

Free | Summer 2019

# grassroots

*A Quarterly Newsletter from People's Food Co-op*



# grassroots

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## Attend a Board Meeting!

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

### Upcoming Meetings

Tuesday, July 23rd, 6-8:30pm

Tuesday, August 27th, 6-8:30pm

Tuesday, September 24th,  
6-8:30pm



## No Patronage Refunds for 2018

For those of you who read the Annual Report or attended the Annual Meeting, it should come as no surprise that the Co-op will not be able to offer a patronage refund for 2018. People's has been navigating multiple challenges in recent years, including competition, spatial constraints, and staff turnover.

One of the greatest challenges People's is facing is the competitive and rapidly changing natural foods market, both in Portland and around the country. As more people become interested in the kind of food People's has been selling for decades, we face increasing competition both locally and from large, national retailers. This impacts our sales and our ability to make a profit.

Our building, which we love dearly, is also impacting the Co-op's ability to be profitable. It is small and difficult to navigate, and needs significant repairs to make it more functional for both staff and shoppers. As part of the Long-term Plan, the Collective Management has created a Root Building Revival Committee to identify and work on needed updates to our building. We look forward to sharing their ideas with you and implementing various projects in coming years to make both shopping and working in the store a better experience for all.

We also continue to struggle with high turnover, which leads to increased labor costs as Collective Managers spend time hiring and training new staff. While new folks bring fresh and exciting new perspectives to our store, it can take time for them to get comfortable in their new roles and learn how to work in a collectively-managed, consumer-owned business.

The Collective and Board are looking at ways to address these challenges and achieve a profit, and we hope to implement some new ideas in the coming year. We thank you for your continued support of People's and appreciate all that you do to help us cultivate community and grow food justice in Portland and beyond.

*-Jenny Owen, Board Director*

## A Note About Harvest Festival

As part of a sustainable farming practice, many farmers will leave some of their land unplanted for a year. Fallowing a field in this way allows the soil's nutrients and micro-organisms to regenerate so that the soil is healthier and more productive the following year.

**It is in this spirit that Co-Managers at People's made the difficult decision not to hold Harvest Festival this year.** We know that folks in our community love this event, and look forward to it all year long. And while we are saddened by the prospect of letting summer end without celebrating our vendors, neighbors, and community in this way, we also believe that taking this year off is vitally important for the health of the Co-op and our staff. We hope this time off will allow us to bring Harvest Festival back in 2020 – and that it will be a stronger, more vibrant event.

*-Ashley Todd, Collective Manager*



## People's Year-Round Farmers' Market Turned 25 This Year!

People's had its first ever Farmers' Market on June 15th, 1994. Come celebrate our market and our farmers every Wednesday from 2-7pm!

# Summer Events

## July

### **Bike Mechanics Workshop**

Saturday, July 13th, 12-2pm  
Free, registration required.

Join Bikes for Humanity PDX to learn how to maintain your bike and diagnose and fix any issues that come up with regular riding! Bring your own bike or come just to learn. We'll run through bearing, shifting, and braking systems, and go over basic maintenance of a bike.

### **Sovereign Space: The Art of Practicing Boundaries**

Monday, July 22nd, 6-8pm  
Registration required. Sliding scale contributions start at \$30. Cost-free scholarships are also available.

In this workshop, we will experiment with techniques that allow us to get clear on where our boundaries lie in the moment, and what inner resources and sensations inform these boundaries. We will also play with strategies that assist us in grounding, clearing, and centering for instances where boundaries have been crossed, as well as translating 'in the moment information' about boundaries into appropriate action. This workshop will be facilitated by Sarah Wilson, a practitioner of embodiment-based healing arts.

## August

### **Herbal Lung Support for Wildfire Season**

Saturday, August 10th, 5-7pm  
Registration required. \$25 per person, scholarships available.

Fire and smoke are becoming more of a reality during the hot and dry season in the Northwest. Adapting and finding new ways to care for ourselves and communities is necessary in a changing environment. In this workshop we will be discussing herbal remedies to support lung function with the aspiration to mitigate harm from smoke and its side effects like headaches, flu like symptoms, and heightened stress. We will formulate a lung support herbal tea for all participants to take home for their personal use.

### **Liberation Education: Artists & Makers of Color Craft Fair**

Saturday, August 24th, 12-4pm

Come support artists and makers of Color as they redefine the center of education. Radicalize your knapsack with artwork, publications, and magical tools of resilience and resistance that invoke spells of decolonization and collective liberation. Prospective BIPOC vendors will be able to apply in July!

## September

### **Fermented Cultures Mingle**

Monday, September 9th, 5:30-7:30pm  
Free, registration required.

SCOBYS, Pickles, and Ginger Buds, oh my! Come trade samples, starters, tips, and recipe inspiration with other fermentation enthusiasts in our community!

### **Tender Table**

Sunday, September 29th, 2-6pm. Registration required. \$5-20 suggested donation. No one turned away for lack of funds.

Tender Table is a storytelling platform for women, trans, and nonbinary folks who are Black, Indigenous, or People of Color. We seek out narratives about the sweet, savory, sour, and bitter relationships to food and its connections to identity, memory, and community. At Tender Table, all are welcome – expect to be immersed in stories and sample delicious food prepared by the speakers. Presenters to be announced!

# Monthly Events

## **Humans of Color Yoga**

Saturdays, 10-11:30am  
Free

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

## **Large Size Clothing Swap for Women & Femmes**

Fourth Sundays, 6:45-7:45pm  
April 28th, May 26th, June 23rd. Free, registration not required.

Approximately size 12 and up. Please bring clothes in good condition (no rips or stains) and accessories such as jewelry, shoes, hats, belts, purses. Please bring extra bags to help haul out the left overs.

## **Buried Hxstories for BIPOC Youth**

Third Wednesdays, 6-7:30pm  
July 17th, August 21st, September 18th. Registration required. Pricing TBD; sliding scale & scholarship options available

A new monthly starting at People's this Summer! Buried Hxstories for BIPOC youth brings kid-friendly lessons on ancestral wisdom of Black or African, Indigenous or Native, and Non-Black People of Color. In July, we will start this series with the buried history of black and brown food growers. **This class is specifically for elementary aged BIPOC youth** and aims to give them ancestral knowledge they may not have received through traditional schooling.

## **Social Permaculture Tools: Exploring Everyday Power & Privilege through Theater Games**

Third Tuesdays, 7-9pm  
July 16th, August 20th, September 17th. Registration required. \$15 per person. Sliding scale & scholarship options available.

Join community through theater exercises (no experience necessary!) to explore and unpack the ways systemic and internalized oppressions guide our actions in order to gain more creativity and resourcefulness for resilient, safer communities and relationships! Theater of the Oppressed is a world-renowned body of work which offers profound Social Permaculture tools, and guides these workshops. The outcome of this work is more self-aware, compassionate, active individuals, and a more resourced local community.

**REGISTER ONLINE:**  
[peoplescoop.eventbrite.com](https://peoplescoop.eventbrite.com)

**Wait, there's more!**  
**Make sure you check out our full events calendar at**  
[peoples.coop/events](https://peoples.coop/events)

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

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

# Welcome, New Board & Member Engagement Committee Members!



Thank you to all of the Member-Owners who participated in shaping the future of the Co-op by voting in this year's election! Please join us in welcoming Eleanor Escafi, Will Newman, and Brion Oliver to the Board of Directors, and Rod Endacott to the Member Engagement Committee (pictured from left to right).

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## This Year's Recipient of \$1000 from PCCF is People's SNAP Match Program!

Thank you, Member-Owners, for voting for SNAP Match to receive \$1000 from People's Cooperative Community Fund (PCCF). Our SNAP Match Program allows us to give matching funds up to \$10 to folks using their EBT cards at the Farmers' Market. Keeping our SNAP Match program funded means our community members can get more fresh local food, and our farmers get more business!



# Working our Way to Accurate Numbers

by Rachel Markley,  
Finance Coordinator

By now, many of you have read People's 2018 Annual Report that was published in April. Shortly after we published it, we realized that some of the numbers in the financial section are incorrect. While we reported that we had a small operating profit of \$228 (before long-term planning expenses and tax adjustments) in 2018, it seems likely that the actual numbers will be closer to those from 2017, a year in which we lost around \$22,000. We do not currently have final numbers that have been audited by our Certified Public Accountants (CPAs), so we can't say for sure yet what our actual profits in 2018 were. However, we expect that information soon, and will share accurate numbers with Member-Owners as soon as we can.

## **How did this happen?**

A key factor in the chain of events that led us here is that the Co-op's entire Finance Team turned over within a single year. During that same period the position of Finance Manager turned over twice. This would have been destabilizing for any business, but was especially so for People's where, as recently as November of 2017, we had two Finance Team members who had been working together for 11 years.

When our most recent Finance Manager gave notice in November 2018 for early 2019, the Collective Management was concerned that we would be unable to hire a qualified candidate at our starting wage. We discussed a variety of possible solutions and asked for input from our long-time Finance Manager

Miles Uchida and National Cooperative Grocers (NCG). After consideration, we decided to contract with an outside financial service, Retail Financial Services (RFS), for many of the Finance Manager duties, and to have current staff take on the duties that RFS could not perform for us. We hired RFS at the end of March, when it was time to make quarterly adjustments in our accounting system for changes in inventory and accrued payroll. As it was the first time that I would be doing these adjustments, I asked Miles Uchida for help. With the context he gave me I was able to see that the adjustments that had been made at the end of 2018 were inaccurate, which caused the numbers that we printed in our Annual Report to be incorrect.

One other outcome of all this turnover is that at the time that the Annual Report was being written, there was no one on the Finance Team who had been involved in that process before. Normally we would have submitted our financial documents to our CPAs for review, and waited to receive finalized numbers back from them before reporting our net income to the Co-op's Board of Directors and our Member-Owners. Since this work had always been in the Finance Manager's purview, it was not part of my training as the Finance Coordinator.

## **How are we going to fix it?**

We will be having a financial audit at the end of summer, performed by our long-time accountants, Wegner CPAs. Following the audit, we will have those CPA-audited, tax-adjusted, and accurate numbers for 2018. When the final numbers are available, we will share them in Grassroots. We have been working with both Wegner and RFS to get our finances back on track, and we are confident in our ability to do so with their help. We know this situation hasn't been ideal, and really appreciate your patience and support while we regain our footing during this transition.



# Farm Punk Salads

***A Farm, a Salad Dressing Company, an Identity,  
& a Hopeful Livelihood***

by Quinn Richards of Farm Punk Salads



## **Hi there Grassroots readers!**

My name is Quinn. Perhaps you have seen me here working at the Co-op, or maybe you have seen Farm Punk salad dressings in the produce section above the salad greens. This year, my partner Theus and I started a farm business called Farm Punk Salads. Being a pair of odd ball millennial farmers who wear all black and blast electronic music every day, we wanted to create a company that could offer a unique perspective to farming in the 21st century. After working in local farming for a few years, we started to see a gap between the ideals of farmers and the realities of many people's lives. For those who are unfamiliar, a common way to support local agriculture is through a CSA model (Community Supported Agriculture). Members pay upfront for the season's worth of veggies and have a weekly pick-up site where they get a big box of mixed veggies that change depending on the time of year. This is a great idea except that it can be a lot of work for CSA members. Getting a mixed box of produce weekly means that time and knowledge of how to prepare all the different veggies is required, as well as other needed ingredients to turn the produce into a complete meal.

Time is tight for most people. With busy urban lives, we see the increase of popularity of ready-made food or home delivery meal services. Theus and I saw this as an opportunity to put a fresh spin on the traditional CSA model. We wanted to create a product that was ready to eat with less than 10 minutes of preparation but still supported local farmers and sustainable agriculture. Acting as a halfway point between a grab-and-go salad bar and a traditional CSA, we created a weekly salad subscription that brings people all the needed elements to make an amazing salad. Each week members receive: salad greens, additional salad veggies, a head of lettuce, a bundle of herbs, and a bottle of salad dressing delivered right to their doorstep. Our hope is that by making our products convenient, easy to prepare and totally delicious, folks will get more excited about supporting local agriculture.

We also wanted to make our model flexible and customizable. Don't like cilantro? Want a Small, Medium, or Large sized share? Want to sign up for Summer, Fall, or commit to the whole year for a discount? No problem. With monthly billing we also want our product to be more financially accessible. Paying the upfront cost of a traditional CSA, which can range from \$300-\$600, can automatically exclude people that would be super excited about participating in local agriculture, but might not be able to financially do so. Our hope is that by using monthly billing, more people can join our salad subscription.

In addition to getting really good at growing unique salad veggies, we also hope to create a farm that can sustain us financially. Farming is a

journey with many variables and no guarantees. The work is physically and emotionally challenging and working with nature means you have to get comfortable really quick with fragility and unpredictability. We started our line of salad dressings as a way to diversify our income and create a product that we can make year-round when we can't farm outside. So much of our desire to start a salad farm was also fueled by our complete speechlessness around the quality of salad dressings in stores. Filled with canola or soybean oil, or bland in flavor, we wanted to reinvent store bought salad dressing. In our eyes, a salad is only as good as the dressing on it. Seasoned with herbs from our farm whenever possible and made using only quality organic ingredients, we hope that our dressings get people as excited about salad as we are.

We love salad, it's really true. Every day you will find us eating a salad for lunch. It's our thing, but the best part is that it can be anyone's thing. Don't fit the standard mold? Want to support change? Want to be silly and serious at the same time? Want to eat more salad? Great! We all have different diets, we all have different lifestyles, we all have different backgrounds, but we hope that wherever you are at, there can be a little room for more salad. Art + Farming + 21st century.

Much Love,

The Farm Punks,  
Quinn & Theus

### **The Farm Punks' Basic Salad Formula**

- 1/4 lb salad greens (mixed salad greens or a chopped head of lettuce work well here)
- 1 bunch of additional salad veggies, chopped or sliced. Turnips, radishes, or snap peas are great for Spring, and cherry tomatoes, baby bell peppers, and ground cherries are refreshing in the Summer.
- A few sprigs of fresh herbs. Basil, sage, oregano, thyme, or another of your favorite herbs will do!
- 2-3 tablespoons of the Farm Punks salad dressing of your choice!

Combine your greens, veggies, and herbs in a bowl. Add the dressing, toss it all together, and you have yourself a really great salad!



**Farm Punk Salad Dressing  
comes in 5 flavors!  
\$6.99 each**



# Get Farmers' Market Merch\* & Support SNAP Match!

Proceeds go directly to People's SNAP Match program, which allows us to give folks using their EBT cards at the Farmers' Market up to 10 additional dollars.

*\*Wanna support SNAP Match but already have too many tote bags? You can make a donation to SNAP Match of any amount with cash or card inside the store or at the Market Info Booth!*

**Farmers' Market Produce Bag**

**\$5**

**Limited Edition 25th Anniversary Tote Bag**

**\$12**





## Register Roundup Report Back

# National Bailout

by Bridgette Hickey, Collective Manager

**In May People's raised \$2,311** during our register roundup fundraiser for National Bailout. National Bailout is an organization founded by Black women out of the need to advocate and fight for incarcerated Black women and caregivers all across America. Some of you may be wondering why this organization is racially specific, and here's why: the need to care for and uplift Black people is fierce, as Black people are systematically targeted by the prison industrial complex.<sup>2</sup>

Black people are pulled over and searched at higher rates than their white and Latinx counterparts, and are less likely to survive a traffic stop. They are more than twice as likely to be arrested, and once arrested are twice as likely to be jailed before trial. A single article is not enough to examine the multilayered reality in which historical violence lives on so presently. However, this article may serve to encourage the ways in which the community at People's – shoppers and staff – can gain perspective and responsibility for how we are intimately connected with this system. I hope this article

serves as a directional step long overdue for our co-op to begin addressing this work as priority.

The American legal system's policies and procedures are founded upon their entanglement with antiblack<sup>3</sup> racism. After the Civil War, US political leaders enacted a set of laws to maintain white social power. National Bailout refers to them as the Black Codes of Bail (BCoB). BCoB are policies and practices associated with pretrial detention that trap people in the criminal legal system, exploit them economically, condemn them to debt, attempt to control their movement and interaction with family and loved ones, and make them vulnerable to further criminalization. There are hundreds of policies, below are three specific to pre-trial:

- **Punishment for Posting Bail:** In some states, you can lose your public defender if someone posts bail on your behalf. Without a lawyer, defendants have slim chances of being heard and are likely to be found guilty or forced to plead guilty.

<sup>1</sup>The word "women" here includes both cis (women who identify as their gender assigned at birth) and trans (women who do not identify or exclusively identify with their gender assigned at birth) women.

<sup>2</sup>The prison industrial complex is a term used to describe the overlapping interests of government and industry, it describes the rapid expansion of the US inmate population to the political influence of private prison companies and businesses that supply goods and services to government prison agencies for profit. This system relies on surveillance, policing and imprisonment as solutions to economic, social and political problems.

<sup>3</sup>Antiblackness here refers to US culture's focused violence, maintained historically and presently, to initiate and continue the ongoing dishonoring and spiritual, physical degradation of black people and Black Life. This animosity scales from governmental policy to implicit interpersonal bias.

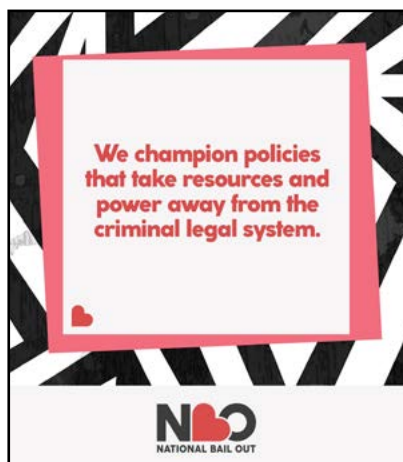


- **Curfew Requirements During Pretrial:** Defendants who can make bail are often faced with unreasonable curfew requirements, and can receive 6pm-6am curfews that impact their ability to keep jobs – especially those with night shifts. This condition of bond can cause defendants to lose their jobs or hours, which results in having less money to support themselves and their families.
- **Long Pretrial Waiting Periods:** Defendants may also be presented with the emotional warfare of a two-year waiting period. In some states, prosecutors have the ability to wait two years to decide if they want to pursue misdemeanor charges. In this scenario at best, if you are able to make bail, you will live two years at the whims of the court system, which has the ability to call you in at any moment. At worst, people may spend this two year period locked in jail.



There are many more layers involved in this system, and these are only a few of a multitude of policies stacking the impossible on human beings, who are targeted by financial & curfew burdens, and a sense of precarity. If this seems overwhelming, it's because it is: this violence is insidious, and it is maintained and supported by, and interdependent on, capitalism and white supremacy.

National Bail Out is a full-time organization, and their work to address the harms this system causes is ongoing. According to their website, at the time of this writing National Bailout has raised \$1,932,724 in total, and there have been 22,500 individual donors. \$985,945 of that has gone toward bail, and \$250,315 has gone toward supporting the people they have bailed out.



\$985,945 is how much money it took to bail out just 308 people. That such a large sum of money could bail out so few people reveals the business of the prison industrial complex, the involvement of capitalism, and the white supremacy that supports the effort to lock away and criminalize Black communities.



If you want to learn more and be active in this conversation, we are gauging interest in starting a book club and work group hosted in the community room. The first book suggested is Michelle Alexander's *The New Jim Crow* and we would supplement with National Bailout's transformative bailout reform textbook for activities. If this interests you please email [communityroom@peoples.coop](mailto:communityroom@peoples.coop)

# Supply Chain Issues

## ~ a.k.a. *Where's my Oatly?*

by Ashley Todd, Collective Manager

On any given day at People's, you might see a little green "Out of Stock" sign where you were hoping to find some hot new product that's been blowing up on social media – or even one of your old favorites. And when you saw that little sign, you might think to yourself, "Dang, why didn't they order more of that thing I really wanted?"

While it's true that sometimes we make mistakes and miss things, there are also lots of external factors that impact our ability to get – and keep – popular products.

### **Production Issues**

By now it should come as no surprise to you that "natural" foods are experiencing a huge boom in popularity. They are available in more locations than ever before, including big box stores like Walmart. And with the entry of Amazon onto the natural foods scene, the kinds of products People's built our reputation on selling are now available to pretty much anyone with the money to pay for them.

While it's a good thing overall for more people to have access to foods that are free from toxic chemicals, GMOs, and so on, there is a downside: smaller producers can't always keep up with demand and make enough product to meet consumers' needs. This means they can't get their product out to distributors, who can't get it out to stores like People's, who can't sell it to their customers. Oatly is one of the most prominent examples of this phenomenon, with such a cultish following that at one point Amazon sellers were slinging cases of it for over \$200. It was so difficult for us to get it that we eventually just stopped carrying it.

### **Distribution Challenges**

Despite the fact that People's works with lots of small, independent, local producers, most of the food we sell comes to us from large regional or national distribution companies. This is good for the Co-op in some ways. Ordering more products from fewer sources allows us to streamline our ordering and receiving processes. We also get



**“Bigger stores are often able to negotiate directly with vendors to make sure they get the best pricing, the most cases, etc, in ways that we can’t since we’re so small. Similarly, when products are in short supply, bigger stores like New Seasons and Whole Foods who are able to order and move huge quantities of product basically get first dibs.”**

better pricing from distributors than we might otherwise, which means better prices for our shoppers.

However, this system has its downsides, and it sometimes results in Out of Stocks in our store. One common issue is products getting discontinued by our distributor. If that happens we may no longer have access to it. Our distributor may also be out of stock on certain items we normally carry. This is less common, but does happen from time to time. Finally, sometimes products we order are damaged or destroyed during the shipping process. When that happens we can’t stock or sell those products, and just have to make do until we get another delivery.

### ***Being a Little Fish in a Big Pond***

People’s is a tiny little store. Our retail space is one fifth the size of our major competitors, at best. When you add to that the fact that most of our competitors are large chains, we get even tinier by comparison. While this allows us to offer a really well-curated selection and the more intimate shopping experience some folks really like, it also poses some challenges for us in terms of keeping products in stock.

Because of our relatively low sales volume (compared to our competitors) we have very little leverage to make sure our vendors and distributors prioritize keeping us stocked. Bigger stores are often able to negotiate directly with vendors to make sure they get the best pricing, the most cases, etc, in ways that we can’t since we’re so small. Similarly, when products are in short supply, bigger stores like New Seasons and Whole Foods who are able to order and move huge quantities of product basically get first dibs.



Admittedly, knowing why products are out of stock does little to soothe the ache of missing out on The Product of The Moment, or not finding that key ingredient for tonight’s dinner. However it does offer us, as shoppers, an opportunity to redirect our attention to the things that make People’s really special: our relationships with dozens of local farmers and producers, the hyper-local, hand-made, small-batch products we sell that aren’t available anywhere else, and the hard work and dedication that People’s staff – and workers throughout the food system – put in every day of the week to keep food on our shelves.



# Columbia Blossom

***Anticipating the arrival of our community's favorite stone fruits***

by Sofie Sherman-Burton, Marketing & Membership Manager

**S**ummertime can feel like a waiting game among the produce racks. Are the garlic scapes here? Do we have local cucumbers yet? When will the local tomatoes be here? Is that a Jimmy Nardello pepper already? But there is no local produce that I get more excited for than the fruit that Jim Reed grows at Columbia Blossom Organic Orchards.

Located in Mosier, Oregon near the Columbia River, Columbia Blossom was the first certified organic orchard in Wasco County way back in 1992. The orchard spans about 30 acres and includes 16 different varieties of fruit: a few different kinds of cherries, apricots, plums, peaches, nectarines, and grapes. Jim aggressively prunes his trees to make sure that the size and flavor of the fruit are what he is after. Between rows of trees, alfalfa is grown as a natural fertilizer, and bats and birds provide the pest control. All of the fruit is also ripened on the tree or vine, and the sugars are tested with a refractometer before the fruit is harvested to make sure they are sweet enough. Once harvested, the fruit makes its way to People's within a day of picking. All of that extra care and consideration makes Jim's apricots, nectarines, cherries, and grapes some of the best fruit I've tasted anywhere. The wait is a bit torturous, especially when subpar stone fruit starts arriving from California, but it's all worth it.

### Grilled Nectarine Salad

One way to make Columbia Blossom's perfect white nectarines even more delicious? Put them on the grill! A little caramelization adds a depth of flavor that pairs well with the nectarine's sweetness. And it's a great use of slightly underripe fruit. This salad is delicious, but you can also top grilled nectarines with ice cream or whipped cream (and maybe a drizzle of maple syrup) for a very simple and very delicious dessert. If you don't have a grill, go ahead and sear the nectarines in a cast iron pan!

- 4 cups of your favorite salad greens (like arugula, our bulk salad mix, or spinach)
- 2 nectarines
- 2 tablespoons walnuts or pecans, toasted and chopped
- 2 tablespoons crumbled blue cheese, feta, or vegan cheese (optional, of course)

### For the dressing:

- 1 tablespoon olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon lemon juice
- 1 tablespoon parsley, chopped
- Salt and pepper, to taste

Whisk all of the dressing ingredients together and set them aside.

To grill the nectarines, cut them in half and remove the pits. Drizzle each piece with olive oil. Grill them with the cut sides down for 2-3 minutes over a medium-high temperature.

In a large bowl, toss your greens with the salad dressing. Place on a serving platter (or individual plates if that's your style) and top with the nectarines, nuts, and cheese, if using. I like to serve this salad with the whole nectarine halves, but you might prefer to slice them.

### Super Simple Apricot Jam

This spread can be as simple as apricots and sugar, but you can add some lemon juice or a vanilla bean if that's your jam (sorry). It's also a super simple ratio: just weigh your apricots, divide the weight by three, and add that amount of sugar!

- 3 parts apricots
- 1 part sugar

Pit your apricots and roughly dice them. Mix them with the sugar, and set them aside for at least an hour, ideally overnight. Put the fruit in a pot and set it over low heat. Bring the fruit to a boil, stirring occasionally. As the jam thickens, stir almost constantly! Getting the jam to the right consistency will take anywhere between 15 and 30 minutes depending on the width of the pan, the heat of the stove, and the water in the fruit. When the jam is glossy, thick on your spoon, and starts coating the sides of your pan, it's done. Store it in jars, and process it in a water bath if you want! Otherwise, store it in the fridge. Slather it all over everything.



# add some flavor!



### **Fysh Sauce**

**\$6.79**

For a while there, figuring out a suitable replacement for fish sauce in vegetarian cooking was a no-go. Fysh Sauce fixes that! Made from a blend of tamari and seaweeds, Fysh Sauce is tasty in marinades, stir-fries, and just sprinkled on your food for an extra umami blast.



### **Kaah Salsas**

**\$5.49**

Kaah Salsas are a delight. Made at the Portland Mercado (where you'll find even more delicious options than we can fit on our shelves), they steal the show at potlucks and perk up weeknight tacos. The Cobán is legitimately spicy but maintains a depth of flavor that makes it hard to stop before polishing off the whole container.



### **Sauerkraut from Oregon Brineworks**

**\$7.99**

If you check out the selection of fermented veggies in our cooler, you'll find a real wide variety of tasty ferments from lots of local vendors. For summer barbecues, the large jar of sauerkraut from Oregon Brineworks is a great bet. There is plenty to share, it's mild enough to be a crowd pleaser, and tastes delicious on anything you might grill and put on a bun.



### **Bulk Ketchup & Mustard from Portland Ketchup Co.**

**\$2.99/lb**

Dreams really do come true! We have ketchup and mustard in bulk! Bring in your own bottles and fill them up with these tasty, locally-made toppings. The mustard in particular is something special: a mild yellow mustard with flecks of pepper that is somehow significantly more delicious than any other yellow mustard out there.



### **Fermented Hot Sauces Galore**

**\$5.29-8.99**

While you might head to the packaged grocery aisles to find your spicy condiments, you are likely missing out on the extra special fermented sauces from Stinging Kombucha, Oregon Brineworks, and Blue Bus that are hanging out in the fridge. Gentler on the gut and with the special funk of fermentation, you won't want to miss out on these local products!

# The Seven Cooperative Principles

## #1 Voluntary, Open Membership

Open to all without gender, social, racial, political, or religious discrimination.

## #2 Democratic Member Control

One member, one vote.

## #3 Member Economic Participation

Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.

## #4 Autonomy & Independence

Cooperatives are autonomous, self-help organizations controlled by their members.

## #5 Education, Training, & Information

Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.

## #6 Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national, and international structures.

## #7 Concern for 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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