysterious ingredients! All of the mixes also include organic unbleached flour and unrefined cane sugar.

Organic India Tulsi Teas
Select Varieties 18 ct reg. \$4.99 **\$3.89**
 Abundant in antioxidants, certified organic Tulsi Tea is not only great tasting; it offers stress relief, increased energy and a boost to your natural immune system.

Rumford
Baking Powder 4, 8 oz reg. \$1.79-2.99 **\$1.29-2.19**

A trusted name in baking powder for generations! Non-GMO and made in the USA!

Santa Barbara
Black Olives 6 oz reg. \$2.59 **\$1.89**
 Grown in California, using all natural harvesting, curing and packing methods!

Better Than Bouillon
Concentrated Stocks 8 oz reg. \$6.69 **\$4.69**

Earth Friendly
Fruit & Veg Wash 22 oz reg. \$3.49 **\$2.59**
 Helps remove pesticides, chemical, heavy metals, dirt, and wax from the surface of fruits and vegetables.



Wholesome
Organic Light Corn Syrup
 11.2 oz reg. \$5.49 **2/\$8**

Wholesome Sweeteners Organic Light Corn Syrup with organic vanilla perfectly kicks up traditional corn syrup recipes.



Wholesome
Organic Sugar
 32 oz reg. \$6.69 **2/\$10**

Organic sugar is naturally gluten free and can be used as a one-for-one replacement for refined white sugar.



Stahlbush Island Farms

Frozen Produce 10 oz reg. \$2.19 **2/\$3**
 Select varieties // Located in the heart of Oregon's lush Willamette Valley, Stahlbush Island Farms is an environmentally friendly farm and food processor committed to sustainable agriculture.

Bread Stop
Bread Dressing 16 oz reg. \$6.99 **\$5.69**
 The secret to making great bread? Practice and patience.

Toby's
Salad Dressing 12 oz reg. \$5.39 **2/\$7**
 Select varieties // Quite modestly Toby's Dressings are known as the all-time favorite of everyone, everywhere!

Nancy's
Sour Cream 8, 16 oz reg. \$1.99-3.69 **\$1.69-2.99**
 Tart and tangy - what real sour cream should taste like!

Nuts Around the World
Holiday Assortment 8 oz reg. \$16.99 **\$12.99**



wine

Boedecker Cellars Pinot Gris 2013 reg. \$16.99
 Enhance your Thanksgiving meal with a sophisticated Pinot Gris grown in the Willamette Valley. Layers of creamy richness and ripe apricot that lingers into a satisfyingly dry finish. Enjoy with an array of side dishes such a roasted butternut squash, sage-rubbed turkey or as a simple aperitif with your guests.

Cardwell Hill Pinot Noir 2011 reg. \$21.99
 Located on the basin of Mary's Peak, Cardwell Hills' vineyards produces some of the best Oregon Pinot Noirs. Their estate grown Pinot Noir has a perfect balance of fruit and acidity with notes of black cherry and lush raspberry, cinnamon spice, and a touch of oak accenting its long finish. A perfect companion to your holiday meal!



Meal plan, shopping & recipes for 2 adults, 6 nights, under \$50

BUDGET Bites



FMI Gold Plate Award Winner

November Menu

- Rosemary Roasted Chicken
- Caesar Pagoda Salad
- Shoestring Paella
- Hearty Broccoli Soup
- Smoky Apple Nut Loaf
- Delicata-Kale Pasta

There's no denying: poultry is the star of the show this month. Our budget bites uses a whole bird and divides it up into great meals throughout the week to get the most bang for your buck. If you're lucky enough to have Thanksgiving leftovers, try substituting turkey for the chicken in the Caesar Pagoda Salad or the Delicata-Kale Pasta. The complete Budget Bites recipe flyer is at customer service and online.

For our featured recipe, we picked out a delicious nut loaf that makes a wonderful alternative main course for vegetarians. Bring it to a potluck with friends or enjoy with your significant other by candlelight. The tangy apples, smoked mozzarella and rich savory mushrooms make this meal the perfect choice for fall entertaining. Serve with a green salad for a satisfying meal.

Smoky Apple Nut Loaf

- 2 Tbsp butter, plus more for pan
- 1 onion, diced
- 2 cloves garlic, minced
- 2 liberty apples
- 1/2 lb oyster mushrooms, chopped
- 1 cup oats
- 1/2 cup roasted hazelnuts, chopped
- 4 eggs, beaten
- 1 1/2 cups grated smoked mozzarella, divided
- 1/4 cup milk
- 1 tsp each: sage, salt & pepper

Dice one apple and slice the other into thin slices. Set the slices aside. Sauté veggies until tender. Mix oats, eggs, 1 cup cheese and milk and seasoning in a mixing bowl and add cooked veggies. Set aside for 20 minutes, stirring occasionally. Transfer to a greased bread pan and top with sliced apples and remaining cheese. Bake at 350° for 30-40 minutes.



Oh So Simple Cashew Spread

Our local 6 feature is back! This month we're talking with Mandi Bussell, inventor of *Oh So Simple Cashew Spreads*. Learn all about them below. We've a recipe too, *Oh So Simple Pesto Pizza*. You'll find it on page 13.

BussellSprouts is owned by Mandi and Joe Bussell and Taryn Scudder. It's a family affair, with Joe and Mandi's kids, Aiden and Abigail Bussell, being integral in getting the operation up and running. They came and worked late with Joe and Mandi to help prepare and package the first batches of their *Oh So Simple Cashew Spreads*.

BussellSprouts LLC was established in December 2013 in Eugene, OR. They're currently making their spreads in the *Sprout! Kitchen* in Springfield. The for-rent certified kitchen allows small, locally-minded businesses with great ideas to get their products on the market.

The Co-op began carrying *Oh So Simple Cashew Spreads* this past March. Our customers are falling in love with these smooth and savory, dairy-free spreads. We're currently carrying four flavors: Original, Turkish Spice, Pesto, and Fiesta Spice.



Mandi hard at work, having fun

We asked Mandi some questions about their business, their product, and their philosophy. Here's what she had to say:

What sustainable practices does your business employ? We use organic and non-GMO ingredients that are sustainably sourced. We try to get as many of our ingredients locally as possible. We are members of the *Willamette Valley Sustainable Food Alliance*, so we can learn how to better improve our sustainability practices. We're always working towards reducing our carbon foot print and improving our own renewable product packaging.

Please describe your business philosophy: We're a company focused on quality. We want to make organic, and sustainably produced, wholesome cashew spreads, full of flavor and versatility. We create products that are wonderful dairy alternatives,



Left to right: Turkish Spice, Original, Pesto, and Fiesta Spice. Find them next to the non-dairy cheeses

yielding excellent meals without sacrificing taste or nutrition. We want to respect the integrity of our planet, to be aware of how our production and packaging affects the Earth.

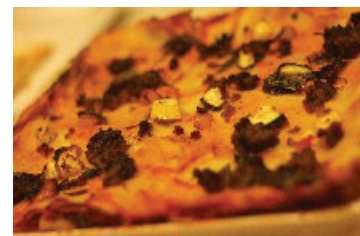
Please tell us your story: Joe and I attended Oregon State University, studying engineering and science. While living in Corvallis, we had our first child, Aiden.

Aiden was born with a dairy allergy that limited our ability to enjoy many of our favorite dishes as a family. We tried several dairy alternatives but none of them were satisfying flavor-wise, and many of them had ingredients we didn't recognize, things we didn't necessarily want to consume on a regular basis.

Then I started learning about cashews—the 'magical' nut, full of great fats, and lots of protein. And as it turns out, cashews make great creams. So we started playing with cashews until we came up with the first *Oh So Simple Cashew Spread*.

I started using it in all of my casseroles. When we'd take one to a potluck, people would always ask if they have my recipe, or even buy some of the spread.

One day, Taryn came over and equally enjoyed a lasagna made with the cashew spread. She said the same thing. She suggested that the spread needed to be shared with all the people who, like her, couldn't eat dairy.



The lasagna in question

That's when we went into the kitchen and really started to experiment.

Before long we'd perfected the recipes, and now we're making our *Oh So Simple Cashew Spreads* for everyone. 🌱



Taryn and Mandi say hi!

30 days of

UNLIMITED CLASSES



Offering 35 classes every week!
\$50 introductory offer; new students only

Live Well Yoga • Pilates

541.224.6566 | livewellstudio.com | 971 NW Spruce Ave, Corvallis

MAJESTIC THEATRE
NOVEMBER THEATRE EVENTS



Family Fun Theatre Event

The See-Saw Project

from Nomadic Theatre Co.

Nov. 8 • 1:00PM

Tickets: Adults \$15,
Children under 12 \$10,
Groups of 4 \$40

Dog Sees God:

Confessions of a Teenage Blockhead
Nov. 22 • 7:30PM

Tickets: \$8 - 10

Parental Discretion Advised



BUY ONLINE: WWW.MAJESTIC.ORG
BOX OFFICE: 541-738-7469

Holly Smith

staff spotlight: meet your Co-op crew!

What do you do at the Co-op and how long have you been working here? I work as a baker in the Co-op Kitchen. I bake a lot of the cookies, cakes, and pies we sell, as well as the cinnamon scones on Saturdays. I've been working here for just over a year.

Did you get into baking/cooking because of the job, or was it already a hobby? I've been baking for as long as I can remember. Both my parents cooked and baked all the time when I was a kid, and let me help out in the kitchen. I got really into baking as a teenager, and used to bake pies to bring to high school to share with my friends. My love of food has been such a constant in my life that it seemed like a natural career path to follow.

Any advice for people who want to bake but may not feel they have the skill or the time? Start small and don't be afraid to fail. Divide new recipes in half or quarters; it will save you some time and effort, and if you don't succeed the first time, the loss is minimal. Also get yourself a tried-and-tested cookbook like *The Joy of Cooking* (the internet can be so hit or miss).

What is it like working on the Co-op kitchen? I love it! I get to spend my day making delicious food with people I love. The work can be physically demanding, but we keep each other going with lots of laughter. It makes such a big difference to work in a place where I get along with everybody.

What's your favorite thing made by the kitchen? My favorite right now is the Torta Verde. It's a filling mix of potatoes, cheese, eggs, and greens, that can be eaten out of hand, hot or cold.

Where did you grow up, or where have you lived in your life? I am a very proud San Francisco native and have lived most of my life in that city. I also spent a good chunk of time living in Santa Cruz, where I went to college.

Along those lines, what's your favorite place? I spent many of my childhood summers in Yosemite National Park and it remains one of the most beautiful places I've ever had the privilege of visiting.

What are some things you like to do outside of work? I really, really like food, so I spend a lot of my time outside work cooking and eating. My partner and I have been learning how to make a lot of Thai dishes, and when we have time we love to make Asian dumplings. On the weekends I bake sourdough breads and bagels.



Holly, listening to her bread's secrets.

Now would you be so kind as to tell us something about yourself that others might not know: I used to teach juggling at a kid's performing arts camp run by Wavy Gravy called Camp Winnarainbow. At my peak I could juggle knives, flaming torches, and five balls (not all at the same time). I also know how to unicycle.

Wait, hold on, so you got to meet Wavy Gravy? Yes! Wavy is there every day as a creative director of the camp. He's an integral part of camp life. He emcees all of the camper and staff talent shows as different characters, always with crazy costumes and over-the-top accents. He leads a non-denominational grace before every meal. He has been known to personally rouse campers who are late for breakfast by threatening to hose them down in their sleeping bags. And on the last day of every session, he hosts a camp-wide pillow fight to Jimi Hendrix's rendition of the Star Spangled Banner.

My favorite thing Wavy does is the after breakfast Morning Reading, where he sits on stage in front of an audience of 150 kids and reads selections from everything from *Uncle John's Bathroom Reader* to the *Tao Te Ching* to his own autobiography, *Something Good For a Change*. Morning Reading concludes with a breathing exercise Wavy learned from Thich Nhat Hanh that I still use to prepare myself for the day:

Breathing in, we calm the body;

Breathing out, big smile.

Breathing in, this supreme moment;

Breathing out, YES! YES! YES! ♡



Counterculture jester, Wavy Gravy, clowning.

Anniversaries in November

Staff Anniversaries:

Blueberry, 1 year: Bernie Kurten, Jennifer Rivais

Raspberry, 2 years: Debra Emery, Yadira Ruiz

Blueberry, 3 years: Brittney West, Lindsay Dieckhoff, Shawna Lewis

Blackberry, 4 years: Kalon Russell

Apple, 16 years: Mark Tarasawa

Paid Substitute Anniversaries:

Blueberry, 1 year: Brian Littman-Smith

Strawberry, 6 years: Mary Arp

Owner Worker Anniversaries:

Blackberry, 4 years: David Rebhuhn

Staff: 20-40 hours per week with a regular schedule.

Paid Sub: Paid Subs are trained in various departments to fill in for staff who are ill or on vacation or to fill a temporarily open shift.

Owner-Worker: Co-op owners who work a 2-hour shift per week doing various duties such as stocking or helping in the deli.



ANNIVERSARY FRUITS

Every year a staff member works is represented by a different fruit that increases in size...

- | | |
|---------------|--------------------|
| 1. Blueberry | 15. Pear |
| 2. Raspberry | 16. Apple |
| 3. Cherry | 17. Orange |
| 4. Blackberry | 18. Grapefruit |
| 5. Kumquat | 19. Pomegranate |
| 6. Strawberry | 20. Mango |
| 7. Plum | 21. Papaya |
| 8. Apricot | 22. Cantaloupe |
| 9. Fig | 23. Honeydew melon |
| 10. Kiwi | 24. Pineapple |
| 11. Lime | 25. Watermelon |
| 12. Tangerine | 26. Hidden Fruit |
| 13. Nectarine | 27. Bunch Grapes |
| 14. Peach | |

After 25 years watermelons are designated with a hat containing the above fruits, starting with the blueberry for the 26th year. etc.

Analisa Reyna

ART at the South Store

After discovering she could capture and convey emotions and different aspects of life through art work, Analisa Reyna began challenging herself by using different mediums in order to express different emotions.

She has been building her skills as an artist since age five, gleaned skills and techniques from other artists as well as classes in high school.

Analisa will be displaying her art using clay, acrylic, water colors, pencils and oil pastels at the South Store during the month of November. Come and have a look.

If you would like to display your art at the South Co-op, please call CS: (541) 452-3115 x300

NOW OPEN!

ECO Sleep Solutions of Corvallis!



113 SW 3rd Street (541) 752-0470
Natural and Organic Mattresses
Beds, and Bedding

BRING IN THIS AD
TO EITHER STORE
FOR 15% OFF!

We are still at 25 E 8th in Eugene! (541) 343-1022




WINNER TYEE ESTATE : Open Fri, Sat, Sun 12-5
2012 PINOT NOIR JUDGED #1 : Taste Corvallis's Best Local Wines
SCORING 99 POINTS OREGON'S : Where They Are Grown and Produced
50 BEST WINES PORTLAND : We're...29 Years A Winery
MONTHLY TASTING PANEL : 40 Years A Vineyard
 129 Years A Family Farm!

(541) 753-8754 • www.tyeevine.com • 26335 Greenberry Road, Corvallis

Health Services Guide

Advertise your health service for only \$40 per ad. Maximum 50 words. Please email your ad to thymes@firstalt.coop by the 15th of the month.

LYMPHATIC DRAINAGE * VISCERAL MASSAGE * CRANIOSACRAL THERAPY These modalities rejuvenate and strengthen the body's natural immune system and promote vibrant health and well being. Specializing in: Detoxification, Cancer Therapy Support, Breast Health, Lymphedema Management and Self-care. Heart in the Valley Massage - Piper Jones LLCC, LMT 8032. Now at Blue Heron Healing Arts, 564 SW 3rd St., Corvallis. (541) 740-3698.

TWO CRANES ACUPUNCTURE AND MASSAGE Let Acupuncture and Massage nourish your body, mind and spirit. Return to a natural state of balance and harmony, using Japanese and Chinese acupuncture, herbs, nutritional and exercise counseling, or therapeutic massage. Leesa Walters, L.Ac., LMT #13160, Randall Davis, L.Ac. 1230 NW Garfield Avenue (541) 738-6117.

DR. VIRGINIA SHAPIRO, HOLISTIC CHIROPRACTOR 27 years experience resolving the causes of chronic and acute pain, fatigue, mood and sleep disorders, and other conditions. Specific diagnosis, gentle chiropractic care, Applied Kinesiology, Frequency Specific Microcurrent (resolving scar tissue and inflammation), clinical nutrition, Functional Medicine. 915 NW 36th Street, Corvallis. (541) 738-2711, www.virginia Shapiro.com.

Un-classifieds

Unclassifieds are only 30¢ per word. Simply fill out a form at the Customer Service desk by the 15th of the month prior to the month in which you would like your ad to run. Payment is due when ad is submitted. 100 word max.

CALL KORI THE SPOILER for your pet's good time! Will stay overnight with pets. (541) 750-0006

ERRANDS, SHOPPING, help around the house, Ken, (541) 929-4296

YARDWORK, weeding, pruning, scything, general clean-up, recycling, misc labor, trailer-haul, much Ken (541) 929-4296

SEEING WITHOUT STRAIN Learn natural vision improvement methods to release chronic neck and shoulder tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybetts Sinclair, LMT, certified vision improvement coach. (541) 753-8374 or www.marybettsinclair.com

PARENT COOPERATIVE PRESCHOOLS in Albany, Corvallis, Halsey, Philomath and Scio offered by Linn-Benton Community College. For information call (541) 917-4899 or visit www.linnbenton.edu/parenting-education For sale: used fridge, \$85 OBO. Call for details. Ken (541) 929-4296

YARD AND GARDEN MAINTENANCE ornamental and edible, pruning, planting, tilling, mowing, homestead help. Experienced, with affordable pricing. Free estimates. Greg Menkiena (541) 829-0373

DRIED SEAWEED, recipes, ideas, \$40/lb any amount. Also Dried Mushrooms, , dried apples, kombucha scrapwood. Ken, (541) 929-4296

FOR A BEAUTIFUL BIRTH, HIRE A DOULA. Corvallis Doula Network: www.midvalleydoulas.net.

CLOGGING CLASSES every Tuesday. Beginning Class 6-6:50pm. Intermediate Class 7-7:50pm. Fairmount Grange, 835 NW North Albany Rd. \$40 per month/\$15 drop-in. (503) 931-4080 All levels are welcome!

NORTHWEST REALTY CONSULTANTS has many listed and by-owner services for people interested in buying or selling their homes. Call us at (541) 753-4567 or (541) 928-8440 or visit us at northwestrealtyconsultants.com for more details.

FOR SALE: SUITCASES, small-medium rugs, space heater. Ken (541) 929-4296

WEST AFRICAN DANCE! Oddfellows Hall, 7:15 - 8:15pm Mondays. Taught by Maria Soumah from Guinea, great moves, lots of fun. \$15, \$10/student

CARMİ REPAIRS AND REMODELS, LLC Handyman services for minor repairs to new construction. So you can relax at home. (541) 729-4810. ccb#174846

CORRECT PRUNING on ornamental and fruit trees. 13 years local experience. Call David, (541) 758-7432

COUNSELING FOR COUPLES AND INDIVIDUALS: Tina Taylor, RN, MS. Tired of tension, confusion and pain? Longing for peace, clarity, growth, connection? Specializing in guidance towards Compassionate Communication with yourself and others. Let's talk. LGBTQ comfy. Free phone consultation, 541-753-2255. More information at www.tinataylor.co.

CERTIFIED HAKOMI THERAPIST Margot Vance-Borland, LPC has been a healing arts professional for 30 years. Her sessions are powerful and nurturing and designed to access the body, mind and spirit's deep healing wisdom. Reiki-Seichim classes and sessions are also available. Call (541) 754-3595 to schedule. www.seichimcenter.com

PARENTING SUPPORT for families in Linn and Benton Counties. Find parenting tips, classes, and resources at www.ParentingSuccessNetwork.org. Parent Advice Line: (541) 917-4899

OVEREATERS ANONYMOUS Sundays 4pm, North Co-op Meeting Room. Info: Beth (541) 220-4682

TRUST THE CLEANING of your home, small office, rental or move in/out situation to AWESOME CLEAN. Owner operated, providing efficient, detailed, dependable service with reasonable rates. Non-toxic products and pet friendly! Excellent references. Call Tracy (541) 730-1625

HAUNTED BY OLD, NEGATIVE ENERGY? Have a clearing Feng Shui consultation! Call Kori at (541) 750-0006



Clarity Writing & Editing



Marie Oliver
Writer/Editor

- Developmental editing for nonfiction authors
- Corporate communications for globally responsible organizations

"I couldn't have done it without you!"
—Most common feedback from clients

claritywriting.com
541-760-7787

ProPrint
Since 1976

37+ years as your local friendly Print Shop



541-754-3000 • www.proprint1.com • 6th & Monroe, Corvallis

PANE RELIEF
ROOF, MOSS & GUTTERS



A clean roof lasts longer.

- Ecofriendly Moss killer
- Downspout/Gutter Guards

www.panereliefwindowcleaning.com
Ken 541-207-5736
9am - 9pm

Let the "Son" shine in. ☺

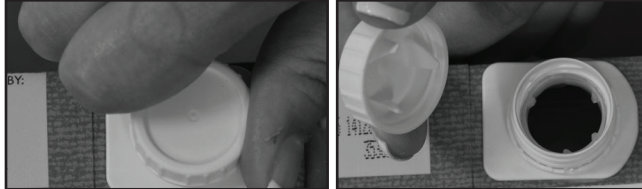
WELCOME TO THE NEW CAP

Pacific Foods has made some changes to their Tetra Pak lids and we've got the scoop

Pacific Foods non-dairy milks, soups and broths have adopted a new, tamper-resistant "one step" lid system to simplify the opening of their products. Here are answers to some questions we've been hearing since the arrival of the new lids, straight from the good folks at Pacific:

Q: How exactly does the "one step" work?

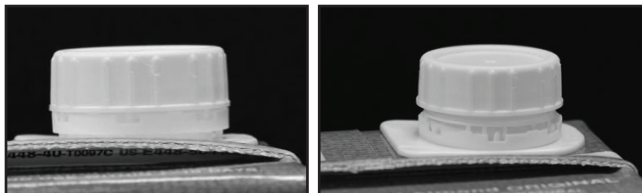
A: Simply unscrew the easy-open cap and pour. When you start twisting the cap, you'll hear a click as the sealed tamper-evident ring breaks away from the cap. When you complete twisting the cap one full turn, the cutting mechanism cuts the inner seal and folds it back. Those two steps are now combined into one easy twist of the cap!



One easy twist and it's open!

Q: Without a pull tab, how will I know if my product has been tampered with?

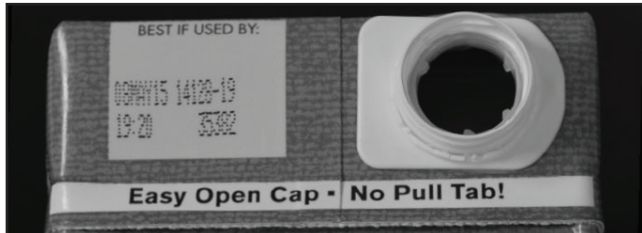
A: You'll see a clearly visible tamper-evident ring below the cap that is intact before opening. When the cap is twisted, you'll hear a clicking sound, similar to the opening of a water bottle, that is the ring breaking away from the cap.



Left: an unopened cap. Right: an opened cap

Q: When I open the product why don't I see a foil seal?

A: When you twist the new easy-open cap one full turn, it activates a secondary cutting mechanism that cuts straight through the inner seal to the product. The inner seal isn't visible but remains attached just underneath the opening and doesn't fall into the product. So, we didn't just get rid of the pull tab, it's a whole new process for the easiest open possible!



No more pull tab!

And the best part?

Cap Benefits:

1. No pull tabs or straws go into landfills
2. Packages now use the least amount of material possible and are nearly 70% renewable
3. The new opening offers a smoother pour with less splashing.



THANKSGIVING WEEKEND
WREN VINEYARD BARN IN PHILOMATH
NOV 28, 29 AND 30
NOON TO 5 PM
 ~~~~~  
**AND EVERY THURS THRU SUN 1 TO 6 PM**  
**AT THE LITTLE TASTING ROOM**  
**IN MCMINNVILLE**  
 -ALL CERTIFIED ORGANIC VINEYARDS-  
 -TAKING CARE OF OUR PEOPLE AND OUR PLANET-  
**LUMOSWINE.COM**

## OH SO SIMPLE PESTO PIZZA

Pizza is one of those dishes that each person has their special way of making it. This recipe is a simplified way of making pizza on a busy night.

### Ingredients:

- 1 prepared pizza dough
- 1 6oz jar *Oh So Simple Pesto* (room temperature)
- 1 6oz jar *Oh So Simple Original* (room temperature)
- 1 large onion, chopped or sliced
- 1 large bell pepper, chopped or sliced
- 2 cloves garlic, minced
- 1/2# mushrooms, chopped or sliced
- 1 cup chopped spinach
- Additional vegetables, as desired, chopped
- 1# protein of your choosing, cooked

### Directions:

Preheat oven to 400 degrees. Oil the bottom of a rectangular short sided pan or pizza pan. Roll dough out to edges until it's about 1/4 in. thick. Lightly spread about half of the *Oh So Simple Pesto* over the crust, leaving about 1/2-1 in. room on the edge. Sauté onion, and pepper until the onions are translucent, then add mushrooms, garlic, and spinach just until spinach is wilted. Add remaining vegetables and protein. Using a spoon, stir the *Oh So Simple Original*, drop small dollops over the vegetables and lightly spread over the vegetables and protein. Start with about 4 Tbs. spread very lightly over the top. (You don't want to add too much or it becomes a goopy mess.) You could also add a little more pesto flavor to the top instead. Enjoy!

—Mandi Bussell, *Bussell Sprouts* ☺



## ROCKING FALL FEST WRAP-UP

The sun was shining, the leaves were turning, the people were celebrating, and we were rocking.

Hopefully you made it by the Sustainability Coalition and First Alternative's *Rocking Wraps* booth during Fall Fest, and enjoyed one of our awesome Salad Wraps (or Bowls). Don't worry if you didn't, though, because it was a huge success, one we plan on repeating next year.

We'd like to give a little column space to a letter from Annette Mills, head of the Sustainability Coalition, that will better explain what a smashing (and charitable) success it really was:

### Fall Fest thanks from the Sustainability Coalition

Dear Cindee,


I want to express a huge "thank you" to *First Alternative Co-op* for your generous donation of \$650.00 to the *Corvallis Sustainability Coalition*. We had so much fun working with Co-op staff at the Fall Festival, and we really appreciate all the time, creativity, and effort that went into organizing such a wonderful food booth.

Your donation will support our mission to accelerate the creation of a sustainable community in Corvallis – one that values environmental quality, social equity, and economic vitality. Please consider your contribution an investment in a bright future for our children and grandchildren.

Thanks to your support, the *Sustainability Coalition* is continuing to pursue actions in 12 topic areas, all of which are guided by the *Community Sustainability Action Framework*. A few examples of our current projects include the award-winning *Three Waters Project*, *Corvallis Area Reuse Directory*, *Corvallis Garden Resource Guide*, *Natural Areas Celebration Week*, *Edible Front Yard Garden Tours*, *Car Free Day*, *Buy Local First Campaign*, *Backyard Wildlife Connections*, and the *Eat 40% Local Challenge* that was adopted at this year's Town Hall. As we build upon our past successes, we want to let you know how vital your support is to accomplishing our mission. Your contribution affirms our work and provides us with renewed energy and hope. We are so grateful to *First Alternative* for being such a generous and steadfast supporter of the *Sustainability Coalition*.

Sincerely,

Annette Mills, *Facilitator* ☺




## Beans for Bags


After checking out, take a bean for every shopping bag you brought from home and drop them in the bean towers located next to every exit. Each bean is equal to a 5¢ donation to the chosen organization. At the end of the quarter, beans are tallied and each organization receives a check proportionate to the number of beans they received.

### October through December 2014

|                                   |                                 |
|-----------------------------------|---------------------------------|
| <b>Chintimini Wildlife Center</b> | <b>Co-op Recycling Center</b>   |
| <b>CARDV</b>                      | <b>South Corvallis Foodbank</b> |

Our Beans for Bags program saves thousands of bags each year while helping to fund local non-profit organizations.






www.valleyparentmagazine.com

We Love  
It When  
You Read!

Local Fun!  
Local  
Resources!



Linn & Benton Counties

## Computer Problems?

I offer fast accommodating solutions for PC and Mac systems

"We really appreciate your prompt and thorough service."  
-Lisa Morrison, Sierra Club office manager

"You have brightened my day through your expertise."  
-Andy Dufner, Director, Nestucca Sanctuary

"Thanks so much for helping us...I really appreciate it!"  
-Louise Tippens, Director, Environmental Federation of Oregon

### Superior PC Service

- Repairs
- Upgrades
- Networking
- Virus removal



John Madsen

541-929-4054

541-740-6717

Established 1988



# November Community Calendar

**MARY'S TURKEYS**  
DELIVERY DATE  
**WED NOV 19**

**WALKER TURKEYS**  
DELIVERY DATE  
**THURS NOV 20**



## THE TURKEY COUNTDOWN!

Mary's Free Range Turkeys : \$1.99/lb

Mary's Organic Free Range Turkeys : \$2.99/lb

Mary's Bone-in Turkey Breasts : \$4.49/lb

Mary's Whole Ducks : \$3.79/lb

Walker Free Range Turkeys : \$5.19/lb

Dates subject to change.

**WINE & BEER TASTING**  
WITH LIGHT APPETIZERS

### NORTH STORE

1st & 3rd Thursdays, 5-7 p.m.  
wine + cheese + crackers

### NORTH STORE

2nd & 4th Thursdays, 5-7 p.m.  
craft brew + cheese + crackers

### SOUTH STORE

Every Friday, 5-7 p.m.  
wine + cheese + crackers

Please check [www.firstalt.coop/events/](http://www.firstalt.coop/events/) for updates, schedule changes, and cancellations.

**BOARD & COMMITTEE MEETINGS**

**OWNER RELATIONS COMMITTEE**  
Tuesday, Nov. 4th - 12:15 p.m.  
South Store meeting room

**BOARD RECRUITMENT & ELECTIONS COMMITTEE**  
Thursday, Nov. 20th - 6-7:30 p.m.  
North Store meeting room

**FINANCE COMMITTEE**  
Wednesday, Nov. 12th - 5:30-7 p.m.  
North Store meeting room

**BOARD OF DIRECTORS MEETING**  
Tuesday, Nov. 18th - 6:30 p.m.  
South Store meeting room  
Owner comments welcomed in first 10 minutes.

## UPCOMING EVENTS

**FILL YOUR PANTRY EVENT** Nov 2nd, 2-6 p.m. Benton Co. Fairgrounds, 110 SW 53rd St. Stock up on locally grown bulk storage and staple crops at this farm direct community buying event! Pre-order started Oct. 12th and is encouraged for best availability. Credit and SNAP accepted. FMI: [tenriversfoodweb.org](http://tenriversfoodweb.org), [sunbow@peak.org](http://sunbow@peak.org)

**GRAPHIC NOVEL BOOK CLUB** Tues. Nov. 4, 6:30-7:30 p.m. New Morning Bakery, 219 SW 2nd St. We will be discussing Ex Machina, Vol. 1 by Brian K. Vaughan. New members always welcome. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Library. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov), (541) 766-6965

**NOVEMBER REPAIR FAIR** Thursday, Nov. 6th, 5:30-7:30 p.m. OSU Used Store, 644 SW 13th St. Bring your broken items and questions; volunteers will help you learn how to repair your belongings for free! See website for specific repair skills and DIY demonstrations. FMI: <http://tiny.cc/repair-fair>; 541-737-5398

**THE LEGACY OF JOHN MUIR AND THE WILDERNESS ACT AT 50** Thursday, Nov. 6th, 7 p.m., CBC Public Library. Ron Eber, Sierra Club historian, will explore the work of John Muir and the pioneer conservationists of Oregon who laid the foundation for protecting the wilderness areas we have today. Sponsored by the Marys Peak Group - Sierra Club. FMI: 541-758-5255.

**12TH ANNUAL ALPINE HOLIDAY FESTIVAL** November 8th, 9a.m.-4p.m. Monroe Grade School, 600 Dragon Dr. Monroe. A sparkling gem of a festival! 30+ fantastic Oregon artists/craftspeople, great music and entertainment all day! Yummy lunch food and spectacular pie bar, community booths and museum display and...the ever popular FUNky Fashion Show! FMI: [alpinefestival@gmail.com](mailto:alpinefestival@gmail.com)

**BOTANICAL GEMS OF ALASKA** Monday, Nov. 10th, 7:30 p.m. Avery House, Avery Park. Steve Carpenter, author of *Wildflowers of Marys Peak Meadows* and *Wildflowers of Bald Hill Meadows*, will share with us the unique habitats and plants encountered on his two month long Alaskan adventure that covered over 7,500 miles. He will discuss the diversity of habitats he visited, from the vast Taiga forests to plant communities considered as subalpine in Oregon. He will also touch on current uses of plants by Native Americans of the region and how to find some of these special places on your own. FMI: [brownj@science.oregonstate.edu](mailto:brownj@science.oregonstate.edu)

**COMBATING CLIMATE CHANGE: WILL A CARBON TAX FLY IN OREGON?** Nov. 20th, 7 p.m. Linus Pauling Science Center, Rm 125. Brief talks by panelists, Q & A and a Call to Action. Forum speakers include a Senior Economist from PSU, a representative of the State of Oregon Global Warming Commission, and a U of O Law School Professor. FMI: 541 754 1172

**GIFTS FOR A BETTER WORLD** Nov. 8-30, times vary. First Congregational United Church of Christ, 4515 West Hills Rd. Shop for the Holidays at a Local Non-Profit Store with Unique fair trade items by artisans in developing countries and gift items by many local non-profit groups. FMI: <http://giftsforabetterworld.org/>

**THE ARTHRITIS FOUNDATION WALK WITH EASE PROGRAM** Tues. & Thurs., 10 a.m. Rotary Shelter, Willamette Park. Learn how to safely make physical activity part of your everyday life. This program is designed to help people living with arthritis better manage their pain as well as those without arthritis who want to make walking a daily habit. Open to all. FMI: [info@lindajohansen.com](mailto:info@lindajohansen.com)

## ONGOING EVENTS

**CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP** Sunday 10-10:45 a.m. Meditation & 11-12 p.m. Inspirational Service; Thursday 7-8 p.m. Meditation, Study Kriya Yoga through Paramahansa Yogananda's teachings. Author of the spiritual classic, *Autobiography of a Yogi*. FMI: [corvallismeditation.org](http://corvallismeditation.org) Email: [srfcorvallismeditation@gmail.com](mailto:srfcorvallismeditation@gmail.com); FB: *CorvallisMeditationSelfRealization*. All Are Welcome!

**VEGAN AND VEGETARIAN OSU STUDENTS** Monthly potluck style meeting for vegans, vegetarians, and anyone considering a plant-based lifestyle. Come eat, share recipes, plan campus events, and talk with like-minded people! FMI: [vegansandvegetarians@gmail.com](mailto:vegansandvegetarians@gmail.com) to join the list serve or for more info.

**CORVALLIS PARENTS & FRIENDS** A place for parents and their kids to make new friends & get support for parenting and pregnancy. FMI: [corvallisparentsnetwork.ning.com](http://corvallisparentsnetwork.ning.com)

**HEALTH AND HEALTHCARE FORUM TV** Wed. @ 8p.m.; Thurs. @ 9p.m.; Sat. @ 1:30PM & Sun. @ 5:30p.m. 30-minute program series, Ch. 29. Guests discuss diverse health issues. FMI: [rhall@peak.org](mailto:rhall@peak.org), 541-758-9340

**BUDDHIST PRACTICE SGI-USA** Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: 541-753-6170

**BAHA'I DEVOTIONAL PROGRAMS** The Baha'i communities offer many devotional gatherings throughout the county in English & Spanish. Locations vary. FMI: 541-745-7916, [linnbenton.local.bahai.us](mailto:linnbenton.local.bahai.us)

**TRADITIONAL SHOTOKAN KARATE** Tuesdays and Thursdays, 7-9 p.m. Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, 541-754-3254

**VIGIL FOR PEACE** Every day, 5-6 p.m. Alternatives to War sponsors a vigil for peace at the Benton County Courthouse, 120 NW 4th St. FMI: Ed, 541-752-3152

**CORVALLIS VEG EDUCATION GROUP** Veg events in Corvallis & surrounding communities, including monthly dine-outs. Non-vegetarians welcome. Open to all ages. FMI: [Corvallisveg.org](http://Corvallisveg.org)

## MONDAYS

**COMPASSIONATE COMMUNICATION PRACTICE GROUP** Every first & third Monday, 7-9 p.m., 2255 NW 25th St. Support in living the model taught by Marshall Rosenberg in our daily lives. Led by Tina Taylor, trainer and counselor. RSVP & donation appreciated. FMI: [www.tinataylor.co](http://www.tinataylor.co),

**DINING FOR WOMEN** Corvallis Chapter Third Mondays, 6 p.m. Unitarian-Universalist Church, 2945 NW Circle Blvd. Bring a dish to share. We discuss female empowerment in the world. FMI: [www.diningforwomen.org](http://www.diningforwomen.org)

**SEXY SLIMMING CLASS** with Laughter Yoga and Life Force. For day/time, contact Traci, 541-760-8557, [Energy9studio.com](http://Energy9studio.com)

**CORVALLIS INSIGHT MEDITATION** Come join us for sitting and instruction, Mondays, 5-6:30 p.m. Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. FMI: [maryleigh.burke@gmail.com](mailto:maryleigh.burke@gmail.com)

**VETERANS FOR PEACE CHAPTER MEETING** Every 4th Monday, 6:30-8 p.m. UUFC, 2945 NW Circle Blvd. All are welcome. Come help us "Wage Peace." FMI: [nfo@vfp.corvallis.org](mailto:nfo@vfp.corvallis.org)

**AMNESTY INT'L WRITERS GROUP** 2nd Monday, 7 p.m. First United Methodist Church, 11th & Monroe Rm #106-B. Write letters to prisoners of conscience. FMI: 541-619-1379

**MINDFULNESS MEDITATION** Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. 5:30-7 p.m. Friends Meeting House, 33rd & Polk. We draw from this 2600 yr old tradition, though you do not need to be Buddhist. All are welcome. FMI: [oeefein@gmail.com](mailto:oeefein@gmail.com)

## TUESDAYS

**CHAIR YOGA** Tuesdays 3-4 p.m. Live Well Studio. 971 NW Spruce St. Poses are adapted with the use of props. Well suited to those with medical or physical limitations. Help ease pain, maintain comfort, decrease stress and improve overall health. FMI: 541-334-6566, [livewellstudio.com](http://livewellstudio.com)

**CORVALLIS MEDITATION COMMUNITY** Learn meditation techniques to relax and recharge body and mind. 5:30-6:30 p.m. 3311 NW Polk St. FMI: Carolyn, 971-218-6798, [RASALiA2@yahoo.com](mailto:RASALiA2@yahoo.com)

**A COURSE IN MIRACLES** 7:30 p.m. Join us as we read & discuss this spiritual classic, after a meditation. FMI: 541-754-9051.

**CELTIC JAM** Every Tuesday, 7-9 p.m. Imagine Coffee Live Arts, 5460 SW Philomath Blvd. All levels of players are welcome. FMI: 541-286-4340, [imagine.cof@gmail.com](mailto:imagine.cof@gmail.com)

**MARY'S RIVER WATERSHED COUNCIL MEETING** Second Tuesdays, 6:30-8 p.m. Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: [coordinator@mrwc.net](mailto:coordinator@mrwc.net)

## WEDNESDAYS

**OSUSED STORE PUBLIC SALES** 5:30-7:30 p.m. on 1st Wed. of the month; 12-3 p.m. on all other Weds. 644 SW 13th St. Also open 3rd Sat. of mo., 9am-12pm. FMI: <http://surplus.oregonstate.edu>, 541-737-7347

**TAI CHI CLASSES** 5:30-6:30 p.m. Oddfellows Hall. Ages 16+. Instructor: Andy Bennett, holds 30 years of martial arts experience. Class fee: commitment to practice. FMI: 541-760-9328, <https://sites>.

**HEART OF THE VALLEY BIRTH NETWORK** Every 3rd Wed. 6-7:30 p.m. Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: [www.valleybirthnetwork.org](http://www.valleybirthnetwork.org) google.com/site/wutantaiichi

**CORVALLIS BELLY DANCE GUILD** Weds., 8 p.m. Old World Deli, 341 Southwest 2nd St. Live, FREE performances. FMI: [lyannadance@yahoo.com](mailto:lyannadance@yahoo.com)

## THURSDAYS

**GREEN TARA MEDITATION GROUP** 7-8:20 p.m. Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. FMI: [susan.salveson@hotmail.com](mailto:susan.salveson@hotmail.com)

**DANCES OF UNIVERSAL PEACE** 2nd Thurs, 7-8:30 p.m. Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Simple, easy-to-learn circle dances honoring spiritual traditions from around the world. \$5-10 donation. FMI: [barbwoehle@comcast.net](mailto:barbwoehle@comcast.net)

**REIKI HEALING CIRCLE** 1st Thurs., 7-9:30 p.m. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, 541-754-3595

## FRIDAYS

**CORVALLIS UKULELE CABARET** First Fridays, 7-9 p.m. First Alt Co-op Meeting Room, 1007 SE 3rd St. Open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes of The Wallop Sisters. FMI: 541-753-8530

## SATURDAYS

**FREE WINE TASTING** Every Saturday, 9 a.m.- 6 p.m. Wineopolis, 151 NW Monroe, Suite 103. FMI: Jerry Larson, 541-738-1600, [wineinfo@cmug.com](mailto:wineinfo@cmug.com)

**GLUTEN FREE SUPPORT GROUP** 1st Saturdays, 10 a.m.-12 p.m. First Presbyterian Church, Dennis Hall, 9th & Monroe. Learn more about gluten intolerance, share ideas and sample products. FMI: 541-602-1065

**AUDUBON FIELD TRIPS** Field trip every 2nd Saturday. Meet at 7:30 a.m. The trips are great for beginners and birders new to the mid-valley area. We visit local refuges and birding areas. FMI: [www.audubon.corvallis.or.us/field\\_trips.shtml](http://www.audubon.corvallis.or.us/field_trips.shtml)

**CORVALLIS SECULAR SOCIETY** 3rd Saturdays. Meet 2-4 p.m. Corl House in Woodland Meadows Park. FMI: 541-754-2557, [CorvallisSecular.org](http://CorvallisSecular.org)

## SUNDAYS

**YOGA FOR RECOVERY** Sundays 12:30-1 p.m. Live Well Studio, 971 NW Spruce St. Perfect for people recovering from substance abuse, addiction, eating disorders and codependency. \$5 suggested donation. FMI: [livewellstudio.com](http://livewellstudio.com), 541-224-6566

**FALUN DAFU GROUP** 9-11 a.m. A meditation practice based on principles of Truthfulness-Compassion-Tolerance. FMI: Hong 541-754-9938

**AVERY HOUSE NATURE CENTER OPEN HOUSE** 2nd Sundays, 12-4 p.m., Avery House Nature Center, 1200 Avery Park Lane. FMI: [info@corvallisenvironmentalcenter.org](mailto:info@corvallisenvironmentalcenter.org)

**CORVALLIS ZEN CIRCLE** sits 10 a.m.-noon. FMI: Abby, 541-754-4124

**NATURALIST ADVENTURES** Tracking wild edibles, native plants, and birding: 3rd Sundays, 9 a.m.-12 p.m.. For meeting place, see website. FMI: [www.neighborhood-naturalist.com](http://www.neighborhood-naturalist.com), 541-753-7689













# Olive Oil Edition

By: Yadira Ruiz, Outreach Coordinator



A good olive oil can almost bring tears to your eyes, not just because it's so delicious but because in the foodie world, a good olive oil bites you in the throat! It has to be at a specific acidity level at the time of bottling and it has to be from fresh green olives that are ripe but not too ripe. Some even say that a "good" olive oil must be sourced from a single location, not a mix of olives from multiple areas. The best of the best olive oils are priced to reflect the painstaking work it takes to raise them, a wordy way of saying, "they ain't cheap!"

The majority of olive oils on most store shelves may not even be true olive oils. They may be a blend of olive and other oils. At the co-op, we always do what we can to make sure you know what's in your food. We're kind of notorious for it. Olive oil is no exception. The oils we tasted and compared varied from every-day affordable oils to special occasion, single source oil. Trust us, you can taste the difference!

| Brand/Organic?/<br>Country of origin/Cost                                                                                                                                                                        | Color/Aroma                                                     | Customers said...                                                                                                         | Marketing said...                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bari</b> (Bulk Oil)<br>• Organic<br>• Extra Virgin<br>• From California Olives<br>• \$7.39/lb.                              | • Lightest yellow<br>• Bright & grassy aroma                    | Fresh taste, mellow, mild aroma, good for cooking, bright, best value, clean, fresh, buttery                              | Good table oil, what you would expect when you buy an affordable oil. Taste on the middle of the tongue...Fruity, sweet.                                            |
| <b>Napa Valley Naturals</b><br>• Organic<br>• Extra Virgin<br>• Mediterranean Olives<br>• \$7.39/12 fluid ounces              | • Beige hue<br>• Fruity, rich aroma                             | "Green", herby, light color and flavor;                                                                                   | Super light, Taste on the tip and sides of the tongue...Not distinct.                                                                                               |
| <b>Montebello</b><br>• Organic<br>• Extra Virgin from Italian Olives<br>• \$13.69/16.9 fluid ounces                           | • Beige/green hue, darkest of the bunch<br>• Fruity, rich aroma | Full flavor; nice, nutty spice, buttery, gorgeous color; peppery tingle, green color; fruity, good for salads and dipping | Sweetest of the bunch, caramel notes, fruity...<br>Light, easy on the palate.  |
| <b>Divina</b><br>• Non-organic<br>• Extra Virgin from Hania, Crete<br>• \$11.39/16.9 fluid ounces                             | • Green hue<br>• Fruity, rich aroma                             | Super! Phenomenal, bitter, harsh, intense! Rich green color, good for drizzling on as a finish to dishes.                 | Citrus, robust! Sharp in the throat, has a bite...<br>Robust, earthy.          |
| <b>Oregon Olive Mill</b><br>• Non-organic<br>• Extra Virgin from Oregon and California Olives<br>• \$16.59/12.7 fluid ounces  | • Yellow hue<br>• Tangy, bright aroma                           | Peppery, strong, really good, bites in the back of the throat, deep rich flavor; bit of a bite, warm.                     | Earthy, nutty flavor. With a touch of caramel. Flavor intensifies as you eat.  |

# theSCOOP!

YOUR WEEKLY CO-OP NEWS SCOOP!



## THE GREAT ESCAPE

By: Gabi Scottaline, Customer Service, author of the Scoop

Fall in Corvallis is my favorite time of year. Granted, the mornings seem earlier as I wake up before my chickens, but this year we're getting some much needed rain, and now the wispy clouds glow pink as the sun goes down.

With gorgeous weather like this I can't help but want to go hiking every day. Two days ago I went up to Peavy Arboretum and took the Forest Discovery Trail, which was flush with beautiful foliage and the occasional scurrying ground squirrel. This particular loop is only 1.25 miles and is a hiker only trail. But there are a lot more in Peavy with steeper inclines and greater lengths, if that's your preference.



A trail in Peavy Arboretum. Boy, that looks nice.

A few weeks ago my roommates and I hiked Fitton Green. As we looked over the incredible view of South Corvallis, one of our hiking buddies aptly stated that Fitton Green is like Bald Hill's big brother. It's bigger, it towers over the city and it's...balder.

The Fitton Green trail we took was a little less than three miles and was quite pleasant. South McDonald Forest also has multiple starting destinations and actually intersects with the arboretum. But sites provide spectacular in-town excursions.



View of Marys River from a Fitton Green trail

Plus, this is the perfect time to get outside and travel around your own town. People often believe that they have to travel around the world to gain enlightenment, but there are many hidden utopias just miles from your home.

Whatever country, city, village you're in, the outdoors will always offer a sense of clarity that being indoors lacks. When you breathe in that fresh air you can better understand the writings of great wanderers like Henry David Thoreau and the more recent Chris McCandless—if not fully, then at least a little more. There are no ceilings to your thoughts or boundaries to your inspirations.

The spicy nuisances of autumn only enhance this feeling, for me. Some say it's too rainy and cloudy, but true Oregonians, even though they may complain about it, welcome the rain.

Either way, we should all come to grips with the fact that rain is coming—but we shouldn't let that stop us from enjoying the colorful changing of the season.

So grab a rain jacket and hit those trails!

Taken from the Scoop, First Alternative's blog. Follow it at: [www.thescoop.firstalt.coop](http://www.thescoop.firstalt.coop)



## WHO WILL BE THE 10,000TH OWNER?

### The Co-op is fast approaching another major milestone

First Alternative was founded in 1970 by a group of 100 concerned citizens and OSU students. They were committed to providing high-quality, nutritious foods at the lowest possible prices, and to creating educational opportunities for people who wanted to adopt healthier lifestyles.

There's been a lot of growing since then: the addition of a produce section and packaged grocery items, the expansion from one to two stores, then the expansion of the two stores themselves. Did you know that in 1981 we became the first co-op in Oregon with over a million dollars in sales?

Now, in 2014 we are approaching another amazing landmark. It's one that shows community support and values, one that keeps our business as local as it gets. It's the 10,000th Owner benchmark.

We don't know who it will be or when it will happen, but we're expecting it soon—very soon—and are really excited to share this moment will all of our current owners.

Since shares are sold simultaneously at both stores, and owner shares are fully refundable, it'll take a bit of calculating to be sure of who it is. That means we may not know it on the spot, but once we know, we'll be sure to share with all of you.

We have a very special gift basket for whoever that 10,000th Owner turns out to be.



Owner turns out to be.

We're still working out the exact celebratory details, but we plan on having a small reception for the lucky new Owner, with smiles and handshakes, and photos, and maybe even some cake. It'll be happening soon, so stay tuned! ☺

Our 10,000th Owner will win this handsome, loaded prize package. There's a lot of good stuff in this basket.



## Natural Choice Directory™

The Healthy Green Pages • Willamette Valley

Serving Corvallis/Albany, Salem & Eugene/Springfield



Visit [HealthyGreenPages.com](http://HealthyGreenPages.com) today!

Interested in Advertising? 541-484-3773



# IF IT'S ON THE TABLE, IT'S FAMILY

It's something Paez, my roommate from Galicia, Spain, said. He'd just come back to our flat in Prague after spending winter break back home with his family. He came in lugging this enormous hunk of salt-cured ham. *Jamón serrano*, he called it—mountain ham. It looked to be carved from wax, but it was rich and delicious. It came to the table with a thud, and there it would stay for several months, all of us in the tiny flat shaving ourselves snacks from it every time we passed our shared kitchen.

"If it's on the table, it's family." It means it's for all of us to share. It means we're family. This was a cold winter in a place where that really meant something. We were broke. Students or general-purpose Bohemians, all of us. We couldn't afford to eat separately, but we found we could afford to eat together.

This month we're bringing you select recipes from members of the Co-op family; putting them on the table for all of you to share. It means you're family. It's getting cold out there, sure, but together we'll stay warm. Now, everyone gather 'round the table...

## TOFU YUMMIES

by Joel Hirsch —Board Member

Serves 4

- One block tofu
- 3 Tbsp tamari
- 1 tsp garlic powder
- 1-2 Tbsp olive oil

Cut tofu into small cubes—size is your preference. Put all ingredients in a bowl and coat all cubes evenly with liquid mixture. Marinate a few minutes or several hours. Spread on cookie sheet or flat metal pan. Bake at 400° F until crispy around the edges.



## RAW SQUASH CABBAGE SALAD

by Susan Hyne —Board Member

Serves 6

- 3 cups grated butternut and/or delicata squash
- 3 cups shredded cabbage
- 3 green onions, chopped
- 1/4 cup finely chopped cilantro or parsley
- 1-2 jalapenos seeded & finely chopped
- 2 Tbsp rice vinegar
- 1 shallot, finely chopped
- 1/4 tsp salt
- 1 tsp tamari
- 1 tsp toasted sesame oil
- 1/2 cup olive oil

Peel the squash, remove seeds and cut the squash into bite-sized pieces. Grate the squash – a food processor is by far the easiest way to accomplish this. Combine the grated squash, cabbage, green onions, cilantro and hot pepper in a large bowl. In a small bowl, whisk together vinegar, shallot, salt, tamari, and both of the oils. Pour the dressing over the slaw. Mix well.



## CARROT PUREE WITH HAZELNUT TAPENADE

by Stefanie Albright —Support Worker

Serves 4

- 1 pound carrots, cut into 1/2-inch pieces
- 2 medium red potatoes, peeled and cut into 1/2-inch pieces
- 2 Tbsp chopped hazelnuts, toasted
- 2 Tbsp chopped green olives
- 2 tsp freshly grated orange zest
- 1 small clove garlic, minced
- 1 tsp plus 1 Tbsp extra-virgin olive oil, divided
- 1/2 tsp salt
- 1 small onion, diced
- 1 tsp butter
- 1/2 cup vegetable stock

Sauté onion, carrots and potatoes in butter and add vegetable stock. Cook until very soft—12 to 15 minutes. Place chopped nuts in a small dry skillet. Cook over medium-low heat, stirring constantly until fragrant and lightly browned, 2 to 4 minutes. Combine hazelnuts, olives, orange zest, garlic and 1 tsp oil in a small bowl and set aside. Transfer carrots and potatoes to a food processor; add the remaining 1 Tbsp oil and salt. Process until smooth. Serve each portion with a spoonful of the hazelnut tapenade.



## RAW BLACK KALE SALAD WITH PECORINO

by Melissa Hartley —Board Member

Serves 2-4

- 1 bunch black or lacinato kale, bottom stems removed
- 1/4 cup coarse bread crumbs
- 1/2 garlic clove, pressed
- 1/4 cup finely grated pecorino cheese, more for garnish
- 3 Tbsp extra virgin olive oil, more for garnish
- Freshly squeezed juice of 1 lemon
- 1/4 tsp kosher salt
- 1/8 tsp red pepper flakes
- Freshly ground black pepper to taste

Slice kale into ribbons, leaving in the middle stem. Place in a large serving bowl. Combine remaining ingredients in a small bowl and whisk to combine. Pour over kale and toss to distribute the dressing evenly. Allow salad to stand for 10 minutes before serving topped with breadcrumbs, remaining cheese and olive oil.



# FUEL YOUR VITALITY

**A FRUITFUL PALETTE FOR VIBRANT LIVING**

# ODWALLA