

SUMMER 2018 | FREE

# grassroots

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP



**A PASSIONATE  
COMMUNITY**  
WORKING TOGETHER

*for* **SUSTAINABILITY,**

PROGRESSIVE *Land & Animal* STEWARDSHIP

**HUMAN RIGHTS, SOCIAL & ECONOMIC  
»JUSTICE«**

THRIVING **COOPERATIVE**  
*AND* **LOCAL ECONOMIES.**

*A SAFE Welcoming* **COMMUNITY**

WHERE *ALL* ARE VALUED.

..... **A** .....

**DEMOCRATIC WORKPLACE**

WHERE ALL *Voices* **ARE VALUED.**  
WORKERS

**ACCESS TO HEALTHFUL FOODS**

OUR CUSTOMERS CAN  
**TRUST.**

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Left: People's Ends Statement, adopted by the Board of Directors in 2007, guides the goals and values of the day to day operations of People's Food Co-op.



## 2018 Annual Meeting of Member-Owners

Saturday, July 14th, 10am-3pm at St. David of Wales  
2800 SE Harrison St.

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The Annual Meeting is a time for the People's community to get together and discuss how the Co-op is doing and what we value in this place we all share. Board directors, staff, and Member-Owners discuss how the last year has been and what we're looking forward to moving forward. This year, the Collective will be sharing updates on the long-term planning process and asking for feedback from Member-Owners. The Board of Directors is working to revise the Co-op's Ends Statement, and needs to hear from Member-Owners about what we will be working towards together.

We're in a critical moment for the Co-op, and we need your voice to help us shape the future of our grocery store and our community. We hope you'll join us to connect with the other people in the People's community and see what we all can do together.

**BREAKFAST TREATS, MEET BOARD CANDIDATES, & VOTING AT 10AM  
PROGRAMMING STARTS AT 11AM • LUNCH BY THE SUDRA AT 12:30PM**

*The Annual Meeting is free for Member-Owners and their guests. Come prepared to cast your ballot for the Board of Directors! Find more details about the Annual Meeting and elections at [peoples.coop/elections](http://peoples.coop/elections).*

# What Difference Should People's Food Co-op Make in Our Community?

BY **NAOKI YONEYAMA, BOARD SECRETARY**

This is the question your Board has been trying to answer as we look forward to the next 10-20 years. The role of the Board is to spend most of its time addressing the mission (we call this our Ends) with a long-term perspective to make sure it is up to date with current trends and future needs of our community. They are the Board's major contribution to long range planning which help steer the Co-op in the direction we, Member-Owners, want.

The Co-op's current Ends statement was written in 2007:

*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.*

This statement is reflective of all of the values we hold and has guided us for the last decade. With time, however, the Board has realized that this statement is too broad and hard to put in to practice as well as difficult to measure our progress. Moreover, a lot has changed since 2007, when we were one of the only sources of organic products in SE Portland.

Why are we relevant today? What difference do we still make in our community?

While we have done much internal reflection in recent years, the Board lately has been looking with a wide lens at what other co-ops are doing across the country. Annie Knupfer, author of *Food Co-op in America: Community, Consumption, and Economic Democracy*, suggests that democracy and community are what makes us different, she puts it this way: "I think today the question would be, why a food co-ops, when there are so many other options, like farmers' markets, CSA's, organic food stores. Unless you have a strong commitment to the ideal of food co-ops, you have a lot of options." But, one thing co-ops offer is a sense of community and empowerment in decision-making. "You can't go into a CSA or grocery store and participate. I think what a co-op needs to provide is a sense of community."

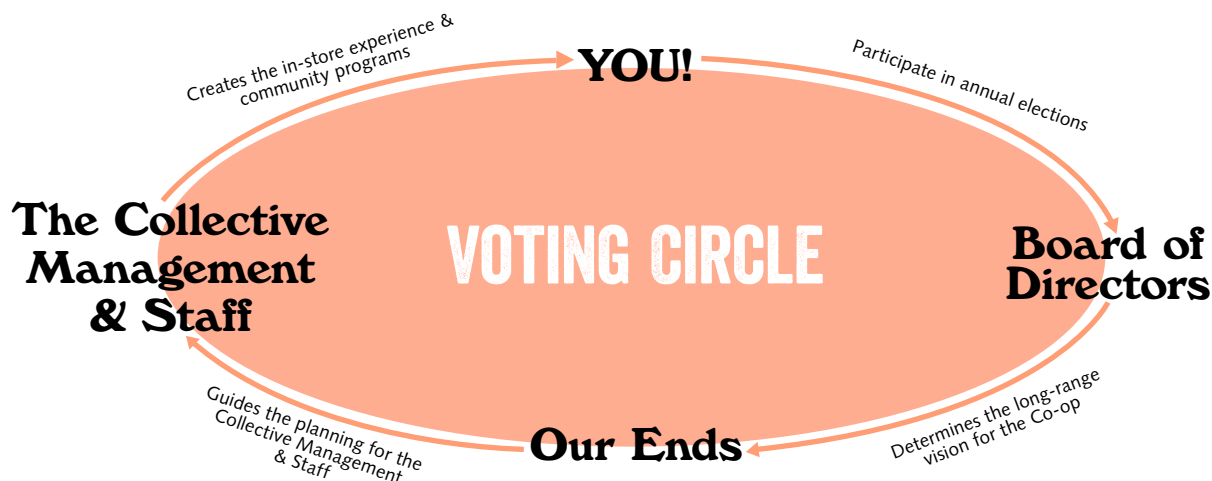
The Board has also reviewed the results of the ongoing 2018 Member-Owners survey to better understand the needs that People's fulfills. We learned that while other grocers in town provide organic and local food, People's food selection and guidelines is still the number one reason customers shop here. Specifically, the top product qualities and top words were the following:

- Humane treatment of animals
- Whole foods
- Local and organically grown
- Farmers' market
- Bulk
- Community

We will continue to learn about the needs in our community as well as the trends nationally to draft a more specific and actionable mission statement. In that respect, join the Board at the Annual Meeting or write us an email to answer this question: what difference should People's makes in our community? 🗳️

Further readings:

- *Can Food Co-ops Survive the New Retail Reality?* from *Civil Eats*
- *Are Food Co-ops Still Relevant?* by Stuart Reid
- *Food Co-op in America: Community, Consumption, and Economic Democracy* by Annie Knupfer



# Long-term Planning Update

BY KATHRYN KUCERA, DEVELOPMENT MANAGER AND CO-MANAGER

The Collective Management has been narrowing down long-term project options since last year. This winter, the Long-term Planning Committee learned that projects it had been focusing on – relocating in inner SE or opening a much larger second store (10,000 sq. ft. or larger) – weren't viable options for People's in the near future. The Collective Management has now shifted our focus from pursuing one large fix for the Co-op's needs to address crowding and stagnant sales growth, to envisioning a multi-year plan made up of a series of smaller-scale, interdependent projects that could sustain the Co-op into the future.

After months of research, the Long-term Planning Committee is recommending the following plan to the Board and Collective, and are interested in hearing your feedback, concerns, excitement, needs, and ideas of how to support these possibilities.

## **WE ARE LOOKING INTO ACQUIRING A WAREHOUSE BY THE END OF 2019.**

Our long-term plan needs to address two major components: **a plateau in sales growth & inadequate space** for staff & HOOs to work safely or for customers to shop comfortably.

Acquiring a warehouse could address sales growth by allowing us to acquire higher discounts from our primary distributor, and put more items on better sales for longer. Being able to store inventory and equipment off-site would also relieve some of our spatial constraints, building capacity for us to work more safely & efficiently in the store.

We're excited about the ways a warehouse could improve and expand our special order program for customers. It would also provide us with a really clear avenue to cooperate with other local food co-ops through joint purchasing in larger quantities from local farmers and vendors, the possibility of a shared commissary, and expanded opportunity for local distribution via online orders and possibly even delivery. We see a similarly promising opportunity to expand distribution to local restaurants and other types of cooperative businesses and/or housing communities that could benefit from both the Co-op's rigorous product standards and ability to influence pricing, given more space to store orders.

Initial financial projections show that the Co-op could sustain the costs of a warehouse (which are miraculously still readily

available at reasonable prices in inner SE Portland) for up to a year, even without generating additional profits. Given that, we feel this would be a good first step to building the Co-op's capacity at our current location. However, we have learned in studying the growth trajectories of other co-ops that warehouses turn the corner from stop-gap measure to profitability when servicing multiple store locations.

## **WE ARE ACTIVELY RESEARCHING OPPORTUNITIES FOR OPENING A SECOND RETAIL SPACE BY 2023.**

While a warehouse could relieve a significant amount of pressure on our beloved anchor store, the fact remains that we only have about 2100 sq. ft. in which to sell groceries to the Co-op's – and Portland's – expanding communities.

Because of that, we've been talking about some kind of additional store since the beginning of this process. We think that with the support of a warehouse and a few more years to rework our operations toward more efficiency, we'll be in a better position to take on the challenge of opening another venture.

In our current space, our options for improving accommodations for shoppers' accessibility needs (particularly the use of mobility devices, large bodies, big families, etc) and providing a safe and sustainable work environment for workers are limited, so we're looking for slightly larger, more customizable sites for a second store, in the range of 3,000-7,000 sq ft.

This iteration of a multi-store vision presents fewer risks than previous conversations about opening a much larger second store because, in addition to building in some more time to prepare for such an undertaking, it plays on our strengths; running a small neighborhood grocery store is one of the things we do best, and in Portland there's less competition for small scale retail grocery. A larger store would have required us to put our current location on the line to afford rolling out a totally new kind of People's, and at the end of the day that was a risk not worth taking.

Another store in a different neighborhood allows us to provide our products to a bigger group of people, and we're particularly interested in opening a store in a neighborhood that actively wants a food co-op like People's. In addition to connecting more folks in Portland with People's Ends, we

## “BEING ABLE TO STORE INVENTORY AND EQUIPMENT OFF-SITE WOULD ALSO RELIEVE SOME OF OUR SPATIAL CONSTRAINTS, BUILDING CAPACITY FOR US TO WORK MORE SAFELY & EFFICIENTLY IN THE STORE.”

are excited about the opportunities to bring some long-held dreams to fruition that haven't been possible at People's so far, such as a deli or our own line of healthy and affordable prepared foods. To that end, we're also interested in emergent opportunities for varying our retail offerings, whether that's operating a food truck, or some other kind of new-to-us business that could work in tandem with a second location.

### **THE LONG-TERM PLANNING COMMITTEE IS NOT RECOMMENDING A FULL EXPANSION OF OUR CURRENT BUILDING.**

After an estimate from local architectural firm Communitecture, we learned that our only options for expanding on-site would be filling in the courtyard, adding onto the back porch, and adding only a few feet onto the sun room on the Tibbetts side of the building. This is largely due to the Co-op's zoning situation and the denial of a commercial rezoning in the past few years. A preliminary financial study showed that this scale of expansion would afford the the Co-op about 5 years of increased sales growth before returning to the flatlining situation we are currently in. Additionally, the Collective had concerns about how adding more retail space without being able to expand in the backstock and storage areas of the Co-op would put further strain on workers and operations. Considering the cost of the project (over a million dollars) and its limited ability to support the Co-op financially, the Long-term Planning Committee recommends that we look into different ways of improving the current building's accessibility, ergonomics, and use of space via smaller-scale renovations and reorganization of the space we have.

### **WE ARE CONTINUING TO LOOK INTO WAYS TO COLLABORATE WITH OTHER LOCAL CO-OPS AND RAD FOOD BUSINESSES TO BETTER MEET OUR OPERATIONAL NEEDS, AND THE NEEDS OF OUR COMMUNITIES.**

We've had one meeting so far with the other food co-ops in town to discuss our co-ops' needs and what a shared vision and collaboration on projects could look like. One example of the many energizing things that came out of that meeting was wanting to connect our communities more, to rethink and spread the word about the potential for community empowerment co-ops can provide, as an alternative to large corporate grocery stores and waning government support for food access. We see lots of potential via a warehouse for co-purchasing in large quantities to provide excellent prices to our customers. We also think it could expand our offerings of local foods, by allowing us to purchase and store more goods from smaller vendors. We're also eager to explore

how the Co-op could more intentionally tap into Portland's restaurant scene, through wholesale distribution and other partnerships. We're exploring how partnering with other businesses (co-ops, non-profits, and independent businesses) that could provide new ways for People's to offer healthy, affordable prepared foods via shared commissary space or cafe type venture. These are just some of the ideas!

At the end of June, the Collective will have decided on this plan, giving way to the development of next steps toward implementation having incorporated Member-Owner feedback from community forums and the survey. For any plan, we will proceed in compliance with Board policy which requires that we seek out professional advice and feasibility assessments. Any decision about acquiring a site for another People's will be subject to Board approval. The Board and the Long-term Planning Committee are more aligned than ever and have a shared commitment to seeing the planning stages of this process through by the end of 2018.



After spending the past few years preparing the soil, we are so close to a plan that is suited to the needs and desires of People's stakeholders, provides hope for addressing our challenges and builds our capacity to keep feeding the revolution that we can smell its loamy promise. We feel a renewed sense of optimism about the future as we've begun digging into the details, with some felicitous prospects in our care and the resiliency of People's on our side. 🍷

### **Here are some opportunities for further engagement with the Co-op's long-term planning process:**

- Annual Meeting of Member Owners, July 14, 10am-3pm
- Fill out our survey! You can find it at [peoples.coop/survey](http://peoples.coop/survey).
- Email the Board of Directors at [bod@peoples.coop](mailto:bod@peoples.coop), or the Long Term Planning Committee at [planning@peoples.coop](mailto:planning@peoples.coop).

### **For more information about our process thus far, check out the following resources:**

- Previous issues of our Grassroots newsletter: [peoples.coop/newsletters](http://peoples.coop/newsletters)
- Our website: [peoples.coop/vision](http://peoples.coop/vision)
- The 2017 Annual Report, available in the store and online

# Vote!

## HOW TO VOTE

A few weeks ago, you should have received the Annual Report in the mail, and along with it a booklet about the Board of Directors candidates and a ballot! If we have an up to date email address on file, you also should have received an email inviting you to vote electronically.

You still have time to vote online or via a paper ballot, and more opportunities to get to know the Board of Directors candidates! Below, we've included each candidate's response to the question:

*Lots of other stores sell natural foods, and more and more retailers are popping up online. What can People's do to continue to stay relevant to our community?*

You can find answers to four other questions online at [peoples.coop/elections](http://peoples.coop/elections) or on the online ballot (just click "view details"). We hope that the candidate's responses will help you choose who to vote for. **If you want to meet them in person, come make ice cream floats with the Elections Committee and the candidates outside of People's on June 23rd, 2:30-4:30 pm.** All of the candidates will also be at the Annual Meeting, where they will make a statement and be available to answer Member-Owners' questions.

If you lost your paper ballot or can't find the link to your electronic ballot, don't worry! We have plenty of extra paper ballots available at the store. Remember that only the primary shareholder (or the person whose name is associated with the share) can vote. If you file both a paper ballot and an electronic one, we'll count the electronic one.

- **One PeopleShare, One Vote.** The primary PeopleShare holder may vote. Households that own a PeopleShare together are still only given one vote.
- There are 3 open seats on the Board, which means you may vote for up to three candidates. The term for Board directors is 3 years.
- Paper ballots can be returned by mail or dropped off in the store.
- Owners can opt to vote online instead of via paper ballots. All owners that have a valid email address on file with the Co-op received an invitation to vote securely via our online elections administrator, Simply Voting. If you submit both an online and a paper ballot, the online ballot will take precedence. If you think that we might not have your current email address, please email the Elections Committee at [elections@peoples.coop](mailto:elections@peoples.coop) to update your address.

**BALLOTS ARE DUE SATURDAY, JULY 14TH AT 10PM**



## LOTS OF OTHER STORES SELL NATURAL FOODS, AND MORE AND MORE RETAILERS ARE POPPING UP ONLINE. WHAT CAN PEOPLE'S DO TO CONTINUE TO STAY RELEVANT TO OUR COMMUNITY?



### Gordon A. Davis

I use the internet to research all sorts of commodities and products but I draw the line at shopping on the internet unless I absolutely can't get it local and would never, ever shop online for food or supplements. This trend away from local brick and mortar is death to our communities! I want an actual connection with any business I patronize and the people who make that business happen. I'm not referring to a virtual internet connection here. I prefer to do business with worker or member-owned businesses that adhere to the seven principles as closely as possible. The co-op stays relevant to our community by continuing to follow the seven principles and to begin to actually implement them more fully. No one needs to be reminded that it is best to know where your food comes from, who grew it and how it was grown. One can never be sure in regular retail let alone from the internet. Connecting people with the food and the food producers is vitally important for those in the know and will become increasingly so as time goes on. We need to emphasize the high quality and great plethora of rare items that are available at People's. Yes, one can purchase these things online but who knows how long the product has sat on a shelf and who can really say what is in it. People's has earned my trust in a way that an online store could never do even if I gave them the chance. If I have questions about a certain product, I know I can go to the buyer and get the answers I seek or be told where to go to find those answers. One can rarely do this on the internet or even in most conventional retail grocery stores.



### Vishal Dhandia

Collective consciousness is evolving as we are becoming more aware of ourselves, our health and our environment. We as a community are striving to become more sustainable, eco-friendlier, healthier and more compassionate. People's needs to work in alignment with the change around the world and in Portland of course. Portland is one of the most progressive cities in the US, pioneering the evolution of the new age woman and man and People's has a big responsibility to make sure it's ready to serve to a new way of life. Apart from selling natural organic food, People's needs to take a step forward to progress towards becoming a healthier and affordable food store, serving only the healthiest products which are good for the families, children and their pets, and making sure that our operational processes are sustainable and eco-friendly too. Every day more people are becoming environmentally conscious and as a result more and more zero waste grocery stores are opening around the world to fight plastic waste that's killing our planet. People's should envision itself becoming a zero-waste store in the coming years and hence start working in that direction. Of course, it would be essential for People's to educate its Member-Owners about the value of going zero waste and the ways and means of doing it. Moreover, online order and bulk delivery system, affordable pricing, a café, a bigger marketing spending to expand our thriving community and more activities such as mixers, soirees etc. will play an important role in shaping People's future.



## Chris Eykamp

I am very happy to see an increasing number of stores offering healthy, organic foods – it means our values are winning in the marketplace. But shopping is more than just product selection and price, it is a physical experience, and, at its best, creates social connections and community. New Seasons offers many products that People's cannot, but the shopping experience is anonymous and impersonal. Those who shop at People's are choosing a human-scale experience, one that cannot be replicated in a larger store. That experience is what differentiates us from our competition.



## Judith Maron-Friend

From my perspective, natural foods are only a portion of the equation. What makes the co-op vital is its ideals of inclusion, acceptance and true community. Further, it continues to surpass many of these other organizations because it remains true to sustainability and working with local farms. We have an obligation to uphold these ideals and more importantly to educate our growing community regarding just how vital it has become to protect the environment and the planet by not abandoning these ideals and not turning away from advancing our positive impact on the environment and the community at large through this commitment. Education is key and reaching out to the community with the desire to share our knowledge can help to fortify and nurture these objectives. Staying relevant may simply mean to continue to embrace and "expand our individuality" in the marketplace and I believe that there are many ways to do this which need to be explored. However, first and foremost, I feel that it is vital to gain a following through what makes us strong and unique.



## Liz Robertson

With growth, expansion, and change on the horizon, it's important for People's to stay true to its roots as a cornerstone of the community. There are countless stores in Portland that sell natural foods, but how many of those have an Ends Statement that they tirelessly work towards achieving, with the goal of prioritizing the needs and well being of shoppers, Member-Owners, Collective Managers, and the environment? Not many. To stay relevant in a time when organic, natural, and local foods are taking up more and more shelf space in mainstream grocery and box stores, People's can continue to balance growth and expansion with maintaining the values that originally drew each of us to the co-op.



## Peter Siracusa

By learning to engage the creative energy of the general membership. The owners of People's have millennia of accumulated life experience. Some have decades of co-op experience. They are unsure of how to share their gifts. Let's find a way. As a start, maybe a night of old co-op stories.



# A Dispatch from the Burgerville Workers Union

**BY EMMETT SCHLENZ, BURGERVILLE WORKER**

As Portland heads into summer, the Burgerville Workers Union heads toward making history. It's been a big year for the BVWU so far. Our strike in February, which unfolded in four stores over three days, was the largest US fast food strike in forty years. Our recent and historic union election wins, too, at both the 92nd & Powell and Gladstone locations, made the BVWU the only federally recognized fast food union in the country. We won't be the only one for long though, as we hope the example of the BVWU inspires other workers in fast food and demonstrates that they don't have to put up with poverty wages. We hope our victories this year, from the strike to the elections, show them that a better world is possible.

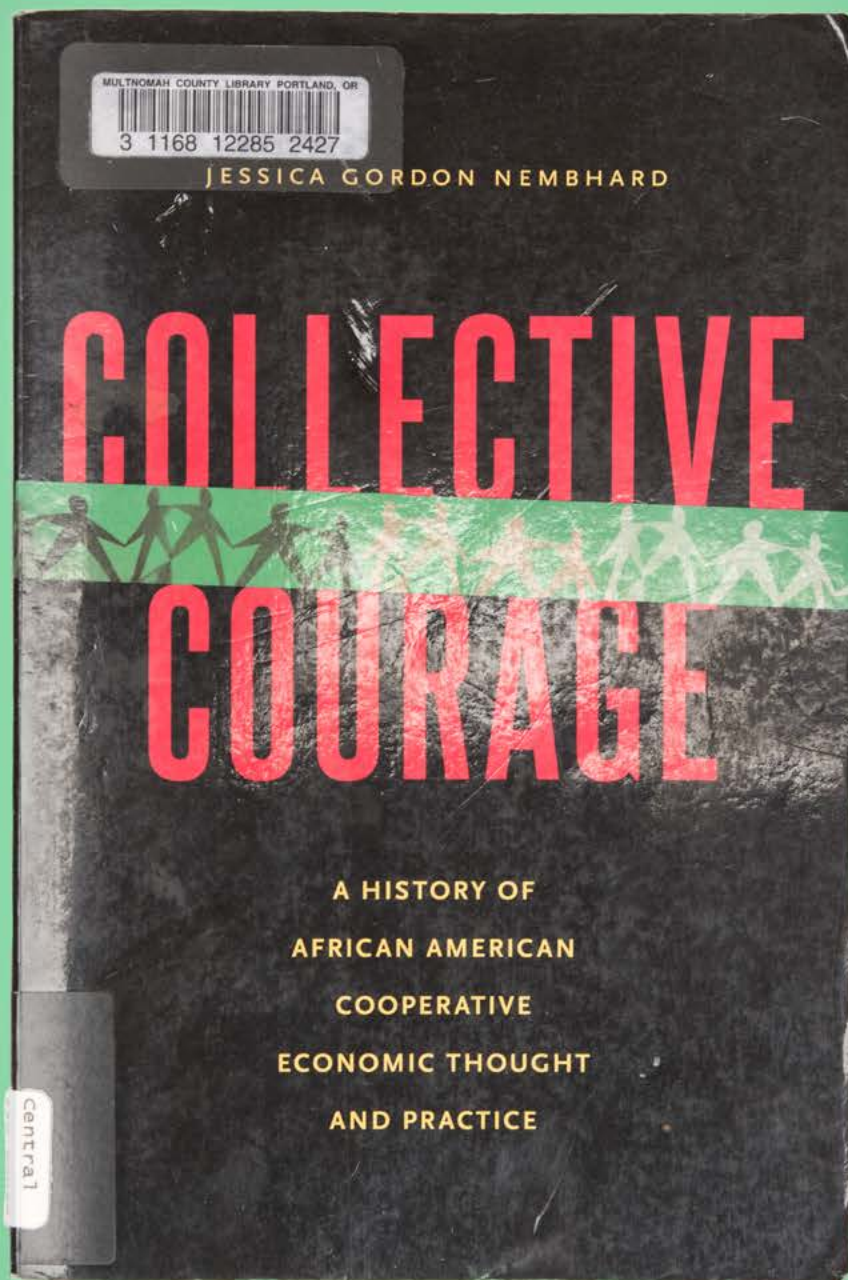
We still have a long road ahead of us, however. Through our successful elections, the union has forced Burgerville to negotiate with us, a process that began in early June. On the table are the demands we have been making since the very beginning: a living wage, an end to Burgerville's use of the anti-immigrant program e-verify, affordable health care, consistent scheduling, and more. This is an opportunity to change fast food for the better, to make a pro-worker foothold in an industry where poverty wages are the norm.

But we can't do it alone. Since the union launched in April 2016, community support has been crucial. The people

of Portland have turned out to our picket lines, donated materials and money, and joined the boycott. People's Food Co-op is a great example of Portland showing up to support the BVWU. During the build up to our February strike, People's ran a month long fundraiser to help us build a strike and hardship fund in the event workers got fired. People's has been an enormous help to Burgerville workers, and we are forever grateful that they have stood by us for so long.

And as the BVWU's fight continues, in contract negotiations and beyond, we ask the rest of Portland to do the same. Come out to our pickets, talk to your friends about us, and most importantly remember to boycott Burgerville! The boycott will run until corporate signs a fair contract with us. We've come a long way this year, but we have a long way to go, and we need you to come on that journey with us.

**TO FIND OUT MORE ABOUT THE BURGERVILLE WORKERS UNION AND THEIR BOYCOTT, CHECK OUT [BURGERVILLEWORKERSUNION.COM](http://BURGERVILLEWORKERSUNION.COM) AND [BOYCOTTBURGERVILLE.COM](http://BOYCOTTBURGERVILLE.COM).** 📍



# African-American Co-ops & Collective Courage

BY LADONNA SANDERS-REDMOND, DIVERSITY & COMMUNITY ENGAGEMENT MANAGER  
AT SEWARD COMMUNITY CO-OP

*In celebrating the power of the cooperative model, it's imperative to address the impact of cooperative economies across diverse communities. This book review comes from our colleagues at Seward Community Co-op in Minneapolis.*

Dr. Jessica Gordon Nembhard's book, *Collective Courage*, is about the forgotten history of cooperative economics in African American communities. It begins by expanding the definition of cooperatives to include the development of mutual aid societies. Mutual aid societies share contemporary co-op principles, such as voluntary ownership, owner-led and owner-organized operations, and participatory democracy.

For example, Dr. Gordon Nembhard discusses the Free African Society, founded in Philadelphia in April 1787 by Richard Allen, who also is the founder of the African Methodist Church. The purpose of the Free African Society was to serve the spiritual, economic and social needs of Philadelphia's African American community.

The book uncovers numerous examples of cooperative economics throughout the history of social justice movements in the United States. Many pioneers in the Civil Rights Movement have their feet rooted in cooperation economics. From Frederick Douglass to the Black Panther Party, the human rights movement is filled with examples of economic self-help.

However, successful use of the cooperative model has come at a cost for some African Americans. The increased visibility and success of black-owned cooperative businesses has made them more visible as targets for racially motivated violence. Ida B. Wells, journalist and anti-lynching advocate, found out firsthand that the quest for ownership, economic control, and access to food was a dangerous undertaking.

In 1889, the Peoples Grocery in Memphis was a cooperative owned by 11 prominent blacks, including postman Thomas Moss, a friend of Ida Wells. The store was created to serve the needs of the black community in a neighborhood of Memphis called the "Curve." Peoples Grocery was very successful and attracted customers, black and white, from all

over Memphis. The popularity of the new store negatively impacted the business of white grocery store owner William Barnett, however, and this created tension between white and black customers.

As a result of an altercation between two children at the store, Moss and two of his workers were lynched by a mob organized by the owner of the white grocery store across town. In the end, Peoples Grocery was sold to the white store owner for a fraction of its value.

The story of Peoples Grocery isn't only about food. Truly, this story is about equality and freedom.

Similarly, the co-op movement is not just about food, either. It's about community-based economics and activating entire communities.

## “SUCCESSFUL USE OF THE COOPERATIVE MODEL HAS COME AT A COST FOR SOME AFRICAN AMERICANS.”

The disparity in cooperative models arises when cooperative principles don't specifically address race per se. Ideally, cooperative principles include attention to racial equity and justice to appeal more directly to communities of color — and to empower them.

Dr. Gordon Nembhard's book, *Collective Courage*, serves to reconnect communities of color to cooperative principles and practice. This book provides an opportunity to discuss the ways where cooperative principles can incorporate values of equity and justice, and ways that we can learn through history to promote a model that works well for all people and communities.

A deep commitment to racial and social justice is essential to the viability of the cooperative movement as a whole, and to local co-ops in particular. 🌱

**LADONNA SANDERS-REDMOND IS THE DIVERSITY & COMMUNITY ENGAGEMENT MANAGER AT THE SEWARD COMMUNITY CO-OP IN MINNEAPOLIS AS WELL AS A RAD FOOD JUSTICE ORGANIZER. CHECK OUT HER TED TALK ONLINE!**

*Reprinted with permission of PCC Community Markets (Seattle) and Seward Community Co-op (Minneapolis).*

# Can Co-ops Save Social Media?

BY BRIAR ROSE SCHREIBER, TECHNOLOGY COORDINATOR & CO-MANAGER

"If you are not paying for it, then you are the product being sold." This statement has recently become a mantra of sorts for our relationships with social media platforms, but does it have to be this way? It has become painfully obvious that the users of social networks have different (and sometimes contrary) values from the owners of the various social networks. Most notably, recent exposure of how Facebook mishandled customer's private information, by handing millions of users' data over to Cambridge Analytica who then manipulated that data to aid political campaigns and influence elections both in the US and abroad, has many questioning how we can find alternatives to these giant corporate entities driven by profit.

When we use social media we often want a particular service: a communication medium with which we can connect with friends, family, acquaintances, interest groups, and even strangers. We seek out like-minded people across the internet to connect with. The corporate driven business models of Silicon Valley do not view our interactions and connections for their community power, but instead as commodities to be sold to those who wish to use our communities for their own personal gain. The only way these business models allow for this type of a social network to arise are those that make our social connections the sole property of the businesses themselves.

It wasn't always this way. We can all exchange email messages with each other regardless of the company that hosts our email service. For example, I can send and receive email at my address on Google's Gmail with a user of Yahoo! Mail. Instead of centralizing the messaging network the ownership of our exchanges is decentralized across many services that all know how to talk to each other and work

together. Unfortunately, it's clear that Facebook, Twitter, and other popular for profit social media ventures are not interested in relinquishing their ownership of our community connections and digital interactions by decentralizing their services in this way.

Not all digital ventures are driven by the values of Silicon Valley industrialists. Free Open Source Software (FOSS) is a label for computer code that is shared freely and openly. For example, the Firefox browser, developed by the non-profit Mozilla, is written this way. If one has access to the technical skills needed they can make their own version of Firefox customized exactly as they want. FOSS is not relegated to only browsers; the code that runs social services can, and has, been written in this way.

Mastodon is an example of a FOSS project that describes itself as a "self-hosted, globally interconnected microblogging community". Microblogging in this case refers to the style of social network that Twitter has made popular. Mastodon is more than just software as it is also a set of rules with which anyone can communicate in a decentralized fashion with any other person who uses the Mastodon software regardless of who hosts their server code.

Because of its community and openly available code, users have been able to advocate for themselves and add features important for marginalized groups that fall outside of the confines of profit driven models. For example, LGBTQ individuals, who were early adopters of Mastodon, successfully pushed for adding voluntary content warnings to posts which allow users to add a word of warning to their posts if they contain troubling or emotionally volatile content (such as news on violence and war) and a button to show the

content the warning alludes to if any reader decides to go ahead and read it.

Still, not everyone can set up a Mastodon server. We live in a world of specialization, and the skills needed to setup Mastodon cannot be universal. This recreates some of the dynamics of power in the centralized Silicon Valley social networks where a specialized class is appointed de facto benevolent leader.

Today, there are thousands of different Mastodon communities interacting and sending messages to each other. Some servers are organized around benevolent leader personalities, interests, location, or any multitude of points of unity. Some have even built websites to help you find a Mastodon community that works for you, like: [joinmastodon.org](https://joinmastodon.org).



Any one individual may not have the power to erect their own social media service, but in both the physical and digital worlds we are not alone. We can come together and empower each other to build strong communities both in-person and online. So, why not organize a cooperative Mastodon server?

**“BECAUSE OF ITS COMMUNITY AND OPENLY AVAILABLE CODE, USERS HAVE BEEN ABLE TO ADVOCATE FOR THEMSELVES AND ADD FEATURES IMPORTANT FOR MARGINALIZED GROUPS THAT FALL OUTSIDE OF THE CONFINES OF PROFIT DRIVEN MODELS.”**

Social.coop is one Mastodon server that has committed themselves to just this. By organizing their collective skill and their community connections they have built a social media service that is owned by its users. In their bylaws, they describe their vision as: “... building, owning and controlling our own technology as a community, in order to achieve collective liberation and care for the intricate world of which we are a part.” (<https://social.coop/bylaws>)

Decisions on how Social.coop is operated and run are decided through an online consensus process within which any member of the co-op may participate. Instead of having to react to the more and more invasive practices of corporate social networks, member-owners of Social.coop have a direct, democratic voice to make their community the type of space they want to participate in.

Mastodon is not a replacement for Facebook or Twitter. Those companies own our social connections and interactions on their platforms. If we want to utilize those social connections on these centralized services we must play by their rules as they, as legal owners of those social connections, will always dictate the terms within which we are allowed to interact. However, Mastodon is an alternative to that centralized Silicon Valley vision of digital social connections. By organizing new communities on Mastodon, we have the opportunity to define our own terms and own our own social connections in the digital world just as we do in the physical world. We can't do this alone, but maybe we can together. 🌐



# NW Ferments Makes Fermentation Fun!

BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER AND CO-MANAGER

## PERFECT YOUR SAUERKRAUT WITH NW FERMENTS

Wednesday, July 22nd, 5-7pm

Join us for this hands-on workshop! You'll learn all about vegetable fermentation, the health benefits of veggie ferments, and how you can save money by making your own. Take home a quart of your very own special sauerkraut blend. Come get fermented with us! Registration is recommended but not required. Free and open to all.



If you follow NW Ferments on Instagram, two things about owners Wendy Jensen and Sue De Paolo are immediately clear: these gals are really enthusiastic about fermented foods and beverages, and are also tons of fun. They share lots of short videos reporting back on fermenting experiments (what does water kefir do when it's in milk?), workplace pranks, and photos of "Skippy the SCOBY" on his travels. But the real gems are offline: NW Ferments makes an impressive variety of starter cultures for everything from sourdough to yogurt to kefir.

Located in Oregon City, NW Ferments has been in business for two years and People's has been selling their cultures for nearly that long. Wendy and Sue met at a local food preservation class and quickly realized that they shared an obsession with fermented and preserved foods. They decide to put their knowledge of fermentation to use, and started supplying starter cultures to a company that later relocated to the East coast. "When we lost that income we decided – who better to start up a new company, doing what we know best, supplying Pacific Northwesterners with quality, reliable starter cultures," they wrote to us. NW Ferments now sells tons of starter cultures as well as fermentation supplies and books about fermentation. All of the ingredients in NW Ferments' products are organic, fair trade, and non-GMO. The company is committed to providing top notch products and customer service, because they "believe in the power of fermented foods to heal and improve the health of people."

Wendy and Sue are also dedicated to sharing what they know about fermentation with folks that are interested in learning. Their YouTube channel has lots of videos about how to use their starter cultures, including all of the different things you can make. They also teach classes in the community and have a class all about making sauerkraut in the Community Room this August. To tide you over before then, Wendy and Sue shared two of their recipes (we really love the fermented cucumber pickles with the diva cukes from Groundwork Organics).

## Fermented Cucumber Pickles

These pickles are made the traditional way, by allowing cucumbers to ferment in a saltwater brine.

- 1/2 gallon unwaxed pickling cucumbers (or other small cukes), approximately 2-3 pounds
- 2-3 heads flowering dill
- 4 large bulbs garlic
- 4 tablespoons sea salt
- 2 quarts filtered water (you may have extra brine – save it in the refrigerator for another ferment)

Rinse the cucumbers well to remove any dirt or debris (trim away any stems or flowers that might still be connected). If you're using cucumbers that aren't freshly picked, place in your sink or a large bowl with ice cold water. Let set 20-30 minutes. This will crisp them up.

Peel the garlic, and drop it into your fermentation vessel. Then, add the pickling cucumbers and dill.

Create a brine by mixing the salt into the water and stirring until the salt dissolves completely (can be made ahead of time). Pour the brine over the cucumbers, weighting the cucumbers down if needed, and completely submerging all the ingredients. An airlock can also be used to keep air out and inhibit mold.

Allow the cucumbers to ferment for at least 1 week and up to 1 month at room temperature. Taste them every few days, until they achieve the flavor and sourness you like. When ready, remove weights and/or airlock, seal with a tight lid, and refrigerate. Can be stored 6 months to a year (really longer, if it molds-throw it out!)

## Sourdough Pancakes

- 1 1/4 cup flour
- 1 tablespoon sugar
- 1 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/8 teaspoon salt
- 2 tablespoon butter, melted and cooled
- 1 1/4 cup sourdough (or more, to taste)
- 2 eggs

Makes about 12 pancakes.

Whisk the flour, sugar, baking powder, baking soda and salt together in a mixing bowl large enough to hold the batter.

Beat the eggs, milk and butter together, and add to the dry mix. Incorporate well with a whisk, then let sit for at least 5 minutes. This will allow more bubbles to develop. If you prefer a looser batter, add some milk, kefir or other liquid.

Heat a pan or griddle. Grease with oil or butter and ladle the batter onto the hot surface. Flip the pancakes when bubbles form on the surface.

Cook until golden. Serve hot.

Dress up your batter with: sliced bananas, diced apples, nut butter, cinnamon, chia seeds, flax seeds – you name it!

**FIND OUT MORE ABOUT NW FERMENTS AND THE VARIETY OF PRODUCTS THAT THEY SELL ON THEIR WEBSITE: [NWFERMENTS.COM](http://NWFERMENTS.COM). FIND THEIR SAN FRANCISCO SOURDOUGH STARTER, TEMPEH STARTER, AND A VARIETY OF YOGURT STARTERS AT THE CO-OP. 🍷**



# Shopper Spotlight: Kristen Murray of Måurice

**BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER AND CO-MANAGER**

The first time I rang up Kristen Murray's groceries, I just about died. I'd been to Måurice, the 'pastry luncheonette' that Kristen opened in 2014, a few days before with my mom. As a person who enjoys baking and other sweet things, Måurice is a truly special spot. It's adorable, but a little quirky. The food all feels so special: a little unexpected and a little precious, but not in a way that feels unapproachable. There is black pepper cheesecake, often served with some seasonal fruit and edible flowers, which is probably my ideal dessert. So when I saw Kristen at People's, it was a little like seeing a rock star. Little did I know that Kristen has been a Member-Owner at People's for ten years, and finds some of the ingredients for dishes at Måurice here at People's! Read on to learn more about Kristen and Måurice.

## **What are your favorite things to buy at People's?**

Vegetables and fruits in between farmer's markets and deliveries to the restaurant. Your bulk section is amazing as well!

## **What other reasons do you come to the Co-op?**

It's amazing, period. Honestly, it takes me back to the grassroots of my California upbringing. I started going to farmer's markets, cooperative markets and trek to Hadley's Farm for dates/nuts with my great aunt when I was six – it's pretty ingrained in my nature at this point to find the small community driven market near me, even when I'm on holiday. I prefer it/them to the bigger chains.

## **How do your cooking and baking shift seasonally?**

In the winter it is heavier, more unctuous... Wintertime is rich, spicy, warming, nutty. Summertime is lighter, fresher or less cooked/baked, more snappy with texture and acid. My pastry is flaky year round though...

## **What produce do you look forward to the most in the summertime?**

Raspberries, Apricots, Wild Plums, Figs, Tomatoes, Cucumbers, Zucchini... delicate and punchy herbs.

## **How have your family and/or community shaped your cooking?**

I have always been taught to cook/bake with what you have. Use everything unless it has given it's life... there is nutrient and flavor in so many things most people discard. And to use fruits in savory dishes to add sweetness. I make a tomato and red currant soup that screams summer and always surprises our guests.

## **Tell us about your restaurant! How do you describe what you serve there?**

I have a very sweet and tiny pastry luncheonette in SW/downtown Portland that serves loads of pretty vegetable forward, fish leaning small plates. I cook how I eat, pretty clean for the most part, lite, with the intent to always save room for cheese or dessert. Enjoy a glass of wine with your meal.

## **What's the inspiration for Måurice?**

My heritage, upbringing and travels... I wanted a civilized lunch spot that was airy and light, melding my Norwegian and French roots. I was lucky enough to work in Courchevel and Beaune, France in my thirties... I reference that time, lessons and lifestyle much in my life/business of MÅURICE.

## **What makes it a special place for you and your customers?**

Its attention to detail, care for the environment/ambiance and the menu. It's so small yet it's all kitchen and seats (33), it is like inviting someone into my home. There is no barrier... we are humbled to do what we love in a beautiful yet minimalistic space. The staff and I take great pride in all parts of our guests' experience. And frankly, in creating a pleasing space we all want to be in. Life is too short to not celebrate and put as much positivity into it as possible. Head, Heart + Belly... they all are part of our desire to give a nourishing experience. 🍷



# Bulk in the Wild

## Camp Foods from the Bulk Section

BY LEBRIE RICH, HANDS-ON-OWNER

In August of last year I traveled to British Columbia and traversed 72 miles of lakes, waterways and connecting portages on the Bowron Lakes Canoe Circuit. This wilderness canoe trip took eight days to complete. To keep the portage trails pristine, weight limits are imposed on each canoe, so we were allowed 60 pounds of gear and food per 2-person boat. 60 pounds means that one can have more comforts than backpacking (lightweight camp chairs, clean socks most days) but little fresh food.

As a gluten and dairy avoider, most store-bought backpacking meals are not an option for me. With at least six hours of canoeing each day, breakfast at Bowron Lakes was important to get right. I created a breakfast that would provide lasting energy, use minimal fuel to cook, and be warming and delicious. It's a bonus that most of the ingredients are from People's bulk section, so I know they're organic, fresh and high quality. 🌱

### Camper's Oatmeal

Steel cut oats are the least processed oat, so they offer lasting energy for paddling. Soaking the oats overnight cuts down on cooking time and improves digestibility according to many sources. Each day's oatmeal ingredients are divided into 2 baggies for portion control and ease. Vary the nuts/fruit/nut butter day to day for a deluxe experience. Generously serves 2.

#### BAGGIE #1

- 1/2 cup steel cut oats (use a packaged one if you are strictly GF)
- 2 big pinches chia seeds
- 1 shake salt
- small handful dried fruit of choice

#### BAGGIE #2

- 1 tablespoon hemp seeds
- 1 tablespoon sunflower seeds
- 2 teaspoons coconut milk powder (could substitute cow milk powder)
- small handful of assorted nuts
- 1-1 oz packet Artisana nut butter (optional - good for flavor and protein)

Before going to bed at camp, put Baggie #1 into cooking pot with 1 1/2 cups water to soak overnight. Make sure it has a secure lid and is in a critter-proof container.

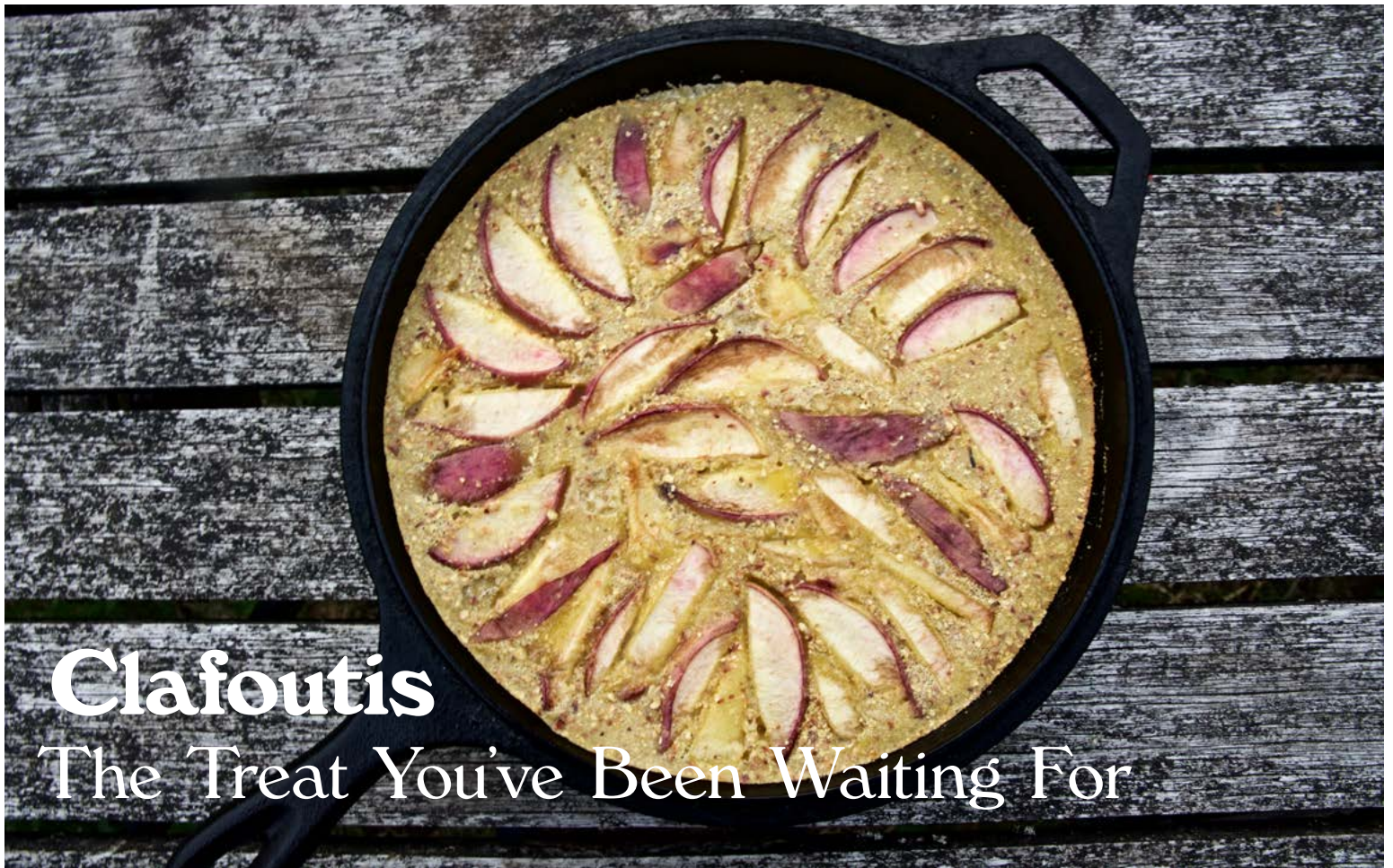
In the morning, bring the oatmeal and its soaking water to a boil and cook for 2-3 minutes, stirring occasionally. Turn off heat. Stir in contents of Baggie #2 and nut butter packet if using. Let sit for 5 minutes before eating. Wild blueberries are optional.

### Dairy-Free Drinking Chocolate

This is a not-too-sweet, decidedly adult hot chocolate mix. Coconut sugar has great flavor and is low glycemic so you won't get a sugar rush. Raw cacao powder is a superfood with well documented beneficial qualities. All ingredients are available in People's Bulk section.

- 1 part coconut palm sugar
- 2 parts coconut milk powder (could substitute milk powder)
- 2 parts raw cacao powder
- a couple pinches vanilla bean powder
- 1 shake salt

Mix ingredients together and then taste and adjust proportions/sweetness as desired. For thick drinking chocolate, mix 3 heaping spoonfuls with 6 ounces boiling water. Stir to dissolve powders. Tastes best when consumed after a long day of paddling into a headwind in the rain.



# Clafoutis

## The Treat You've Been Waiting For

**BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER AND CO-MANAGER**

Clafoutis is delicious. It has a nice custardy color, texture, and flavor. That it is French makes it feel super classy. I'll sometimes opt for making clafoutis when pie or cobbler feels like too much work. The very best time for this treat is right now when there are so many different fruits to choose from. Cherries are classic, but you could also use peaches, blueberries, plums, apricots, raspberries strawberries, currants or figs! Because the batter doesn't rely much on gluten from the flour for its texture, clafoutis is a great opportunity to get creative with different grains. I recently made one with a mix of rye, all purpose, and cornmeal, and I bet almond meal would be delicious, too. All the mixing can be done in your blender or in just one bowl with a whisk. There's no creaming, no waiting for butter to soften, not even any gentle folding. This is dead simple, even though the results are both elegant and delicious.

The recipe that follows is loosely based on Julia Child's, just to keep it classic. I usually make clafoutis in a 10" cast iron skillet, but you can make it in a glass or enamel pan instead. Metal often causes clafoutis to burn, so avoid it! If you want to start playing with different kinds of flour, try swapping out half of the all purpose flour first. Clafoutis is a great dessert, afternoon snack, and even breakfast so make it whenever!

Vegans, don't despair – there are recipes using aquafaba on the internet. 🍌

### Clafoutis

- Butter for pan
- 1 1/4 cups whole milk
- Scant 2/3 cup granulated sugar, divided
- 3 eggs
- 1 tablespoon vanilla extract
- 1/8 teaspoon salt
- 1 cup flour
- 12 ounces of the fruit of your choice!
- 1/2 cup nuts, sliced or finely chopped (optional)

Heat oven to 350 degrees. Butter whatever dish you are using.

Blend together the milk, 1/3 cup sugar, eggs, vanilla, and salt until it's frothy. Add the flour and continue blending until the mixture is creamy and the flour is totally incorporated. If you are using a blender, just pulse a few times – don't over do it!

Spread the fruit over the batter and sprinkle on the rest of the sugar. Add nuts with the fruit if using them. Gently put your clafoutis in the oven (about in the middle) and bake about 50 minutes, until it's puffed, brown, and a tester comes out clean.

Serve with powdered sugar, a little whipped cream, or all by itself.



# Stay Cool with Homemade Herbal Iced Tea

BY BRITA ZEILER, BULK HERBS & TEAS BUYER AND CO-MANAGER

As an herbalist, I'm always looking for ways to include seasonally appropriate medicinal herbs into my daily routine. Just like our food, our medicine should be seasonal! In warmer months, I make my herbal teas iced to stay hydrated and cool while enjoying the sunshine. I love herbal teas because they are hydrating, inexpensive, allow minerals & nutrients to be easily assimilated, and can be a fun and creative practice. I mix up herbs with flavors that call to me, like the bright flavor of lemon balm and the sweet and sour flavor of rose hips. Try out herbs on their own, or experiment with combining two or more. It is hard to go wrong, so get creative!🍷

## Tips:

- Make your tea by the quart or more to always have some ready in the fridge to sip and share.
- Tea kept in the fridge lasts 3 days max.
- Freeze your leftover tea in ice cube trays and save them to put in your next batch.
- Herbal tea blends like PlantSpeak's Hibiscus Lavender Lemongrass in our bulk tea section make an easy and delicious iced tea.

## Brita's Uplifting Summer Iced Tea

- 1 tablespoon dried Peppermint: cooling, digestive aid
- 2 tablespoons dried Nettle Leaf: nature's multivitamin, mineral rich, improves hair & skin
- 1 teaspoon dried Damiana: joy inspiring & stress melting
- 1 tablespoon dried Rose Petals: slightly astringent & sweet

Fill 1 quart jar with herbal mixture and fill jar with hot water and let steep an hour or longer.

Strain contents into another jar and let chill in the fridge. Serve by itself, with ice, sweetener, sliced cucumber, citrus, or other fruit and enjoy!

**Other herbs to try:** lemon balm, lemon verbena, spearmint, hibiscus, lemongrass, raspberry leaf, oatstraw, holy basil, lavender, rose hips, fresh or dried ginger, hyssop, chamomile, elderflower, linden.

# Summer Events

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## **EVERY SAT.** HUMANS OF COLOR YOGA

**Every Saturday, 10-11:30am**

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. Free and open to all.

## **JULY 7** JAPANESE PICKLING WITH OBON

**Saturday, July 7, 2-4pm**

Tsukemono, or in English “Pickled Things” is an enormous part of Japanese cuisine that is largely trivialized by the West. For the last ten years, Fumiko Hozumi & Jason Duffany of Obon have honed in on creating flavors adopted from this ancient method of curing food. They have been using western ingredients to make a variety of tasty accompaniments for any meal. Just in time for this year’s harvest season, these two chefs will share many of the old practices that keep your favorite garden veggies preserved for the lean months. Methods covered will employ such mediums as the more familiar vinegar &/or sugar(s), to the more obscure, such as rice bran (nuka), mold-cultured barley (koji) & sake lees (kasu). Samples, tastings & source listings will all be included in this immersive class. Registration required, \$25-40 sliding scale per ticket.

## **JULY 25** INVISIBLE MENDING WORKSHOP

**Wednesday, July 25, 6-8pm**

Bring your tired, your poor, your huddled masses of clothing that need some love! Claire Beaumont and Evan Franz travel the country repairing clothing and teaching people how to extend the life of their clothes. In this workshop we will explore various hand-sewing techniques to darn and patch knit and woven garments. No shame if you want to test your invisible mending skills or fly your freak flag and highlight all of your bumps and bruises! Bringing fabric scraps/old clothes for patching is encouraged! Registration required, \$15-45 sliding scale per ticket.

## **JULY 31** HEALTHY & AFFORDABLE MEAL PLANNING

**Tuesday, July 31, 6:30-8pm**

Have you been wanting to create a grocery budget, but the entire process of budgeting, meal planning, and grocery shopping is a little overwhelming? Steffi has laid out a clear and simple plan, with lots of tips and tricks, for the budget-conscious. In this class, we go through the entire process of how to grocery shop with your budget in mind. We start with a quick overview of how to create a budget, as well as how to plan for balanced meals. Then, we move on to how to navigate the sometimes-daunting trip to the grocery store. Finally, we’ll talk about how best to store your purchases, and even prevent food waste. You’ll go home with fridge-worthy handouts, so that you can enact and stick to your plan, as well as a couple of budget-conscious recipes for you to make at home. Registration is recommended but not required. \$5 donation suggested.

## **AUG 18** HERBS FOR KIDS & FAMILIES

**Saturday, August 18, 12-2pm**

Learn about herbs that are safe and easy to use for common complaints among kids and families with Mara Reynolds of A Flower For All Reasons. We’ll focus on common plants that kids can easily identify and grow, and which have a well-established safe history of use for everyday complaints such as diaper rash, colic, bug bites, and skinned knees. Kids welcome with adults. This class is hosted by Herbalists Without Borders PDX, all classes are by donation, \$5-40 suggested, with proceeds going to HWB projects and instructors. Registration is recommended but not required.

## **AUG 24** VEGAN CHEESEMAKING FOR BEGINNERS

**Friday, August 24, 6-7:30pm**

Join us for a vegan cheesemaking class and Mediterranean feast featuring Herbed Feta (almond) and Caprese Mozzarella Melt (cashew)! Learn as Claudia, local cheesemaker and founder of UrbanCheesecraft.com, demonstrates how easy it can be to make your own impressive and custom vegan cheeses. Claudia will share her simplified technique as she makes feta that tastes, cooks, marinates, and crumbles like the real thing, as well as a crowd-pleasing Caprese mozzarella dip that includes summer tomatoes and basil. You will learn how you can personalize your cheese with different bases (nuts, seeds, even white beans or even veggies) and add custom flavor with fermented foods, spices and herbs for a signature cheese in about 30 minutes. We will celebrate summer’s bounty and serve tasty bites throughout along with a refreshing cucumber mint mocktail.



# Grow Your Own Produce Series

## BERRIES, HERBS, & WATER CATCHMENT

**Tuesday, July 10, 7-9pm**

This workshop will highlight different types of fruiting crops that are available right now. Class will be outdoors on field trips to sites that are growing many types of berries. Students will taste different types of berries while seeing what a mature plant looks like. We will talk about cultivating favorable growing conditions for each type of berry. Of course, we will also discuss recipes and ways to put up the harvest of berries. This session also will focus on water catchment. Students will learn how to determine what type of system would work best for your household. Handouts will include a to-do list for the month, herbs for tea, and other pertinent information.

## SEEDSAVING & THE WINTER GARDEN

**Tuesday, August 7, 7-9pm**

In August, the weather has been dry and many plants are ripening their seed. This workshop will provide an overview on the basics of saving seed and offer you the opportunity to gather some hands-on experience in the garden. August is the month to get many starts in the ground for harvest in the fall, winter, and early spring. We will discuss key considerations when planning for the winter garden. This class will highlight what is happening in the garden in August, how to preserve your harvest, and prepare for the coming month.

## PUTTING UP THE HARVEST

**Tuesday, September 11, 7-9pm**

The abundance from the garden and orchard is coming in. It is time to put it up for storage and winter meals. In this class, we will discuss the options for storing food for the winter including: canning, dehydration, fermentation, & freezing. A key component of this class will be focused on how to assess what your family will eat in the winter and the space that you have available for storage. This class has an active component as students will actively participate in preserving some of the abundance for winter. We will cover the last of the plantings for the year as the last of the winter crops should be in the garden by the Autumnal Equinox. As always, this class will highlight what is happening in the garden in September, how to preserve your harvest, and prepare for the coming month. Handouts will include a to do list for the month, information on canning and food preservation, and other pertinent information.

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

## SEPT 7 ROOTS FOR THE CHANGING SEASON

**Friday, September 7, 3-5pm**

As we move into the colder months roots are beneficial for many reasons. We'll discuss Burdock, Yellow Dock, Dandelion and Oregon Grape Root in detail. Topics such as ethical harvesting, seasonal and local eating, chemical action on the body, and both herbal and food preparations will be covered. Tea and a recipe book will be provided too! Hope to see you there to join us in supporting each other by taking a deeper look at our local plant allies for the turning of the season. Workshop led by Michella Onnis of the Seasonal Wellness Clinic. This class is hosted by Herbalists Without Borders PDX, all classes are by donation, \$5-40 suggested, with proceeds going to HWB projects and instructors. Registration is recommended but not required.

## SEPT 30 LOW WASTE DIY BODY CARE PRODUCTS

**Sunday, September 30, 1:30-4:30pm**

Jenica Barrett, creator of Zero Waste Wisdom, discusses the benefit of making your own body care products at home and why it is important for consumers to pay attention to the packaging their products come in. Participants will learn about recipes for the entire cosmetic routine from hairspray to lip balm. During the workshop, participants will have the opportunity to make their own body scrub and lotion to add to their cosmetic routine! Additionally, Jenica will share options for purchasing more traditional cosmetics while still keeping the environment in mind. Sliding scale \$5-25, Registration required.

**WOW, THERE ARE SO MANY GREAT SUMMER EVENTS & CLASSES COMING UP! MAKE SURE YOU CHECK OUT OUR FULL EVENTS CALENDAR AT [PEOPLES.COOP/EVENTS](http://PEOPLES.COOP/EVENTS).**

**REGISTER ONLINE:**

**[PEOPLES.COOP.EVENTBRITE.COM](http://PEOPLES.COOP.EVENTBRITE.COM)**

**REGISTER BY PHONE:**

**503.232.9051 EXT. 249**

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!

# Get in Touch with Your Board of Directors

To email all Directors: [bod@peoples.coop](mailto:bod@peoples.coop)



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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. Afterwards stick around for the official meeting from 6-8:30pm. 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, July 24, 6-8:30pm

Tuesday, August 28, 6-8:30pm

Tuesday, September 25, 6-8:30pm

# 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 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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