

WINTER 2017

GRASS/ROOTS

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP



A PASSIONATE
COMMUNITY

WORKING TOGETHER

for SUSTAINABILITY,

PROGRESSIVE Land & Animal STEWARDSHIP

HUMAN SOCIAL & ECONOMIC
RIGHTS, JUSTICE

THRIVING COOPERATIVE
AND LOCAL ECONOMIES.

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WHERE ALL ARE VALUED.

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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.

people's
FOOD CO-OP

FOOD, SOCIAL IDENTITIES & JUSTICE

Wednesdays

February 1st, 8th, 15th, & 22nd

6:30-8:00 PM

in the Community Room

Instructor: Dr. Lisa C. Knisely

Is food a political or a moral topic? How does your social identity – your gender, race, class, ethnicity, cultural heritage, or religion – influence what food you eat and who produces and prepares that food for you? Is there such a thing as “food tourism” or food appropriation? Can only rich white people be “foodies”? Are women naturally better at cooking because they are nurturing? Did feminism kill the home-cooked meal? Why are there so few famous women chefs? Do people eat “poorly” because they just don’t know better? Does eating “real food” make you morally or politically virtuous? What does it mean to be an ethical consumer of food?

In this course, we will come together each week to discuss how our social identities and experiences in life help shape our answers to these questions and influence our ideas about food and justice. We will briefly touch on a number of topics including the philosophical definition of justice and the difference between moral and political claims about justice, urban vs. rural divisions in agricultural ethics, classism, sexism, and racism in food justice movements, labor rights in the restaurant industry, and gendered care labor. Readings outside of class will be drawn from both academic and popular sources. Foodies, chefs, cooks, farmers, and all critical thinkers welcome!

FROM THE PUGS MANIFESTO

Education is a human right. Learning is increasingly necessary just to keep up in today’s world. More importantly, learning and growth are necessary for a fulfilling life.

PUGS helps people become their best selves: more aware, caring, committed, creative, flexible, fulfilled, future-oriented, generous, honest, improving, improvising, incisive, independent, informed, initiating, innovating, inquisitive, insightful, kind, leading, rooted, strategic, supportive and wild. If can do that, we’ll be creating a better society.

Together, we can make knowledge, discovery and understanding accessible and affordable to all. We believe that education should be participatory and democratic. We ask everyone to buy into our Radical Pricing policy, which provides scholarships for people with lower incomes by asking people with higher incomes to contribute a little more to the community. Together, we can create more diverse, more interesting classrooms and communities.

Read more at pugspdx.com.

INSTRUCTOR PROFILE:

DR. LISA C. KNISELY

By Isaac Hart, Board of Directors

Dr. Lisa Knisely, who will be teaching a course called “Food, Social Identities, and Justice” with the Portland Underground Graduate School (PUGS) in the Community Room this February, took a little time out from baking a cherry-marionberry pie in her northeast Portland home to chat with me about food.

While completing her Ph.D. in Women’s Studies at Emory University, Lisa spent many hours studying in local coffee shops and getting to know the staff. The World Barista Championships were held that year in Atlanta, and out of curiosity, she decided to go. Lisa was fascinated by the way contestants performed gender and race at the championships, which sparked a long journey of exploration, learning, sharing, and activism.

In 2013, Lisa published an article titled “Steamed Up: The Slow-Roasted Sexism of Specialty Coffee,” in *Bitch Magazine*, which illuminates some of the often overlooked aspects of both latent and overt sexism in the coffee industry (you can find the super interesting article at bitchmedia.org). After writing on the topic of gender and specialty coffee, she became more interested in the intersectional aspects of gender and food.

While teaching at PNCA, Lisa became acquainted with the work of Gabi de León, the founder of *RENDER: Feminist Food & Culture Quarterly* (Gabi’s now the Design Manager at People’s). Lisa took on the role of Editor-in-Chief for *RENDER* and found renewed enthusiasm for exploring how ethics and food intersect in our lives every day. Lisa noted the challenge of more deeply understanding the personal investment and connection people have to food habits, food systems, and the cultural significance of food. When discussing the prospect of making changes to our food habits and behaviors, Lisa remarked, “Food has deep meanings about our identities, and we can’t expect people to [just] give that up.”

Lisa is bringing her enthusiasm for and knowledge of having engaged conversations to deepen our shared awareness of how various aspects of culture and food intersect. In the class that she will be teaching through PUGS, Lisa will encourage participants to work with each other to find solutions to challenges we face in the food world, including environmental protection and social injustices.

Anyone interested in food and social justice, especially people who have experienced alienation from common food conversations or food based activism, are invited to come learn with Lisa. This class is offered as a safe and inclusive space for our community and the wide range of social and cultural backgrounds they bring to the table. Much of the course content will involve engaging with fascinating readings from a variety of sources, both academic and popular, and Lisa has also prepared a reading list for students to work through outside the course. If any of this excites you, come explore, share your perspective, and enrich your awareness with Lisa this February. ☺

See a detailed course description and sign up for Lisa’s class on the PUGS website: pugspdx.com.

VILLAGE GARDENS

By **Tori Craig, Village Gardens Farmers' Market Manager**

In 2001, neighbors in North Portland's Cathedral Gardens apartments organized with Janus Youth Programs to build a community garden to heal the poverty, isolation, gang activity, and hunger that impacted their families. They planted the first seeds of Village Gardens in their community plot. The garden is a gathering space, food source and educational tool, where multicultural neighbors come together to share ideas for a thriving community.

Under the umbrella of Janus Youth Programs' Village Gardens, their vision has grown into 110 plots, a fruit tree orchard, a kitchen community, two organic farms, a corner store, and a farmers' market. Rooted in Cathedral Gardens and New Columbia, these programs engage residents as decision makers all along the food system – from planning and production to sale and consumption.

Community leadership is at the heart of Village Gardens. Each program is guided by neighbors, who have the expertise to create opportunities for their families to flourish. Leader and long-time gardener Michelle Hanna has been digging into community work with her neighbors for years; she shared, "I have learned patience – all good things may take time to achieve."

VILLAGE MARKET

Portland's only nonprofit grocery store, the Village Market provides food access and job opportunities in Oregon's largest affordable housing community. New Columbia residents gathered on an advisory committee to choose Village Market products and programs that would best serve their community. The Good Food program makes customers' money go further when they choose healthy options – a 30% discount on fresh or frozen fruits and vegetables, bulk beans, grains, eggs, and dairy is offered to customers with SNAP benefits

FOOD WORKS

Food Works Farm is a youth-run certified organic farm on Sauvie Island. High school aged youth are engaged in all aspects of farm planning, growing and selling. Youth decide where the food they've grown goes – in the 2016 growing season, they marketed their bounty at St John's and New Columbia Farmers' Markets, the Village Market, to Sisters of the Road Café, the University Park New Seasons, to CSA members, and to patients at the North Portland Health Clinic. As their engagement with the program grows, youth take on tiered leadership roles, guiding each other

through tradition and culture. "All of us have to step up and show great examples of leadership to make this work," says Victor, a 2016 crew leader. Fellow crew leader Hanad added that his leadership influences his success at school – "teachers trust and rely on me."

NEW COLUMBIA FARMERS' MARKET

Participants across Village Gardens programming come together at the New Columbia Farmers' Market. The market is a small business incubator, where vendors learn the skills they need to develop a small food business in Portland's competitive scene. Vendors include immigrant and refugee farmers, youth, women, people of color, chefs, and veterans. They provide culturally specific products, from African eggplant and sambusas to ceviche and Haitian coffee. Narcissa Diaz, a hot food vendor from Guadalajara, says, "I have learned to be prepared for anything. Hopefully this will help me when I have a food cart one day." New Columbia residents, many of whom lack transportation and receive food benefits, are able to buy locally-grown organic produce in their community, from their neighbors, at prices comparable to conventional produce at large grocery outlets.

SUPPORT THE WORK

When you shop at Village Market and New Columbia Farmers' Market, join the Food Works CSA, and donate, all proceeds are rolled back into the programs. A dollar spent with Village Gardens goes directly into the New Columbia food economy, supporting healthy food and access to land for neighbors taking the lead in their local food system. Come visit the Village Market at 4632 N Trenton St. in North Portland's New Columbia community. Shop, donate, volunteer, spread the word! Find details and learn more at villagegardens.org.



Photo courtesy of Village Gardens.



By Anna Vaandering

The Burgerville Workers Union (BVWU) went public in April of this year. Since going public we have been continuously fighting for Corporate to recognize the Union and sit down to negotiate with us. So far we have not won this fight, but we've won some others.

The Union celebrated six months of being public with a picket and rally at the Portland Convention Center Burgerville. Members of the BVWU, over ten other unions, and the community formed picket lines at each of the entrances. Over two hundred people showed up to picket with the BVWU. There were grills set up serving free burgers, which deterred most customers from entering the restaurant. After the picket lines had been going for a bit the restaurant was empty. A completely empty restaurant on the Blazer's opening night sent a strong message to Burgerville that the Burgerville Workers Union has community support and that if Burgerville continues to ignore its workers its profits will suffer. Another exciting action we did recently was to deliver tip jars to

all Burgerville locations. Burgerville does not have an official tip jar policy; they do allow workers to take tips if offered to them, but most customers don't know that they are allowed to give tips since there are no jars. We met so many workers who were very excited about us delivering tip jars to them. One worker at the Canby store yelled to her coworkers, "We have tip jars now." She also put on one of the buttons we had made with our BVWU logo and "Tipping Now In Season" written on it.

We had really hoped that Burgerville would allow the tip jars to remain. A worker-run tip jar has no tax liability for Burgerville, and takes no work on their part. But sadly the jars were all taken down by management by the end of the day, many of them as soon as our delegations left the stores.

We did call-ins the following week to various stores to encourage the managers to keep the jars. The line we heard over and over

"MANAGERS SEE THE DAILY STRUGGLES OF THEIR WORKERS TO MAKE ENDS MEET AND STILL REFUSE TO ALLOW WORKERS THE OPPORTUNITY TO MAKE MORE MONEY."

was that “Burgerville’s long time policy is to not solicit tips.” One manager, when pressed further, replied, “I am not allowed to speak on behalf of Corporate.” That is a confusing statement, because if they are not speaking on behalf of Corporate are they just speaking on behalf of themselves? Does that mean it is not just corporate policy but also every individual manager’s policy to not allow tip jars? Managers are not going to be able to give workers higher wages without corporate approval, but they could easily allow the tip jars to be on the counters. Managers see the daily struggles of their workers to make ends meet and still refuse to allow workers the opportunity to make more money.

A big part of our broader vision for the Union is to grow relationships with other worker unions. A group of BVWU members, Industrial Workers of the World members, and a representative from Portland day laborer organization VOZ visited PCUN (Pinosos y Campesinos Unidos del Noroeste, or Northwest Treeplanters and Farmworkers United in English) in mid-November. PCUN, located in Woodburn, is Oregon’s farmworkers union and the largest Latino organization in the state. Burgerville workers were interested in making connections with workers along the food supply line. Workers handling food at the farm face some of the same struggles as workers handling the food in the restaurant, and to a more severe degree. Low wages, housing insecurity, food insecurity, and mistreatment by bosses can be a daily struggle for both. Burgerville’s marketing emphasizes support for local farm owners, but the BVWU supports farmworkers and the many other workers who labor along the food supply chain. We look forward to partnering with them in our continued fight for worker’s rights.

The Burgerville Workers Union recognizes the need to stand in solidarity with people struggling across the world, not just for justice in the workplace but for justice worldwide. In November, a group of Burgerville workers went to Standing Rock to stand in solidarity with the water protectors and be of service in the weatherization process.

The Burgerville Workers Union launched fundraising for our Union Benefits program on December 1st. The program is set to begin early January 2017. The Union Benefits program will include discount bus passes, once per month free babysitting, and food boxes for Union Members, as well as GED tutoring and a grievance hotline for all Burgerville workers. The BVWU is an all-volunteer organization, and if we can provide for the needs of workers, so can Burgerville. We are calling on Burgerville to take up this program by April 26th, the one year anniversary of the Burgerville Workers announcing our Union.

Looking forward, we hope that Burgerville will come to the negotiating table soon. We are falling further into poverty while Burgerville builds new and fancier locations. We will continue fighting in spite of Burgerville’s negative response. We will continue to stand up for ourselves and our coworkers against anti-union bosses. We will continue to make our voices heard and our faces seen. We will win. 🗣️

Stay in the loop! Follow the BVWU on Facebook at facebook.com/burgervilleworkersunion or their website at www.burgervilleworkersunion.org.



Left: BVWU members visit PCUN (Pinosos y Campesinos Unidos del Noroeste). Photo courtesy of BVWU. **Above:** Burgerville workers standing in solidarity with the water protectors at Standing Rock. Photo courtesy of Labor for Standing Rock.



“IT’S DOUBLE TROUBLE” ON BEING A VEGAN OF COLOR

An Interview with Emiko Badillo, Excerpted from *The Racist Sandwich Podcast*

Racist Sandwich is a local weekly podcast from hosts Soleil Ho and Zahir Janmohamed and producer Alan Montecillo. The podcast covers all kinds of issues sitting at the nexus of food, race, class, and gender, from body image to the politics of food photography to a conversation with Oregon’s first Black winemaker.

The following is an excerpt from the sixth episode of the podcast, an interview with Emiko Badillo, co-owner of vegan Food Fight! Grocery and founder of Portland Vegans of Color. It’s been edited in places for ease of reading. You’re encouraged to find the whole episode on racistsandwich.com, along with all of the other *Racist Sandwich* episodes!

EMIKO BADILLO: There is an obstacle about the word vegan, like the term ‘plant-based’ has taken over veganism, because I think the political side of veganism is diminishing. ‘Plant-based’ doesn’t have that connotation that comes with ‘vegan’ – which has this reputation of being bland, gross, “hippie food.”

SOLEIL HO: It’s almost like “feminist” vs. “I just believe in equal rights!”

ZAHIR JANMOHAMED: It’s interesting how the culture has changed too, David Chang was talking about how people talk about meat now, as if they’re making the most ethical choices: ‘farm raised,’ ‘cage free,’ etc. In the ‘90s and 2000s, to live an ethical lifestyle you had to be vegetarian. It seems now that those who eat meat have sort of co-opted that language.

EB: It depends on what your drive is, what your goal is... I started Portland Vegans of Color in 2013, and it was a long journey towards becoming aware of social justice in general. I was fortunate to grow up in a racially and economically diverse city [San Antonio, TX], to grow up in both my cultures I am made up of. To move to Portland was such a shock to me. I had never

truly experienced feeling marginalized until I lived here. It took me a long time to go on this journey, figuring out why it is like this here. Before we opened our store [Food Fight!], any time we’d go out I’d be the only person of color in the place where we’d eat, shop, everywhere. I felt so weird about it, I never experienced that before. I got so many stares, being asked if I speak English.

ZJ: Tell us about your background.

EB: I am Japanese and Chicana. Being biracial, there’s a spin on it; most people assume I am some Asian but I feel very strongly towards my Mexican side. People assuming who I am based on what I look like on the outside, it gets tough sometimes.

SH: Can you talk more about why vegans of color need their own space?

EB: Veganism is a majority white movement (and I still want to call it a movement, because it still is to me). And it always has been. I recognize that because being vegan in Portland (a majority white city) makes it extra hard. Being vegans of color, you’re such a minority within a minority.

ZJ: How has Portland Vegans of Color been for you and others in this group?

EB: We will have meet-ups where we just end up confiding in each other about what we’re going through each day. It becomes therapeutic for most of us. It’s so necessary to have these kinds of spaces, where you feel safe to talk about these things and not feel judged.

ZJ: How have white vegans responded to VOC?

“WE DO VEGANS OF COLOR TO TRY TO BREAK A LOT OF STEREOTYPES... WE’RE TRYING HARD TO SHOW THAT NOT ALL VEGANS ARE SINGLE-ISSUE, WHITE, OR HIGH INCOME. SO MANY VEGANS DON’T CARE ABOUT THE DIET PART OF IT. IT’S NOT JUST A WAY OF EATING OR A LIFESTYLE, IT’S A POLITICAL MOVEMENT.”

EB: There were a good handful of white folks saying it was racist... As soon as I started talking about veganism and racism and wanting to be more inclusive of POC in veganism, anytime you start talking about how veganism’s gone mainstream, how the ethics and politics behind it are going away and people care more about food than lives, people get mad, people get defensive. When you talk about anything that’s disrupting their feeling of ‘do-good-ing,’ especially for vegans, a lot of them feel like they’re leading these perfect lives of compassion – but there’s so much more work to do. Once you start confronting that maybe they’re biased or prejudiced in regards to their food choices, people get mad.

SH: What are the ways you’ve seen white supremacy manifest in vegan spaces?

EB: The biggest example I can think of recently is the anti-Asian sentiment around vegan food and animal rights. There’s a festival in a small village in China where people eat dog meat, and it’s such a small percentage of people who partake in this. But there’s a generalization that all Chinese people eat dog. Recently there was a protest in Chinatown in New York City where a group of white protesters went yelling at Chinese folks in Chinatown going through their daily lives. That kind of generalization and anti-Asian sentiment [suggests] that the cruelty that Asians supposedly partake in with regards to what they eat is any worse than how white people in the United States eat. The idea that white colonial food is the median to base everything compassionate on is ridiculous.

SH: So I’ve gotten a lot of this rhetoric from people, saying “Black lives don’t matter, because the bigger picture is that the earth is dying and we’re killing animals.” You’re either into environmental justice or you’re into social justice, as if there’s no way those two can meet. The existence of black vegans attests that you can care about both things. Why do you think there’s such a disconnect between those strains of activism?

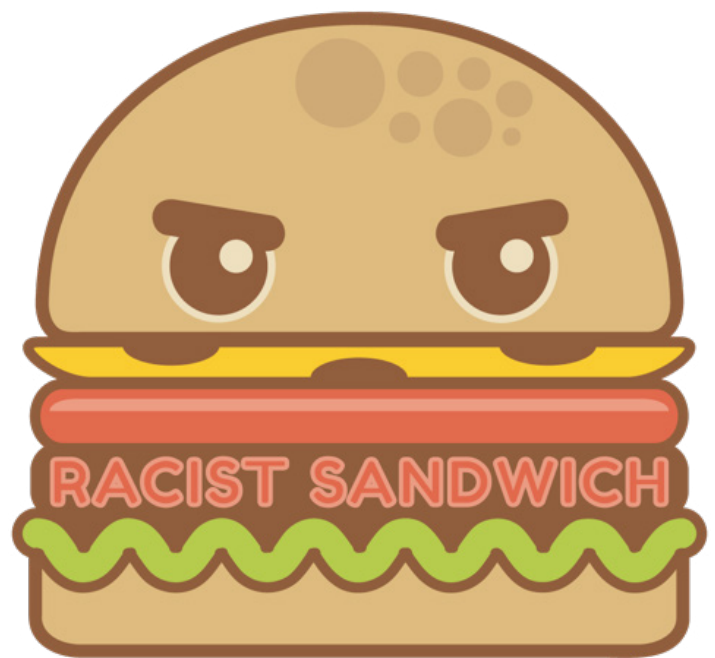
EB: I think because it’s so white-led, because these groups aren’t being led by who’s most affected. Being vegan is the easy part with animal rights work. You need to do more, go outside of veganism. That’s why I joined Social Justice Fund Northwest; I was burnt out on veganism as a movement and as a people, I felt marginalized, like nothing was going on to change anything. Once I started thinking about race I needed to get to the core of why I experience racism. We need to focus on the people before we can do anything for the animals. The mainstreaming of veganism hasn’t put a dent in cruelty to animals, it’s just given corporations

more money. We need to show people we care about them. We need to stop being so single issue.

SH: It’s so easy to boycott the meat industry. You can buy your vegan cheese and go home. But people can’t imagine what it means to boycott white supremacy. How do you do that?

EB: You have to look inside yourself and change your whole person and your whole mindset. People don’t want to do that work. It’s hard but it’s necessary for things to change.

We do VOC to try to break a lot of stereotypes... We’re trying hard to show that not all vegans are single-issue, white, or high income. So many vegans don’t care about the diet part of it. It’s not just a way of eating or a lifestyle, it’s a political movement still to me and it is to a lot of people. 🙏



**LISTEN TO THE RACIST SANDWICH PODCAST AT
WWW.RACISTSANDWICH.COM**

**LEARN MORE ABOUT PORTLAND VEGANS OF COLOR AT
WWW.PDXVOC.ORG**

SELF CARE FOR THE NEW YEAR

By Caitlin Gaylord-Churchill, Substitute Staff

As the year ends and the inauguration looms, many people are focusing on the ways they can better care for themselves, their communities and for the planet. I'm a firm believer in self care because we cannot take care of anyone well if we're not nourished, well rested, and calm.

As we find ourselves in the time of New Years resolutions, it's prudent to remember that small but consistent change is the most sustainable. It is key to our vitality to offer care to our bodies, which do so much for us. In times of stress it's easy to forget self care routines, especially if they are elaborate. Here I focus on several ways to care for myself that I find easy to remember in my daily life.

SLEEP

Times of stress or change can make it hard to fall asleep and lessen the quality of the sleep that you get. In order to get ready for bed I often take CALM magnesium in a glass of water. Magnesium helps the muscles of the body relax, which is why magnesium sulfate (better known as Epsom salts) is so popular in baths. Some people find magnesium to have too intense of a laxative effect to take it orally; in these cases, baths are a great alternative. Magnesium has also been shown to curb sugar cravings, as a craving for sweets is sometimes the body's misinterpreted cry for magnesium.

In addition to magnesium, there are many teas that promote relaxation. Yogi Tea's Relaxed Mind and Calming teas are a favorite of mine. Minimizing exposure to light closer to bedtime can be very helpful. Sometimes I light candles and drink tea with the lights out, as the darkness signals to the body that it's time to start making melatonin. While taking supplemental melatonin can occasionally help with getting to sleep, I don't take it often because it leaves me feeling drowsy the next day. Your body should be making enough on its own, and one thing it needs to make melatonin is tryptophan. Seeds, oats, lentils, and nuts are all foods that contain tryptophan. A bowl of soaked oatmeal garnished with almonds in the morning will help you sleep at night.

FOODS AND SUPPLEMENTS FOR SELF CARE: VEGETABLES + PROBIOTICS

One way I remember to care for myself is attempting to have a vegetable and a ferment at every meal. Sometimes it's a bowl of rice with kale, a fried egg, and OlyKraut's Spicy Kraut. Other times I'll call a blueberry a vegetable and put a dollop of yogurt on a blueberry muffin. I keep this as a loose guideline to increase the power of my digestive system to move food through my body and offer myself a clean burning energy throughout the day. Ferments are high in probiotics, which are vital to the functioning of our entire body. It is an often-touted fact that beneficial bacteria make up a huge majority of our digestive system. Offering more good bacteria to our guts daily and providing food to these organisms is a way to strengthen these tiny unseen allies. Ferments with probiotics include yogurts, krauts and kimchis, miso, and fermented beverages like kombucha or kvass. While probiotics can be supplemented, I prefer to get mine in my diet because I like eating food more than I like taking pills. One easy way to get veggies and probiotics into any meal is by making a quick miso soup with whatever veggies, mushrooms, or fresh herbs you have around. My favorite miso is South River Miso because it's made with many different types of grains, not just soy. A traditional miso soup is also a nice way to start the day and consists of only of tofu cubes, sliced shiitake mushroom, green onions, and wakame (a type of seaweed that People's carries in bulk).

Seaweed also can be used on daily basis to provide iodine. Since radiation has increased on our planet, radioactive iodine is something we all take into our bodies. However, if we take appropriate levels of regular iodine, our bodies will refuse to uptake the radioactive version. Eating foods that feed beneficial bacteria, know as prebiotics, is another way to nurture gut health. Prebiotics are from the fiber of plants that are not digestible and are found in bananas, raw dandelion greens, and burdock. Vegetables, probiotics, and prebiotics are essential to the creation of gut health, which in turn creates mental health and calm.

SCREEN TIME: MINDFUL RELATIONSHIPS TO THE NEWS + OUR DEVICES

Humans interact with the media and screens on a spectrum: one person can feel empowered and connected to the world by watching the news while another can be drained by what they see as hopeless situations that they are unable to change or help. The mainstream news media present a largely bleak and sensationalized worldview that rarely (if ever) focuses on what is going right. Balancing the news with grounded observations outside of the media's paradigm can be helpful to inoculate against the insidious helplessness promoted by the news. Another helpful practice is to act on impulses to work towards justice for fellow humans and for the planet. Educating yourself about institutional oppression, calling your state representatives and senators about issues you care about, and offering time or money to organizations you are impassioned by can be an empowered response to the media.

Smartphones are increasingly present in our lives with specific and measurable effects on our brain's chemistry. While useful, these devices are extremely habit forming, activating our brains in a way similar to gambling. Dings and notifications from our phones create an environment of distraction. Disabling the sound from text messages has been extremely relaxing to me. Recognize how you use social media – does it make you feel more connected or isolated? Scrolling through feeds and jumping through websites has a numbing affect on my mind. While the internet can offer awareness of the events of the world and your local community, being engaged and connected in reality is optional. Putting down the phone and participating in real actions and conversations is vital to our well being.

It is my hope that these simple ideas can inform your new year and create an environment where self care becomes a norm. I believe that every human being deserves restful sleep, healthy food, and a sense of connection to their communities. 🍷





HERBAL MEDICINE FOR DARK DAYS

By Aria Mikkola-Sears

THESE ARE TOUGH TIMES. Winter is hard enough already. There's less light, more dreariness, more cold, more rain. In many ways, we retreat inward during this time of year, spending more time indoors, being a little less social and a little more introspective. It's a natural reaction to the energy of the season: this is the time for us to rest and restore, to dream and reflect. It can be challenging, yet we really do need these quiet, slow times to help balance out the busy energy of spring and summer.

But these days feel even darker than usual. Since the November election and all that's unfolded since, many of us are feeling scared, sad, worried, and worse. Many of us don't even feel physically safe. It's very real and it's very hard. It's not normal. And it's definitely not good for our health.

Why not? Because times of fear and panic trigger a response in our sympathetic nervous system, which in turn pumps out stress hormones to prepare us for fight or flight. This system does a great job at giving us adrenaline-fed energy boosts in emergencies, or even in reaction to injustice and shock. That energy can be helpful at first, spurring us into action, but our bodies aren't designed to sustain that state for very long. The continued release of stress hormones can take a big toll on us, increasing anxiety and inflammation, weakening the immune system, and exhausting our energy. In other words, we crash and burn.

We're not very helpful to the world when we're sick and tired. We know this. If we're going to take care of anyone, if we're going to fight for a world that's kind and fair, then we have to take care of ourselves, too. So whether we're marching in the street or simply trying to cope with grief, it's crucial to find ways to calm our fear and sustain our bodies.

First, before anything else, begin with acceptance. Recognize that emotions like grief, depression, exhaustion, anxiety, and fear are all very valid reactions to uncertain times. They're reflections of

your empathy, your compassion, and your very human wish for everything and everyone to just be okay.

Then, breathe. Taking even just a few deep breaths into your belly signals to your nervous system that it's safe to come out of a stress response.

Next, find a way to connect. Connect with friends, family, coworkers, neighbors, and activists in any way you can, big or small. Show up for them, show up for something: a dinner, a phone call, a protest. We need each other especially in winter, and right now it's more important than ever.

Now, look at how you're taking care of your body. Herbs are beautiful allies during any time of stress, but their gentle medicine really shines when we're staring down the barrel of a big, scary future. There are three categories of herbs everyone should know about right now:

ADAPTOGENS: These herbs are like good friends; they just want to support you, no matter what. They want you to be resilient. They want to build you up so you're stronger the next time around. Basically, adaptogens are here to help your body adapt to whatever stressor comes your way, whether emotional, physical, or environmental. They build energy, they balance moods, they strengthen immunity. They're considered tonic herbs, meaning they're safe for almost everyone and should be taken daily for an extended period of time.

Astragalus root is a much-loved adaptogen; it's fairly flavorless, so you can sneak the dried pieces into soup stocks or teas. It can also be found in liquid extract or powder form. If you'd prefer drinking a tea, try holy basil (also called tulsi), which is both fortifying and delicious.

NERVINES: These are the herbs that want to help ease your anxiety, your fear, your grief. They're there for you when you're caught in a sympathetic nervous system response. Passionflower, California poppy, and skullcap are three very calming herbs for anyone struggling with worry, frayed nerves, and sleeplessness. Try taking them in a tea or tincture form. For anxiety coupled with a heavy heart, try lemon balm. For depression, look to St. John's Wort*—it's especially effective against seasonal affective disorder, a common challenge in Oregon. Think of it as a way to keep your inner fire kindled during bleak times.

IMMUNE ENHANCERS: Not only is it cold and flu season, but many of us are coping with an immune system that is weakened by stress and sadness, so antiviral and antimicrobial herbs are extra important right now. Echinacea is probably the best-known herbal immune support and can be taken as a liquid extract or tea. Elderberry is also a hero for kicking colds; look for it combined with raw honey in syrup form. Take a teaspoon every day to maintain health, or every few hours during acute illness.

DON'T FORGET KITCHEN MEDICINE:

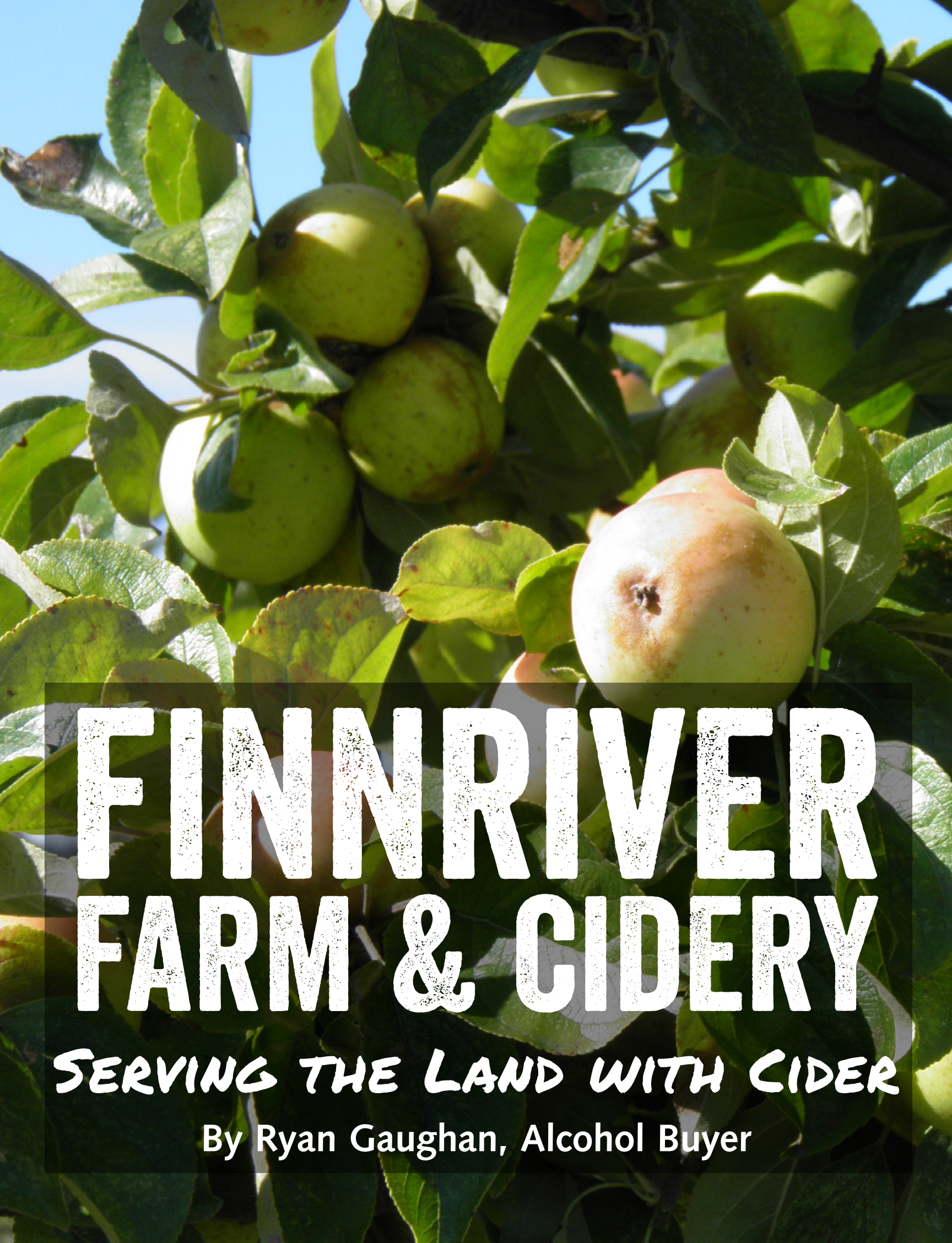
Ginger, garlic, onion, thyme, lemon, honey, and apple cider vinegar all have strong antimicrobial powers. Incorporate them often into your cooking, or keep a pot of ginger root tea simmering on the stove.

May this information be a jumping-off point for more exploration, and please remember to consult with your healthcare provider before starting a new herbal regimen, especially if you are pregnant or nursing. May we keep our bodies healthy and our minds steady during this season, and the seasons to come, so we can all be strong together. May we act with love, not fear. May we all keep our light glowing in the dark. 🕯️



*Do not take St. John's Wort with SSRIs (Selective Serotonin Reuptake Inhibitors, a class of drugs that includes antidepressants). The interaction of SSRIs and St. John's Wort can be dangerous and possibly life-threatening.





FINNRIVER FARM & CIDERY

SERVING THE LAND WITH CIDER

By Ryan Gaughan, Alcohol Buyer



IT was a People's customer who first clued me in to Finnriver products. Having tried a cocktail featuring raspberry brandy wine, they started to look around the city to buy a bottle, without much luck. I contacted Finnriver, who dispatched a sales rep to our store almost immediately. From the moment I first tasted that raspberry brandy wine, I knew these products were something special, and Finnriver's business ethics, particularly with land and animal stewardship, fell right in line with our values at People's.

In late September 2016 I was invited to a tour of Finnriver's farms and cidery, located in the beautiful Chimacum Valley in Washington's Olympic Peninsula. Along with other alcohol buyers and retailers from Oregon & Washington, I was treated to a first-hand, in-depth look at how this cidery emphasizes a regional growing and production focus, coupled with a commitment to responsible agricultural practices acting in harmony with the region's lush natural ecosystem.

Finnriver maintains two farms in the Chimacum area. The central hub of production for the cidery is located just 3 miles away from Finnriver's main apple & pear orchards. This property hosts vegetable, berry, and hoop-house gardening operations which provide supplemental ingredients in Finnriver products. It was here that I received a tour of the cider making process. Large bushels of apples are primed and pressed, with juice separating from the pulp in a mechanized pressing. From there, the fresh juice is pumped into massive fermentation tanks, where the addition of yeast and other ingredients encourages the magic which brings cider to life.

This production facility is seamlessly integrated with the certified organic farm that surrounds it. The entire property is also certified Salmon Safe. Through intentional efforts by Finnriver, spawning salmon have recently begun to return to a creek that runs through the property, after generations of absence due to environmental harm from livestock farming in the area.

Later in our tour, we travelled to Finnriver's newest property acquisition, a 50 acre certified organic orchard. Finnriver has been integral in converting this lush soil, which was used as dairy land since the late 1800s, into a magnificent orchard of several thousand apple and pear trees. Many of these trees are traditional, tannic varieties of apples not commonly found in grocery stores. This location is also where Finnriver has its tasting room and bottle shop, where many extra special products not currently available for sale in Oregon can be tasted and purchased.

Finnriver operates both properties in partnership with the Jefferson Land Trust initiative (www.saveland.org). This partnership ensures that the land on which Finnriver operates will remain designated for agricultural purposes in perpetuity — an important protective measure in an area of the state where extra-urban development is increasing (the Chimacum Valley is located South of Port Townsend, across the Puget Sound from Seattle). In that regard, Finnriver is much like Our Table Cooperative, a farm operation based out of Sherwood, Oregon, which also borders areas experiencing urban development. Land trusts sustain projects like these by maintaining legally binding regulations to protect agricultural land while integrating food resources, sustainability, and the needs of urban dwellers.

Oh, and Finnriver cider is really tasty, too! I strongly encourage you to try out some of my favorites!

The **Contemporary Series** of ciders is the most widely distributed and produced of Finnriver's selection. The introduction of a small amount of organic cane sugar in the production process helps round out the dryness of the cider, without creating an overly sweet "apple juice" effect. Two of my favorites are the **Sparkling Black Currant**, which has an amazing, deep purple wine-like color, and the **Habanero**, an infused cider that leaves a really exciting spiciness in the end notes.

If you're looking for something to bring to a special occasion or dinner, consider the **Artisan Méthode Champenoise Sparkling Cider**. This painstaking cider making process requires a secondary fermentation process to take place in the bottle, which results in a very effervescent sparkling beverage, similar to champagne. This bottle is a great substitute for wine, and definitely more on the dry end of the cider spectrum.

For something completely different, pick up a bottle of **Raspberry Brandy Wine**, a higher alcohol content dessert wine. Raspberries grown on Finnriver farms are coupled with apple brandy wine, producing a dessert beverage to be enjoyed in small pours. Finnriver brandy wines are very versatile, and can be used as toppings on ice cream, in homemade salad dressings, and as a lively kick to sparkling water, to name a few.

Definitely keep an eye out for Finnriver's **Seasonal Botanical** ciders. This is a rotating series of bottles that feature unique combinations of herbs and ingredients. In the beginning of 2017, keep an eye out for **Cranberry Rosehip** and **Solstice Saffron**.

All Finnriver products will be 10% off all January! Stop by on Saturday, January 7, from 2-5pm for an informative and fun tasting! 🍷



AND THE CHILI COOK-OFF WINNER IS...

This year was People's 3rd Annual Chili Cook-off! As always, members of our Board of Directors handed out samples of three different chilis to our community at the Farmers' Market. With our community of chili-tasters as our judges, Andrew Barton's Slow-Roasted Zingy Chili won the cook-off! Andrew has shared the recipe with us so that you can enjoy this first-place chili anytime.

SLOW-ROASTED ZINGY CHILI

By Andrew Barton

Slow roasting almost everything in the chili helps build up their flavors and add tremendous depth to this chili. It is inspired by the chilis my mom would make randomly on a Sunday so that we could have it a couple of times throughout the following week. Maybe you could do that too!

INGREDIENTS

- 4 medium sized onions
- 3 large sweet peppers
- 1 long sweet potato
- 1 small spicy pepper, such as a serrano or jalapeño
- 1 head of garlic
- 1 large can of diced fire roasted tomatoes
- ¼ cup of pickled peppers of your choice
- 4 15-ounce cans, or 6 cups cooked, drained kidney beans
- 2 ears of fresh, or 1 can, or 1 cup of frozen sweet corn (optional)
- Kale leaves (optional)
- Collard leaves (optional)
- Grated cheddar cheese (optional)
- Sour cream (optional)

Spice Mixture

- 1 teaspoon each chili powder, chipotle pepper, fine salt, black pepper, cumin, coriander, garlic powder, and onion powder.

**FIND MORE RECIPES FROM
ANDREW ON OUR WEBSITE:
PEOPLES.COOP/RECIPES**

INSTRUCTIONS

Preheat the oven to 450°F.

Cut off the tops of the onions, cut them in half, and peel them. Dice them into bite-sized pieces, about ½-inch. In the base of a roasting pan or baking dish, pour about 3 tablespoons of oil. Shake some of the seasoning mix into the oil, and then add the onions. Put them in the oven to roast.

While the onions are roasting, cut the sweet peppers in half and scoop out the seeds. Dice the peppers into bite-sized pieces, about ½-inch. Peel and dice the sweet potato into bite-sized pieces, about ½-inch.

Add the peppers and the sweet potato to pan of onions, and top them off with a little more oil and seasoning mix. Then return the pan to the oven.

Remove the stems from the spicy pepper and remove the seeds with your fingers (preferably with gloves on). Mince it finely. Add your kidney beans. In a cast iron skillet, heat 3 tablespoons of oil. Add a tablespoon of the seasoning mix and let the spices toast in the oil for a minute. Add the spicy pepper and the kidney beans, cover the pan, and cook on medium heat for about 10 minutes. They will begin to break down a little.

Remove the loose skin and cut the top off the head of garlic. Drizzle it with oil and sprinkle it with salt. Add the bulb of garlic to the skillet with the beans in it, and place the uncovered pan in the oven.

Take out the pan of onions, pepper, and sweet potatoes. Stir up the vegetables and add more oil if they're looking a little dry. Shake in more seasoning mix, then return to the oven. Repeat this process until the vegetables are completely softened and slightly blistered. This will take about an hour, if not longer.

When the garlic has roasted in the spiced bean pan, take it out, let it cool a moment, then pop all the cloves out into the bean mixture. You might need to stir the beans around it if they start to get a little color on top. Don't worry, the color adds to the unctuous, roasted flavor of the dish – just don't burn them.

Chop the pickled peppers. Heat some oil in a pot on the stove over medium heat. Add the roasted garlic, pickled peppers, beans, and canned tomatoes. Gently simmer. If it looks like there isn't enough liquid, add some water to the tomato can, swish it around a little, and add it to the pot. Add the onions, peppers, and roasted vegetables to the pot as well. Stir and let simmer over medium-low heat until everything has melded beautifully. Add a splash or two of apple cider vinegar to balance the spice. When the chili is close to done, add the sweet corn and greens, if using, and cook until they're warm and soft. When the chili is finished, the roasted garlic should have nearly dissolved into the broth, and some of the beans should be starting to fall apart.

The chili should be deeply savory, a little spicy, and quite satisfying! Top it off with some grated cheddar cheese and sour cream if you like. 🍴



ALMOST EVERYTHING YOU NEED TO KNOW ABOUT

BEANS

Introduction by Sofie Sherman-Burton, Marketing & Membership Manager
Bean Cooking Guide by Gabi de León, Marketing & Design Manager

I OFTEN FEEL intimidated by the dry bean (What if I don't soak it long enough? What if I soak it too long? How do I cook them just right?). Often, I opt to grab a can for ease and speed, despite their occasional tinny flavor and mushy texture.

But wintertime offers a different opportunity. I'm spending more time at home, and am more apt to put a pot of something on the stove for a while (if not mostly to heat up the kitchen). A rich, beany stew offers a particular comfort in the winter, as well as making a healthy, filling meal. The diversity of dry beans that we offer in our bulk department – tiny and large, long stewers and quick cookers – ensures that there's no reason to ever get bored!

We're also lucky to be able to offer dry beans (and lots of other local bulk products) because of our relationship with Hummingbird Wholesale, a distributor out of Eugene. Hummingbird's mission has a lot in common with People's Ends – they are also committed to social justice, the environment, and supporting their local economy as much as possible. As a result, they strive to source

products from Oregon and the great Northwest. Hummingbird works with twelve farms in Oregon, Washington, Idaho, Montana, and northern California to provide all kinds of beans – from mung to garbanzo.

The cranberry beans, for example, are grown, cleaned, and bagged in Othello, Washington by Anderson Organics. Owned and operated for over 30 years by Denise and Brian Anderson, the 500-acre farm transitioned to organic practices in 2003. "Organic farming has become a rewarding way to farm. We enjoy the challenge of producing a healthy crop," Brian says. "It never ceases to amaze us just how good a crop can be when it is grown in healthy soil." In arid eastern Washington, water conservation is also a particular concern. The Andersons use drip irrigation, running drip tape among their crops to irrigate evenly and directly to prevent evaporation and drift. They also carefully recycle their used drip tape – a time-consuming and labor-intensive task that Brian says is, "worth the effort. Learning is a daily process when your farming partner is Mother Nature."

A GUIDE TO COOKING BEANS

Sort 'em, rinse 'em, soak 'em overnight (or for 8 hours). Drain and rinse the beans, then throw them in a pot and cover them with water. Bring the beans up to a boil, then turn them down to a simmer. Make sure the beans stay covered with water; if the water level gets low, add some more. Add whatever herbs and spices you wish.

A NOTE ABOUT COOKING: For nice and flavorful beans (especially when using a mild-flavored variety), consider making a stock in which to cook your beans, instead of water. Combine some water, half an onion (with the skin on), a couple carrots, and whatever other vegetable off-cuts you desire in a saucepan or stockpot and bring up to a boil for a quick stock. Strain the vegetables out of the stock, add your soaked beans, some allspice berries, a couple bay leaves, thyme sprigs, and peppercorns, and cook your beans.

Cooking beans with particular herbs and spices might also reduce gas: kombu and wakame, epazote, ginger, turmeric, asafoetida and even fennel are all rumored to ease digestion.

A NOTE ABOUT SEASONING: Many folks wonder whether they should season their beans with salt at the beginning or the end of the cooking process. On the one hand, seasoning your beans at the beginning of cooking ensures that your beans are well seasoned all the way through, but they'll take a bit longer to soften. On the other hand, your beans will soften quicker if you season them near the end of the cooking process, but you may risk your beans being a little bland. So here's my two cents: both methods work, but it's up to you to figure out which method you like best. Try it both ways and see which gives you the most success.

HERE ARE THE BALLPARK COOKING TIMES FOR A FEW VARIETIES OF BEANS:



ADZUKI BEANS

Cooking time: ~45-60 minutes

What are they good for? They're good for YOU! Adzuki beans are packed with protein, antioxidants, fiber, potassium, iron, and lots of other vitamins. Put them in your chili, or maybe cook them, cool them, and utilize them as the main protein in your salad. Adzuki beans are also great for sprouts!



BABY LIMA BEANS

Cooking time: ~60-90 minutes

What are they good for? Baby lima beans are also packed with fiber, and contain no cholesterol. I find that these beans can be really nice in a succotash, or cooked, cooled, and seasoned with salt, pepper, and lemon juice, and served in a salad or on their own.



BLACK BEANS

Cooking time: ~90 minutes

What are they good for? Black beans are packed with fiber, folate, and vitamin B6. They fit nicely within zesty, spicy flavor profiles: put them in your burritos, make a spicy black bean soup, pair them with feta and cucumber for a cool and zingy bean salad, put them in some yummy vegetarian enchiladas, or make some layered dip with black beans, guacamole, and salsa.



BLACK-EYED PEAS

Cooking time: ~30-60 minutes

What are they good for? The levels of iron in black-eyed peas make these a great staple if you're anemic or just need some extra iron in your diet. One popular dish involving black-eyed peas is called Hoppin' John, which is a traditional New Year's dish served for good health and prosperity in the new year. This hearty dish includes black-eyed peas, chilis, tomato, garlic, and other vegetables of your choice, stewed together and served over rice with cornbread.



CHICKPEAS

Cooking time: ~60-90 minutes

What are they good for? These hearty, oddly-shaped legumes have a light flavor, so I find that they're most delicious when seasoned with more than just salt and pepper. They're great for hummus, yes, but they're good for so much more (nothing against hummus!). Chickpeas can be roasted and seasoned and become your new favorite replacement to croutons. They also do nicely cooked, cooled, seasoned, and added to salads, and they're great for hearty winter stews.



CRANBERRY BEANS

Cooking time: ~45-60 minutes

What are they good for? These beautiful beans are delicate and nutty in flavor and, when perfectly cooked, are soft and creamy in texture. They're commonly used in Italian, Spanish, and Portuguese cuisines. Add them to salads, pastas, and soups!



KIDNEY BEANS

Cooking time: ~60-90 minutes

What are they good for? This hearty, meaty bean is great for chili, but can (and should) be used in so many other dishes. Cook a big batch of kidney beans at the beginning of the week and you'll have a healthy, protein-packed addition to your salads, soups, pastas, and more throughout the week.



PINTO BEANS

Cooking time: ~60-90 minutes

What are they good for? Pinto beans are a great staple—they go with everything, and they're nice to have around when you have no idea what to cook for dinner, or when you just need to eat something but you don't care what it is. Pair them with rice or cornbread, or put them in a burrito, or make up a batch of refried beans.



ORCA BEANS

Cooking time: ~60 minutes

What are they good for? Also known as vaquero beans, orca beans are beautiful, delicate in flavor, and durable—that is, they hold their shape well while cooking for a long time. They're great for stews, soups, and chilis, and their presence in these types of dishes contributes to a nice, dark, rich broth.



SMALL WHITE NAVY BEANS

Cooking time: ~60-90 minutes

What are they good for? Navy beans have a mild flavor, so they benefit from being cooked with rosemary, thyme, and other savory herbs and spices that impart their flavors onto the beans. Then you can use the savory beans in pastas or in soups. They're also the beans to use for making your own delicious baked beans, which you can serve alongside some grilled vegetables, like portobello mushrooms, corn, and onions. 🍴

VEGETARIAN CASSOULET

Adapted from *Smitten Kitchen*

INGREDIENTS

For the cassoulet:

- 3 medium leeks (white & pale green parts only)
- 4 medium carrots, halved lengthwise and cut into 1-inch-wide pieces
- 3 celery ribs, cut into 1-inch-wide pieces
- 4 garlic cloves, chopped
- ¼ cup olive oil
- 4 thyme sprigs
- 2 parsley sprigs
- 1 bay leaf
- 4½ cups cooked dried beans or 3 19-ounce cans cannellini or Great Northern beans, rinsed and drained
- 1 19-ounce can diced tomatoes, with their juice
- 3 tablespoons tomato paste
- 1 quart vegetable stock

For the garlic crumbs:

- 4 cups coarse fresh bread crumbs from a baguette
- 1/3 cup olive oil
- 1 tablespoon chopped garlic
- ¼ cup chopped parsley

INSTRUCTIONS

Halve leeks lengthwise and cut crosswise into ½-inch pieces, then wash well and pat dry.

Cook leeks, carrots, celery, and garlic in oil with herb sprigs, bay leaf, cloves, and ½ teaspoon each of salt and pepper in a large heavy pot over medium heat, stirring occasionally, until softened and golden, about 15 minutes. Stir in beans, tomatoes, tomato paste, then stock, and simmer, partially covered, stirring occasionally, until carrots are tender but not falling apart, about 30 minutes.

Meanwhile, make the bread crumbs. Preheat oven to 350°F with the rack in middle. Toss bread crumbs with oil, garlic, and ¼ teaspoon each of salt and pepper in a bowl until well coated. Spread in a baking pan and toast in oven, stirring once halfway through, until crisp and golden, 12 to 15 minutes. Cool crumbs in pan, then return to bowl and stir in parsley.

To finish the cassoulet, discard herb sprigs and bay leaf. Mash some of the beans in pot with a potato masher or back of a spoon to thicken broth. Season with salt and pepper. Just before serving, sprinkle with garlic crumbs.

SMOKY VEGETARIAN HOPPIN' JOHN

Adapted from *My Recipes*

INGREDIENTS

- 1½ cups dried black-eyed peas
- ½ cup uncooked brown rice
- 5 teaspoons olive oil
- 1½ cups finely chopped onion
- 1½ cups chopped red bell pepper
- 1 cup thinly sliced celery
- 1 tablespoon minced garlic
- ¾ cup unsalted vegetable stock
- ½ cup water
- ¾ teaspoon kosher salt
- ¾ teaspoon smoked paprika
- ½ teaspoon chopped fresh thyme
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon ground red pepper
- 1/3 cup chopped tomato
- 4 teaspoons chopped green onions

INSTRUCTIONS

Sort the black-eyed peas, removing any stones or debris. Rinse the beans, and then soak them overnight or for 8 hours. Drain the beans, then put them in a pot and cover with water. Bring up to a boil, then turn down to a simmer and cook for 30-60 minutes, or until the beans are soft.

While the beans are simmering, cook your brown rice: combine the rice with 1 cup of water in a saucepan. Bring it up to a boil and then reduce the heat to low and cover the pan. Cook for 45 minutes or until tender. Alternatively, cook the rice in your rice cooker according to the manufacturer's instructions.

When the beans begin to soften, season them with salt. When they're done cooking, drain them and set aside.

Heat a large nonstick skillet over medium-high heat. Add oil; swirl to coat. Add onion, bell pepper, and celery and sauté for 7 minutes. Add garlic and cook 30 seconds. Add rice, stirring to coat. Add the stock, ½ cup water, salt, paprika, thyme, black pepper, and ground red pepper, and bring to a boil. Cover, reduce heat, and simmer for 10 minutes. Add the black-eyed peas and cook uncovered for 2 minutes or until thoroughly heated, stirring occasionally. Sprinkle with tomato and green onions.

VEGAN CORNBREAD

Adapted from *Isa Chandra*

INGREDIENTS

- 2 cups cornmeal
- 1 cup unbleached all-purpose flour
- 2 teaspoon baking powder
- 1/3 cup canola oil
- 2 tablespoons maple syrup
- 2 cups soymilk
- 2 teaspoons apple cider vinegar
- ½ teaspoon salt

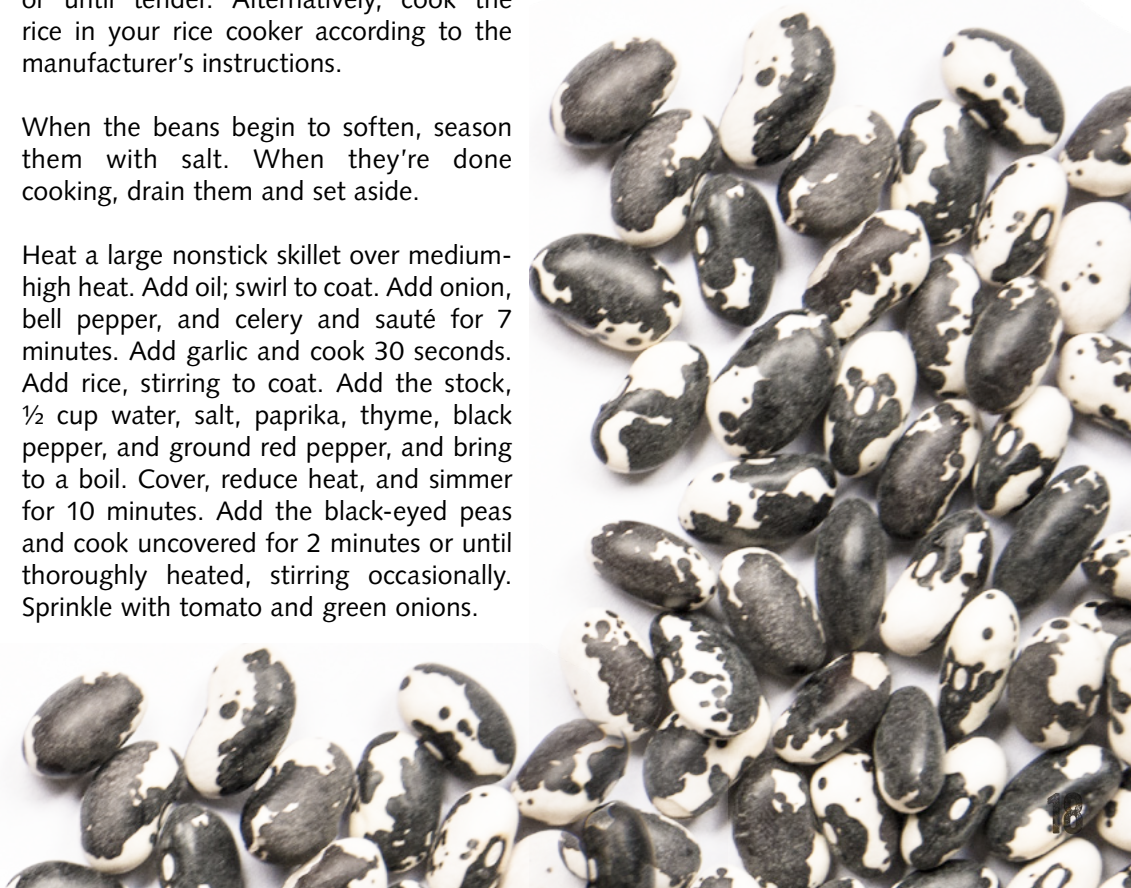
INSTRUCTIONS

Preheat oven to 350°. Line a 9×13" baking pan with parchment paper or spray the bottom lightly with non-stick cooking spray.

In a medium bowl, whisk together the soymilk and the vinegar and set aside. In a large bowl, sift together the dry ingredients.

Add the oil and maple syrup to the soymilk mixture. Whisk with a wire whisk or a fork until it is foamy and bubbly, about 2 minutes.

Pour the wet ingredients into the dry and mix together using a large wooden spoon or a firm spatula. Pour batter into the prepared baking pan and bake 30-35 minutes, until a toothpick inserted into the center comes out clean. Slice into squares and serve warm.



PRESERVING THE BEST OF WINTER'S CITRUS

By Sofie Sherman-Burton,
Marketing & Membership Manager

Winter is the best and most exciting time of year for citrus, which is lucky. Without the delicious berries, stone fruit, and melons of summer, and with fall's apples and pears growing mealer in storage, winter would be a bleak fruit landscape without wondrous citrus from warmer climates.

At People's, we're lucky to have access to great citrus grown by family farmers through our relationship with Organically Grown Company, an organic produce distributor that got its start in Eugene in the 1970s. OGC works with a variety of citrus farmers, but much of our favorite citrus come from Buck Brand Citrus.

Buck Brand comes from family-owned, all-organic Deer Creek Heights Ranch in Porterville, California. If you were around the co-op last winter, you may have met proprietor Lisle Babcock who joined us for a citrus tasting. Lisle grows a wide variety of citrus, from wintertime standards like Meyer lemons to unique hybrid varieties of grapefruits and oranges.

Citrus is at its best throughout the winter, but I imagine most of us find ourselves reaching for lemons, limes, and oranges at the produce rack throughout the year. By preserving citrus when it is at its best, you'll get to enjoy that extra depth of flavor that only the best winter citrus has year-round. The following recipes will do just that! 🍋

PRESERVED LEMONS

Adapted from *The New York Times*

Preserved lemons are a classic component of North African cuisines, but are a flavor powerhouse adaptable to all kinds of dishes. Try them in soups, salad dressing, pasta dishes, with roasted veggies, and anything else that would welcome their pleasant flavor. You can also add warm spices like whole cinnamon, cloves, or cardamom during the preservation process if you'd like!

This same technique works with other citrus — I'm particularly excited to try preserving Meyer lemons, whose delicate flavor I miss when they're not in season, and think preserved limes might be delicious, too.

INGREDIENTS

- 3 to 5 organic lemons
- Kosher salt
- 1 heaping teaspoon black peppercorns
- 2 bay leaves

INSTRUCTIONS

Scrub three to five organic lemons, enough to fit snugly in a roughly pint-sized jar with a tight-fitting lid. Slice each lemon from the top to about half an inch from the bottom, nearly cutting them into quarters but leaving one end attached. Rub the salt over the cut surfaces and then reshape the fruit. Cover the bottom of the jar with more kosher salt. Fit all the cut and salt-rubbed lemons in, breaking them apart if necessary. Sprinkle salt onto each layer of lemons as you fill the jar.

Press the lemons down to release their juices. Add the peppercorns and bay leaves to the jar. Squeeze additional prepared lemons into the jar if you can fit them.

Close the jar and let it sit out at cool room temperature, shaking the jar every day for 3 to 4 weeks, or until the rinds are tender to the bite. Then store it in the refrigerator.

To use your preserved lemon, remove a piece of lemon and rinse it. Then you can mince it and add it at the very end of cooking your dish, or use it raw. The pulp can be added to a simmering pot of soup or stew. You can add more fresh lemons to the brine as you use them up to keep your preserved lemons well stocked.



BLOOD ORANGE MARMALADE

Adapted from *Food in Jars*

Blood oranges are what my winter citrus dreams are made of, and this recipe makes excellent use of their floral flavor and really lovely color. The same technique can be applied to other orange varieties (like the bitter Seville oranges!). Grapefruit and even lemons can work well, too. This marmalade is great on biscuits, scones, or your favorite baked good, but it also delicious stirred into yogurt or ice cream, or spread on toast with your favorite nut butter.

INGREDIENTS

- 1 pound of blood oranges (about 4-5 tennis ball-sized ones)
- water
- 2½ cups sugar

INSTRUCTIONS

Wash the oranges well. Trim away both ends and slice the oranges in half.

Using a very sharp knife, trim away the core of the oranges and pluck out any seeds that you find. Set the cores and the seeds aside. Not all blood oranges have seeds, so don't stress if you don't find any.

Cut the orange halves into slices as thin as you can manage. Then, cut each slice in half so you have thin quarters.

Put the seeds and pithy cores in a length of cheesecloth and tie tightly.

Put chopped oranges in a medium bowl and cover with 3 cups water. Tuck the cheesecloth bundle into the bowl and cover the whole thing with a length of plastic wrap or a plate. Refrigerate it overnight.

When you're ready to cook your marmalade, remove the cheesecloth bundle. Combine the soaked fruit and water with sugar.

Bring the marmalade to a simmer and cook until it is reduced by more than half, reads 220°F on a thermometer, and runs off a spoon in thick, "sheet-like" drips. When it is finished cooking, pour marmalade into prepared jars. Wipe the rims, apply lids and rings and process in a boiling water bath canner for 10 minutes. Alternatively, put in clean containers and refrigerate. For in-depth canning directions, see www.freshpreserving.com/waterbath-canning.html





WINTER EVENTS!

REGISTER ONLINE:
PEOPLESLOOP.EVENTBRITE.COM

REGISTER BY PHONE:
503.232.9051 EXT. 249

JAN
28

UNDERSTANDING OPPRESSION

Saturday, January 28, 3-5pm

Our Ends Statement reads: "A passionate community working together for a safe, welcoming community where all are valued." To reach this End, we must intentionally create opportunities for dialogue within our community, for learning about oppression and each other. Join us for this info session during which we will create a common language and commitment for addressing how oppression shows up at People's and how we will interrupt it. This event will grow into a monthly group that will come together at People's on the third Saturday of each month from 3:00-5:00pm to continue to discuss oppression and practice interrupting, starting on February 18th. Free and open to all.

FEB
1

FOOD, SOCIAL IDENTITIES & JUSTICE

Wednesdays, February 1, 8, 15, & 22, 6:30-8pm

Join instructor Dr. Lisa C. Knisely to discuss how our social identities and experiences in life help shape our answers to these questions and influence our ideas about food and justice. We will briefly touch on a number of topics including the philosophical definition of justice and the difference between moral and political claims about justice, urban vs. rural divisions in agricultural ethics, classism, sexism, and racism in food justice movements, labor rights in the restaurant industry, and gendered care labor. Readings outside of class will be drawn from both academic and popular sources. Foodies, chefs, cooks, farmers, and all critical thinkers welcome! Find out more about Lisa in the profile on page 1. \$94. Register at pugspdx.com.

FEB
4

INTRO TO VISIBLE MENDING BY HAND: FIX YOUR JEANS WITH THE FAR WOODS

Saturday, February 4, 10am-1pm

In this class you will learn how to simply and beautifully fix a hole in the knee of your jeans by hand, with a few basic tools, in a few simple steps. Learning to mend will save you money and lessen your impact of the environment as you will add more years to the lives of your well-worn clothing. This class is also a great way to brush up on your hand-sewing skills and practice by completing a functional project. You do not need to know how to sew to take this class! In this class we will focus on getting you comfortable with two basic hand sewing stitches: the whip stitch & running stitch. If the knees of your jeans are all intact, you might choose to take this class to customize your clothing by learning to add a decorative patch to the jean leg. \$25. Register online.

FEB
7

NATURAL SOLUTIONS TO IMPROVE FERTILITY

Tuesday, February 7, 6-7pm

Struggling with fertility or planning to conceive? This information-packed class will discuss many aspects of fertility and planning for a healthy pregnancy. Topics include: causes of infertility, herbs to support fertility, and nutrient and lifestyle factors. Environmental endocrine disruptors and their impact on fertility and birth outcomes will be discussed. Also included will be an introduction to the naturopathic approach. Free and open to all. Registration required.

JAN
11

SEED SWAP

Wednesday, January 11th, 5-8pm

Already dreaming of summer? Join us for a seed swap to diversify your seed stock! Bring seeds to offer into the swap. It's a seed swap, not a seed giveaway. The focus primarily on vegetables, but medicinals, other "functional" species, and seeds for ornamentals are cool too, if that's your thing. Please make sure they're labeled as to species and variety (and also open-pollinated vs. hybrid, if known). Bring containers to take seeds home in. Find more details online! Free and open to all.

JAN
14

HUMANS OF COLOR YOGA

2nd and 4th Saturdays 5:30-7:30pm

January 14th & 28th

February 11th & 25th

March 11th & 25th

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.

JAN
15

13TH SCREENING

Sunday, January 15th, 6-8:30pm

Join us for a screening of Ava DuVernay's powerful documentary *13th* on the eve of Martin Luther King, Jr. Day. We'll watch the film together before digging into a discussion. Free and open to all. Snacks will be provided.



WEDNESDAY, FEBRUARY 15, 2-6PM

**COME AND CELEBRATE OUR
LOCAL FOOD PRODUCERS!**

**FREE BEVERAGES, SNACKS, VALENTINE
MAKING, & ACTIVITIES FOR KIDS!**

**FEB
25**

BREW IT YOURSELF: WATER KEFIR 

Saturday, February 25, 1-2:30pm

Have you ever wondered how to brew your own delicious, probiotic-rich beverages? Join the owners of NW Ferments to dig into how to brew your own water kefir. They'll tell you about their products, how they make them, and how to use them to make your own vegan kefir in your home – saving money and inventing your new favorite flavor! Free and open to all. Registration required.

**MAR
21**

**BALANCING WOMEN'S
HORMONES NATURALLY** 

Tuesday, March 21, 6-7pm

At this workshop we will be discussing hormone imbalances, estrogen dominance, risks and benefits of different types of hormone replacement, the relationship between stress & hormones, and osteoporosis. Also included will be an introduction to the naturopathic approach. Free and open to all. Registration required.

GROW YOUR OWN PRODUCE

**PLANNING, DESIGN,
+ FRAMEWORK**

Tuesday, February 14, 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. Each participant is encouraged to come with a base map of their site. Please contact Marisha (queenbee@herbnwisdom.com) if you need support before class to have this available.

**INDOOR SEED-STARTING,
EARLY PLANTINGS, +
PERENNIAL CROPS**

Wednesday, March 22, 7-9pm

In March, it is time to begin planting seeds both indoors and outdoors. This session will focus on those early season plantings and varieties that are known to thrive in the Pacific Northwest. We will talk about how to start and care for seeds and young plants. Marisha will share her experience about which vegetables are best to direct sow and which vegetables do best as transplants. Perennial vegetables can be transplanted at this time and some are available to eat. Since perennial vegetables are new to many gardeners, Marisha will share about growing and cooking some of her favorite types. Seed catalogs and other resources will be available for participants to make a personalized planting plan.

Classes are \$25 per class, \$100 for 5 classes, or \$185 for all 10 classes. A 20% discount is available to People's Member-Owners, please email Marisha directly to receive the discount.

For more information, contact Marisha Auerbach at queenbee@herbnwisdom.com.



People's Sponsored Event

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



Amy Wong
amy.wong@peoples.coop



Heidi Olejnik D.C.
heidi@peoples.coop



Teresa Koper
teresa@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 24, 6-8:30pm

Tuesday, February 28, 6-8:30pm

Tuesday, March 28, 6-8:30pm

THE **7** COOPERATIVE PRINCIPLES

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



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