

WINTER 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 AND LOCAL ECONOMIES.
COOPERATIVE**

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.



Breathing Exercises to Bring Winter Warmth

BY AYOMIDE NJO

Winter is here and so are cold, wet, and gloomy mornings. Since the breath is the seed of all movement, start your day of with a few intentional breathing exercises before you even raise your head to get out of bed. Each cycle of these breaths can warm you up and give you optimal oxygen levels for your brain. This is a good way to start your day with focus and clarity; tuning into your own body before a to-do list helps keep your day a little less stressful.

Ujjayi Breathing

In yoga, breath and movement of the body are inextricably linked, and breathing can create just as much heat as any yoga flow. To practice ujjayi breathing, lightly constrict the back of your throat as you slowly breathe in and out through your nose. It should sound a little like the rush of the ocean, and will quickly build internal heat. Continue this breathing for ten to twenty cycles.

Single Nostril Breathing

Hold your right hand with index and middle fingers folded down. Close off your left nostril nostril with your ring finger and inhale through the right nostril. Close off right nostril with your thumb and exhale through left nostril. Repeat, always inhaling through the right nostril and exhaling through the left.

Kapalabhati Breath

The action of moving you abdominals in and out creates strength in the center of your body with very little movement of anything else. The breath creates tapas (sanskrit for heat) throughout the body. Start by clearing your nose with a tissue and finding a comfortable seated position. Then start the cycle of breaths with forceful exhalations, pulling your belly in and up as you breath out. When you start to breathe in let the release of your belly pull in short inhalations of breath. When you start to breathe out pump your abdominals and release your breath in about 10-20 forceful exhalations, then pull in a long ujjayi breath and hold for a beat, then release. Continue for about three rounds. 🧘

AYOMIDE TEACHES TWO YOGA CLASSES AT PEOPLE'S: JOIN HER FOR KALEIDOSCOPE YOGA ON WEDNESDAYS FROM 10-11AM AND ON SATURDAY MORNINGS FROM 10-11:30AM FOR HUMANS OF COLOR YOGA (NEW TIME!).

Survey Says

Results from the Long-term Planning Member-Owner Survey

BY JENNY OWEN, BOARD OF DIRECTORS VICE CHAIR

People's Food Co-op is in a very exciting time in our history! The Collective Management and the Board are in the process of researching and exploring options for growth and development as we strive to stay viable and relevant in an ever-changing and increasingly competitive natural foods market. To hear from Member-Owners, the Collective and the Board have held community forums and feedback sessions, and formed a Synthesis Committee comprised of Collective Managers, Board members, and Member-Owners to dig into all of the Member-Owner feedback. We also launched a survey in late October to allow us to hear from as many of our Member-Owners as possible and 514 of you responded. That is a terrific turnout, representing over 10% of all active Member-Owners (thank you!). This survey was conducted with the support of the Portland State University Survey Research Lab, who helped to write the questions and analyze the responses. And the results are in!

All the information gathered by the survey is helping to inform the Synthesis Committee, the Long-term Planning Committee, the Collective Management and the Board of Directors as we look toward the future. We understand that the questions were not always easy to answer, but this whole process is not easy and sometimes you have to ask hard questions to get a clearer understanding of a situation.

We got some really important information about how you, the Member-Owners, feel about the development process including where some of your concerns are and what you are excited about. One thing we learned is that 84.8% of those who responded reported feeling "satisfied with the amount of input and engagement available to Member-Owners regarding the long-term planning process." The Board of Directors understands that the Co-op cannot move forward with any long-term plan without the support of our Member-Owners, so knowing that such a large percentage of those who responded feel confident and satisfied with the process so far is vital.

One thing I was very excited to see is that almost half the people who responded, 45.2%, have been Member-Owners between 3-10 years and just over 40% of the people who took the survey reported that People's is their primary grocery store. This shows

a deep dedication to our Co-op and support for our Ends. The Co-op would not have been successful all these years without the support of our Member-Owners, and as we move forward in our development process we are going to continue to need that support more than ever! Another exciting result is that almost 80% of the Member-Owners who responded to the survey said they have shopped at the Farmers' Market in the past two years. This shows dedication not just to the Co-op itself, but to the deeper values of robust local food systems and cultivating community that the Co-op strives to support.

When asked what the highest priority of the Co-op should be, almost a third of the Member-Owners responded, "Whatever enables the Co-op to move toward its Ends". This feels particularly significant because our Ends are one of the main things that really sets People's apart from other natural grocery stores. The fact that our Member-Owners believe strongly in these values and support the Co-op in continuing to move toward them gives me a lot of hope for the future, especially during this challenging time.

Member-Owners were also asked to rate features for a potential new People's Food Co-op site. Being easily accessible for pedestrians was rated as very or extremely important by 66.1% of the respondents. Along with that, 59.6% cited easy access for bicyclists as very or extremely important. This to me speaks of how important location and accessibility is to our Member-Owners. The neighborhood and community feel of People's is a large part of who we are. In a similar vein, the dedication to a green building was also very or extremely important to 59.9% of the respondents. These things, along with our Ends and buying guidelines, are some of the things that really sets People's and the People's community apart from other natural grocery store options. As we all know, much of what is sold at the Co-op is available for purchase at other stores. It's our Ends and buying guidelines, the alternative building practices and unique building, and the accessibility of the store for people whose primary transportation may not be a car, that are, in my opinion, a large part of why people become Member-Owners of People's and continue to invest in the Co-op year after year, both by making share payments and by choosing to shop in our store rather than at other grocers.

The Board is dedicated to listening to the Member-Owners' thoughts, perspectives and values in these and other areas, balancing this input with financial feasibility, and bringing this all together to help our Co-op remain viable and continue to thrive for many years to come. Please stay tuned and stay involved as this process continues to unfold. In cooperation and gratitude, and with the deepest understanding that we cannot do this without you! 🍌

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Long-term Planning Updates

Board of Directors

**BY LISA BOGAR, STOREKEEPER, COMANAGER
& BOARD MEMBER**

Greetings from your Board of Directors!

The times they are a'changing: the Board has been working on getting our 3 newest Directors: Jenny Owen, Jenna Whitaker, and Naoki Yoneyama oriented and caught up with our Board work. We also had new Board Officer elections in the fall: Kathy Thurow is our Board President, Jenny Owens is our Vice President, Naoki Yoneyama is our Secretary, and David Wadley is our Treasurer.

As we continue to work on a long-term plan for People's, the Board has been hearing from Member-Owners, and working with their input with the Long Term Planning Committee to help create a process that is informed by our Member-Ownership in tandem with our Collective Management and Board.

We are currently looking into a number of options for our long-term plan. As a part of this process, the Board has been reviewing all of our policies that relate to Long-term Planning in order to gain clarity on the Board's role and authority in the process. Creating a plan is taking longer than anticipated in large part due to the complexity of the work involved, including factoring in increasing competition in the natural foods market in Portland. Now more than ever we need to bring forth our cooperative values and work together! We need to work to responsibly and sustainably create a path where we can continue to live our values and work towards our Ends – where People's can thrive into the future and provide a better alternative for all!

Synthesis Committee

**BY CHRISTOPHER EYKAMP, MEMBER-OWNER &
SYNTHESIS COMMITTEE MEMBER**

Since news first broke that the Long Term Planning Committee (LTPC) was researching the possibility of relocating People's or opening a second store, Member-Owners sent a flood of emails to the Board and the LTPC. In response, the LTPC initiated a set of four feedback sessions where Member-Owners could express their opinions in a more structured manner, and later sent a survey to Member-Owners. This correspondence, feedback, and survey results provided a large volume of material for the LTPC to consider.

In order to distill that material into something more compact, the LTPC created the Synthesis Committee, with 10 members: four Member-Owners (each feedback session chose someone to represent their views: Phil, David, Chris, and Judie), three members of the LTPC (Sofie, Finnley, and Ashley), two Board members (Jenna and Dave), and one Collective Manager not on the LTPC (Kahadish).

The process is largely procedural. We are following a predefined template, sifting through a fixed body of work, drawing out themes, and presenting evidence to support our conclusions. We are not conducting original research or weighing factors outside of the comments. Because we are relying on evidence rather than opinion, we have managed to reach consensus on every major point we've considered.

Our summary will be shared with the Collective Management, the Board, and the Member-Owners at large.

It is clear that many of you spent a lot of energy providing feedback and writing letters. I've read them all, and I want to thank everyone who took the time. Your words and sentiments have been very thoughtful and well presented. It is clear that everyone who commented feels passionately about the Co-op, and wants to help it remain sustainable long into the future.

Long-term Planning Committee

BY ASHLEY TODD & SOFIE SHERMAN-BURTON, LONG-TERM PLANNING COMMITTEE MEMBERS & COMANAGERS

CHANGES ON THE LTPC

In November, the LTPC started undergoing pretty significant changes. Our long-time Development Manager, Shawn Furst, moved into a new role at the Co-op and needed to step away from the Committee. Her replacement, Kathryn Kucera, is getting settled in her new role, and easing into the work of the LTPC. Thankfully, she has worked on the committee in the past and so has context for the work that the committee is doing! At the same time, one of our consultant's contract expired and he elected to step down rather than renew it.

In this moment when there is so much thinking and feeling swirling around the long-term planning process, and when we are waiting on so much info, we're taking a moment to assess our resources and needs, as well as those of the Collective Management and the broader community. In the coming months, the newest iteration of the committee will be continuing to work with Member-Owners, the Board of Directors, and the Collective to figure out our next steps and processes moving forward.

WHAT THE COMMITTEE IS WORKING ON

Speaking of which, here is what we see coming up in the next couple months, though as always the timeline is subject to change:

- In January, the Synthesis Committee is expected to wrap up its work and share a synthesis of Member-Owner feedback with the Board of Directors, the Collective Management, and Member-Owners. Look for it on the website and in the email newsletter.
- Based on the Synthesis Committee's work as well as the feasibility studies and other ongoing research, the Long-term Planning Committee will make a recommendation to the Collective about the next steps for the planning process. These will be shared with the Board as well, and we'll get their feedback, too.

- The Collective Management will meet in smaller groups to dig into the work of the Synthesis Committee and the recommendations of the LTPC in order to find a shared understanding of what seems feasible for the Co-op given financial feasibility studies, Member-Owner feedback, and operational knowledge.

- In February, the Collective will hold a special meeting to decide how to move forward based on the Synthesis Committee's work and the LTPC recommendations. It's likely that the recommendations will focus on a process for moving forward, eliminating an option that's been on the table, a combination of these, or something else, rather than to focus on one specific project to move forward with.

ADDITIONAL RESEARCH THE LTPC IS DOING

Even before hearing from the Synthesis Committee, it was clear after the Feedback Sessions that there were a few places where the LTPC needed to focus its research to inform decision making moving forward. Currently, we're working on two new projects:

- *Expanding In Place*: Hearing a lot of Member-Owner interest in on-site expansion, the LTPC is seeking information on what is possible here. Collective Managers are working with an architecture firm to learn about potential costs, timelines, and possibilities for expansion given recent zoning changes. If the info seems promising, the LTPC will order a pro forma for that project.
- *Cooperation with other co-ops*: In addition to our ongoing conversations with folks at the Montavilla Co-op, the LTPC is also putting out preliminary feelers to the Alberta Co-op to learn what kind of collaboration might be possible between our two organizations.

Depending on the Synthesis Committee's work and what we hear from the Collective Management and the Board, we might find additional things that we need to research, too. 📍

LONG-TERM PLANNING COMMUNITY FORUM

Tuesday, March 6th 6:30-8:30 pm

Join the Long-term Planning Committee in the Community Room to hear updates about the long-term planning process, as any questions that you have, or share your opinion about the direction of the Co-op. There will be plenty of time for questions, comments, and conversation, so come prepared to dig into our planning process. Free and open to all.



By Community, For Community

The Portland Underground Grad School

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

Photo courtesy of The Portland Underground Grad School.

The first time I took a class with the Portland Underground Graduate School (affectionately referred to as PUGS), I wasn't sure what I was getting into. It was a food justice class that I had heard about from the instructor, an acquaintance from my time organizing with students via a "come take my class!" post on Facebook. It was in the offices of a certain local grocery chain on an upper floor of an old high school, so the lockers and classroom-like conference room sure felt familiar. I'm pretty endlessly interested in talking about food justice, so I didn't have anything to lose by going. What I didn't realize was how much I had to gain by making my way into that former (and for those few hours, present) classroom.

PUGS was founded by lawyer and educator Douglas Tsoi in 2014 after he attended a series called Summer of Science hosted by Sarah Mirk, who at the time was an editor at Bitch Media (among lots of other interesting work). Attending the short weekly lectures, Douglas realized how much energy folks had for learning in community, and later that fall he hosted the first PUGS class: Criminal Law: How to Think Like a Lawyer, based on his own experience in law school classrooms. Since then, PUGS has only grown. Over 850 people took PUGS classes in 2017, with six classes offered every month. "Portland Underground Grad School is a program for people who want to keep learning and growing throughout their lives without having to go into debt for 'school,'" Douglas wrote to me via email. "We offer 4 week courses and one day workshops at prices and times that fit in people's everyday lives... We want to give everyone the opportunity to

learn and grow. We think that would be a transformative change in society."

PUGS hosts an incredible array of classes, and my bet is that anyone would be hard pressed to find a class that didn't pique their interest during any given month. Take a look at the January roster alone: Reading Ta-Nehisi Coates; Race, Big Data & Privilege; Drawing Plants: Winter Meditation (which will take place in the People's Community Room); Thriving Through Heartbreaking Personal Change; Hip Hop, Spoken Word & Anti-Fascist Activism; and Portland's Urban Native Americans.

"At first, we wanted to offer courses about everything," said Douglas. "Instructors come from the community and the basic idea is that the community has enough knowledge to teach itself without the educational industrial complex adding cost and barriers. Over time, we've found ourselves focused on three things: social justice, Portland history and civics, and personal growth and empowerment. We want to help [students] become who they want to be."

My own PUGS experience is evidence that those intentions are having an impact for PUGS students. In that first class, I found myself amidst more diverse students than I had at the tiny private liberal arts school where I finished my undergrad. There were people who were working for food banks, who ran supper clubs, who were farmers – people that had thought a lot about food and were there to dig deeper. There were also people who

“Instructors come from the community and the basic idea is that the community has enough knowledge to teach itself without the educational industrial complex adding cost and barriers.”

were interested in the topic, but might have been stepping into a conversations about social justice for the first time. There were folks that already had a graduate degree, and others who hadn't finished college. Things were messy at moments, but I felt so lucky that we got to struggle through those conversations together. After the four weeks of class were over, I immediately signed up for the same class with another group of students, and relished the different conversations that we had in the different classes; how the same material was absolutely shaped by the people that arrived to discuss it.

Since those back-to-back food justice courses, I've continued to take PUGS classes on a variety of topics: I took the Social Media Marketing class when I first started as the Marketing & Membership Manager at People's, and learned skills that I use regularly in my job. I tasted the grainbow with Annie Moss at the terrific Seastar Bakery, baking with a whole host of different grains. I also took a Financial Freedom class with Douglas, which encouraged me to approach my finances in a way that is simultaneously pragmatic and aspirational and has changed my relationship with money for the better (though that's certainly an ongoing process). I'm usually singing PUGS' praises, but Financial Freedom had such a helpful impact that since then, my mom, my partner, and numerous coworkers have taken Financial Freedom, too.

“I think the most gratifying thing is when someone says that a PUGS course changed their life,” wrote Douglas, which I can certainly say is the case for a number of the PUGS classes that I've taken. “The Problem with Privilege has helped people see and come to terms with white supremacy. Financial Freedom has helped people stop feeling helpless about money and take control of their finances. Hip Hop, Spoken Word, and Activism has helped people find their personal voice. I'm pretty proud of that.”

Of his own experience with PUGS, Douglas wrote, “I started PUGS because I myself wanted to keep learning and growing so I go to almost every class. That in itself has been a world-class education because I don't choose which class I'm interested in which means I grow in ways I never anticipated... Rewilding 101 transformed my relationship with nature and society and probably caused the most philosophical changes in me. Portland's Urban Native Americans: How to Be An Ally opened up my eyes to people that were previously hidden from me and helped me realize how inequitable our system is.”

If you're interested in supporting PUGS mission of increasing access to education, there's a very simple thing you can do: take a course! “PUGS is half learning and half community so we want to you be part of it,” wrote Douglas. Classes happen all over Portland, so you can likely find something interesting near your home, your work, or at your co-op. If you want to do more

to support the program, PUGS has a, “Pricing and Generosity Policy which reinforces our belief that education is a human right. We basically allow anyone to come to school at the wage they themselves earn. Approximately one quarter of all our students get discounted tuition so we'd love for people to support the human right of education by funding our scholarship program.”

Apart from taking classes at PUGS myself, I've been lucky to connect with lots of other students in the PUGS community: heading down to the Night Light after PUGS classes wrapped up in the Community Room to continue conversations, joining my mom's Financial Freedom class in her backyard for pizza, sharing articles with other Financial Freedom students on Facebook, and even ringing up fellow students at the register. Not so unlike People's, PUGS is about making connections and building community. 🌱

People's is lucky to be able to host occasional PUGS classes. This January:

DRAWING PLANTS: WINTER MEDITATION

Wednesdays January 10th, 17th, 24th & 31st, 7-9 pm

Drawing has a special way of slowing us down, allowing us to tune in to nature's rhythms. It's a simple practice that can bring us to a mindful state anywhere we go. In this course, we'll cultivate an openness to unexpected outcomes as we record our observations of the dark season's wonders. This class is \$149. Find more information and register at pugspdx.com.

People's Member-Owners can use the code PLANTPEOPLE to save 20%!



Montinore Vineyards



Deep Roots in Oregon Biodynamic Farming

BY RYAN GAUGHAN, ALCOHOL BUYER & COMANAGER

I have always been fascinated by the environment of the Pacific Northwest. Living in the Portland area, we have the ability to travel a few hours in any direction and find ourselves in starkly different places. From lush, green valleys to rugged mountains and desert, the land offers different possibilities for what people can grow and cultivate.

This entire landscape was formed by fire and flood.

Approximately 15 million years ago, massive chasms in the earth's surface opened in what is present day Eastern Washington and Oregon, spewing flows of lava across the land. For millions of years, fiery rivers of liquid rock spread out over the land, eventually cooled, and then gradually sank into the surface under their own weight. Eventually these expansive basalt flows became the foundation of the Columbia Basin and its watershed.

The earth was only getting warmed up. During the last Ice Age, approximately 18,000 to 13,000 years ago, a giant frozen ocean sheet covering much of present day Canada began slowly drifting South. One arm of this ice sheet formed a dam on the Clark Fork River, resulting in the formation of Glacial Lake Missoula, extending into much of present day Montana. This body of water, about the size of Lake Erie and Lake Ontario combined, was held in place by an ice dam 30 miles wide and 2000 ft high.

The dam did not hold. At one moment in history, a wall of water 2000 ft high barreled with catastrophic force all the way to the Pacific Ocean. As it did so, it stripped all of the vegetation, animal life, and topsoil back down to the ancient basalt flows in a giant flush. Floods happened repeatedly, each time pulling up the land and leaving unfathomable amounts of rock in their wake. These layers of rock became the substrates for what today comprises the fertile lands of the Willamette and Columbia Valleys, and Eastern Washington.

Most agricultural activity in Oregon takes place within the basalt tendrils of this great geological odyssey. The Willamette Valley is one of them, stretching 150 miles, from Portland to Eugene. It is here, for reasons that have just as much to do with climate as they do with geology, that specific conditions are correct for the propagation of *Vitis vinifera*. From this vine, we get grapes such as pinot noir, pinot gris, gewurztraminer, and pinot blanc, among the most prolific Willamette Valley wines.



In October of 2017 I had the great pleasure of visiting Montinore Vineyards, producer of several wines carried by People's Food Co-op. Montinore is a 200-acre vineyard that finds itself in the northernmost end of the Willamette Valley wine growing region, along the east facing slope of the Coastal Range in proximity to Forest Grove, Oregon. As a picture taking guest, my timing couldn't be worse, but nonetheless I was treated to a full tour of the operation by friendly staff. Dozens of workers were busy in the height of harvest season, working intently to harvest the perfectly juicy pinot noir grapes before an early winter storm arrives later in the week.

Much of the landscape of this estate is consistent with other wineries in the valley: rolling, vine carpeted hillsides, stunning mountain views, and an ornate tasting room and production facility are all hallmarks of Oregon "wine tourism" and are also found here. But in the fields there is a much deeper, attentive care in farming practices that is happening, more than immediately meets the eye.

Planted in 1982, Montinore today is the second largest producer of estate grown certified organic & biodynamic grapes in the country. It is an impressive display of dedication and meticulous crop management that they are able to produce grapes this way, and still manufacture enough quantity to be distributed in multiple states.

Many people will be familiar with the core concepts of Organic farming, denoting that crops are not treated with artificially manufactured pesticides and herbicides. Biodynamic farming, however, is a less well known and truly fascinating farming technique, and not one commonly employed in winemaking in the United States. At its core, biodynamic farming insists that the health of a farm occurs from the elements present within the farm itself. With creative applications of human intervention, contributions from animals, and the cycles of the earth, the workers at Montinore seek to harness natural forces in service of the vines.

Montinore does not water its vineyard at any point during the growing season. Employing "dry farming" techniques, the vine roots are encouraged to grow deep into the ground in search of retained moisture from the previous winter. In this way, the vine becomes stronger, and, according to the winemakers, extracts more complex flavors from the soil. Through this network of deep vines, it is believed that the grape is an expression of the geological history of the land.

“At its core, biodynamic farming insists that the health of a farm occurs from the elements present within the farm itself. With creative applications of human intervention, contributions from animals, and the cycles of the earth, the workers at Montinore seek to harness natural forces in service of the vines.”



Photos by Ryan Gaughan.

Above the surface, biodynamic farming at Montinore involves a variety of techniques both scientific and what some would call “mystical”. After the harvest, crops of clover are planted between the vines to augment nitrogen in the soil. Early in the spring, roses planted by the vines do their part to slow mildew before it has a chance to attack the vine. Goats that are raised on the property provide a critical ingredient of Biodynamic farming, their manure, which is cultivated into a “tea” inside of bull horns (seriously, look it up) and manufactured into a spray fertilizer. All of these things are done within the seasonal cycles of solstice and equinox when the gravitational pull of the moon ebbs and flows with the sap of the vine.

A highlight of my tour was the time spent in the tasting room, of course, where I was able to sample from the full array of Montinore’s commercial and estate wines. At one point, two glasses of pinot noir were put in front of me. One was made from grapes grown at a slightly higher hillside elevation, and the other was from the lower lands of the property. It was explained that the soils of each of the vines were starkly different, with the lower elevation soil containing more elements of the Missoula Flood substrates. The contrast between the two was remarkable; both the same subspecies of vine, but with undeniably different expressions.



I invite you to try the Montinore products proudly featured at People’s Food Co-op. We are extremely fortunate to have such an incredible winery located so close to us, particularly one which embodies our Co-op’s Ends Statement of “Progressive Land & Animal Stewardship”.

Be sure to stop in to the Co-op on Saturday, January 13, 2-5pm, when Montinore will be doing an in store tasting! You can try all of the different Montinore wines we carry, including Verjus, a non-alcoholic pinot noir grape juice, and learn more about their farming estates!

MONTINORE VINEYARDS - PINOT GRIS \$12.49

Bright and fresh fruit with a zip of citrus zest. Clean and quaffable and great paired with grilled vegetables.

MONTINORE VINEYARDS - PINOT NOIR \$17.99

Best value Pinot Noir in Oregon! Plush red fruit, fine tannins and round texture. Delicious and balanced, and can pair with everything from savory slow cooked beans to fresh seasonal vegetables.

MONTINORE VINEYARDS - ALMOST DRY RIESLING \$13.99

Tropical aromas of exotic starfruit and mango swirl from the glass with notes of juicy honeydew. Tangerine, stone fruit, and key lime flavors are scented with mace and a hint of flintiness. Nice, clean acidity and dry on the finish. Great with a variety of foods or drunk on its own. 🍷



Beyond Beauty

Alaffia's Products Are Just as Much About Empowerment in Togo

BY SOFIE SHERMAN-BURTON, MARKETING & MEMBERSHIP MANAGER

You may already be a supporter of Alaffia through the purchase of their terrific body care products, as People's was one of the very first stores to offer them. But purchasing their products also supports half a dozen programs that are helping Togolese people to alleviate poverty in their communities.

Alaffia was founded by Olowo-n'djo Tchala and Prairie Rose Hyde, who met when Prairie Rose was living in Togo during a stint in the Peace Corps. The two fell in love in Togo and moved back to the United States at the end of Prairie Rose's term, but Olowo-n'djo was dedicated to continuing to make a difference in his home country. Alaffia, whose mission is to alleviate poverty and advance gender equality through the fair trade of indigenous resources and community empowerment initiatives, has certainly made an inspiring impact.

With such a big mission, Alaffia measures its success not just in the amount of product sold or dollars earned, but in the empowerment and impact that it has on Olowo-n'djo's community in Togo. Funded by the sale of their products, Alaffia's empowerment projects include working with Togolese communities to support education programs, maternal health, the eradication of female genital mutilation, reforestation, and supplying eyeglasses. Through these projects, the company works to eradicate poverty and to encourage gender equality.

Alaffia uses the fair trade and cooperative models of business to reinforce its mission in its business practices. The company has two agricultural cooperatives in Togo: the Alaffia Shea Butter Cooperative in Sokode and the Alaffia Coconut Cooperative in Klouvi-Donnou. Members of the Alaffia co-ops receive a salary of more than four times the average family income in Togo, and receive full medical care, employment security, and get a whole month of paid vacation per year. This means that Alaffia pays more for shea and coconut butter than other companies, but they do so in service to their mission and in support of the Togolese workers. As a result of these practices, Alaffia products are certified Fair for Life by the Institute for Marketecology, one of the first international organizations to have a fair trade certification program for organic and social accountability.

Started in 2003, Alaffia is now the largest private employer in Togo. Olowo-n'djo and Prairie Rose are showing that it is absolutely possible to run a business that invests in workers, their families, and their communities by supporting them with living wages and other resources. The vast number of projects Alaffia has undertaken and the incredible impact they have is life changing – and world changing. Let the following few examples of their work inspire us all.

Education

As of early 2017, 7,482 donated bicycles have been delivered to school-aged folks in Togo, enabling many to attend and stay in school when they otherwise would not have, particularly girls. Students often have to travel ten miles to get to school, which, without buses or private transportation, is incredibly time consuming. As a result of the bicycles, students from 60 different villages can transport themselves to and from school. 98% of those with bikes stayed in school and 95% of them passed annual exams. Alaffia has also offset costs of school desks, uniforms, books, roofs on school buildings, and in 2011 constructed its first school in Kouloumi. Since then they have opened 10 more schools. Donation drives have provided items like pens and pencils. 32,842 students have received school supplies.

Maternal Health

Over her lifetime, an African woman has a 1 in 32 chance of dying in pregnancy or childbirth, compared to 1 in 2,400 in Europe, according to UNICEF. In an effort to shift that alarming statistic, Alaffia has funded the births of nearly 4,500 babies in rural areas, including pre- and postnatal care and paying for hospital care in extreme circumstances when the local health clinics are not able to extend the necessary care. Alaffia has also started working with the Togo Health Clinic system to provide more resources for women's health issues. When a mother dies, her surviving

“Olowo-n'djo and Prairie Rose are showing that it is absolutely possible to run a business that invests in workers, their families, and their communities by supporting them with living wages and other resources.”



Photo courtesy of Alaffia.

children's nutrition and health suffer, meaning that they are more likely to dropout of school. So, investing in women's health is critical for supporting the other work that Alaffia is doing in Togo.

Additionally, Alaffia has programs in Togo to educate women about the dangers of female genital mutilation, procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons. These procedures are recognized internationally as a violation of the human rights of girls and women and can result in severe bleeding, infections, life-threatening complications in childbirth, and increased risk of newborn deaths. Alaffia works with Togolese women to work with other women to address the risks and deal with complications of female genital mutilation.

Reforestation

Alaffia has worked with Togolese farmers to plant 57,575 in order to help mitigate erosion and improve food security for their families. Alaffia also hosts trainings to discourage the cutting of shea trees for firewood and charcoal to preserve this important indigenous resource. Alaffia also shares information about alternatives to wood, like bio-gas and bio-oil, to reduce the demand for wood and charcoal.

Eyeglasses

Seeing an optometrist and getting glasses is incredibly difficult for vision-impaired folks in Togo: an eye exam can cost as much as one month's wages, and glasses can cost four times that much! After collecting donations of used eyeglasses in the United States and bringing them to Togo, Alaffia partners with optometrists to correctly fit and distribute the glasses to get them to folks that

need them at a very dramatic discount. Alaffia has provided over 25,000 recipients with donated eyeglasses.

We are grateful Alaffia has made it so easy for us to support meaningful improvements in many, many lives while enjoying the quality of their skin care products. We'll be bringing in some new products this season so look for those! If you see an item that you would like to try on Alaffia's website that we don't carry, we can always special order it for you. 🌿

FOR MORE INFORMATION ABOUT ALAFFIA'S PRODUCTS AND THEIR WORK IN TOGO, VISIT ALAFFIA.COM.





Hato Mugi

A Quick Guide to a Nutritious Little Grain

BY GABI DE LEÓN, MARKETING & DESIGN MANAGER AND COMANAGER

As a relatively new person to People's (I've been working here for just over a year!), I find myself discovering new-to-me foods almost every day. Whether I'm reading and editing articles and recipes for Grassroots, stocking the bulk section, or talking with shoppers about cooking, I'm constantly learning about foods I've either never cooked with or never heard of. Being a part of the People's community has certainly strengthened my personal relationship with food – learning about new foods and the nourishing powers they have has made me more interested in and excited about cooking than I have been since I quit my career as a professional restaurant cook.

Hato mughi is one ingredient that I've walked past dozens of times, never knowing a thing about it. So I asked Kahadish, our bulk

foods buyer, about the grain to find out what makes it so special. Kahadish says that hato mughi is actually the most medicinal grain that we have. In Chinese and Japanese medicine, it's used as a restorative grain to build energy and well being. In Chinese medicine, it's also been used to alleviate arthritis, support the spleen, and to help with indigestion, diarrhea, and urination.

Also known as Job's Tears, Chinese pearl barley, coix seeds, and adlay millet, this tender and chewy little grain is also gluten free and high in protein and antioxidants. And it turns out that it's also super versatile and easy to cook! If you've been curious about hato mughi, now's your chance to learn about it and maybe even experiment with it, too. 🍲

How to Cook Hato Mughi

In a pot, cover the hato mughi with a few inches of water, broth, or diluted coconut milk and bring it up to a boil, and then reduce to a simmer. Add salt (and any other spices and seasonings you desire). Cook for about 45 minutes, or until chewy and cooked through.

You can save the cooking liquid and add it to soup, if you like.

Hato Mughi in Coconut Broth

Skip the curry leaf if you don't have one, don't let that be a deterrent here. Also, you can use the broth from cooking the hato mughi in place of some of the water called for in the recipe if you like. Serves 4.

- 1 14-ounce can full-fat coconut broth
- 1 medium onion, chopped
- 3 medium shallots, chopped
- 2 small garlic cloves, peeled
- 1/2 serrano chile, de-stemmed and seeded
- 2 1/2 teaspoons fine grain sea salt
- 1 fresh curry leaf
- 5 cups water or broth
- 3 cups cooked hato mughi
- 3 cups chicory lettuces, cut into 1 1/2-inch pieces
- Toasted coconut, chopped chives, spicy mustard seed oil, quick pickled mustard greens, and/or hard-boiled egg to serve.

To a large pot over medium heat, scoop the thick cream from the top of the can of coconut milk. This is going to be your cooking fat. Sauté the onion until soft, five minutes or so. While that is happening, use

a mortar and pestle to smash the shallots, garlic, chile, and salt into a paste. If you don't have a mortar and pestle use the flat side of a knife to carefully smash, and chop. Add this paste to the onions, and sauté for another few minutes. Add the curry leaf, the rest of the can of coconut milk, and the water, and bring to a simmer. Remove the curry leaf. Taste, and adjust the broth if needed. Stir in the hato mughi, and bring back to a simmer.

Toss the chicory with a small splash of olive oil, and a sprinkling of salt. Serve the stew, topped with a generous tangle of the chicory, and whatever other toppings you are planning to use. I've listed a number above but you might use as many or few as you like.

Recipe adapted from 101cookbooks.com

Swiss Chard with White Beans & Hato Mughi

- 1/2 cup hato mughi, uncooked
- 1 bunch chard, about 12 ounces
- 1 large onion, chopped
- 4-6 cloves garlic, minced
- 1/4 teaspoon red pepper flakes
- 16 ounces Great Northern beans (1 can, drained, or 1 1/2 cups cooked)
- 1 15-ounce can diced tomatoes, preferably fire-roasted
- 2 teaspoons dried basil
- 8 kalamata olives, sliced
- 2 tablespoons nutritional yeast
- 2 teaspoons balsamic vinegar (optional)
- generous grating black pepper
- Salt to taste

Cook the hato mughi.

Remove the stems from the chard just where the leaf meets the stem. Chop each stem into 1/2-inch pieces and set aside. Slice the leaves into 1/2-inch slices and keep separate from the stems.

Heat a large, non-stick skillet over medium high heat. Add the chard stems and the onion and cook, stirring regularly, until the onion begins to turn golden. Add water a tablespoon at a time to prevent sticking, if necessary. Add the garlic and red pepper flakes and cook for another minute.

Add the cooked hato mughi, beans, tomatoes, basil, and olives and bring to a simmer. Add the chard leaves, reduce heat to medium, and cover tightly. Cook, stirring occasionally, until chard is tender (allow 5-12 minutes, depending on your taste). Add the nutritional yeast and vinegar, and salt and pepper to taste.

Recipe adapted from fatfreevegan.com

Hato Mughi Congee

"A congee is a medicinal chinese soft porridge that utilizes a higher quantity of water to grain ratio, something like 5 or more parts water to 1 part grain. This soft congee is easy on the digestive system and various herbs can also be added to make the mixture more medicinal." -Kahadish Wa'adabisha, Bulk Foods Buyer

Combine 5 parts water with 1 part hato mughi and cook slowly over a low flame, or in a slow cooker. After 3 hours, add 1/4 cup of goji berries, 2 tablespoons ginger and/or turmeric, a dash of salt, and any green, such as watercress, kale, or a spicy mustard green. Cook for another 2-3 hours.

Warm Winter Roots

BY CAITLIN GAYLORD CHURCHILL, PERISHABLE & DAIRY BUYER AND COMANAGER

Winter days are upon us, and instead of just eating a sandwich standing up, I'm taking the time to cook again. The stove in our small apartment puts out some major heat in one corner and the fireplace warms the other end. Cozy times call for cozy meals, and my body just wants to eat root veggies and grains cooked in nourishing broths.

A few years ago I worked at a Thai restaurant known for their rice. Prepared in a rich broth and aromatic herbs, that rice changed the way I make grains. The following two recipes feature roots, which are easy to make and easy to eat, gluten free, and easy to prepare without animal products. 🌱

Beets, Buckwheat, & Chevre

Originally this was a recipe for roasted beets and farro, which I found on the illustrious FoodNetwork.com. I don't find farro to be that interesting of a grain, so this is the jazzed up version. It takes a little longer to prepare, but I find that it's more interesting. You can leave out the cheese entirely and it's still delish.

Ingredients

- 1½ pounds small beets (I like to mix red and yellow)
- 2 tablespoons extra virgin olive oil
- Sea Salt and Black Pepper
- 5 sprigs thyme
- 2 cloves garlic, unpeeled
- ½ cup shelled raw pistachios
- ½ cup pitted prunes, diced
- 4 tablespoons salted butter or earth balance
- 1½ cups buckwheat kasha
- 3 cups of vegetable stock
- 4 ounces chevre or Heidi Ho vegan goat cheese

Instructions

Preheat the oven to 425°F.

Cut beets into halves. Combine the beets, olive oil, 1 teaspoon of salt, some pepper, the thyme sprigs, and the garlic cloves on a baking sheet. Cover with foil and roast for 30 to 35 minutes, until easily pierced with a paring knife. During that time on another rack in the oven, roast the pistachios for 5 minutes. Set aside both to cool completely.

Melt the butter in a medium saucepan or deep saute pan over medium heat. Add the buckwheat and stir until coated with butter and fragrant, about 2 minutes. Stir in the prunes and add 3 cups of stock. Bring to a boil, cover, and let simmer on low for 25 minutes. With a paper towel, remove the skins from the beets. Quarter the beets and add them to the bowl with the cooked buckwheat. Fold in the toasted pistachios.

Squeeze the roasted garlic into a small bowl. Mash it with a fork and season with salt and pepper, and then stir it into the salad. Pour the dressing over the salad and toss gently to combine. Top with the crumbled goat cheese.

Cook one of these recipes and bring it to the Co-op Community Potluck!

CO-OP COMMUNITY POTLUCK

Sunday, March 18th 7-9 pm

Join us in the Community Room to connect with other Member-Owners, staff, Board Members, and everyone else that shows up. Bring a vegetarian dish to share along with a list of its ingredients (or just grab a bottle of kombucha or your favorite chips to share!). Come late, leave early, or just swing by to say hello. Free and open to all, so bring a friend!



Angelica's Kitchen

Potato Leek Soup with Greens

When I was in my late teens and early twenties I would sometimes go into The City (you know, New York) for a weekend with friends. I had very little money, but what money I had I hoarded and then spent exclusively on restaurant food. I would walk all over and eat samosas in a basement level quicky mart with cab drivers on the lower east side, and then oysters at the cavernous Oyster Bar in Grand Central Station. One place that was frequently on the list to visit was Angelica's Kitchen – one of the first hip vegetarian restaurants ever. Gluten Free Corn Bread – they had it before it was cool. This potato leek soup is like a free trip to that restaurant. It's familiar and comforting but somehow also bright and healthy. It comes out a lovely green once it's pureed. The only next level cooking tool you might need is an immersion blender – you could use a regular food processor but it would take a lot of ladling hot soup back and forth – not my favorite way to pass the time.

Ingredients

- ¼ cup and 2 tablespoons extra virgin olive oil
- 2 large leeks, whites only
- 6 cloves of garlic, peeled
- 4-5 cups of vegetable stock
- 1 pound yukon gold potatoes diced into ½" cubes
- 2 bunches of spinach or watercress, washed, drained and coarsely chopped (frozen is fine if defrosted)
- 1 tablespoon tarragon, leaves only
- Juice of 1 lemon, fresh

Instructions

Combine the ¼ cup oil, leeks and whole garlic cloves in a heavy-bottomed pot or deep sauce pan over medium heat. Cover and simmer for 3 minutes.

Add pinch of salt, lower the heat, cover and cook 15 minutes longer, stirring occasionally.

Add the potatoes and enough stock to cover them, and bring to a boil. Reduce to a simmer and cook until potatoes are tender, about 20 to 25 minutes.

Add the spinach or watercress to the soup and simmer for 1 to 2 minutes longer. Add tarragon and remaining olive oil, and then blend the soup until creamy with an immersion blender, or in a blender or food processor. Stir in lemon juice, season with salt and pepper to taste.

If the soup is too thick, thin with additional stock to desired consistency.

Winter Events

JAN
9

HOW DOES PEOPLE'S...WORK?

Tuesday, January 9, 6:30-8:30pm

Have you ever wondered how your co-op is governed? Or how decisions get made? What does the Board of Directors do? What exactly is the Collective Management? Come join us for a presentation on how People's Food Co-op is organized. We will be going over how our Bylaws structure our co-op, how Member-Owners are democratically represented, how the Board of Directors makes decisions, and how the Collective-Management works to ensure we all have a co-op for our community! Free and open to all. No registration required.

JAN
13

TENDER TABLE

Saturday, January 13, 3-5pm

Tender Table is a storytelling series featuring femmes of color and nonbinary people of color and their stories about food, family, and identity. All ages are welcome to this event. Walk-ins welcome - we ask that you make a donation to support the artists. No one will be turned away for lack of funds. Find more information about presenters and register for the event at tendertable.com.

JAN
14

KING: A FILMED RECORD @ CLINTON ST. THEATER

Sunday, January 14, 7pm

Join us at the Clinton for the 14th annual tribute to Martin Luther King Jr., and celebrate MLK Day with the screening of this historic documentary. *King: A Filmed Record...from Montgomery to Memphis* is the landmark documentary that chronicles the life and work of Dr. Martin Luther King, Jr., from the beginnings of the Civil Rights movement in Montgomery, Alabama, and culminating with his assassination in Memphis in 1968. Originally screened in theaters for only a single night in 1970, the film combines dramatic readings by Harry Belafonte, James Earl Jones and Paul Newman, among others, with newsreel and archival footage to create a powerful and comprehensive record of Dr. King's legacy and the American Civil Rights movement. \$5 suggested donation.

JAN
27

SACRED WATER: STANDING ROCK PART I SCREENING & DISCUSSION

Saturday, January 27, 7pm

Join us in the Community Room for a screening of Sacred Water: Standing Rock Part I! In this film from the Viceland 'Rise' Series, the people of the Standing Rock Indian Reservation of North and South Dakota fight to stop a pipeline from being built on their ancestral homeland. After the screening, we will process the heavy truths delivered in this film and discuss ways we can take tangible action. There will be snacks! Registration required with a \$5-10 sliding scale donation. No one will be turned away for lack of funds, but please register so we can have an accurate estimate of attendees.

JAN
28

TENDER TABLE DINNER FUNDRAISER FOR UNA GALLERY

Sunday, January 28, 6pm

Join Tender Table for a special home cooked dinner to support UNA Gallery, a collective art space run by and for People of Color, queer, femme artists/voices. All proceeds will benefit UNA Gallery. More info and tickets will be available for purchase at tendertable.com/events. All ages, sliding scale tickets. Please contact tendertable@gmail.com with any questions. More about UNA: unagallerypdx.com/. More about Tender Table: tendertable.com/

JAN
30

SEED SWAP

Tuesday, January 30, 5-8pm

Let's get together in the Community Room to share seeds for the 2018 season! For the seed swap to go smoothly, please do the following: Bring seeds to offer into the swap! While we'd like to focus primarily on vegetables, medicinals and other "functional" species, seeds for ornamentals are cool, too. No GMO or fumigated seeds, please! Bring containers to take seeds home in, like small jars, empty seed packets, or empty teabag packets. Free and open to all. Registration suggested.

FEB
3

LEARN TO MAKE JAPANESE CURRY WITH OBON!

Saturday, February 3, 1-3:30pm

In the depths of winter, nothing is quite as satisfying as a big bowl of soup. That's even truer if what you're slurping is a bowl of tasty vegan Japanese curry. Farmers' Market stalwarts Jason and Fumiko will share their secrets for their popular soup, and you'll be equipped with adaptable curry skills to get you through the rest of winter. \$35-\$65 sliding scale. Registration required. Open to all.

FEB
10

MAKE YOUR OWN SOURDOUGH STARTER

Saturday, February 10, 2-4pm

This class is intended to introduce or refresh students on the basic functions of using wild yeast to make naturally fermented, healthful and delicious food! We'll cover the basic functions of a sourdough starter, looking at how it works and how we might use it, and then scope the process of making sourdough bread— examining dough and starters at different stages, and sampling a bread made by the instructor. We'll learn about what makes a naturally leavened bread, take a look at a few traditional methods, and then make our own sourdough starter to take home, along with a set of recipes! Free and open to all. Registration required.

FEB
11

WINE & CHEESE SAMPLING EXTRAVAGANZA

Sunday, February 11, 2-4pm

Looking for the perfect wine, cheese or chocolate to share with a companion? We're filling the Community Room with wine, cheese (and vegan cheese!) and chocolates to help you pick a favorite. Our buyers will be on hand to answer questions, and vendors will share their goods with us. Free, fun, and open to all.

**FEB
14****HOMEMADE HERBAL SPA
& FACEMASK MAKING****Wednesday, February 14, 7-9pm**

Skin is our body's largest organ, functioning as a protective barrier between our inner and outer worlds. Creating a supportive and restorative home skincare routine can improve common skin complaints like acne, dryness, and wrinkles. In this class we will make our own homemade facemasks to take home. This class will teach you the basics of creating your own home spa routine. We will discuss restorative skin practices as well as healing and relaxing herbs for skin and the body. \$20-\$50 sliding scale. Registration required.

**FEB
14****LOVE YOUR FARMER DAY @
THE FARMERS' MARKET****Wednesday, February 14, 2-7pm**

Our farmers' work incredibly hard to keep us fed all year long, so it's time for us to show them some love! Come write your favorite farmer a love letter or just say thanks by buying an extra bunch of kale. We'll have music and fun, kid-friendly activities. Free and open to all.

**FEB
17****RED POWER: STANDING ROCK
PART II SCREENING****Saturday, February 17, 7pm**

Join us in the Community Room for a screening of Red Power: Standing Rock Part II! In this film from the Viceland 'Rise' series, Red Power warriors descend on the Standing Rock camp to stand in solidarity and protect tribal burial sites from the construction of the Dakota Access Pipeline. After the screening, we will process the heavy truths delivered in this film and discuss ways we can take tangible action. There will be snacks! Registration required with a \$5-10 sliding scale donation. No one will be turned away for lack of funds, but please register so we can have an accurate estimate of attendees.

**FEB
25****WET FELTED FLOWERS****Saturday, February 25, 2-4pm**

Learn to make gorgeous felted flowers! In this class you'll learn the basics of wet felting – combining hot water, soap and a little elbow grease with dyed wool fiber to make felt. This class is an opportunity to PLAY with fiber and color in three dimensions. We'll sculpt abstract flowers that can be put in a vase, or pinned on a lapel for a cheery spot of color. \$20-\$30 sliding scale. Registration required.

**MAR
30****DOLORES SCREENING
@ CLINTON ST. THEATER****Friday, March 30, 7pm**

Join People's, the Clinton Street Theater, and PCUN (Oregon's farmworker union) for a screening of Dolores, a documentary chronicling the life and impact of farmworker rights advocate Dolores Huerta. Raising 11 children while wrestling with gender bias, union defeat and victory, and nearly dying after a San Francisco Police beating, Dolores Huerta bucked 1950s gender conventions to co-found the country's first farmworkers union. We'll be joined by farmworkers from PCUN and will raise funds to support their critical work. \$5 to \$15 suggested donation, though no one will be turned away.

Grow Your Own Produce

PLANNING, DESIGN, & FRAMEWORK

Tuesday, February 13, 7-9pm

This opening session will focus on garden planning and design. From the macro perspective to the microclimate, we will discuss permaculture design strategies that can maximize your yields and diversity of crops throughout the season. Fruit trees, berry bushes, and other large landscaping elements will be discussed as the framework for creating the context for your space. We will talk about bed preparation and the earliest crop, peas! Each participant is encouraged to come with a base map of their site for developing site analysis overlays. Marisha will provide tracing paper. Please contact Marisha if you need support before class to have a base map of your site available.

INDOOR SEED-STARTING, EARLY PLANTINGS, & PERENNIAL CROPS

Tuesday, March 20, 7-9pm @ The New Day School

In March, it is time to begin planting seeds both outdoors and indoors. This session will focus on those early plantings and the varieties that perform best for our climate. Perennial vegetables can be transplanted at this time. Since many perennial vegetables are new to gardeners, Marisha will share about growing and cooking some of her favorite types. We will also discuss preparing your soil for planting. Seed catalogs and other resources will be available as references for each participant to make a personalized planting calendar.

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 with your Member-Owner number to receive the discount code. Marisha can also be reached by phone:

REGISTER ONLINE:**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 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



Lisa Bogar
lisab@peoples.coop



David Wadley
david@peoples.coop



Jacob Engstrom
jacobengstrom@peoples.coop



Isaac Hart
isaac.hart@peoples.coop



Kathy Thurow
kathy@peoples.coop



Jenny Owen
jenny@peoples.coop



Jenna Whitaker
jenna.whitaker@peoples.coop



Naoki Yoneyama
naoki@peoples.coop

ATTEND A BOARD MEETING!

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

UPCOMING MEETINGS

Tuesday, January 23, 6-8:30pm

Tuesday, February 27, 6-8:30pm

Tuesday, March 27, 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.



3029 SE 21st Avenue
Portland, OR 97202
(503) ORGANIC (674-2642)
info@peoples.coop
www.peoples.coop

PRESORTED STANDARD
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love your farmer day



at the Farmers' Market
Wednesday, February 14, 2-6pm

