

Free | Spring 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, April 23rd, 6-8:30pm

Tuesday, May 28th, 6-8:30pm

Tuesday, June 25th, 6-8:30pm



2019 Annual Meeting of Member-Owners

Saturday, May 25th, 12-3:30pm
St. David of Wales · 2800 SE Harrison Street

The Annual Meeting is the biggest gathering of Member-Owners all year and the best chance for us all to get together to talk about how the Co-op is doing, where we want to go in the future, and dig into the values that we share.

This year, we're inviting the broader cooperative community to join the conversation, too. Leaders from Alberta Co-op Grocers, Food Front, the start-up Montavilla Food Co-op, Our Table Co-op, National Cooperative Grocers, and People's will share the stage to discuss our common challenges and vision for the future.

We'll also have candidates for the Board of Directors and the Member Engagement Committee present to give statements about why they are running and be available for questions. There will also be a delicious lunch (tacos and tamales!) from Mis Tacones, beverages from Equal Exchange, and free childcare.

The Annual Meeting is free for all Member-Owners and their guests. We really hope to see you there!

Spring Events

Every Month

PEOPLE'S MOVE: A SELF-ORGANIZING MOVEMENT PRACTICE

Most Mondays

- April 8th, 15th, 22nd, 29th
- May 13th, 20th, 27th
- June 10th, 17th, 24th

Drop-ins welcome

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.

April

DIY FACE & BODY CREAM WORKSHOP

Saturday, April 13th, 5-6:30pm
\$35, registration required.

Making your own face and body moisturizers is easy, low waste, and cost effective. Learn to identify the ideal ingredients for your skin type, where to source the highest quality ingredients, along with a demonstration of

how to make your own face and body cream. Participants will take home a jar of the face cream we make in class.

LEARN TO MAKE BEESWAX WRAPS!

Saturday, April 20th, 1-2:30pm
\$20, registration required.

Learn how to make your own reusable beeswax wraps in this workshop! Beeswax wraps are a great alternative to plastic wrap, adding bright colors to your kitchen and cutting back on plastic waste! They can also be easily made at home with just a few simple ingredients. Participants will walk away with the ingredients, fabric, and instructions to make their own beeswax wraps at home!

CONVERSATION PROJECT: WHITE ALLYSHIP IN CLOSE-KNIT COMMUNITIES

Saturday, April 20th, 4-6pm
Free, registration required.

What does it mean to be a white ally, especially in close-knit, communities? And what does it mean to have the support of white allies? What is needed from white people in our communities to move the conversation about racism – both statewide and nationally – forward in a productive and respectful way? In this conversation led by facilitator Alexis James, participants will have the chance to explore their identities, learn how to acknowledge different lived

experiences without alienating friends and neighbors, and move toward action in their own communities.

May

CONVERSATION PROJECT: WHY DIY?

Wednesday, May 1st, 6-8pm
Free, registration required.

Are we as self-sufficient as we can be? As we should be? What are the pleasures and pitfalls of doing it yourself? This conversation investigates why we strive to be makers and doers in a world that provides more conveniences than ever before. How do maker spaces or skills courses foster greater engagement and involvement? What could be left behind when we increase self-sufficiency in a community? All kinds of DIY interests are welcome. Through our shared stories, we will seek to understand more deeply how DIY functions in American life.

June

LEARN TO MAKE HERBAL INFUSED HONEYS

Saturday, June 15th, 5-6:30pm
\$25, registration required

Infusing culinary and medicinal herbs in honey creates a versatile and delicious medicine enjoyed by children and adults


alike. In addition to being used as medicinal tonics, infused or flavored honeys can be drizzled on toast, desserts, added to your favorite beverages, or simply eaten by the spoonful. In this workshop, we will discuss the medicinal properties of various plants that are easy to grow in Portland, taste a bunch of different infused honeys for inspiration, then make our own custom infused honeys to take home and enjoy!

VEG CHALLENGE KICKOFF: WHOLE-FOODS PLANT-BASED COOKING DEMO

Saturday, June 22nd, 2-4pm

This conversation is free. Registration required.

Curious about what people eat on a Whole-Foods Plant-Based (WFPB) diet? Join WFPB enthusiast Linda Hendrickson to learn what foods provide superior nutrition, and how to make them part of your life. Participants will sample and see how easy it can be to make delicious, satisfying, and nutrient-dense dishes.



WOW, THERE ARE SO MANY GREAT SPRING EVENTS & CLASSES COMING UP! MAKE SURE YOU CHECK OUT OUR FULL EVENTS CALENDAR AT [PEOPLES.COOP/EVENTS](https://peoples.coop/events).

REGISTER ONLINE: [PEOPLES.COOP.EVENTBRITE.COM](https://peoplescoop.eventbrite.com)

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 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!

Grow Your Own Produce Series

COLE CROPS, GREENS, & SOIL BUILDING

Tuesday, February 5, 7-9pm

April is a key time for all of the cole crops, such as broccoli, kale, cauliflower, collards, and cabbage. It is also a time of planting greens. In this class we will continue our discussion on composting, and students will learn how to assess their soil and determine the best local materials to use to provide an optimal growing environment for their plants.

WARM SEASON CROPS, EDIBLE FLOWERS, & ATTRACTING POLLINATORS

Tuesday, March 12, 7-9pm

In this class we will discuss reliable varieties of warm season crops, including tomatoes, squash, peppers, and cucumbers, to grow in your garden that will produce well despite our cool summer evenings. We will also learn about pollination, pollinator insects, and flowers that attract these companions to gardens. We will also highlight edible flowers, their functions in the landscape, and recipes. This class will also cover common weeds in the garden. Students will learn how to these plants reproduce and how to discourage these plants in their gardens.

These classes are part of a 10-class series. Classes are \$25. A 20% discount is available to People's Member-Owners – please email Marisha directly at marisha.permaculturerising@gmail.com with your Member-Owner number to receive the discount code. Marisha can also be reached by phone: (503) 454-6656.



Blackstreet Bakery Brings Baked Goods & Social Justice

by Sofie Sherman-Burton, Marketing & Membership Manager

During the first Blackstreet Bakery pop-up at People's, I didn't even make it outside until most of the cookies, pastries, and other treats were sold out. When I finally did, Cameron Whitten, the vegan bakery's founder, looked around and handed me a gluten-free snickerdoodle. Being an eater of both butter and wheat flour, I wasn't sure what to expect from the cookie.

But that cookie was delicious. It was chewy, moist, and delivered all of the flavor you want from a snickerdoodle. And if the 45 minute sell-out time was any indication, the rest of their baked goods are just as delicious. Blackstreet Bakery will be popping up in the courtyard outside of People's on the first Saturday of every month at 12 pm through July, and I encourage you to get here early or place a special order if you want your choice of delicious treats.

Supporting Blackstreet Bakery is way more than great cookies, though. To find out more, I asked Cameron some questions!

**What is Blackstreet Bakery?
How did it get started?**

Blackstreet Bakery is an economic development program of local racial justice nonprofit, Brown Hope. We began organizing in June 2018 and organized our first pop-up shortly after at the Mississippi Street Fair on July 14th. We

were founded through a series of surprise circumstances. Back in May, I received a phone call from a local white-owned vegan bakery, which was asking for my help after being embedded in a racism controversy. After a few months of trying to work with this bakery and help them address their situation, I also endured racism and ended up having to cut ties with the business. After posting a Facebook live video about my experiences, an anonymous donor provided a financial gift to start a black-owned vegan bakery. And after that, we got to work.

**What is Blackstreet's relationship with Brown Hope?
Do you hope to start other pop-ups or businesses in the future?**

At this point, we're focused on Blackstreet Bakery. I've been very adamant about the need for increased non-profit efforts to support Black economic power. Historically marginalized communities face a lot of barriers to sustainable economic development because of systemic and historic racism, including: lack of access to capital, technical expertise needs, economic displacement, and discriminatory consumer practices. Solving these problems will require a long-lasting community effort. As a non-profit, our mission, assets, and outcomes are directly dedicated to community. We're not dedicated to a single individual's

“Historically marginalized communities face a lot of barriers to sustainable economic development because of systemic and historic racism, including: lack of access to capital, technical expertise needs, economic displacement, and discriminatory consumer practices. Solving these problems will require a long-lasting community effort.”

personal enrichment. It also helps us to leverage support of donors and volunteers, especially from communities with racial and economic privilege, in order to maximize our impact and be an engine for community prosperity.

Why are projects like Blackstreet and Brown Hope important, from your perspective?

Projects like Blackstreet Bakery and Brown Hope are important because they're by us, for us. One of Brown Hope's 12 principles is Representation. We seek self-determination: to define ourselves, and speak for ourselves, and to name what justice is to us. Transformative leadership requires representation from those who are most impacted by injustice. Additionally, Brown Hope provides a positive outlet to help our communities heal from the impacts of racism. Responding to racial injustice can be demanding and draining work, which tends to burn out our activists and leaders. We are committed to positive, authentic relationships that keep our work sustainable and impactful.

Who is behind Blackstreet? Who makes all of these baked goods?

I founded Blackstreet Bakery, but it was an idea that wouldn't have been possible without the contribution of a generous donor, who called one random day and said: "I want to fund a black vegan baking business in Portland." It didn't matter that I didn't have

baking experience. I knew that as a Black person, I am resilient, resourceful, and powerful — and I focused all of those gifts into starting Blackstreet Bakery. I'm amazed by how far we've come in the last eight months.

All of your baked goods are vegan! How did you all make the decision to be a vegan bakery?

Blackstreet Bakery was born through the aftermath of the Back to Eden Bakery controversy. However, my relationship with Back to Eden pre-existed because of my years as a vegan and my connections within the vegan community. The success of Blackstreet Bakery is no accident. It's been built on years of trusting and mutually affirming relationships.

What are your favorite baked goods that Blackstreet makes?

Dashia's chocolate chip cookies are no joke — but that was recently bested by Dashia's Blackout cookies, which have cherries, almonds, and so much delicious gooeyness. I also have to give a shameless plug for my own creation, the Ginger Cardamom Cookie, made with whole ginger, freshly ground cardamom, and topped with a homemade vanilla glaze.

What's next for Blackstreet Bakery?

What's next is that we need to increase support for our bakery. We've enjoyed many new opportunities in the past eight

months, but it's evidently clear that Blackstreet Bakery needs ambitious investment in order to fulfill our mission. I envision a thriving economic model, with a storefront and full-time employees. That's going to require those with the wealth and influence to invest powerfully in the success that is Blackstreet Bakery.

Where else does Blackstreet pop up? How often should folks look for you?

We also pop up at Alberta Co-op, at Q Center from time to time, special events, and we also do catering orders! We are out every First and Third Saturday.

Is there anything else that folks should know about Blackstreet Bakery?

I strongly encourage folks to not just buy our goods, but to donate and volunteer. I like to make the joke that reparations is 'baked into' each cookie — but the sobering truth is that in order to have true lived equality, white people are going to have to give more than what they're comfortable with.

To find out more about Blackstreet and to stay up to date on where you can find their delicious treats, follow them on Instagram and Facebook @blackstreetbakery or check out their website at blackstreetbakery.org.

Long-term Planning Update

by Briar Rose Schreiber, Anthony Crosman, & Sofie Sherman-Burton, Co-Managers

A lot has changed since People's started in 1970. We've changed what we sell, gone through many different forms of management, expanded our building, and adopted Ends that define our goals and aspirations toward making a better Co-op, a stronger community, and a better world. Our Ends statement, adopted in 2007, reads:

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
- A Democratic workplace where all workers' voices are valued
- Access to healthful foods our customers can trust

Even after so much growth and change over nearly 50 years, there are (of course) many challenges our community faces today. The landscape of natural food stores is very different and much more competitive than ever before. Walmart is now the largest seller of organic food in the U.S. New grocers selling many of the same products that People's does are popping up in our community. These stores don't prioritize people, the planet, and animals over profits as fervently as we do, and as a result, are able to cut corners. This makes it hard for the Co-op to compete, which in turn makes it harder for us to do things like pay employees a living wage. How do we uphold our Ends while competing with large corporations? How do we expand in a way that fits into the values we're committed to as a community – the reason why People's exists at all? The challenges

these questions present make it hard for us to move forward with a second store at this time, and the financial situation that competition has helped create make it nearly impossible.

After a thorough investigation and weighing of cost and benefits, People's will not be moving forward with a second store in the Lents neighborhood at this time. This was not an easy decision to make, and we want to thank all of the Member-Owners and the Lents community for all that they have contributed to our investigation and otherwise helped us along this long process. We will be wrapping up the long-term planning process by fleshing out a business plan that prioritizes financial stability, both at our current location and in the long-term.

This year, we are focusing on growing and investing within our current walls. If we are going to be successful in spite of so much competition, we need to make sure that we are operating as efficiently as possible. We are addressing questions like how to prioritize work tasks, revisiting our capacity for work and taking on new roles, shifting structures to streamline processes, fixing up infrastructure in the current building, adapting our products and pricing to increase sales, and so much more. All of this we are doing with our Ends in mind and the effects changes are having on workers, our Member-Owners, our customers, and the wider community. Before we can pursue more opportunities for growth, we need to have a handle on operations at our current store.

Along with pursuing options for a second store, we are still looking at ideas such as finding a warehouse space and a kitchen to expand our selection of prepared foods. Do you know of opportunities in these areas that People's should look into? If so, let us know! We need everyone to help us in these next steps. **We would love to hear your thoughts at planning@peoples.coop.**

For more information, to ask questions, and to talk with other Member-Owners, join us at the Community Forum on April 30th from 7-8:30pm.

Beam me up, Host Defense!

Paul Stamets' mushroom products help people and the planet live long and prosper

by Paul Conrad, Member-Owner

Since Captain Kirk and Mr. Spock first boldly went in the 1960's, the many iterations of Star Trek have been part of popular culture. Countless viewers mentally time traveled to a future where humanity thrives and spreads to the stars. The current Star Trek Discovery has its own unique time-travel twist. One of the lead characters, astromycologist Lieutenant Commander Paul Stamets, is the 23rd-century version of a genuine 21st-century namesake, the legendary mycologist Paul Stamets. The contemporary Paul Stamets is the founder and president of Fungi Perfecti, makers of the Host Defense line of mushroom-based nutritional supplements sold here at People's Food Co-op.

23rd-century Lt. Stamets harnesses fungal power to create a "spore drive" that can instantaneously transport the Discovery across vast reaches of space. 21st-century Paul Stamets is the author of half a dozen books on mushroom cultivation, mushroom identification and the use of fungi to improve human and planetary health. He is also the holder of a dozen fungal-related patents. Stamets is dedicated to utilizing the power of mushroom-bearing fungi to help reverse the damage humankind has wreaked on our ecosystem so we can survive until the 23rd century. Host Defense is part of that effort.

The mushrooms we are familiar with are the visible parts of larger organisms. They are "fruiting bodies," the reproductive organs of subterranean fungal beings comprised of mycelium – cobweb-like networks of cells that extend beneath the surface, exchanging nutrients and engaging in symbiotic relationships with the myriad plants, bacteria and other beings that make up living soils.

Found in soils, and decomposing vegetal matter from forest floors to compost piles, mycelium networks are ubiquitous upon the Earth. Stamets believes that mycelium networks embody a planetary intelligence.



“The mycelium is an exposed sentient membrane, aware and responsive to changes in its environment... A complex and resourceful structure for sharing information, mycelium can adapt and evolve through the ever-changing forces of nature... like a matrix, a biomolecular superhighway, the mycelium is in constant dialogue with its environment, reacting to and governing the flow of essential nutrients cycling through the food chain.... I see the mycelium as the Earth's natural Internet.”

***-Paul Stamets in
“Mycelium Running”***



Stamets has made it his life's mission to partner with fungal intelligence to create solutions to some of the existential environmental challenges we humans have created. He is the originator of the emerging field of mycorestoration, the applied use of fungi to repair and restore weakened and compromised ecosystems. This includes mycofiltration (using mycelial mats to remove pathogens and chemical pollutants from water), mycoremediation (using fungi to degrade or remove toxins from contaminated soils), and mycopesticides (using fungi to both attract and kill insect pests including termites, carpenter ants, and disease vectors like mosquitos and flies).

The Host Defense line of supplements is all about the protection and restoration of our internal ecosystems. Since our hunter-gatherer days, humans have known about the beneficial properties of particular mushrooms and contemporary scientific research bears traditional wisdom out. Paul Stamets and Host Defense take things to the next step by incorporating the rest of the fungal organism, the mycelium network, to create fungi-based nutritional formulas that:

- support stress and fatigue reduction;
- augment the body's immune system;
- provide support for daily environmental assaults
- deliver enzymes to support digestion and absorption of nutrients;
- & provide polysaccharides to increase the activity & impact of natural killer cells and macrophages.*

Host Defense harnesses mycelium power by taking pure fungal strains, inoculating them onto an organic brown rice substrate, and growing them under strictly controlled conditions at their Washington State production facility. During the growing process, enzymes in the mycelium break down starches and sugars in the brown rice substrate, forming complex substances with their own complimentary immune-enhancing benefits. Once harvested, the mycelium, the digested brown rice substrate and, in some cases, the fruiting bodies and/or primordia are then processed for maximum effectiveness. The mushroom products in Host Defense capsules are carefully heated to release

their active compounds, then freeze dried. The mycelium in Host Defense extracts and sprays go through a two-step alcohol and cold water extraction process. Those containing fruiting bodies receive an additional hot-water extraction.

People's sells a selection of Host Defense mushroom capsules, extracts, and sprays. They include single-variety products such as Chaga Extract (for anti-oxidant support), Lion's Mane Extract (which promotes mental clarity, focus and attention), Cordyceps Capsules (for enhanced energy and stamina) and Turkey Tail Capsules (for immune system support). We also offer several Host Defense multi-mushroom formulas (MyCommunity Extract, MycoShield Spray and Stamets 7 Functional Food Mushroom Blend) for enhanced immune system support.*

Host Defense mushroom products are certified organic. They use mushroom fruitbodies and mycelium that are sustainably cultivated, protecting wild species and their environments. A portion of proceeds from Host Defense sales are devoted to saving rare strains of mushrooms that dwell within old growth forests and supporting ongoing research initiatives, like the BeeFriendly Campaign to help preserve endangered pollinators. The processing, extractions, and formulations of Host Defense products are state of the art, drawing on Paul Stamets' four decades of experience as a pioneering mycologist. Your purchase of Host Defense products helps Paul Stamets and Fungi Perfecti in their work to build a healthier world with the power of mushrooms.

To learn more about Paul Stamets and his pioneering work on the environmental and health benefits of mushrooms and fungal mycelium, check out his TED Talks on YouTube. To meet Lt. Commander Paul Stamets of Starship Discovery, go to youtu.be/LXRYQIhmUkg.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*



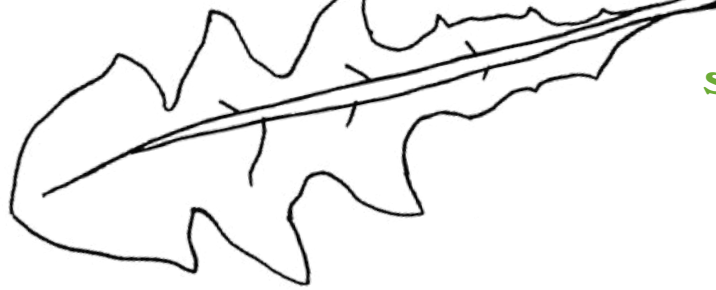


Make Your Own Herbal Infused Vinegars

by Brita Zeiler, Bulk Herbs Buyer

Herb infused vinegars are the perfect gentle spring tonic. Many culinary and medicinal plants are emerging from dormancy now, packed with nutrients and flavor. Energize your digestion and lymphatic systems with mineral rich plants and probiotic cultures by making an herb infused vinegar! These vinegars bridge food and medicine: they can be incorporated into salad dressings, sauces (probiotic homemade aioli anyone?), used as a condiment, or utilized as an alcohol-free tincture.





Spring Green Digestion Reset Vinegar

Yields 1 quart of infused vinegar

- 1 quart canning jar
- 1 4x4 inch piece of parchment paper or plastic wrap
- About 30 oz organic apple cider vinegar
- ½ cup fresh nettle leaf
- ¼ cup fresh chickweed
- ¼ cup fresh dandelion root or leaf
- ¼ cup fresh burdock root
- ¼ cup fresh plantain leaf
- ¼ cup fresh lemon balm

*Fresh herbs can likely be found at the Farmer's Market this time of year! Substituting dried herbs is fine too, just use slightly less and remember that they will absorb liquid, so check the jar daily to notice if more vinegar needs to be added

A note on vinegars: Apple cider vinegar is ideal for its live cultures, but has a strong flavor that doesn't lend well for all purposes. Consider making infused vinegars with white or red wine vinegar for a more delicate vinegar flavor.



Chop up herbs finely and put them in the quart jar. The herb mixture should fill ½ of the jar, add more as needed.

Cover herbs with apple cider vinegar, leaving about ½ inch of space between the lid and vinegar. Place a square of parchment paper or plastic in between the vinegar and lid. Screw on lid & ring tightly. This creates a barrier preventing the metal lid from corroding. This can be skipped if using a French-style canning jar.

Shake the herb and vinegar mixture daily, keeping in a cool, dark spot.

After 4-6 weeks, strain the infused vinegar and enjoy! If you used fresh herbs, it's nice to add some of the discarded "pickled" herbs like burdock and nettle to salads or as a garnish on soups.

Other dry or fresh herbs to consider making an infused vinegar with are: cleavers, chives, thyme, oregano, parsley, tarragon, cilantro, dill, lavender flowers, rose petals, chamomile, lemon balm, and calendula.

Want to learn more?!

Join us for a **Make Your Own Herbal Infused Vinegars workshop** on Saturday, May 11th from 5-6:30pm. \$20 includes all materials, registration required. We will be making our own custom infused vinegars to take home!



Mesquite Trees are for Way More Than BBQ

An intro to mesquite powder

by Sofie Sherman-Burton, Marketing & Membership Manager

When Kahadish, our bulk buyer, asked me to write something about the new mesquite powder we just got in our bulk section, I was confused. Like... barbecue?

Turns out the mesquite trees that are so well known for the flavor of their smoked wood have more to give. Mesquite powder is made from the bean-like pods of the mesquite tree, and have been consumed by indigenous people in the Southwest and Mexico for thousands of years. Mesquite powder is subtly sweet and has a malty, caramelly flavor (without a hint of smokiness!). It is also high in fiber, which means that it doesn't cause blood sugar to spike and might help you feel

full longer. Mesquite is also packed with protein and contains iron and calcium, too.

Our bulk mesquite powder is sourced from Health-Force SuperFoods, which you might know from their many terrific supplement products.

So, how to eat it? Because mesquite powder is so tasty, it's easy to add to foods you might already have in your routine like oatmeal, smoothies, or hot chocolate. You can even just dissolve it in water! The gluten-free powder can also be used in baked goods; try swapping it in for a quarter of other flours that you're using in pancakes or muffins. Try these two recipes to get you started!

Almond, Mesquite & Coconut Snack Balls

If you prefer a different nut to almonds, you could definitely make this recipe with walnuts, pecans, Brazil nuts, or macadamia nuts. I also have a hunch that they would be delicious with some dark chocolate chips thrown in there, and I'm tempted to add chia seeds or flax meal for even more of a boost. Play around if you want!

- 1 cup almonds (I like to toast mine)
- Big pinch of sea salt
- ¼ cup unsweetened shredded coconut, plus a little more for rolling
- 1 cup pitted Medjool dates (about 10)
- 3-4 teaspoons mesquite powder
- 1 teaspoon vanilla extract

Put the almonds, salt, and coconut in a food processor. Blitz them together until the mixture is the texture of very coarse sea salt, but be careful not to turn it into almond butter.

Add the dates, mesquite powder, and vanilla to your food processor and pulse until it all sticks together when you pinch it together. Throw in another date if needed.

Give it a taste, and add more salt, dates, or mesquite if you want!

Roll the mixture into 1-inch balls, and then roll the balls in more shredded coconut. Store in an airtight container on the counter for up to 10 days (but I really doubt they will last that long).

Mesquite Chocolate Chip Cookies

These cookies come to us via famed pastry chef David Lebovitz. This makes a huge batch (50 cookies!). You could halve it if you want, but I suggest making the whole thing and keeping balls of cookie dough in your freezer. I find few things as satisfying as having fresh-baked cookies in a matter of minutes, which a freezer full of dough balls enables.

- 2 ½ cups all-purpose or whole-wheat pastry flour
- 1 cup mesquite flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¾ teaspoon fine sea salt
- 8 ounces unsalted butter (or vegan butter), cubed, at room temperature
- 1 cup sugar
- 1 cup packed brown sugar
- 3 large eggs (or three tablespoons of flax meal mixed with 9 tablespoons of water or non-dairy milk)
- 2 teaspoons vanilla extract
- 2 cups rolled oats
- 2 cups coarsely chopped bittersweet or semi-sweet chocolate, or chocolate chips

Cover two baking sheets with parchment paper and preheat the oven to 375°.

Whisk together the flours, baking powder, baking soda, and salt. In a separate bowl, beat the butter until soft in the bowl of a stand mixer with the paddle attachment, or by hand in a large bowl if you're feeling super strong. Add the sugar and beat until creamy. Add the eggs one at a time and mix until completely incorporated, then add the vanilla. Mix in the flours in three batches, incorporating it as you go. Add the oats and chocolate chips. The dough will be pretty stiff, so if you aren't using a stand mixture you might want to abandon your spoon and use your hands.

Make mounds out of two tablespoons of dough and space them evenly on the cookie sheet. Flatten them a bit with your palm. If you want to freeze some of the dough, pop your cookie sheet in the freezer. When they are frozen, move them to a bag or container.

Bake for 10-11 minutes, until just beginning to set. A few minutes before they'd done, you might want to open the oven door and use a metal spatula to tap the tops of the cookies down, so the tops are flat. This should help keep the cookies moist. These cookies are better underdone than overdone, so keep an eye on them closely near the end of the suggested baking time. Enjoy! Yum!

Eating Nettles

by Andrew Barton

I began eating stinging nettles when an herbalist friend said “let’s gather stinging nettles.” We drove out to a gathering place we’d heard rumor of, and found more than our wildest dreams’ worth. I’ve been returning every year since. I encourage you find a spot and commit to it. If the nettles are abundant, you can gather more than enough while still leaving plenty for the plants to stay established in the area.

When harvesting nettles, always bring...

- Rubber gloves (the ones with a high wrist are a bonus)
- Scissors (for each harvester)
- Plastic trash bags (you can gather into anything, obviously, but if it is raining or wet in the woods, plastic bags handle this the best—but plastic is terrible, I know. So is rubber really. Go ahead and get stung through your cloth gloves and your wicker basket if you want to!)
- Shoes that can deal with off-trail gathering

Or, to keep it simple, just buy your nettles at People’s Food Co-op or farmers’ markets.



Why cook with stinging nettles?

1. They are delicious (think spinach but earthier, and with more body)
2. They are nutritious (they contain vitamins, minerals, fats, amino acids...the list goes on, and many of the nutrients act as antioxidants)
3. May lower blood pressure and aid in blood sugar control, promote liver health.
4. They grow wild in your area, and consuming local wild foods is simply a healthful practice.

A plan for cooking nettles after the harvest & the first stage of every recipe

Clear a large work surface and your sink. If you have a portable table that can be set up close to the stove and your other work surface, it may come in handy here. Dump the nettles out of the bag. Using your gloves, lift the nettles by the stalk upside down and snip the leaves from the stalks. Gather the leaves in a large bowl, or make a sort of pyramid pile. Continue with the rest of the nettles, until you have separate piles of stalks and leaves. Discard the stalks to your compost bin or pile.

Bring your largest pot, filled with water, to a boil on the stovetop. Wash the nettle leaves. This can be done by filling your sink with cold water and dunking the leaves in it, or by filling the bowl with cold water, swishing them around until debris rises to the surface, and draining.

When the pot is boiling and the nettles are washed, add them all at once to the pot. Blanch for 1-3 minutes. They will turn brighter green, and then soften. Depending on the age of the plants, you’ll need less or more time (younger plants=less time, older plants=more time). Remove the leaves from the boiling water and plunge into cold water. When cool enough to touch, squeeze bunches of leaves of all excess moisture.

At this stage, they can be either chopped and cooked into many recipes or bundled up for freezing. When you want to use some nettles, simply whack off a chunk from the freezer bag. They can be stirred into soup or sauce, added to the stir fry, whatever!

Nettle Pasta

Serves 2 people

- 1 cup of flour
- 1 egg
- Pinch of salt
- ½ cup cooked, squeezed, chopped nettles

Add the flour to the bowl, mix in the salt, and make a well in the center. Crack the egg in the well, and using a fork cut the egg into the flour. It will start to come together, but a bit clumsily. Add the nettles. Their moisture will draw everything together. Once it is entirely combined, move to a work surface and knead for 10 minutes. Add more flour if the mixture seems too wet. Once the dough is soft but firm, and bright green, leave it to rest, covered, for 30 minutes in the fridge.

Roll out and cut as you would for any other pasta recipe. Nettle pasta is particularly suited to preparations not requiring a pasta roller/cutter. Roll the dough thin yourself and cut into rustic noodles, or make into dumplings, or use uncut sheets for lasagne! Works very well with pestos of all kinds (go big and use the nettle pesto below), cream sauces, or simple treatments like toasted garlic, nuts or breadcrumbs, and chili flakes.

Nettle Pesto

- 4 cloves garlic
- ½ cup olive oil
- 2 cups cooked nettles
- 1 bunch parsley, de-stemmed
- Almonds, walnuts, pine nuts, or pistachios
- Parmesan or any other aged, hard cheese (optional)

Blitz the garlic in a food processor with the olive oil and a generous pinch of salt, until a creamy garlic oil is created. Add the parsley. Pulse once or twice. Add the nettles and pulse more. They should be wet enough that you don't need to add any moisture— but if it seems dry, add a splash of water. Toast and chop the nuts by hand, then add them to the food processor. Pulse another few times. Grate the cheese if using and fold in

with a fork. Season to taste with lemon juice, salt, and pepper. If you're going vegan it might need more fat and seasoning, so be prepared to add more olive oil and extra lemon, salt, and pepper. A classic not-vegan trick for extra rich and satisfying pesto: add softened butter to the finished sauce.

Simple Nettle Soup

- 5 potatoes, scrubbed and cut into bite sized pieces.
- 1 onion, peeled and sliced
- 1 quart vegetable stock
- 2 cups packed nettle leaves, uncooked but chopped into strips
- Lemon
- Parsley leaves
- Olive oil or butter

In a soup pot, sauté the onion in olive oil or butter until softened and golden. Place the potatoes in the pot with the onions, stir, and cook for 3-5 minutes to absorb some of the flavor and fat. Pour over the vegetable stock, bring to a boil, then reduce to a simmer and cook until the potatoes are tender.

Add the nettle leaves and cook until bright green. Take a ladleful of broth and pour over the parsley leaves, then blend in a food processor or with a hand blender. Add the very green sauce to the soup and continue cooking over low heat for a few minutes. Squeeze in lemon juice and season with salt and pepper.

Other recommendations:

Dry the leaves and use them to brew infusions. Stir cooked nettles into almost any soup. Make a mostly-nettles soup. Make saag with nettles. Put nettles on pizza. Combine nettles with other favorite cooked greens. They are ready to join the party with kale, collards, and chard.

Andrew Barton is a Member-Owner, preschool teacher, and cookbook author. Find his book "The Myrtlewood Cookbook" at myrtlewoodpnw.com.



Practical Spring Cleaning Products for Your Home (& Your Face)



Snow Lotus Essential Oils

\$9.29 to \$19.29

Essential oils are great to have on hand for spring cleaning, whether to put in your diffuser or to add to homemade cleaning products. Snow Lotus oils are made from organic ingredients and distilled using steam to ensure the highest quality and best therapeutic benefits. Energize (with lavender, rosemary, eucalyptus, and fir) and Rejuvenate (with blue tansy, frankincense, and spruce) are particularly appropriate spring-y scents.



Acure Brilliant Brightening Facial Scrub

\$9.99

Spring cleaning for your face! This facial scrub is a staff favorite, and there's a pretty good chance you'll love it, too. Made from great vegan ingredients like kelp, French green clay, lemon peel, and walnut shell, this scrub exfoliates gently (but not too gently) and smells great, too. It'll become an indispensable part of any shower routine, and lucky for all of us there's a \$2 off Acure coupon on our shelves through April 30th.



Skoy Scrub

\$5.99 for two

Skoy cloths are washable, reusable scouring pads, except better. Super cute and made of cotton and food safe hardener, Skoy scrubs really last. You can also wash them in your dishwasher or with a load of towels in the laundry. They are safe for scrubbing on most surfaces, and have lots of uses outside of the kitchen!



Seventh Generation Toilet Bowl Natural Cleaner

\$5.79

Maybe you never thought that you'd be devoted to a particular toilet bowl cleaner, but Seventh Generation made one you can love. It smells like trees, which is way better than generic cleaning product fumes. It also has a shape and spout that make applying the product to your toilet slightly more joyful. It also cleans your toilet pretty darn well.



Dr. Bronner's Sal Suds

\$6.49

Sal Suds isn't a soap, but a concentrated all-purpose cleaner appropriate for laundry, dishes, floors, and a whole lot of the other cleaning that is on Spring to-do lists. It's a powerful enough cleaner to tackle many messes but still manages to be gentle on the skin. Made of plant-based surfactants and woody essential oils, Sal Suds are also biodegradable and certified 100% cruelty-free!

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.

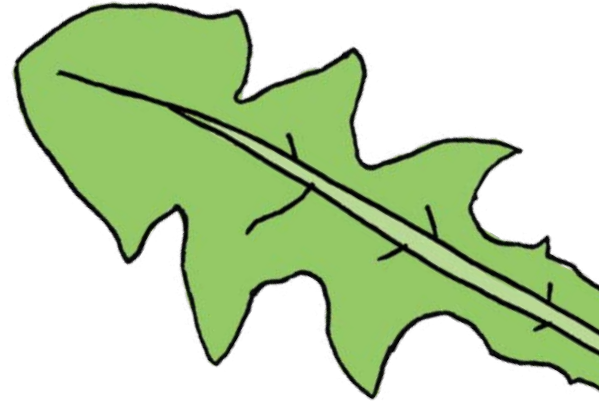
#7 Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.



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Earth Day at the Farmers' Market

Wednesday, April 24th, 2-7pm

Join us for Earth Day crafts, live music, free starts, a seed swap, storytime for the kids, & delicious food!

