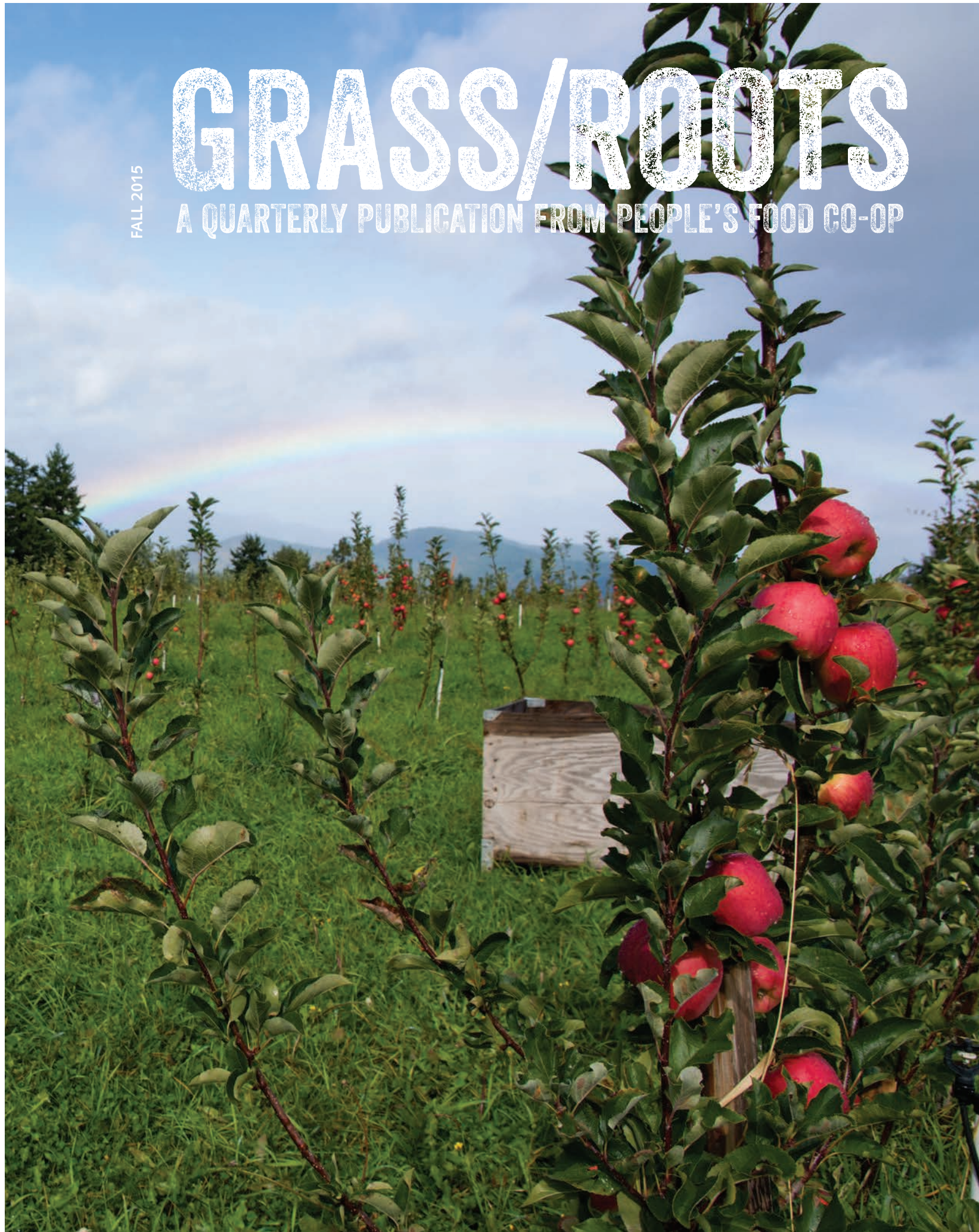


GRASS/ROOTS

FALL 2015

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP



OUR ENDS STATEMENT

**A PASSIONATE COMMUNITY
WORKING TOGETHER
FOR SUSTAINABILITY, PROGRESSIVE LAND
AND ANIMAL STEWARDSHIP, HUMAN
RIGHTS, SOCIAL AND ECONOMIC JUSTICE.
THRIVING COOPERATIVE AND LOCAL ECONOMIES**

A SAFE, WELCOMING COMMUNITY WHERE ALL ARE VALUED

DEMOCRATIC WORKPLACE WHERE ALL WORKERS' VOICES ARE VALUED

ACCESS TO HEALTHFUL FOODS OUR CUSTOMERS CAN TRUST



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



**FOOD! • CRAFT VENDORS! • LIVE SCREEN PRINTING! (BRING A SHIRT)
LIVE MUSIC! • KIDS' ACTIVITIES! • BEER GARDEN!**

OUR BIGGEST PARTY OF THE YEAR!

FREE. ALL AGES. EVERYONE WELCOME.



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There are so many great reasons to invest in your Co-op this October.

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Thanks to everyone who came and made this event so incredible!



GRASS/ROOTS

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



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



THANKS FOR
45 YEARS OF COOPERATION!

WE COULDN'T HAVE DONE IT WITHOUT YOU.

people's
FOOD CO-OP

ANNIVERSARY
SALE

1970 - 2015

SAVE 30-50%

ON SOME OF OUR BEST-SELLING ITEMS

SEPT 26 & 27 10AM-7PM
IN THE COURTYARD

Sale prices are valid only while supplies last. We cannot take special orders for Anniversary Sale items. No additional discounts apply to Anniversary Sale items (including Member-Owner Quarterly 10% off postcard, Food for All discounts, Hands on Owners discounts, or staff discounts). We're not able to take cash in the courtyard. Credit, Debit, EBT, or Checks only. Cash will be accepted inside the store.

30% OFF



Maggie's Organic Cotton Leggings

\$15.49

SAVE: \$6.51!



Guayaki Yerba Mate 5 lb bag

\$37.99

SAVE: \$16.00!



Roasted Maca Mocha 1 lb bag

\$31.99

SAVE: \$13.00!



Short Grain Brown Rice (25 lb bag only)

\$1.53/LB

SAVE: 66¢/LB!

40% OFF



Field Day Recycled Bath Tissue - 12 pk

\$6.99

SAVE: \$4.00!



Koyo Ramen Noodles (Case of 12 only)

\$9.48

SAVE: \$7.20!



C₂O Coconut Water (Case of 12 only)

\$17.88

SAVE: \$10.00!



Black Beans (25 lb bag only)

\$1.19/LB

SAVE: 80¢/LB!

50% OFF CO-OP BASICS



Field Day Organics 15 oz Canned Beans (Case of 12 only)

\$11.88

SAVE: \$9.60!



Field Day Organics Pasta Sauces (Case of 12 only)

\$23.88

SAVE: \$23.88!



Go Macro Bars (Case of 12 only)

\$18.00

SAVE: \$17.88!



Drew's Salsas (Case of 12 only)

\$30.00

SAVE: \$23.88!

I OWN IT BECAUSE...

it tastes so good!



I OWN IT BECAUSE...

IT'S AS AWESOME
as I am!
♡



I OWN IT BECAUSE...

FREE YOGA for
MEMBERS!



I OWN IT BECAUSE...

IT FEELS
LIKE HOME



I OWN IT BECAUSE...

the produce is
fresh, LOCAL and
affordable!



I OWN IT BECAUSE...

I want my money to support
go to small time food growers
producers that chain stores
do not include. I want to help
our local cooperative
community where everyone has a
piece in the pot.



WHY WE OWN IT

BUILDING A COOPERATIVE ECONOMY BY SHOPPING CO-OP

There are many great reasons people choose to invest in our Co-op. For some, becoming a Member-Owner is all about having access to and supporting the best food possible. For others, our values of local, organic, and ethical food systems are most important. And for many others, our vibrant community is what draws people in. Whatever your reason is, choosing to be a Member-Owner of

this co-op is a revolutionary act that has an impact on our immediately local food system and economy.

The cooperative model is a powerful alternative to a capitalist system. Because our co-op is owned by over 10,000 community members, the money spent here feeds back into our community of neighbors, farmers, and

families, instead of going to a few top investors. We can support small farmers where other bigger stores can't. We have more control over the future of our store and the impact we make on our surroundings because we own it. By sharing ownership of People's, you are helping create an alternative cooperative economy, and bolstering our local food system, thank you for being a Member-Owner! 🌱

FOLKS...
people's FOOD CO-OP

...time and
...as on my
...neighborhood + my plant

Coop
Kick a
Especially
Corporate ass!



I OWN IT BECAUSE...

I love to eat
delicious produce!



I OWN IT BECAUSE...

I CHANGED MY
HEALTH HERE
Steve TANKUNEN
people's FOOD CO-OP



I OWN IT BECAUSE...

IT WOULD
BE CRAZY
NOT TO!!



5 I OWN IT BECAUSE...

...TO END

I OWN IT BECAUSE...

I OWN IT BECAUSE...

INVEST

OCTOBER IS CO-OP MONTH!

It's here! Co-op Month is our annual Membership Drive and the best time of year to show your support for our small but mighty Co-op! This year People's celebrates 45 years of values-driven, community-owned business and we couldn't have done it without you.

Our dedicated shoppers and Member-Owners are the heartbeat of our Co-op, and this month we thank you for shopping, investing, and supporting us.

As we look towards the future, building equity, and maintaining strong financial

reserves is important and keeps our Co-op in good position to move forward.

This month, when you invest in your PeopleShare, enjoy these incentives as thank you.



INVEST \$60+

- 2016 CHINOOK BOOK
- SET OF ORGANIC COTTON PRODUCE BAGS
- EQUAL EXCHANGE CHOCOLATE BAR

INVEST \$30-\$59.99

- SET OF ORGANIC COTTON PRODUCE BAGS
- EQUAL EXCHANGE CHOCOLATE BAR



INVEST \$15-\$29.99

EQUAL EXCHANGE CHOCOLATE BAR



By Bryn Harding, Design Manager and Collective Manager

School Aid apples and pears, which fill a bin at People's every fall, seem too good to be true. The little apples and pears embody everything the Co-op stands for.

They're organic. They're local. At only 99¢ a pound, they're affordable. They're delicious. But best of all: more than 90% of what you pay for them goes straight to schools in our community. Essentially, when you buy School Aid apples and pears you are making a donation to local schools, and getting local organic fruit in return.

The program is simple. A local farm sells the fruit to the Co-op and donates 100% of the price to community schools. The produce buyers at People's are committed to buying and stocking this fruit year and year again even though space in the store in the fall is at a premium. Our produce department doesn't make any money on the School Aid fruit—we typically add only 10% to our cost to cover losses. The last thing that makes the program work: folks like you who choose to buy School Aid fruit in addition to the plethora of choices in the produce section. School Aid works because a farmer, a store, and shoppers

all make the choice together to support our community.

The School Aid apples and pears can make a powerful difference in our communities. However, to understand the School Aid fruits and the program they make possible you, have to know where they come from.

The apples and pears that fill People's School Aid bins all come from Mt. Hood Organic Farm. The farm lies to the south of Hood River, 6 miles as the crow flies, from the summit of Wy'east. To call the orchard beautiful is an understatement.

The farm is as unique as it is picturesque. The orchard is the first property to draw from the east fork of Hood River. The melt water that irrigates the trees is as pure as it gets. Mt. Hood Organic Farm's altitude means that the fruits grown there are usually smaller, but sweeter, than those produced by other orchards. Just like wine grapes from different vineyards, apples and pears from different orchards—with their unique micro-climates—have very different properties. The fruits' size and unique flavor makes them perfect for

light snacking or for school lunches.

One of the most unique things about the farm is the man who runs it, John Jacobs. He exemplifies the old proverb about humility which tells us: "Don't let your left hand know what your right is doing". The school aid program is his invention; he just doesn't want any credit.



John Jacobs has an inspiring vision for the world, and in his words it looks a lot like "Mr. Roger's Neighborhood." In the Neighborhood, people know one another, and take care of each other. The philosophy informs everything Mt. Hood Organic Farm does. The orchard was the first to grow organic apples and pears in the region. Despite the financial challenges of farming in this way, Mt. Hood Organic has worked tirelessly to be good to their neighbors downstream, their environment, and their customers.

Mt. Hood Organic Farm also gives back to their communities directly. Through the School Aid program, thousands of dollars are donated every year to education. A few times a year the farm even hosts classes of kids who come out and pack bags of fruit to sell,

raising money for class trips and other educational opportunities.

In Jacob's Neighborhood "People's is the only grocery store." The Co-op fits well into the vision of neighborliness he describes. The Co-op has been buying organic apples and pears from the farm for 30 years. People's has always given him the best price for his fruit. Produce buyers from other natural grocery stores consistently try to barter and undercut the asking price for the produce—making the difficult job of organic farming harder. The produce buyers at People's, according to Jacobs, have never tried to haggle with him or buy fruit for less than the Farm knows they need to cover their costs and make a living.



Packed apples at the farm.

People's is also the only store in Portland to currently sell School Aid fruit. The store makes no money selling it, and gives up valuable retail space to do so. But offering School Aid apples and pears year after year is something our produce team believes in.

The little School Aid Apples and Pears stand for something huge. They stand for strong communities, a long-term commitment to affordable organics, high-quality foods, and for a much-needed people-before-profits approach to life and business. It's not often that a fruit can stand for so much good—or that your dollars can so directly support your community and values. 🍏



School classes sometimes visit the farm and pack bags of apples and pears to sell as fund raisers.



A view of the main building at the farm.

PRESERVE THE SUMMER

CAN YOUR OWN TOMATOES!

Preserve some of the best parts of summer, so you can reach into your pantry and remember the sunshine.

Recipe adapted by Rachel Pincus, Substitute Staff



EQUIPMENT & INGREDIENTS

Equipment:

- Water bath canner (large stockpot will do)
- Wide-mouth pint or quart mason jars with lids (if reusing jars, purchase new lids with bands)
- Small saucepan for keeping lids warm
- Medium stockpot for blanching tomatoes
- Large bowl for ice bath
- Jar funnel for filling jars with tomatoes and juice or hot water
- Bubble-freer (any long, non-metallic kitchen utensil works)
- Jar lifter and magnetic wand for lifting jars and lids out of hot water
- Optional: Juicer or blender for making extra tomato juice in which to immerse whole tomatoes, hot water can also be used

Ingredients:

- Fresh, firm tomatoes—Romas or San Marzanos are my favorite for canning whole. In my pints, I can usually fit 5-7 whole tomatoes, depending on their size. If making tomato juice for your canning liquid, have enough tomatoes to make half the volume of your cans. For example, if you plan on filling 12 pints with tomatoes, make 72 ounces or 9 cups of tomato juice. The number of tomatoes you will need for your canning liquid will depend on your method of making their juice.
- Bottled lemon juice (to assure required acidity for safety, bottled is better than fresh)
- Salt (optional)

STEPS

#1 Prepare the water bath canner by heating up enough water to cover jars. Prepare ice water bath, set aside.

#2 Prepare boiling water in medium stockpot for loosening tomato skins. Wash jars and lids in hot, soapy water. Place jars in simmering water in canner to sterilize. Place lids with bands in saucepan with warm water to sterilize.



#4 Remove one jar from the canner and drain hot water. Add 1 tbsp lemon juice per pint or 2 tbsp lemon juice per quart. With funnel, fill with prepared tomatoes and reserved juice until ½ inch from the top. If using salt, add ½ tsp per pint. If you need more juice, simply blend or juice tomatoes for extra liquid. Hot water can also be used as canning liquid.

#5 Free air bubbles with your kitchen utensil---I use a chopstick. Remove the jar funnel and wipe the rim of the jar with a clean, damp cloth or paper towel.

#6 Remove a lid and band from the saucepan and screw the band down evenly and until “fingertip tight”– just when you start to feel resistance, but not any tighter. Replace the jar back in warm, not boiling, water in the canner.

#7 Repeat the filling process for your full canning load. Make sure jars are submerged in 2 inches of water, are spaced 1 inch apart, and are not touching sides of pot. Process jars in gently boiling water for 45 minutes.





FALLING FOR APPLES

FIND YOUR FAVORITE APPLE VARIETY

By Kim Card, Produce Keeper
Extraordinaire, Collective Manager

The bit of cool air that we welcomed our first week of August also brought the first apples of the season. As I bit into my first **Ginger Gold**, then a **Pristine**, followed by a **Jonafree**, and **Williams Pride** I looked forward to a new season of fruit and the faces who deliver them.

The farms you will be seeing most of our local apples from include Indian Creek out of Hood River, Mt. Hood Organics in the hills of the Hood River area, and Organic Orchards in White Salmon, Washington.

During the peak time of the season we usually have around 35 different varieties of apples, and probably well over 50 varieties throughout the entire apple season! So what apples are we looking forward to?

I'm looking forward to the return of the **Ashmead's Kernal**. This was a huge hit last season. It is an unassuming russet-style apple with a super sweet, juicy flavor, and is often used for cider. How about that **Mt. Rose**? An apple pretty much exclusive to the Mt. Hood region with a slightly blush exterior giving hint to its pink interior—a delightful surprise every time I slice one open for the first time for someone.

Another favorite of mine from Mt. Hood Organics is the **RubINETTE**, called the best-tasting apple by many a folk. The red-orange exterior with a white-to-cream colored interior is so inviting to take on a nice fall hike, while staring up at the mountains that give us such a lovely fruit. If you can't make it out into nature for your first taste, RubINETTE's aroma will transport you there promptly.

The **Cox Orange Pippin** is one of the apples used to make the RubINETTE, and it is one of Produce Buyer Ben's favorite. It is a bit smaller than the RubINETTE, but they both have similar coloring. The Cox Orange Pippin is sweeter and has historically been used for cider making. Another favorite of Ben's is the **Northern Spy**. These are larger apples colored with mostly yellow and bright red tints. They can bruise easily, so handle them gently until you are ready to sink your teeth into one. When you do, you will find a very juicy and crisp treat.

Let's not forget the **Pink Lady**! It is an excellent late-season apple and a variety of Cripps, it has a fantastic blend of sweet and tart, and a nice, sharp, crisp bite. This apple is often found in my backpack on a fall or winter stroll around town or the woods. Also in my backpack can be found the solid and stoic **Honeycrisp**. Developed in Minnesota specifically for colder climates, this sweet and crispy

apple is perfect for a dip in your favorite nut butter.

Produce Keeper Justin's favorites include the **Calville Blanc** and the **Orleans Reinette**. The Calville Blanc is a yellow apple with a white-to-creamy interior. It is aromatic with a nice balance of sweet and sour. It is good for cooking because it holds its shape nicely. The Orleans Reinette is an old-fashioned apple with an excellent complex flavor, and is also very aromatic.

We are often asked which apples are good for baking, because, the smell of baking apples and spices while reading a good book is one of the best things about winter. If you ask me, I will tell you, whatever apple you have works! Some are better than others according to expert bakers, so here is a little list that is by no means complete: **Jonathons**, **Jonagolds**, **Honeycrisp**, **Northern Spy**, **Melrose**, **Winesap**, and of course the **Granny Smith**.

The Pacific Northwest is a haven for apple fans, and I wish I could go into all the apples I love, but I am looking forward to hearing what your top choices are, and why. Enjoy! 🍏

HOMEMADE BISCUITS + APPLE BUTTER

BISCUITS INGREDIENTS:

- 2 Cups unbleached white flour
- Gluten Free? Substitute our Gluten Free Baking mix in the bulk section that is milled in Washington.
- 1 Teaspoon sugar
- 1 Tablespoon baking powder
- 1 Teaspoon salt
- 8 Tablespoons butter
- ¾ Cup whole milk

BISCUITS DIRECTIONS:

Preheat oven to 450 degrees.

In a large bowl, combine flour, sugar, baking powder and salt together. Cut butter into mixture with two knives or your fingers until it begins to look like cornmeal.

Make a well in the flour mixture and slowly add milk into the middle. Knead dough with your fingers and add milk as necessary. Roll out dough to desired thickness on lightly floured surface. Cut into circles with small biscuit cutter.

Place biscuits on buttered baking sheet. Bake for 15-20 minutes or until golden brown.

APPLE BUTTER INGREDIENTS:

- 4 lbs apples, peeled, cored, sliced
- 1/2 Cup sugar
- 1 Teaspoon cinnamon
- ½ Teaspoon nutmeg
- ½ Teaspoon ground cloves
- pinch of salt
- 1 Teaspoon lemon juice

APPLE BUTTER DIRECTIONS:

Place all ingredients in a slow cooker, mix well. Cook on low for 8 hours, stirring every couple hours, mashing apples as needed. Apple butter should be thick and dark brown. If desired, use a blender to puree the apple butter until smooth. Refrigerate and use or freeze after 2 weeks.



MAKING A 10 YEAR PLAN FOR PEOPLE'S

GROWING TOGETHER WITH A SHARED VISION

By Shawn Furst, Development Manager & Collective Manager

People's is embarking on a process of planning for its future. Our neighborhood and the greater Portland area are rapidly changing. The food and grocery industries are as well. In order to stay vital and nourishing to our communities we need to be prepared and responsive in this changing environment. This could result in some big shifts at People's. It's important to us to stay centered in our Ends while growing the viability and positive impact of our Co-op.

Using lots of input from People's communities, and with guidance from the Board of Directors, the Collective Management (CM) will be crafting a 10-year plan for the co-op. This plan will include goals and projects that will take 3-5 years to complete, along with annual goals and benchmarks so we can check on what we've accomplished. Our planning process should take us about a year to complete. Then on an annual basis the CM will evaluate our goals, making adjustments as needed to ensure that our plan remains dynamic and relevant.

The first piece of this process is listening and visioning. We're looking to hear from our Member-Owners and shoppers, and will be making a special effort to reach out and make intentional space for members of our communities who endure systemic oppression. We'll also be reaching out to people from local organizations who may not currently have a direct relationship with People's,

People's strives to create radical positive social and environmental change. This will require listening to the earth, our current and future communities, and ourselves to make some big choices. While we also want to learn what we can from the successes and failures of other food stores, our history is unique, and our future will be, too.

We have an opportunity to provide deep care for our human and non-human communities, and to do this we're being thoughtful about our plans for growth. If you share some or all of these values, you're invited to help create the next chapter of People's Food Co-op.

If there's anything you'd like to ask or share at this point, please send an email to the Long Term Planning Committee at planning@peoples.coop

or fill out and turn in the comment card on this page.

We'll also have comment cards available in the store within the next few weeks, and we'll let you know about other ways to contribute soon. 🌱

PEOPLE'S STRIVES TO CREATE RADICAL POSITIVE SOCIAL AND ENVIRONMENTAL CHANGE. THIS WILL REQUIRE LISTENING TO THE EARTH, OUR CURRENT AND FUTURE COMMUNITIES, AND OURSELVES TO MAKE SOME BIG CHOICES.

but who share our values. With this information, along with an analysis of market realities, the capacities of the Co-op and staff, and input from the Board of Directors, the Collective Management will form the long-term plan. We hope this process invites ownership in our future.



1. GETTING READY & LOOKING AT WHERE WE ARE:

People's staff will look at market and neighborhood trends & the Co-op's strengths, challenges, and internal capacity.

2. LISTENING & LEARNING:

* LISTENING TO COMMUNITY ORGANIZATIONS -

We'll talk with organizations that share our values to find out what the groups they serve might need from the Co-op.

** FIRST MEMBER-OWNER + SHOPPER ENGAGEMENT EVENT -

We'll reach out and make intentional space for members of our communities who endure systemic oppression.

*** SECOND MEMBER-OWNER + SHOPPER ENGAGEMENT EVENT -

We'll hold a large engagement event where any Member-Owner or regular Co-op shopper can come talk about the future of the Co-op.

**** STAFF + BOARD OF DIRECTORS ENGAGEMENT EVENT -

We'll listen to members of staff and your Board of Directors as we share their personal hopes, dreams and visions for the future of the Co-op.

3. MAKING CHOICES:

* SURVEYS + FOCUS GROUPS -

As we narrow our options we'll reach out to Member-Owners and community members to gain more insight.

** RESEARCH POTENTIAL OPTIONS -

People's staff will research some of our best potential options for feasibility.

*** PEOPLE'S STAFF PRESENTS 10-YEAR GOALS TO THE BOARD -

The Collective Management of the Co-op will present the plan to the Board of Directors for vetting.

4. PUTTING THE PLAN INTO ACTION:

After the Board of Directors approves the plan, the Collective Management will hold an open forum to present and discuss it with you! Then we'll get to work!

CBD OIL AT PEOPLE'S

REDISCOVERING THE HEALING POWERS OF HEMP



CBD products currently available for sale at People's.

By Cari Eisler,
Non-foods & Wellness Buyer and
Collective Manager

People's is now carrying CBD oil in the supplement aisle. CBD stands for cannabidiol, one of more than 80 cannabinoids (naturally forming chemical compounds) found in cannabis. CBD is non-psychoactive and remarkably safe. The CBD oil at People's is made by Cannavest, a company based in San Diego, CA that uses biodynamically grown agricultural hemp from the Netherlands.

In the past, horticultural methods have been used to raise the amount of THC in cannabis to increase the psychoactive properties of the plant. More recently, the same methods have been employed to raise the CBD content in cannabis, to increase the healing properties of CBD in

the plant. Interestingly, THC and CBD naturally maintain a balance; when THC is raised, CBD naturally lowers and vice versa.

What are the effects of CBD? Currently, there is a high level of interest in phytocannabinoids among both medical

neuropathic pain in Multiple Sclerosis (MS), asthma, some types of epilepsy, metabolism related to obesity, and anxiety. An article published in May 2014 by the Research Center at the University of Montreal, Department of Psychiatry states that CBD is thought to moderate various neuronal circuits involved in drug addiction and may have therapeutic effects on opiod, cocaine, and psychostimulant addictions, with potential benefits for alcohol and tobacco addictions. In another article published in May 2015 by Francieli Vicolo and Felipe Dal-Pizzol in a Mediators of Inflammation Journal, the synopsis states that CBD seems to be a potential new "drug" to modulate

**INTERESTINGLY, THC AND CBD NATURALLY
MAINTAIN A BALANCE; WHEN THC IS
RAISED, CBD NATURALLY LOWERS AND VICE
VERSA.**

and pharmacological researchers because of their increasing track record with healing and pain alleviation. Studies point to CBD being helpful in situations of neuroinflammation, neurodegeneration,

inflammatory response in asthma. In addition, the Institute of Psychiatry at Kings College in London published a paper in March 2015 stating that CBD may be a promising new agent in the



Commercially farmed hemp on a farm in The Netherlands.
Photo courtesy of CannaVest.

treatment of schizophrenia. Small clinical trials involving treatment of patients with psychotic symptoms have confirmed the potential of CBD as an effective, safe and well-tolerated antipsychotic.

The human body naturally produces cannabinoids called endocannabinoids or endogenous cannabinoids. Receptors for these endogenous cannabinoids are integral to many body processes and are found throughout the body and concentrated primarily in the Central Nervous System.

CBD will not trigger a positive result on a drug test, although it may cause a false positive if taken in extremely high amounts. The body will store CBD for a few weeks and taking it daily in small doses will build up the body's natural reserve.

As with other cannabinoids, some experimentation with dosage may be necessary to see what works best for each individual. The products we currently carry from Cannavest vary in dose between 3mg and 250 mg, allowing you to choose what works best for your body.

Cannavest does not claim to treat or cure any disease and suggests talking with your health care provider before using it if you have a medical condition.

Cannavest recommends www.leafly.com for more information. Additionally, PubMed www.ncbi.nlm.nih.gov is a wealth of information on this topic. 📄

POSSIBLE HEALTH BENEFITS:

CBD MAY BE HELPFUL FOR:

- Pain alleviation
- Neuroinflammation
- Neurodegeneration
- Neuropathic pain in Multiple Sclerosis (MS)
 - Asthma
- Some types of epilepsy
- Metabolism related to obesity
 - Anxiety
 - Addiction
 - Schizophrenia

OUR TABLE CO-OP

LOCAL FOOD, FARMER DEMOCRACY + THE QUEST FOR THE PERFECT BLUEBERRY

By Ryan Gaughan, Grocery Keeper and Collective Manager

One of my many tasks in day-to-day work at People's involves stocking and maintaining our frozen foods section. During peak times of season (usually the winter, in this case) we go through upwards of 50-75 pounds of frozen berries a week, the highest volume of which is blueberries.

People's customers love frozen blueberries.

For a select few months a year we are able to offer organic blueberries from a very unique and intriguing farm called Our Table Cooperative. You see them fresh at first as resplendent blue morsels featured in our produce department. At the same time of year, the workers at this farm are also laboring to freeze them, knowing full well that our craving for

local organic berries will only intensify during the winter months.

Our Table is more than an organic farm, though. A bold experiment is underway at this farm to radically alter the local food production and distribution system.

Nestled at the approximate halfway point between Sherwood and Wilsonville, on the southwestern periphery of the Portland Metro Area, Our Table exists at a complex crossroads between the agricultural history of the Willamette Valley and a swelling influx of new suburban communities. Endeavoring to preserve land for the production of food while simultaneously practicing the highest standards of organic farming, this cooperative strives for a more communal form of economic sustainability among farmers, food producers, and customers.

Our Table is a multi-stakeholder food co-op which empowers people

from all ends of the food production spectrum—from farmers to delivery drivers to consumers. One clearly visible component of this relationship is the impressive 60 acres of agriculture and food production facilities maintained at the farm. Purchased in 2010 by one of the founders of Our Table, Narendra Varma, the property has been established as a not-for-profit land trust called Community by Design.

The intention of the land trust is to protect and preserve land for food production. Our Table is operated as a separate business which leases the land from this trust. This assurance of protected, long-term agricultural designation of the land is a huge benefit for farmers in and of itself, who often lease land from private owners.

I travelled to Our Table in July 2015 on behalf of People's Food Co-op, and was given a tour of the facility by Gianna Banducci, Our Table's marketing manager. My interest on this trip was



A large blueberry field at Our Table Cooperative Farm in Sherwood, OR.

particularly devoted to learning more about the work that Our Table has been doing to integrate and support other farmers in the region into their co-op.

Recognizing from the onset the challenges that family farmers face in generating an income from their crops, Our Table is experimenting with a multi-stakeholder model controlled in tandem by other farmers and producers. In some ways, it is a reemergence of the farmer co-ops that proliferated in the early 20th century throughout the U.S., when colonizing homestead farmers pooled their resources to minimize the cost of shipping their produce to market through the monopolized rail system.

Farmers rely on the services of the produce distribution industry in order to make a livelihood. In the best cases, these distributors can help a developing farm to reach broader markets. However, for most farmers, control over the full

value of their produce begins and ends with the point of sale to the distributor. Unless they are of a very large scale, subsidized by publicly traded companies and farm incentives, most farmers have little to no say in how their produce is marketed, distributed, or profited from. This is to say little of the farm workers, who have decidedly no voice.

Our Table operates in contrast to this by incorporating other area farmers into their co-op business model. After contributing a small financial buy-in and completing a one-year probationary period, farmers (referred to as Regional Producer-Members) are able to elect a representative from among themselves to serve on the seven person Our Table Board of Directors.

The co-op, in turn, serves as an aggregation facility, which consolidates produce and agricultural items and distributes them to the retail and restaurant markets. Through their participation in the Our Table board, these same farmers are given voice in the future economic development of their co-op, and a direct payment of patronage dividends when the co-op is profitable. To date, there are 16 food producing companies that are on track to

becoming Regional Producer-Members in the co-op.

The democratic experiment doesn't begin and end with regional producers. As a multi-stakeholder co-op, Our Table also includes Worker-Owners on the farm, and consumer members from the community.

One of the missions at Our Table is to minimize the toll of seasonal fluctuations in labor demand for their worker-members. Staff get creative about rotating various tasks throughout farm, aggregation, processing, and retail operations, in order to maintain as many consistent weekly hours of work as possible. In this way, worker-members are able to stabilize their income, and hopefully work toward developing a full time career at organic farming.

Even with this humanitarian goal in mind, the sheer volume of produce to be harvested—particularly with blueberries, the main crop—necessitates the occasional hiring of farm laborers



who are not a part of the co-op. In the first few years, the founders of Our Table contracted out to a farm labor supplier to help with the harvest. This contract system can exploit farm laborers, often paying workers by weight of produce harvested rather than hours worked, and often takes advantage of their lack of organized socio-economic power within the United States.

The Worker-Members at Our Table recognized this economic relationship as a weakness in their model, and found a creative means to minimize its negative effect. A Worker-Member's spouse was interested in starting a farm labor contracting company and with Our Table as a guaranteed customer, was able to establish her own business. When it comes time to harvest blueberries, Our Table now contracts out additional labor through this business and is able to have greater control over insuring above-industry pay standards and working conditions for these itinerant workers.

Similarly, Our Table is considering the compensation and working conditions of laborers at the farms and food production facilities of the Regional Producer-Members that are part of the co-op. These workers are located at facilities not directly under the purview of Our Table, but their contribution to the overall health of the co-op is no less important. Through a series of evolving initiatives, Our Table is working to establish labor criteria for these producers that are in line with the values of the organization, and mutually beneficial for the food system as a whole. Moving forward, all potential Regional Producer-Member businesses must conform with the labor standards set by Our Table in order to become fully vested in the co-op.

In touring the farm, another burning question came to mind. Seeing all of the new buildings, working areas, grocery store, and delivery vehicles, I couldn't help but wonder, "How did they pay for all this?" For a start-up farm with a tiny profit margin in an industry with already tiny profit margins, it was difficult to understand how these state-of-the-art elements were financed.

Gianna explained to me that the land was initially purchased by Narendra's family which also financed the construction of a number of the buildings. Considering

themselves part of the "slow money" movement, they chose to put their money into Our Table in order to promote sustainable organic agriculture, rather than making a windfall of profit. Gianna told me that these individuals accrue only a small level of interest on their investment; one investor repurposes this income by purchasing inventory from Our Table and distributing it to local food banks. The fact remains that, without access to millions of dollars of low-interest capital, Our Table would not have flourished into the impressive farming operation it is today, at least not in such a short period of time.

Perhaps there are opportunities for Our Table and People's Food Co-op to collaborate more in the future. Both co-ops are proponents of food justice in the region, wherein workers are empowered participants and agricultural land is treated with dignity and long-range vision. The most intuitive and readily accessible way we collaborate is by supporting each other economically. Simply put, if People's continues to sell a high volume of products from Our Table, their co-op will meet the baseline of profitability required in order to remain viable. This benefits everyone in the food system, from consumers (like you!), to workers at both co-ops and the perpetual food security of our region. We are tiny players in a large, ugly system devoted to profit, but we share the common hope that our ingenuity and tenacity can help bring about a critical shift in our society's relationship to agriculture. 🌱



The newly opened retail store at Our Table in Sherwood, OR.



The newly opened retail store at Our Table in Sherwood, OR.



Organic onions at the farm almost ready to be picked.



Our Table Cooperative sells products from local Producer-Members that meet high quality, environmental and labor standards.

HARVEST SOUP

A MEAL FOR CELEBRATING THE FALL + EATING TOGETHER

By Bryn Harding, Design Manager and Collective Manager

I learned to cook and care about the food I ate living in a community in Minneapolis. Every Wednesday, lots of us—young radicals, seasoned veterans of social movements, long and short term guests experiencing homelessness, eccentric folks from the neighborhood, visitors from across the country and everyone in-between—gathered around a huge communal table to share food and conversation together.

There was something mystical about the way sharing a meal with folks from outside my experience transformed them into family. Cooking for people who our stratified, segmented and segregated society had kept me separate from became an honor and a privilege, an act of penance and a way to express love and care.

Fall especially felt like a special time to gather around the table with friends and strangers. Shorter days and colder weather seem to bring people in together to plan, or just settle down from a busy summer and enjoy one another's company.

This is a recipe I learned from a friend and have cooked for friends every Autumn since. Its full of fall-time flavors, wonderful hot or cold, and brings people together in the way that only the Fall can. I hope you love this recipe, and that you too can use it as a way to show warmth and care to people in your life this season!

APPLE HARVEST SOUP SERVES 8-12. STORES WELL.

INGREDIENTS:

- 1 large butternut squash, peeled, seeded and chopped into 1in squares
- 3 apples, cored and chopped
- 1 onion, chopped
- 2 sweet potatoes, chopped
- 2 parsnips chopped
- 12-16 Cups vegetable broth (depending on the size of your squash & apples)
- ¼ Cup maple syrup
- cooking oil

DIRECTIONS:

- At medium heat, warm enough cooking oil to cover the bottom of a large soup pot until it just begins to smoke.
- Saute the chopped squash, apples, onion, sweet potatoes and parsnips until they begin to soften. 5-10 minutes
- Add the vegetable broth and maple syrup to the pot and turn the heat up to high. Cover the pot and wait for the soup to reach a boil. Make sure to stir occasionally to make sure nothing is sticking to the bottom.
- Once boiling, turn the heat down to medium low and allow the soup to simmer for 30 minutes - 1 hour.
- Remove from heat and blend together until you have the consistency of thick bisque. A regular blender works fine; an immersion blender is best!

LENTILS AND GREENS

TWO OBSCURE STARS OF THE SEASON!

By Malerie Plaugher, Member-Owner

FRENCH GREEN LENTILS

Lentils, as a general food category, are wildly under-appreciated. French green lentils? Forget about it. A recent poll (conducted quite unofficially on the Southeast Portland street) indicates that most people either haven't heard of French green lentils, or don't know the difference between them and regular brown or green lentils.

French lentils cook more quickly and don't turn mushy as quickly as other varieties. Their firmer structure and their mildly earthy taste means they work well in salads, but they also shine in cold-weather stews, chilis, and stir-fries. Lentils are a fantastic source of protein and are high in folates, and they are one of only a few legumes recommended for those who don't eat starchy foods. Their magnesium content alone should be a solid reason for you to give them a try – most Americans don't get enough magnesium, and that deficiency can lead to health troubles like headaches, sleep disorders, and anxiety.

The bottom line is: for a helpful health boost and a delicious meal, pick up some French green lentils in the Co-op's bulk section.

MUSTARD GREENS

Mustard greens have so many virtues, to extol them all would seem excessive. Nonetheless, here are a few: Mustard greens are very high in antioxidants like beta carotene and quercetin, which reduce inflammation, promote natural detoxification, and support cardiovascular health. Like all darker, leafy greens, they are an excellent source of vitamins – including, but not limited to vitamin C, K, and a slew of B vitamins. Additionally, mustards are very pretty.

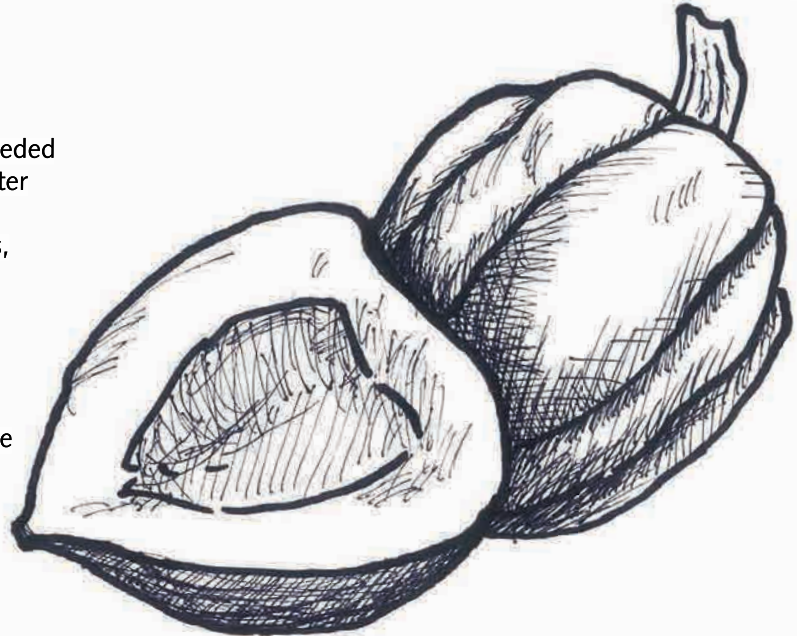
Related to broccoli, cauliflower, arugula, radishes, and turnips (which means they grow very easily in our climate), mustard greens are excellent sautéed with garlic and a little celtic sea salt. They're great wilted over any sort of rice or quinoa bowl. Wok-fried, they're a delight. They blend right up into a fabulous, spicy pesto. They belong in your autumn shopping repertoire, and in your mouth.



PUTTING IT ALL TOGETHER: LENTILS-AND-GREENS STUFFED ACORN SQUASH

INGREDIENTS:

- 1 medium acorn squash, halved and seeded
- 1 C. French green lentils, soaked in water for several hours
- 1 bunch (about 16 oz.) mustard greens, stemmed and shredded into ribbons
- 1 red onion, sliced thinly
- 2 cloves garlic, minced
- 2 T. butter or olive oil, divided
- 2 T. balsamic vinegar
- Celtic sea salt and black pepper, to taste



DIRECTIONS:

- Poke fork-holes into the outside of the acorn squash, rub the inside with olive oil, and bake (cavity side down) in a 400-degree oven for 45 minutes or until softened. Keep warm in the oven.
- While the squash is baking, cover the lentils with water in a medium saucepan, and bring to a boil. Reduce to a simmer and continue cooking until the lentils soften but are not mushy, about 20 minutes. Drain and cover.
- While the lentils are cooking, caramelize the onions in 1 T. butter or olive oil, over medium-low heat in a large skillet. Once the onions are brown, add the garlic and cook for one to two more minutes. Add the lentils to the skillet, mix them with the onions and another glug of olive oil, and turn off the heat. Top the mixture with the ribbons of mustard greens, cover the skillet, and let the greens wilt from the heat for about five minutes.
- Once the greens have wilted, stir everything together along with the balsamic vinegar, salt, and pepper, and stuff them into the cavities of the baked squash. Serve hot.

INVEST ONLINE.

Did you know you can make additional investments to your PeopleShare online?

Go to the following link to reinvest when you get an investment reminder, or any ol' time you feel like it:

<http://bit.ly/11x1MpA>

Remember: A full share in the co-op is \$180, but if you're feeling generous, you can invest up to \$300 in one share. Your investments keep your co-op strong. You really do own it.

WE OWN IT.

FALL EVENTS & EDUCATION

All events are FREE and open to the public unless otherwise stated. See www.peoples.coop/community, or our in-store calendar for details and information on free weekly yoga classes for Member-Owners. Please register where applicable.

SEPT
15

MECHANICS OF A DISRUPTED DIGESTIVE TRACT



Tuesday, September 15; 7:00-8:00pm:
What is happening to your body when your digestion is off? In this class, we will explore the mechanics of a leaky gut, food allergies, dysbiosis and Irritable Bowel Syndrome (IBS). We will also talk about the how's and why's to gut health restoration. Free and open to all. Register online or call People's to register.

SEP
16

PEOPLE'S HARVEST FESTIVAL!



Wednesday, October 16; 2:00-9:00pm
Everyone's invited to our biggest party of the year! A bountiful Farmers' Market, hot food carts, Fifty Licks Ice Cream, live screen printing by Rebel Cricket (bring your own shirt), craft vendors, corn hole, beer garden, and live music! Come hungry and stay for a while! This is a free, all ages event and everyone is welcome.

SEPT
19

AUTUMNAL CLEANSING



Saturday, September 19; 12:00-1:30pm:
Why does Ayurveda recommend cleanses in Autumn? Because cells full of internal pollution and toxic substances mutate and grow unhealthy cells and can create disease conditions in the body. Dehydrated cells cannot do their jobs well. The Ayurvedic Autumn cleanse is an age old process of rehydration and oleation (oleic acid is a common component of natural fat) of the vital organs and internal tissues that are dried out from the summer heat, stress and/or processed foods. This Ancient Cleanse is about using food to naturally and gradually call the fire home and ground it in the body—we are going to need it over the winter! Free and open to all. Register online or call People's to register. Led by Susan Bass.

SEPT
27

SELF DEFENSE PART 1



Sunday, September 27; 2:00-3:00pm:
The classes will go over physical defense against things like grabs and holds. We will also go over ways to get out from under someone who is on top of you. We'll also learn some basic strikes like punches and kicks. This is a very hands-on class where we will be physically grabbing and holding each other to work on the defenses. Beginners welcome. Led by Dug Martell of Westside Academy of Kung Fu. Free and open to all. Register online or call People's.

SEPT
29

HERBS FOR THE HEALING MIND



Tuesday, September 29; 7:00-8:30pm
Our world is stressful, and herbal medicine can help us calm our nerves, ease our anxiety, and nourish our spirit. This class will explore herbs and methods we can use to help ourselves deal with the emotional, mental, and physical effects of stress in a natural, effective, and gently nourishing way. Taught by Willow Aevery of The Raven Heart School. Cost: \$10-20 sliding scale, payable to the instructor. Register online or call People's to register.

OCT
4

SELF DEFENSE PART 2



Sunday, October 4; 2:00-3:00pm:
For details see the description from part 1.

OCT
6

GROW YOUR OWN PRODUCE: GARLIC, COVER CROPS, & COMPOST



Tuesday, October 6; 7:00-9:00pm:
October is a time for returning inward and thinking about nourishing the soil for the future garden. This class will highlight soil building methods including mulches, composting, leaf mold and more. We will discuss types of cover

crops for building soil tilth and fixing nitrogen. Garlic goes in the ground this month for summer harvest. We will talk about the different types of garlic and best varieties for our region. As always, this class will highlight what is happening in the garden in October, how to tend to your garden, and prepare for the coming month. Cost is \$100 for the 5-class series or \$25 per class. A 20% discount is available to People's Member-Owners; please email instructor directly to register and receive the discount: queenbee@herbnwisdom.com

OCT
10

FOOD THERAPY FOR PETS



Saturday, October 10; 3:00-4:00pm:
According to Traditional Chinese Medicine (TCM) principles, food is considered medicine with special properties to balance Yin and Yang energies within the living body. Dr. Cornelia Wagner of Hawthorne Veterinary Clinic will teach in this lecture how to build and maintain your pet's health and prevent seasonal or climatic related problems by feeding your pet according to the principles of TCM food therapy. She will also address how specific foods may be used to help balance the body to aid in healing while a pet is receiving treatment for a specific condition.

OCT
13

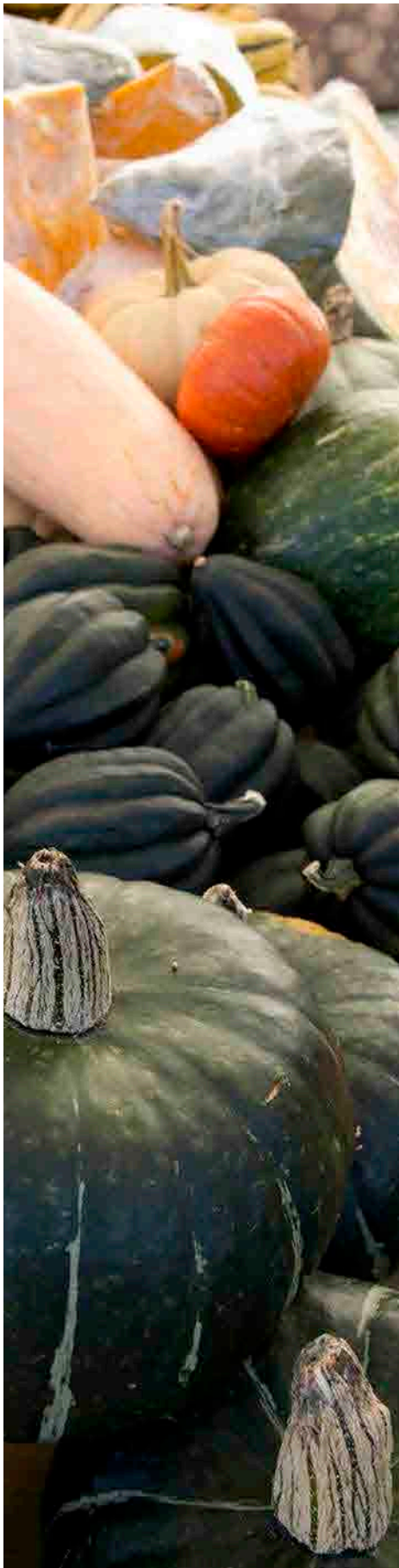
MAKING HERBAL SYRUPS



Tuesday, October 13; 7:00-8:30pm:
Plan ahead for the cold months, and prepare for sore throats, congestion, and infections by making your own herbal medicinal syrup! This class explores which herbs to use to alleviate symptoms of and even fight off illness in a truly yummy way. Learn how to make a syrup step-by-step and start caring for yourself and your loved ones using nature's gentle, and delicious, pharmacy. Taught by Willow Aevery of The Raven Heart School. Cost: \$10-20 sliding scale, payable to the instructor. Register online or call People's.

FALL EVENTS & EDUCATION

All events are FREE and open to the public unless otherwise stated. See www.peoples.coop/community, or our in-store calendar for details and information on free weekly yoga classes for Member-Owners. Please register where applicable.



OCT
17

MAKE YOUR OWN CHEESE: BRIE, RICOTTA & GOUDA PART 1

Saturday, October 17; 2:00-5:00pm:
Imagine how you'll feel rolling up to your next potluck or family gathering with a wheel of your own homemade cheese to share. In this two-day cheese making series, you'll team up with local instructor Shannon Todd to make three amazing cheeses: Ricotta, Gouda, and mini Brie wheels. Explore the foundation of cheese making as we make direct set Ricotta and cultured mini-Brie wheels. Cost: \$30 for one or \$50 for both. Registration required by Oct. 10. Register online or call People's.

OCT
20

STRESS AND ITS TOLL ON YOUR BODY

Tuesday, October 20; 7:00-8:00pm:
As a Naturopath, my first goal is to empower people to understand the beautiful vessel in which they reside. In this discussion we will explore the myriad ways 'stress' works for and against our health. We will also delve into effective ways of better adapting to inevitable stress. This class will be informative, basic and fun, suitable for anyone wishing to learn more about their body. Free and open to all. Register online or call People's to register.

OCT
17

MAKE YOUR OWN CHEESE: BRIE, RICOTTA & GOUDA PART 2

Saturday, October 24; 2:00-5:00pm:
We will see how our Brie wheels have aged. We'll also take a hands on approach to making aged cheese, as we culture and press a wheel of Gouda. Shannon will review tips for pressing and aging cheese in your own home, and you'll walk away with your own mini-Brie wheel! Cost: \$30 for one or \$50 for both. Registration required by Oct. 10. Register online or call People's.

NOV
3

GROW YOUR OWN PRODUCE: WILDLIFE IN THE GARDEN, NOURISHING SOUPS, AND PLANNING FOR THE COMING YEAR

Tuesday, November 3; 7:00-9:00pm
In November, the weather has become cold and the garden has been put to bed. However, the birds, insects, and other critters still need habitat to keep them around. During this class, we will discuss ways to encourage these allies to stick around in your garden. By having active food webs in the garden, we invite collaboration and enhance fertility cycles on site. As this is our final class for 2015, this class will provide juicy information to help you begin planning for the 2016 garden season. We will also highlight nourishing soup recipes from local herbs, veggies, and stocks. As always, this class will highlight what is happening in the garden in November, how to tend to your garden, and prepare for the coming month. Handouts will include a to do list for the month, information on wildlife, soup recipes, and other pertinent information. Cost is \$100 for the 5 class series or \$25 per class. A 20% discount is available to People's Member-Owners; please email instructor directly to register and receive the discount:
queenbee@herbnwisdom.com

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

To register by phone:
503.232.9051
ext. 249



THANKS FOR COMING & ENGAGING!

YOU MADE THE 2015 ANNUAL MEETING OF MEMBER-OWNERS AWESOME!

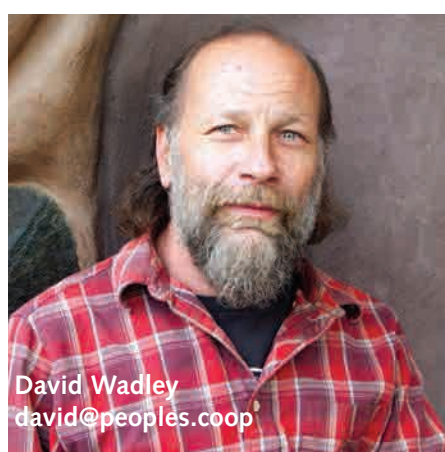




people's
FOOD CO-OP

GET IN TOUCH WITH YOUR BOARD OF DIRECTORS

All Directors bod@peoples.coop



ATTEND A BOARD MEETING!

Board of Directors Meetings are held the 4th Tuesday of every month from 5:30-8:30pm. Member-Owners are always welcome. There is a free, light vegetarian dinner served from 5:30-6:00pm that you can enjoy with your Board Directors and discuss your ideas casually. Afterwards stick around for the official meeting from 6:00-8:30pm. This is a great chance to get your message to the Board or to just see what's going on at your Co-op.

UPCOMING MEETINGS:

Tuesday, September 22, 6-8:30pm

Tuesday, October 27, 6-8:30pm

Tuesday, November 24, 6-8:30pm

THE **7** COOPERATIVE PRINCIPLES

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



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www.peoples.coop

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