

SUMMER 2017 | FREE

# grassroots

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP



**A PASSIONATE  
COMMUNITY**  
WORKING TOGETHER

*for* **SUSTAINABILITY,**

PROGRESSIVE *Land & Animal* STEWARDSHIP

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

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

*A SAFE* **Welcoming COMMUNITY**

WHERE *ALL* ARE VALUED.

..... A .....

**DEMOCRATIC WORKPLACE**

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

**ACCESS TO HEALTHFUL FOODS**

OUR CUSTOMERS CAN  
**TRUST.**

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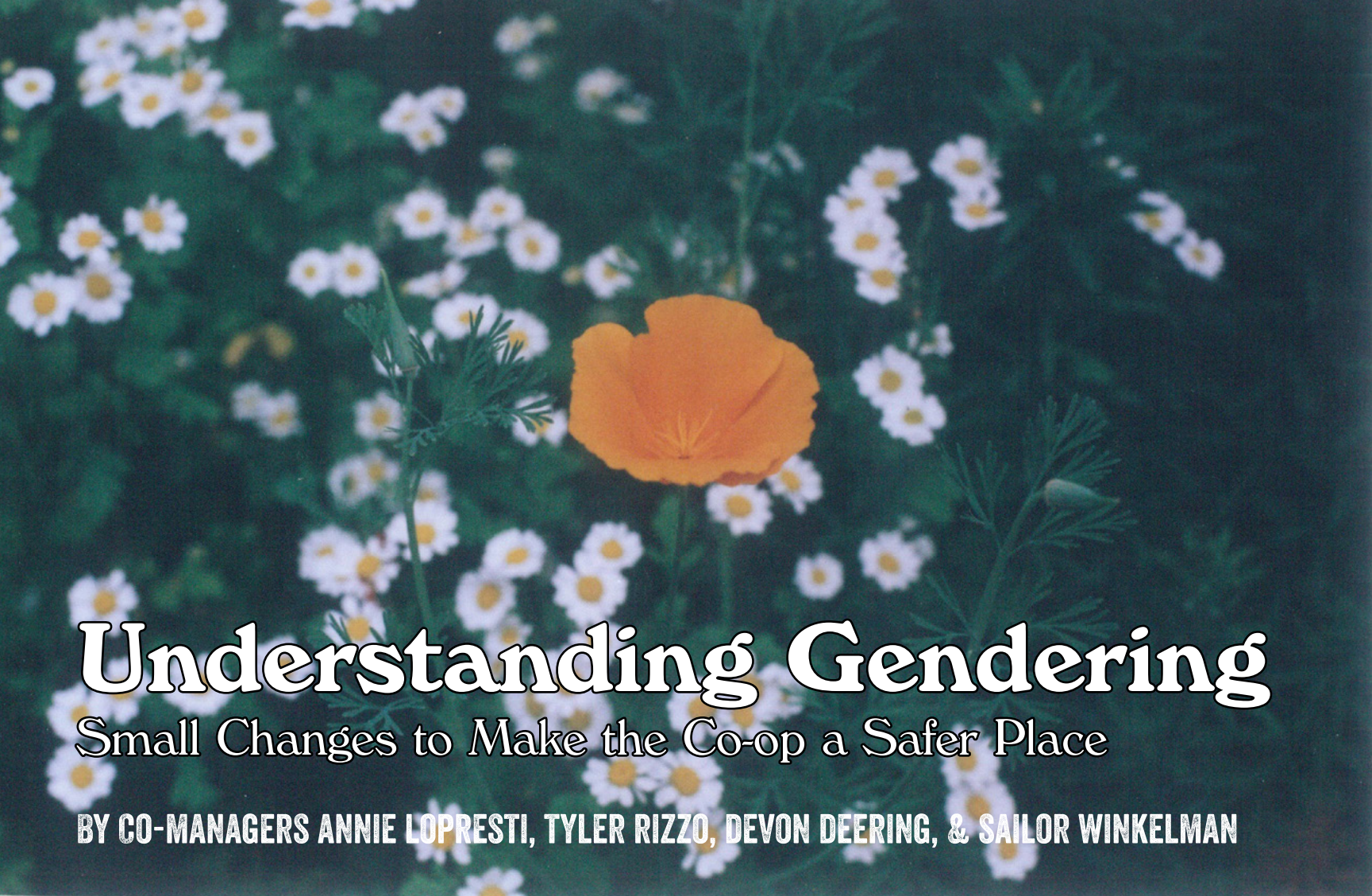
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people's  
FOOD CO-OP



# Understanding Gendering

## Small Changes to Make the Co-op a Safer Place

BY CO-MANAGERS ANNIE LOPRESTI, TYLER RIZZO, DEVON DEERING, & SAILOR WINKELMAN

Photo by Amanita Stewart-Kennett.

While checking out at People's registers, you may be taking note of signs requesting: "Please refrain from gendering us. We appreciate it." The signs are small, but have a big impact for staff members, Hands-on-Owners, and members of our community. Here, we'll tell you what "gendering" means, how it affects workers and community members, and how cultivating awareness around this is in alignment and activation of our Ends.

### What is "gendering"?

Gender is deeply embedded in the language and interactions of our culture. It is common to use words like "miss," "sir," "ma'am," "she," "he," "lady," and "man," to describe a person. This is called gendering, because the language communicates about the gender of the person being spoken about, or to.

While we live in a culture in which some physical traits, personality traits, interests, or behaviors are often thought to belong to a certain gender, a person's gender identity is not something we can know based on observing any of these things. Gender is a very personal, internal experience of one's identity and sense of self. Therefore, if we use gendered language to describe a person without knowing how they identify, it is very possible that we're misgendering them – or calling them by a gender other than how they identify.

### What is the impact of misgendering at the Co-op?

Your authors are staff members at People's and are people who experience being misgendered regularly, sometimes many times a day. It is painful and frustrating every time. The effects of repeated misgendering during a shift, work-week, and years of working are profound. Quality of life, emotional well-being, and job security are just some examples of things that are impacted by repeated misgendering for customer service workers. We recognize that shoppers, Member-Owners, and members of our community are also affected by misgendering, and we want to extend our effort to create a more supportive culture to all who share space with us.

### How can we avoid misgendering people?

What we are asking for are small changes to everyday language, which cultivate respect and inclusion of people of all gender identities.

#### 1. USE GENDER-NEUTRAL LANGUAGE FOR PEOPLE YOU DON'T KNOW.

Working in the store, we do not expect to get to know every person who comes through (though that would be nice!). We don't expect everyone to know us, either. The expectation we would like to set for one another is to use gender-neutral language when addressing or describing a person whose gender you don't know, keeping in mind that gender is something we don't know

“By practicing gender-neutral language in the Co-op and community, we participate in dismantling cultural norms that exclude and harm people of all gender identities.”

GENDERED WORD OR PHRASE	WHAT TO SAY INSTEAD	EXAMPLE
“HE” OR “SHE”	THEY	REPLACE “SHE WAS WONDERING WHERE TO FIND BROCCOLI” WITH “THEY WERE WONDERING WHERE TO FIND BROCCOLI.”
WOMAN, MAN, LADY	PERSON	REPLACE “THAT MAN OVER THERE” WITH “THAT PERSON OVER THERE.”
“MISS,” “SIR,” “MA’AM”	NO GENDER-NEUTRAL ALTERNATIVE	COMMUNICATE RESPECT IN THIS WAY ONCE YOU HAVE LEARNED MORE ABOUT A PERSON.
“LADIES”	Y’ALL, FOLKS	REPLACE “THESE LADIES WERE WONDERING WHERE’S A GOOD PLACE NEARBY TO EAT PIZZA” WITH “THESE FOLKS WERE WONDERING WHERE’S A GOOD PLACE NEARBY TO EAT PIZZA.”

just from looking at someone. We’ve compiled a small chart to show some ways to replace frequently used gendered language with gender-neutral language (see above).

## 2. ASK FOR A PERSON’S PRONOUNS AS A PART OF GETTING TO KNOW SOMEONE NEW.

While we encourage gender-neutral language to avoid misgendering strangers, we often do get to know each other better. When meeting a new person, for example during a class, or volunteering together, we encourage you to ask their pronouns, and to introduce yourself with yours. Pronouns are words like “he,” “she,” and “they.”

Here’s a sample dialogue:

Person A: Hi, my name is Julie.

Person B: Hi Julie, my name is Sam.

Person A: Hi Sam. What are your pronouns?

Person B: They/Them

Person A: Ok. Mine are She/Her. Nice to meet you!

Sam and Julie can avoid misgendering one another, because they had a conversation about what pronouns work for each person.

## 3. QUESTION YOUR ASSUMPTIONS ABOUT GENDER.

Both using gender neutral language and making gender part of the conversation when meeting someone new rely on questioning the assumptions about gender that we have been exposed to from the dominant culture.

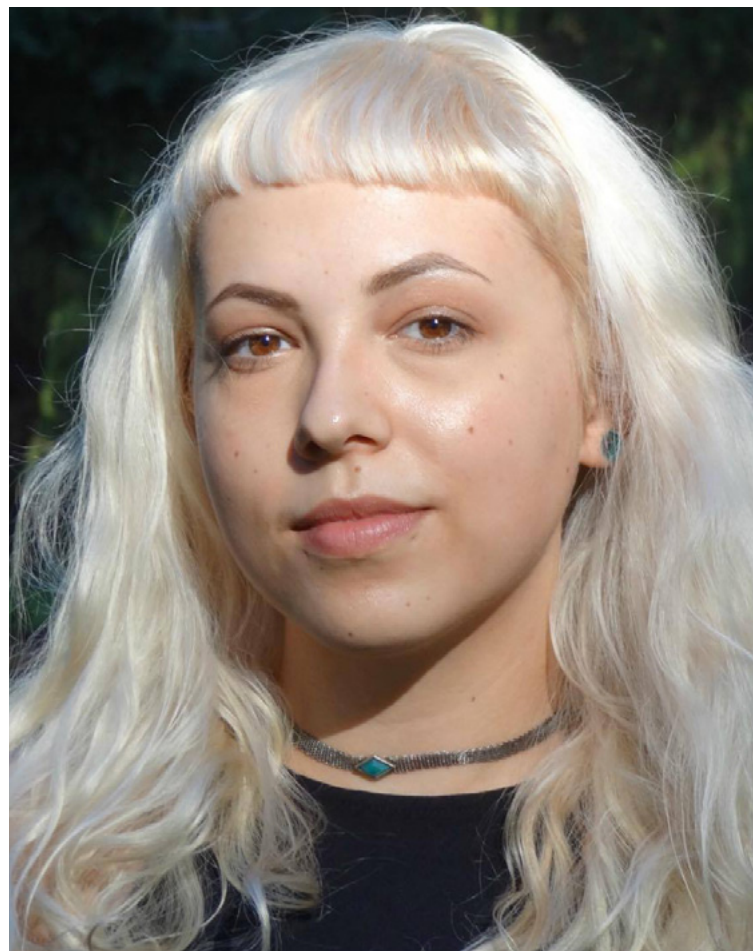
We encourage you to reflect on how this cultural shift could put us more in line with the Ends Statement, which informs the work we do at the Co-op. As “a passionate community working together for human rights, social and economic justice,” it is in line with our Ends Statement to cultivate awareness around oppressive systems, and hear each other’s experiences within them. By practicing gender-neutral language in the Co-op and community, we participate in dismantling cultural norms that exclude and harm people of all gender identities. This is one of the many ways that our awareness and work help to create “a safe, welcoming community where all are valued.” By questioning our assumptions about the gender of people we do not know, our hope is that we can help make the Co-op, community, culture, and perhaps even the world at large a safer and more inclusive place for folks of all gender identities. ♻️

# Queering Beauty

## Two Non-Binary Perspectives

**BY SAILOR WINKELMAN, CO-MANAGER & TECHNOLOGY COORDINATOR, LAINE CELEDON, AND CORINNE BAUCHAUD**

While the dominant culture promotes a white, cisgender standard of beauty, two transgender beauty professionals share their perspectives on the relationship between their work, gender, and healing. Corinne Bauchaud of Sugar Black Rose Apothecary is a chemist, an alchemist, and an expert on glamour. Laine Celedon of Celedon Electrolysis provides permanent hair removal to the transgender community, from an insider perspective.



### Corinne Bauchaud, Sugar Black Rose Apothecary

Corinne Bauchaud, a “non-binary, femme-presenting blob of glitter and tears” has been practicing magic in it’s various forms for nearly 11 years. For Corinne, who sells skin and hair care products based in natural and botanical remedies from their Etsy shop, Sugar Black Rose Apothecary, it takes a form of alchemy to rethink the conversation about skincare presented by the patriarchal, cisnormative values that drive the beauty industry. They believe in glamour, not as the supposedly effortless performance of normative beauty standards, but as an act of self-transformation.

“I am not here to make any sort of value judgments on beauty and appearance. I will not tell you that your skin is bad and you need me to fix it. But if someone is looking to change their appearance for themselves, I can help them reach their goal, naturally and effectively.”

Corinne seeks to marry the holistic, botanical ways of the herbalist with the results-oriented, scientific ways of the chemist or aesthetician. They look at top shelf skin care products, and innovations in research and development to find the actives and cosmeceuticals that people are raving about, and then research these compounds inside and out until they find a source in nature.

“Chemicals are not inherently bad, but knowing what each one does and why it is in a certain product is essential in ensuring that product is going to heal you, not simply cover or, worse, harm further.”

Sugar Black Rose Apothecary uses pure botanical extracts in place of derivatives, and when this isn’t possible, derivatives of botanicals that are sourced ethically over synthetics.

“I prefer using a chemical like Decyl Glucoside as a surfactant because it is milder and less drying than a soap, but I will seek out a source that derives it from a renewable vegetable origin. You won’t find silicones, petroleum derivatives, synthetic fragrances, or polymers, and if an ingredient happens to have an intimidatingly long or unpronounceable name, I will explain exactly what it is and why it’s there.”

While Corinne’s approach to creating skin care products requires a knowledge of chemistry, it’s alchemy that drives their work. “Alchemy is simply the transformation of one thing into another. It is transforming rose water and grapeseed oil into a beautifully creamy emulsion.” And while magical, this transformation could not occur if it weren’t for hard work, love and care.

“I grind the hibiscus petals myself, I extract the white willow bark into glycerin myself, I measure and melt and mix every product myself. And with that, it becomes more than the sum of its parts. Well, that’s the hope at least.”

Corinne has products to help if you seek healing of skin ailments such as: acne, dryness, redness or irritation, and they believe that this healing process can help to transform “self-hatred, loneliness, rejection and external pressure into something that makes you feel beautiful and whole.”

**Sugar Black Rose Apothecary**  
etsy.com/shop/BlackRoseApothecary  
Instagram: [\\_sugarblackrose\\_](#)



## Laine Celedon, Celedon Electrolysis

Who better to provide transgender healthcare than care providers who are transgender themselves? Laine Celedon, a nonbinary electrologist who practices under the name Celedon Electrolysis, sees a growing trend of gender variant millennials entering care fields – and believes that their industry is ripe for queer takeover.

The meticulous work of permanently removing each and every hair from clients' faces, brows, bodies, and hairlines might seem tedious, but for Laine it's a perfect fit: "It's something of a stereotype that transfeminine people have a high aptitude for technical skills," says Laine. "But I honestly believe an anxiety disorder and a perfectionist streak can be assets in my line of work." Being on the receiving end of electrolysis has also helped, "It's been a life changing experience for me. It's really given me this feeling of empowerment, of ownership over my own body, that being trans and having years and years of dysphoria can take away from you."

As a nonbinary person, Laine has a personal investment in the current needs and expectations of the transgender community. They believe electrolysis needs to be demystified, and give all of their clients a mandatory consultation with science-based information about the process of hair growth and removal.

The culture surrounding permanent hair removal needs an update as well. The promotion of a beauty standard that is young, white, cisgender, and hairless is harmful to both cis and trans people. It creates a feedback loop of insecurity that, while unethical, is effective at drumming up repeat business. On the flip side, societal pressures masquerading as a form of body-positivity present a common psychological barrier to treatment, characterizing those who receive electrolysis as vain, frivolous, or somehow unfeminist.

"The narrative around who gets electrolysis done and why needs to be rewritten. While permanent hair removal can be purely cosmetic, it can also be therapeutic if the unwanted hair causes significant distress or discomfort."

People who opt to receive electrolysis come from every demographic. Cisgender men remove their beards and body hair for aesthetic purposes or simply to prevent persistent ingrown hairs. Transgender people across the spectrum have hair removed as a prerequisite to gender-affirming surgery, or as an end unto itself to reduce dysphoria. And while gender dysphoria is commonly thought to only affect trans people, Laine believes that cisgender women with poly-cystic ovarian syndrome and other hormonal disorders can experience significant gender-related stress around unwanted hair growth as well.

Electrolysis can permanently remove ingrown eyelashes, alleviate the symptoms of psoriasis and eczema, prevent acne in areas with thick hair, and is also the primary method for combatting hypertrichosis. It's a permanent, practical, and economic choice for those who pay for regular waxing or extensive daily self-maintenance. And at the end of the day, being more confident, comfortable, and in tune in your own body should need no other justification.

What's on the horizon for electrology? Laine would like to see an expansion of what the health insurance industry deems "medically necessary" care for transgender people. Only in the last year has Oregon allowed electrologists to bill insurance companies for treatment, and only then with a physician's referral prior to gender affirming surgery. Electrolysis for the permanent removal of facial hair is still considered only cosmetic, and therefore ineligible for reimbursement. For trans women, who experience significantly greater rates of poverty, financial instability, and psychological hardship than their cisgender peers, this basic and vital need must still be paid for out of pocket.

"With threats like the Affordable Health Care Act looming in the legislature, we could easily lose even the limited coverage that exists today. We need more transgender representation in all care fields, working with cisgender allies to hold the ground we've gained and continue pushing for medical and economic justice. We need to do the work both internal and political to keep us moving forward, not back." 🏳️‍⚧️

### Celedon Electrolysis

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# Shopper Spotlight: Chef Jose Luis de Cossio

BY RACHEL PINCUS, GROCERY KEEPER & CO-MANAGER  
AND ANTHONY CROSMAN, STOREKEEPER & CO-MANAGER

“Cebollas,” Jose Luis declares to me every morning. After he spends 45 minutes, sometimes an hour, examining the rotating offerings of our produce section, he always picks a few onions at the end. Maybe because our onions are so close to the register, if they’ve escaped your attention you can finally focus on them. With all our rack has to offer this time of year – local greens, garlic scapes, sugar snap peas, herbs – it’s easy to overlook the onions, spellbound by the annual gifts of early summer. Or maybe onions are just easy to come back to – they’re constant, reliable, down-to-earth, just like chef Jose Luis de Cossio himself.

Jose Luis has been a daily customer of the Co-op since he started his restaurant, Paiche, in 2015. The restaurant is the latest of his many endeavors in Oregon since he first landed here in 2005, when he was recruited as a chef for Andina, the novoperuvian restaurant in NW Portland, after cultivating a reputation working under renowned Peruvian chef Coque Ossio in Lima.

Originally born in Lima, Jose Luis’ family moved to northern Peru while he was young. There he grounded himself in the earthier flavors of Peru’s grains, roots, and chiles. The family cook introduced Jose Luis to all kinds of combinations of grains and vegetables as well as the attention and patience to make sofrito and other involved meals. When he returned to Lima as an adult, he pursued a few different paths. At one point, Jose Luis was in a business administration program at the university, but nothing captured him quite like cooking did. He would even stage for fun, just to see what working in different restaurants was like.

Once in Portland, it took Chef Jose Luis a few years for the city to grow on him. This was the furthest he’d ever lived from the ocean, which was not easy for the avid surfer. He moved away from Portland a number of times, but eventually met his partner Casimira here. They bonded over a passion for food and eventually decided to move back to Peru. Jose Luis was once again close to the ocean, to the familiar tastes of his native cuisine, and to the

routine of shopping a dense market for fresh ingredients. Back in Lima, Jose Luis and his partner opened a gluten-free bakery. It was a success, buoyed by the close network and steady demand of farmers, vendors, other restaurants, and customers. But the charm of running a food business in Lima wore down; the milder climate in coastal Peru supplies many of the same ingredients year-round without the captivating seasonal offerings of the Pacific Northwest. That, and the air in Lima is horrible.

So Jose Luis and Casimira moved back to Portland in 2013. Once they were settled, they had a child and acquired a puppy named Paczki. In December 2015, they started Paiche as a breakfast place serving Peruvian toast, smoothies, and quinoa bowls. At the restaurant, they got to really ground themselves in the values they’d traveled back to Portland to pursue: family, intimacy with food and their purveyors, and the logical combination of wholesome ingredients. They operate their cozy restaurant with just three others: two cooks beside Jose Luis and one host for just four days of service each week. His hospitality is unique, in part because Jose Luis literally lives next door. When you enter the restaurant you are not only entering a space of service, but an extension of a home. Here, Jose Luis welcomes you to take part in an experience that reflects his culture and love for cooking: to share moments with one another.

Jose Luis’ food asserts his Peruvian identity without ignoring his Pacific Northwest surroundings; he imports a select list of Peruvian ingredients, especially the many varieties of Peruvian chilies as well as the region’s earthier flavors like potatoes and amaranth, while relying on and drawing inspiration from the seasonal offerings available locally. This makes for an incredible creativity on the plate – so many colors, a drive to highlight the prodigal vegetable children of the season.

In this way, Jose Luis’ curiosity can lead to unexpected ends. There was one visit to the Co-op where he noticed a local





eggplant sitting in the produce section and he thought to himself, "These look beautiful, but how would I use them?" So, he followed his heart and instincts. Jose Luis decided to make a cake with dates, fermented chocolate, cacao and eggplant. This is what I appreciate about him as a chef: his push to challenge himself and adapt to the ever-changing season here in the Northwest.



## Eggplant Chocolate Cake

This cake might sound like a peculiar prospect, but it makes a delicious treat: dense, fudgy, and not too sweet.

### INGREDIENTS

- 2 medium-sized eggplants, peeled
- 8 pitted dates
- 5 tablespoons Ecuadorian or Peruvian cacao
- 3 tablespoons potato flour
- 6 tablespoons date sugar
- 1 tablespoon molasses
- Fruit compote or coconut whipped cream (optional)

Steam the eggplants and dates together until soft. Combine them in a food processor, and then transfer to a bowl. Add the cacao, potato flour, date sugar, and molasses. Transfer to a 6" cake pan, and bake at 250° for about 40 minutes. Serve with fruit compote or coconut whipped cream. 🍷

**PAICHE IS LOCATED AT 4237 SW CORBETT AVENUE IN PORTLAND, AND THEY'RE OPEN WEDNESDAY-SATURDAY FROM 5-9PM.**



# Vote!

## HOW TO VOTE

### One PeopleShare, One Vote

The primary PeopleShare holder may vote. Households that own a PeopleShare together are still only given one vote.

As a Member-Owner, you probably don't think about the People's Food Co-op Board of Directors every day – or even every time you are in the store. The bylaws might never cross your mind. But those pieces are part of People's' backbone, and this place wouldn't work without them.

By extension, this place wouldn't work without you: our Member-Owners are the ones that approve our bylaws and elect fellow Member-Owners to represent them on the Board. There are exciting things at work this year: electronic voting, a revamped Elections Committee, and a Board to help lead the Co-op into the future. You get to help decide how those things take shape, and in turn how they shape our cooperative grocery store.

Ballots are due by 10pm on July 15th. Cast your vote by mail or in the store!

### 1. MARK YOUR CHOICES

### 2. SIGN & VALIDATE!

There's a Validate Your Vote box on the back of your envelope. Don't forget to sign it, because if you don't, your vote won't be counted!

### 3. RETURN YOUR BALLOT TO THE CO-OP OR PUT IT IN THE MAIL

Drop your ballot in the ballot box at the Co-op (make sure your ballot is sealed inside of your signed envelope!) or just put it in the mail – no stamps required.

## LEARN MORE

READ THE COMPLETE CANDIDATE INTERVIEWS AT  
[PEOPLES.COOP/ELECTIONS](http://PEOPLES.COOP/ELECTIONS)

## VOTING ENDS SATURDAY, JULY 15TH



# What's the Board?

People's is a democratic institution run by a Collective Management that operates the Co-op on behalf of Member-Owners. In light of this, one of the Board's main monthly duties is to set and review governance policies that guide the Collective Management in its work. The Board also provides representative leadership for Member-Owners and seeks to engage with them throughout the year to hear feedback about People's. Since interacting with the community is a large part of the Board's work, empathetic listening and thoughtful communication are ideal assets. The Board's work requires many skills though, spread across a variety of individuals with different strengths.

In addition to policy governance, the Board also reviews "nitty gritty" documents like bylaws, articles of incorporation, and

financial statements. It's helpful to have Board members with an aptitude for understanding this type of reporting, but the Co-op strives to have a diversified Board and offers relevant trainings so candidates of all backgrounds are supported and encouraged to run. The Board's work can also be visionary – defining the Co-op's mission through our Ends statement, and working on the long-term plan for the Co-op. Lastly, dedicated communication is necessary. Board members should be able to respond to emails and phone calls in a timely way, be present at Board meetings and other events, and contribute their share to the overall work load. Of course, passion for People's (for this place, our products, our mission, and our community) is also vital!

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## Board of Directors Candidates



### Jenny Owen

**Please describe your connection to People's, such as what draws you here and your involvement thus far.**

I first learned of People's in 1998 when I was visiting a good friend who had recently moved to Portland. When I moved here in late 1999 I quickly became a Member-Owner and Hands-on-Owner. I became a substitute staff member around 2004 and have been working in this position ever since. I feel both the length of my involvement with People's and my somewhat unique position as a substitute staff member gives me a deeper understanding of how People's has evolved and changed over the years and a really good perspective on what will help move the Co-op forward in our changing times.



### Naoki Yoneyama

**How do you think Peoples can continue to be a force for positive change and food justice in Portland as we face a tough political and economic climate?**

People's can be a force for positive change by being a voice on the issues our community faces, a voice for the underrepresented, for the voiceless, and against hatred and inequality. I see People's continuing to write about these issues in Grassroots, put together and participate in events with our community to help spread the word. People's can also be a force for positive change specifically in the area of food justice in Portland, by being a catalyst for food co-ops to organize and resist the wave of "natural" food in both big box retailers and for-profit natural food stores.



## Peter Siracusa

### What does food justice mean to you?

In food justice, all the stakeholders (the land, water, air, seeds, the planters, harvesters, merchants, consumers) take part in honest respectful exchange. To have transparency in a trans-national supply chain is extremely difficult. For example, Newman's O's sources its palm oil from lands in Colombia where communities of Afro-Colombians remain displaced by violence and intimidation. The labeling only tells us that the palm oil in the cookies is organic, a small part of the story. Without vigilance and organized collective response, food justice turns to dust.



## Melissa Jaffe

### Which one of our Ends do you think that People's is doing the best job fulfilling? Which End(s) are we struggling with? As a Board member, what would you do to further those Ends?

I love People's because it is the best example I know of a safe and welcoming community where all are valued. This is no small feat, and I will always seek to contribute to this oasis.

I believe it's difficult, in these days, to understand the meaning behind much of our food sourcing. Words like 'organic' and 'local' can mean very different things to different people. I believe I can be most helpful in conducting due diligence regarding brand reliability and sourcing, as well as maintaining the high standards we hope to consistently achieve re: human rights, equal rights, & affiliate relations.



## Jenna Whitaker

### What important experience, skills, and perspective would you bring to the board as a director?

During the day I serve as a teacher at a local preschool in SE Portland which has granted me the invaluable experience of working closely with a wide variety of people in the community. Working with children and their families has taught me a lot about patience, organization, and initiative, and I have learned a lot about myself as a leader in this role. After dedicating myself to early education for three years, I find myself interested in pursuing other avenues of community building. I began assisting Ashley as a farmers' market HOO last autumn and it is something I look forward to every week. I get to meet with people from local and extended communities, provide information about the EBT match program, and ultimately strengthen the connection between people and their food. I am an ambitious person that can offer my passion, creativity, and strong community values to your board. I am eager to join a team of established directors that I can learn from and work alongside with to become a force for food justice in Portland.

# What's the Elections Committee?

The Elections Committee is being revived this year as a way to strengthen the democratic process of the election, diversification, and perpetuation of the Co-op's Board of Directors. Re-establishing this committee also allows for more of our community to participate in the governance of People's, as it is comprised of two Member-Owners, the CM's Marketing & Membership Manager, and the Board Secretary, to start. Think of the Elections Committee as the stewards of the Board of Directors.

The Committee will spend time thinking about, and implementing, ways to make the Elections Process more empowering and impactful for Member-Owners, and ensure that the Board is comprised of representative and capable individuals. The Committee will develop election-related materials; help find and recruit Member-Owners who could be great directors; manage

the elections process; and communicate with Member-Owners about People's elections. The Committee will hold elections-related engagement events, and work in collaboration with the Board throughout the year.

Like Board work, Elections Committee members can expect to review policy governance and bylaws, though to a lesser extent than Board members, and also will need excellent communication skills. Members will be expected to regularly attend meetings, respond to emails and phone calls in a timely way, and take on a share of the Committee's work. The Committee ideally will be a blend of folks who are great at relating with people, and who can conceptualize, implement, and oversee a democratic elections system, including engaging events.

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## Elections Committee Candidates



### Christopher Kirschbaum

**What do you see as the role of the Elections Committee? How do you intend to steward our Board and the Elections Process?**

The Elections Committee facilitates engaged, committed, informed, and qualified candidates being elected onto the Board of Directors. I intend to steward the Board and the elections process by being knowledgeable about how the Board operates, what the commitments/requirements are of it's members, and by gaining continual insight into the qualities that are helpful (as well as those that are hindrances) to contributing and cooperating on the Board. As well as asking questions, deep listening, and effectively communicating myself.



### Ellen Radovic

**What important experience, skills, and perspective would you bring to the Elections Committee?**

As a former member of several non-profit boards and committees, I actively sought ways to improve the quality of services, the level of outreach, and the overall functioning of the organization and would do the same on the Elections Board Committee. My skills include mediation, teaching, research, foreign languages, and making complex or difficult issues accessible through clear writing and open dialogue. My experience includes work in the law, public health, and economics. Above all, I deeply appreciate how supporting our local co-ops may be one of the few ways to save our broken food system and would like to make a modest contribution to that end.

# Proposed Bylaws Changes

CURRENT BYLAW	PROPOSED CHANGES
<p><b>Section 3.1 – Annual meeting.</b> An annual meeting of owners shall be held during the months of July or August in each year to receive reports on operations and finances, to hold a candidates forum and to conduct such other business as may properly come before the meeting.</p>	<p><b>Section 3.1 – Annual meeting.</b> An annual meeting of owners shall be held <del>during the months of July or August</del> in each year to receive reports on operations and finances, <del>to hold a candidates forum and</del> to conduct such other business as may properly come before the meeting.</p>
<p><b>Section 3.4 – Notice.</b> Written notice of the time and place, and in the case of a special meeting the purposes of the meeting, shall be mailed or delivered to each owner not less than seven days nor more than thirty days before the date of the meeting. The Co-op shall also endeavor to post the notices of meetings in a timely manner and in a conspicuous place in the Co-op's store.</p>	<p><b>Section 3.4 – Notice.</b> Written notice of the time and place, and in the case of a special meeting the purposes of the meeting, shall be mailed or delivered to each owner not less than <del>seven days nor more than thirty days</del> <b>15 days, nor more than thirty days</b> before the date of the meeting. The Co-op shall also endeavor to post the notices of meetings in a timely manner and in a conspicuous place in the Co-op's store.</p>
<p><b>Section 3.6 – Quorum and voting.</b> Those owners present at a meeting shall constitute a quorum for the transaction of business at any meeting of owners. Except as otherwise set forth in these bylaws, each owner shall have one and only one vote on each issue submitted to a vote at a meeting of owners. Voting by proxy shall not be permitted. Unless otherwise required by law or by these by-laws, issues shall be decided by a simple majority of votes cast except where one or more choices are to be made from several alternatives, in which case the alternative(s) receiving the most votes shall be considered approved. Meetings of owners shall be conducted in such a way that each owner who so desires is given a reasonable opportunity to express his or her views.</p>	<p><del><b>Section 3.6 – Quorum and voting.</b> Those owners present at a meeting shall constitute a quorum for the transaction of business at any meeting of owners. Except as otherwise set forth in these bylaws, each owner shall have one and only one vote on each issue submitted to a vote at a meeting of owners. Voting by proxy shall not be permitted. Unless otherwise required by law or by these by-laws, issues shall be decided by a simple majority of votes cast except where one or more choices are to be made from several alternatives, in which case the alternative(s) receiving the most votes shall be considered approved. Meetings of owners shall be conducted in such a way that each owner who so desires is given a reasonable opportunity to express his or her views.</del></p>
<p><b>Section 3.7 – Voting by mail ballots.</b> The Board may authorize voting by mail ballot in conjunction with, or in lieu of, a meeting of owners. In such event, the notice of the meeting shall include a copy of the issue to be voted upon, together with a ballot and a voting envelope and notification of the date by which ballots must be returned. Ballots must be returned in a sealed envelope which is authenticated by the owner's signature. If mail ballots are used in conjunction with a meeting of owners, votes cast by mail ballot shall be counted together with votes cast in person at the meeting. A vote cast by mail ballot shall be equivalent to presence in person by the owner at a meeting of owners.</p>	<p><del><b>Section 3.7 – Voting by mail ballots.</b> The Board may authorize voting by mail ballot in conjunction with, or in lieu of, a meeting of owners. In such event, the notice of the meeting shall include a copy of the issue to be voted upon, together with a ballot and a voting envelope and notification of the date by which ballots must be returned. Ballots must be returned in a sealed envelope which is authenticated by the owner's signature. If mail ballots are used in conjunction with a meeting of owners, votes cast by mail ballot shall be counted together with votes cast in person at the meeting. A vote cast by mail ballot shall be equivalent to presence in person by the owner at a meeting of owners.</del></p>
<p><b>Section 4.3 – Nominations, election and terms.</b> Patron directors may be nominated by the Board, by the nominations committee or by petition signed by at least twenty-five owners and submitted to the Co-op at least forty-five days before commencement of election of directors. Patron directors shall be elected by owners by mail ballot within a month following the annual meeting.</p>	<p><del><b>Section 4.3 – Nominations, election and terms.</b> Patron directors may be nominated by the Board, by the nominations committee or by petition signed by at least twenty-five owners and submitted to the Co-op at least forty-five days before commencement of election of directors. Patron directors shall be elected by owners by mail ballot within a month following the annual meeting.</del></p>

Our bylaws are a contract between the Board of Directors and the Member-Owners that define how People's will be run – that's why you have to vote on any changes to them! They define how the work of the Co-op is done. Right now, our bylaws are a bit out of date and prevent us from doing exciting new things like online voting! Making these (and likely more) bylaws changes will help prime us to implement our long-term plan and give us some needed flexibility (like if we ever wanted to change the time of the Annual Meeting) as well as clearer definition (like in Section 3.6 about voting).

RESULTING BYLAW	RATIONALE
<p><b>Section 3.1 – Annual meeting.</b> An annual meeting of owners shall be held each year to receive reports on operations and finances and to conduct such other business as may properly come before the meeting.</p>	<p>This change is consistent with Oregon Statute 62.255(2) which authorizes the board to determine the time and place of the annual meeting. This would allow us to consider times of the year other than July or August, especially if we determine attendance might be improved during less busy months.</p>
<p><b>Section 3.4 – Notice.</b> Written notice of the time and place, and in the case of a special meeting the purposes of the meeting, shall be mailed or delivered to each owner not less than 15 days before the date of the meeting. The Co-op shall also endeavor to post the notices of meetings in a timely manner and in a conspicuous place in the Co-op's store.</p>	<p>Oregon Statute 62.255(4) requires notice of a member-owner meeting to be not less than 7 days and <b>not more than 30 days</b>. We wanted to raise the minimum requirement to at least 15 days. In practice we will always strive to give as much advance notice as possible, with additional reminders as the event draws closer.</p>
<p><b>Section 3.6 – Voting.</b> Voting on all matters that member-owners are entitled to vote upon will be accomplished through a paper ballot or, <b>if the member consents, by electronic ballots</b>, or both, as authorized by the Board. <b>A member who agrees to vote by electronic means in an election is not bound to vote by electronic means in a future election.</b> Unless otherwise specified in these bylaws, notice of the vote shall be posted in a conspicuous place at the Cooperative and communicated by written notice delivered to member-owners' postal or electronic address, <b>or notice may be given by electronic means along with transmission of the electronic ballot</b>, not less than 15 days prior to the end of the election period. Unless otherwise stated in the articles of incorporation, or these bylaws, or required by law, all questions shall be decided by a vote of a majority of the member-owners voting thereon. Proxy voting is not allowed.</p>	<p>The main purpose of this section is to include the possibility of electronic voting in order to increase voting turnout. This is just the first step in making electronic voting possible. Ongoing work by the board and collective management will be done to determine the best methods of utilizing this tool, likely in conjunction with paper ballots. The goal is to maximize voting access for all member-owners and respect preferences for method of contact and voting.</p> <p>To clarify this section, 3.6 and 3.7 were divided and re-titled Voting and Quorum, respectively.</p> <p>The 3.6 section stating "each owner shall have one and only one vote" has been removed to avoid redundancy as this 1 member = 1 vote remains protected by our articles of incorporation and by Oregon law.</p>
<p><b>Section 3.7 Quorum.</b> At any meeting of the member-owners, or for any vote of the members, a quorum necessary for decision-making shall be 10% of the total number of member-owners or 100 member-owners, whichever is less.</p>	<p>In 3.7 the quorum was set at 10% or 100 member-owners. Our goal is to have at least 10% turnout, however the past several years have usually been 6-7% or 300-400 votes. We wanted to include an achievable minimum in order to avoid having an election be nullified and require repeating.</p>
<p><b>Section 4.3 – Nominations, election and terms.</b> Patron directors may be nominated by the Board, by the nominations committee or by petition signed by at least twenty-five owners and submitted to the Co-op at least forty-five days before commencement of election of directors.</p>	<p>This section was intended to make it possible for directors to be elected at a time other than the annual meeting. This could be helpful if multiple seats need to be filled mid-term, or if the month of the annual meeting ever changes but directors' terms are up and re-election needs to occur.</p>

# People's Cooperative Community Fund

## \$1,000 TO ONE LOCAL ORGANIZATION!

Every year, People's Member-Owners get the chance to nominate and then choose one local non-profit to receive a \$1000 donation. This money come from interest paid on loans that are distributed to other burgeoning co-ops and community organizations through the Twin Pines Cooperative Foundation.

This program is pretty neat: co-ops and organizations get support, and we get to pass more money on to a community nonprofit that we decide on together.



**What they do:** Out to Pasture Sanctuary is an all-volunteer, non-profit, farm animal sanctuary. Our primary goal is the care and feeding of abused, neglected or abandoned animals including large farm animals, pigs, rabbits, chickens, cats and dogs. We promote the humane treatment of all animals and advocate for an end to factory farming through public education including leafleting, tabling at public events and newspaper articles in the Portland area. We also promote a vegan diet for reasons of compassion, health and the environment.

Find out more: [outtopasturesanctuary.org](http://outtopasturesanctuary.org)



**Their mission:** Uplifts and strengthens communities by connecting inner city youth and veterans to the outdoors by harnessing incredible opportunities and powerful experiences that forge strong connections between youth and veterans, their communities, and the natural world. Soul River unites youth and veterans on challenging yet rewarding adventures at zero cost where they become part of something bigger than themselves, developing into strong leaders in the outdoors and their communities.

Find out more: [soulriverinc.org](http://soulriverinc.org)



**Their mission:** We recognize that the quality of a decision-making process is directly related to both the diversity of perspectives and the degree of deliberation that is attained. For this reason we value inclusion and deliberation. We continuously strengthen our reputation for and commitment to direct impact as we expand our suite of high quality deliberative processes. We are committed to integrity and forthrightness within our organization, through our partner relationships, and on behalf of the public through our program designs and published results. The values of fairness and respect are at the core of each of our relationships and are present in the services we design and offer the public.

Find out more: [healthydemocracy.org](http://healthydemocracy.org)

## urban gleaners



reducing waste and want

**Their mission:** Our mission is to help alleviate hunger by collecting edible, surplus food that would otherwise be thrown away and redistributing it to agencies that feed the hungry. The concept of picking up and redistributing food is a simple weapon in the fight against hunger. Hunger is less a problem of scarce resources but rather inefficient distribution.

Find out more: [urbangleaners.org](http://urbangleaners.org)



**What they do:** At OPAL, people of color and low-income people are in charge. We're cultivating leadership where we need it the most: among people decision-makers usually overlook. Here, individuals become members and join a growing movement for social justice through people power, strategic alliances, and campaigns.

Find out more: [opalpdx.org](http://opalpdx.org)



**Their mission:** The Portland Peace Choir strives to exemplify the principles of peace, equality, justice, stewardship of the Earth, unity and cooperation. We sing music from diverse cultures and traditions to inspire peace in ourselves, our families, our communities, and the world. The Portland Peace Choir welcomes all voices.

Find out more: [portlandpeacechoir.org](http://portlandpeacechoir.org)





# 2017 Annual Meeting of Member-Owners

Saturday, July 15th, 10am-3pm @ The Redd • 831 SE Salmon Street

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Because this is such an exciting moment for People's – sitting right on the cusp of big growth – this should also be a particularly exciting Annual Meeting. Together, we'll grapple with where we are now, where we're headed, and what we can do to get to where we want to be. We'll talk about People's history, our values, and how we've arrived where we are today. You, as a Member-Owner, can share your dream for this community grocer and your vision for our co-op's future.

Hopefully you'll get some questions answered, meet new folks, share a great meal, and leave a little more connected to this passionate community. If you can't make it to the entire meeting, don't worry! Swing by for the part you can make or the part that interests you (even if that's mostly lunch).

**LUNCH BY AVIV • CANDIDATE FORUM • VOTING • POPSICLES • PEOPLE'S HISTORY • ZINE MAKING • VOTE! • NEWS FROM THE CO-OP • BYLAWS INFORMATION • COFFEE, TEA, BERRIES, & PASTRIES • LONG-TERM PLANNING UPDATE • COMPELLING CONVERSATIONS • & MORE!**

**SNACKS, ACTIVITIES, & VOTING AT 10AM • PROGRAMMING STARTS AT 11AM • LUNCH AT 12:30PM**

*The Annual Meeting is free for Member-Owners and their immediate household. Find more details on the website: [peoples.coop](http://peoples.coop). Childcare will be provided.*

# Schoch Dairy

BY CAITLIN GAYLORD CHURCHILL,  
PERISHABLE & DAIRY BUYER & CO-MANAGER



When I lived in Scotland in 2007, I would wake up in the morning to tiny glass bottles of milk (the size of our cream bottles) and eggs with yolks as orange and round as the rising sun. The farms where these animals lived were just down the road from my home. By the time I returned to Scotland three years later, the glass bottles had been replaced by plastic and I grieved the loss. Milk in glass bottles does not simply harken back to a simpler time – it is indicative of small dairy operations with their own bottling facilities. As the perishable and dairy buyer, I'm often asked to recommend dairy products based on the welfare of the animals, but not often asked which milk tastes the best. Most often, I've found that the taste of a product that comes from animals that live a verifiably good life is notably superior. This is certainly the case with the milk from Schoch Dairy, a farm nearby in Helvetia. Everything about this farm is small and family run. If we want to have options of farms that are environmentally sustainable, we have to make sure that they are also financially supported. That choice is up to the people of greater Portland who drink milk.

The cows at Schoch Dairy, of which there are about 20, live on pasture, hay, and silage (fermented grass). This means that they eat as cows should. A common practice in the dairy industry to feed cows grain, a tactic that I do not agree with in large part because it's not what cows are meant to eat. Cows need to eat grass because of their biology. Indeed, the omega-3 content of pasture fed milk is much higher than that of milk from cows fed primarily grains, meaning that the milk is better for people, too.

At Schoch, all the milk is bottled onsite with bottling equipment from the 1950's. The milk is non-homogenized, which means that the fats in it haven't been uniformly combined or removed to reach the fat content standard most commercial milk adheres to. The easiest way to tell if milk is non-homogenized is by the layer of fat floating at the top. Fats, as you might have read, are back in vogue. They're good for your brain and they lubricate your joints. I remember in the early nineties when fat-free was a popular diet fad, which meant taking all the fat out of dairy products and replacing it with sugar. I always wanted full fat milk – it's what my body craved – and I feel vindicated now.

At the moment, People's is purchasing and selling the minimum order for Schoch: 36 bottles a week. I would love to be able to increase this order, not to make money for the Co-op but to support this small and vital dairy. There are so many unseen costs and issues facing small farmers, especially ones who aspire to organic and sustainable methods. Farmers and other people in food production, though they provide a vital service, work for long hours and have many obstacles to making a profit. This milk is a real whole food, lovingly made by humans and cows that live near you. I encourage you to try it. 🐄

Photo by Arika Reed.



Photo courtesy of La Riojana Winery

People's is proud to be expanding our selection of certified fair trade wines. Our most recent addition is the La Riojana brand, which is certified by Fair Trade International. Originating from the La Rioja province of northwest Argentina, La Riojana is a grower cooperative that sources grapes from over 10,000 acres of vineyards. Efforts are underway to expand organic certification capacity, and the cooperative is working to make its organic line of wines available in more markets.

La Riojana was the first wine operation in Argentina to receive fair trade certification. Many community development projects have been undertaken as a part of this certification, including building a community water tower, constructing a secondary school focused on agriculture, and purchasing a minibus. All of these projects are intended to benefit the workers who harvest grapes in the region. The cooperative is currently building capital to open a community health clinic as well.

At People's, we offer the malbec, cabernet sauvignon, and rosé varieties of the La Riojana brand. All three bottles are vegan friendly, meaning no animal products are used in the fining process. They're also all priced at \$6.99 a bottle, making La Riojana our most affordable wine! These are great bottles to bring to parties, potlucks, and other social events where you might want to offer something unique without having to spend a lot of cash. And your purchase is helping to expand the prevalence of fair trade certification standards in the wine industry!

For even greater savings, remember that you can place a special order and receive a 10% discount. People's offers this discount for six or more of La Riojana bottles. You can mix and match varieties, too! To place a special order for La Riojana (or any other wine we carry), talk to a staff member, or email me directly at: [ryangaughan@peoples.coop](mailto:ryangaughan@peoples.coop) 📧

## Simple Sangria

### INGREDIENTS

- Half an orange sliced into thin little triangles
- Half a peach, a handful of cherries, strawberries, or raspberries, half an apple, or the equivalent amount of your favorite summer fruit
- 3-4 tablespoons brown sugar, cane sugar, agave, or honey
- $\frac{3}{4}$  cup orange juice
- $\frac{1}{3}$  cup brandy or rum (optional)
- 1 bottle red Riojana wine
- Ice

Put your fruit and sweetener in a large pitcher and muddle it with a wooden spoon or a muddler if you've got one around for 45 seconds or so. You don't want to totally crush the fruit, but start to get the juices out and flavors combining.

Add the orange juice and booze (if you're using it) and stir for another 30 seconds or so.

Add the red wine and stir to incorporate. Give it a taste and adjust the flavor to satisfy (maybe more brandy? orange juice? sugar?).

Add ice and stir your sangria to chill it! Serve it with a bit more ice and orange slices if you want a nice garnish.

*Sound too complicated? In Spain, a favorite afternoon beverage is *tinto de verano* – a simple blend of half red wine and half plain or citrus sparkling water (or soda!). It's delicious in its own right.*

*Recipe adapted from [minimalistbaker.com](http://minimalistbaker.com)*

# Destined for the Dump

## Ways to Stop Food Waste

BY LISA MOES, PRODUCE KEEPER & CO-MANAGER

There is a faint smell when the refrigerator door opens. But it is probably nothing; you close the door and forget about it. The next few days the smell graduates to a strong stink, and you decide it is time to investigate. Shoved in the back of the ironically named “crisper” drawer is a plastic bag filled with putrid black slime. The once vibrant green head of lettuce of last week is not longer recognizable in this bag of rot. You scoop it out and toss it in the trash.

If this scenario or something similar doesn't sound familiar, congratulations! This article may not be for you. However, if this tale of food gone bad has ever happened in your life, please read on.

Food gets wasted. A lot of food gets wasted. There are statistics I could tell you, such as that 50% of fruits and vegetables go to waste, or that food is the number one item filling up landfills. But even though those numbers are helpful, they don't really tell the story of food waste or give solutions to alleviate the problem. Basically, you need to know that food waste is a huge problem that doesn't require complicated solutions. And like most problems in this society, I look to individuals to help instead of large complex remedies from corporations or governments. This article isn't about shaming people about their food waste, but inspiring and motivating you to do something real about it.

Fresh fruits and vegetables are wasted most often, but that doesn't mean you should excuse that moldy bread every week or that constant container of puffy yogurt. But the focus here is on produce – it's wasted more and is very important to me for many reasons. I want to tell you how long it takes for a carrot to grow, how much water a cucumber requires, how much fuel, time, and labor needs to happen for an apple to reach market where you finally see it. I can't look at produce without seeing, knowing, and feeling all of those things. So the thought of that going in a dumpster is a true crime.

“I want to tell you how long it takes for a carrot to grow, how much water a cucumber requires, how much fuel, time, labor, and everything that needs to happen for an apple to reach the store or market where you finally see it. I can't look at produce without seeing, knowing, and feeling all of those things. So the thought of all of that going in a dumpster is a true crime.”

I don't expect you to share my deep produce love. However, there exists this strange disconnect when it comes to food. It is seemingly everywhere in this land of plenty, yet one in eight people suffer with food insecurity. And surprisingly, food waste unites us all. Even people with less money to spend on food end up wasting it just like their more affluent counterparts. For many, food has somehow lost any sense of true value. A good way to see what happens with food in this country would be to take half of what you buy and imagine putting it straight into the trash!

But now on to solutions to this daunting problem:

- 1. Be honest with yourself when you buy produce.** This means to seriously consider what and how much you buy. If you have thrown out slimy cilantro for three weeks in a row, always telling yourself that “this time I'll use it,” admit that if you buy it again, you'll see it in the trash next week. But if you really know that you want to use it, then do it that day and don't put it off until later when it will be too late.
- 2. Get organized.** Make a shopping list and menus for the week. If this sounds like too much, it doesn't have to be complicated! I'm still focusing on vegetables and fruits, so keep it simple. Think about having a piece or two of fruit for breakfast or lunch everyday, making a big salad and keeping it in the fridge for a few days to add to meals, and maybe a few basic recipes where veggies can be tossed in one-pot style. Prepping vegetables and fruits in advance and having them ready to use in the fridge is a time saver and a food saver.
- 3. Preserve fruits and vegetables before they go bad.** If you find the celery and carrots are getting a little rubbery, the garden has more than enough tomatoes, or the CSA share always has onions that you never get around to using, it only takes a little time and processing to provide food for later. Most vegetables can be revived in a cold water soak to regain some crispness. But if that isn't possible anymore, a blender or food processor can make pureed vegetables or fruits for all kinds of recipes, from soups to breads to desserts. Produce can also be easily chopped or blended and then frozen for later use. Frozen bananas, berries, and kale can be a delicious future smoothie. And if you have access to a dehydrator, drying fruits and veggies is another great way to preserve excess. Dried tomatoes, zucchini, onions, peppers, root veggies, and all types of fruits are delicious to eat as snacks or to add to recipes. Basil always going bad before you get around to using it? While still fresh, make pesto and freeze it. Or chop the basil leaves and put them in a little water in ice cube trays and freeze. Then when you need fresh basil, just pop out a cube or two and the basil is ready to use.

# How to Properly Store Fruits & Vegetables

REFRIGERATOR					
<b>Unwashed in a Single Layer</b> Blackberries, Raspberries, Blueberries, Strawberries	<b>Unwashed in a Plastic Bag</b> Broccoli, Green Onions, Carrots, Lettuce, Cauliflower, Peas, Corn, Radishes	Artichokes	Celery	Leafy Vegetables	<b>Apples (&gt;7 days)</b> <b>Apricots</b> <b>Cantaloupe</b> <b>Figs</b> <b>Honeydew</b>
<b>Store in a Paper Bag</b> Mushrooms, Okra		Asparagus	Cherries	Leeks	
	Beets	Citrus (>7 days)	Kale		
	Brussels Sprouts	Grapes	Summer Squash		
	Cabbage	Green Beans	Sprouts		
		Herbs (not basil)			
COUNTERTOP					
<b>Apples (&lt;7 days)</b> <b>Tomatoes</b> <b>Bananas</b>	Basil Cucumbers Eggplant	Garlic Ginger Grapefruit	Jicama Citrus (<7 days) Papaya	Peppers Persimmons Pineapple	Plantains Pomegranates Watermelon
COOL, DRY PLACE			COUNTER/FRIDGE		
Winter Squash, Onions*, Potatoes*, Peppers <i>*Keep away from each other.</i>			<b>Avocados, Stone fruits, Pears, Kiwi</b> <i>Ripen on counter, then refrigerate.</i>		
<b>High Ethylene Producers: keep away from other fresh produce to slow down ripening/spoilage.</b>					

Adapted from sparkpeople.com.

**4. Use peelings and scraps from produce.** I haven't peeled a cucumber or a carrot or an apple for a very long time. But I know some people consider peels of most fruits and vegetables to be inedible or trash. Often the peel contains a large amount of quality nutrition and aids in digestion. When buying organic produce, eating the peel shouldn't cause any concern. But if the thought of eating potato skins and carrot peels isn't appetizing to you, try putting them in a stock pot with boiling water with other veggie scraps like celery and onion ends to form a nice broth for soups and stews. Oh! And broccoli stems are delicious and highly nutritious, just in case you are tempted to break them off and leave them in the produce rack. Give them a try!

**5. Donate excess produce.** If you have an over-abundant garden or trees bursting with fruit, or find yourself with way too much produce for some other reason, consider donating what you can't use to local groups that find homes for "food waste." Two great organizations that I've volunteered with are the Portland Fruit Tree Project and Urban Gleaners. Portland Fruit Tree Project registers fruit trees in town and enlists volunteers for harvest parties to pick all sorts of fruit throughout the year. Then the fruit is shared with the volunteers and with local agencies that provide food for those in need. It is a great way to give fresh fruit, often lacking in many diets, to a vast array of people. Urban Gleaners also works with food that is considered "waste" or "left-over" when it is actually still perfectly edible and needed by so many people. Gleaner volunteers pick up unwanted food from grocery stores, large events, and farmers' markets. That food is then distributed to schools, youth organizations, and various sites throughout the city. To donate to or volunteer with these organizations or others like them also helps lessen the amount of food wasted each day.

**6. Compost instead of garbage.** If at all possible, whatever food scraps or veggies and fruits that cannot be used should be composted. Food shouldn't be the biggest component of landfills in this country. It is only logical that truly biodegradable items like fruits and vegetables should be allowed to continue the cycle of nature and go back to the earth. Instead they are often dumped in landfills where decomposition doesn't happen properly and where methane builds up to toxic and climate changing levels. The idea that anything biodegradable will break down in a landfill is truly a myth. Composting fruits and vegetables is the best solution to alleviating this food waste cycle. If you have access to a backyard composter, a community garden, or a city composting system, that is the most environmentally responsible way to dispose of unused produce and food scraps.

Food is so important. Food is life I don't expect everyone to tackle this huge issue of food waste and lack of equal distribution in the world. But it is good to be reminded that individual decisions add up. So whatever it takes for you to consider food waste seriously, use that to inspire you. Maybe it is the squandered resources like water, fuel, labor, and time; the environmental impacts; the financial losses; the knowledge that so many could use this "waste" food. Or perhaps a combination of all these. If nothing else, I hope you will recognize the true value of food and really understand what it means when food continues to be thrown away. If you've ever been a part of growing vegetables and fruits or known true hunger, you already know how valuable an apple can be. In this ever-increasing throw-away society, food is one thing that should never be thrown away. Here's to keeping more fridges and countertops slime-free. ♻️

# Homemade Condiments for the BBQ & Beyond

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

Cooking (and eating) outside is one of my favorite parts of warmer weather. On the first warm days of spring, you'll usually find me texting friends to see who's free *right now* and running to the store for a bag of briquettes. Hanging out while the grill heats up, throwing an odd assortment of things on the grill and then onto a plate, and getting a whiff of the lingering smell of smoke in my hair are all quintessential summer moments that I think back to with potent jealousy in January.

I also really love condiments and making my own. A few jars of sauces or toppings in the fridge can turn some wonderful (but maybe boring) grilled vegetables into something transcendent. These are all also pretty cheap, pretty easy, and adaptable for uses away from the grill.

## Cider Mayonnaise

The first time we made this, my partner declared it "the sharp cheddar of mayo." That's not so far from the truth: the apple cider vinegar adds an extra tang that makes this mayo kind of special. I like dipping all kinds of things in it (veggies, potatoes) and of course slathering it on buns.

### INGREDIENTS

- 1 large egg yolk
- ½ teaspoon sea salt
- 1 teaspoon Dijon mustard
- ¼ cup apple cider vinegar
- 1 ½ cups neutral oil (like canola)

In a food processor, blend the egg yolk, salt, mustard, and vinegar. With the motor running, slowly drizzle in the oil until the mixture is thick, emulsified, and looks like mayo! Store in the refrigerator in a lidded container for up to 7 days. Makes about 1 ½ cups. You could also try making this by hand with a whisk or in a blender. *Recipe from Poole's: Recipes and Stories from a Modern Diner by Ashley Christensen.*

## Basic Country Mustard

There are so many ways to customize this mustard and make it your: brown mustard seeds are spicier than white ones, you can try a variety of vinegars (start with apple cider or white wine), sweeten it, add your favorite herb (like thyme, oregano, or rosemary). No matter what route you take, mustard is super easy to make and just takes a little time!

### INGREDIENTS

- 6 tablespoon mustard seeds
- ½ cup mustard powder

- ½ cup water or beer
- 3 tablespoons of vinegar
- 2 teaspoons salt
- 1 teaspoon ground turmeric (optional)
- 2 tablespoons honey or agave (optional)
- ¼ cup minced herbs (optional)

Grind the mustard seeds for a few seconds in an electric grinder, or use a mortar and pestle. They should be mostly whole, but crushed. Pour those seeds into a bowl and add the salt and mustard powder. Add your turmeric, sweetener, or herbs here, too, if you're using them. Pour in the water or beer and stir well. When everything is incorporated, let the mixture sit for ten minutes (the longer you let it sit, the mellower it will be). When you're ready, pour in the vinegar. Put your mustard in a glass jar with a lid and store it in the fridge. It will be a bit runny, but should thicken over night. Wait at least 12 hours before using. You should end up with about a half a cup of mustard, which will keep for up to a year in the fridge. *Adapted slightly from honest-food.net.*

## Pickled Red Onions

When I have a jar of pickled red onions in the fridge, I put them on just about everything. They're perfect on tacos, grilled cheese, and pizza, but also on salads, soup, grilled veggies, or atop a rice bowl. They add a great vinegar-y crunch but their pretty pink color might be reason enough for my enthusiasm. This method, which doesn't even require turning on the stove, is a perfect place to start. If you want to get more creative, bring the sugar, salt, vinegar, and water to a boil on the stove with your desired spices: try fennel, mustard seeds, coriander seeds, peppercorns, allspice berries, sprigs of rosemary or thyme or oregano, dried chili...

### INGREDIENTS

- 1 red onion, sliced into half moons as thin as you can manage
- 1 garlic clove sliced thinly or just thoroughly smashed
- 2 teaspoons sugar (you could use honey or agave instead)
- 1 ½ teaspoons kosher salt
- ½ cup white vinegar (or use white wine vinegar)
- ½ cup water

Put everything in a pint jar (or a bigger one if you had a big onion!), screw on the lid tightly, and shake the jar until the salt and sugar have dissolved. If you see granules on the bottom, keep shaking. Let the jar sit out at room temperature for 20 minutes or so. You can eat them right away, or pop them in the fridge. They'll keep for up to two weeks. *Recipe from Small Victories by Julia Turshen.* 🍷



# Summer Events

EVERY  
SAT.

## HUMANS OF COLOR YOGA

Now Every Saturday! 7:15-8:45pm (no class on June 24th!)

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. We will address issues that people of color are facing in our current social climate using yoga as platform for release and restructuring.

3RD  
SAT.

## UNDERSTANDING OPPRESSION

3rd Saturdays, 11am-1pm

Join us during this monthly community conversation 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 is part of a monthly group that gathers at People's on the third Saturday of each month from 3:00-5:00pm. Free and open to all.

JUNE  
21

## MEET THE CANDIDATES!

Wednesday, June 21, 2-6pm

Wondering who these people running for the Board and the Elections Committee are? Do you have more questions, want to meet them in person, or just eat some snacks? Perfect! Come by the Farmers' Market and cast your vote.

JUNE  
27

## FOOD WORKERS RESIST! AN EVENING OF STORYTELLING

Tuesday, June 27, 6pm

@ The Headwaters Theater, 55 NE Faragut Street

As the White House administration's attempts to silence, criminalize, and dehumanize members of our community, we give voice to untold stories of race, class, gender, and food. Who gets to eat what, who makes it, and how it's delivered are affected by gender, race, class, ethnicity, and this nation's history. Proceeds go to IRCO, a humanitarian organization dedicated to serve immigrants and refugees.

JULY  
5

## WHAT'S A BYLAW CHANGE?

Wednesday, July 5, 6-7:30pm

Our bylaws are an important roadmap for how People's functions and there are a whole handful of bylaws changes on this year's elections ballot. We're betting that you have some questions about the proposals, what they mean for the Co-op, and why the Board is proposing them. Come hear from the Board about why these changes are important – especially in the midst of long-term planning. There will be plenty of time for questions!

JULY  
8

## PUBLIC SOCIAL UNIVERSITY

Second Saturdays, July 8, August 12, & September 9  
in the afternoon

Public Social University celebrates people's ability to unite in decommodified spaces to nurture our individual collective curiosity, intuition, and wisdom. It's a free, all-ages forum for creativity, collaboration, experimentation, and sharing ideas, skills, and perspectives. Public Social University events are initiated, co-created, and presented by community members based on their diverse and intersecting interests. Facilitation that honors everyone's participation equally (uniting teachers as learners and learners as teachers) encourages inclusive and joyful opportunities. Stay tuned to the website for more details.

JULY  
12

## CARING FOR THE NERVOUS SYSTEM: MOVEMENT & PRACTICE

Wednesdays, July 12, 19, & 26, 7-8:30pm

Join local practitioners Karin Wagner and Mary Mizrahi for three classes diving into the relationship between mind and body through experiential practice of Feldenkrais and Rolfing Structural Integration. Each class can be taken uniquely or as a part of a series. They are: Rolfing for the People, Trauma & the Nervous System, and Self Care for the Nervous System. Find full descriptions and more information on the website. Registration required. \$10-\$35 sliding scale, depending on the class.

JULY  
15

## ANNUAL MEETING OF MEMBER-OWNERS

Saturday, July 15, 10am-3pm @ The Redd, 831 SE Salmon St.

The Annual Meeting is an exciting prospect: there isn't another time all year when we have as many People's Member-Owners in one room (and, really, there isn't a room at the Co-op that would even come close to fitting all of you!). Come: hear about where the Co-op is at and where we're going, learn about the bylaws changes, help make a cooperative zine, meet the Board and Elections Committee candidates, eat a delicious lunch, meet new Member-Owners, and more!

JULY  
28

## TENDER TABLE

Friday, July 28, 7-9pm

Tender Table is a platform for women of color and gender non-conforming people of color to share stories about food, family, and identity. Join us for presentations by Emily Prado and Christine Dong. Admission is \$5-10 sliding scale to support the artists. No one will be turned away for lack of funds. Everyone welcome!



## **AUG 5** THE ART OF DIGESTION

**Sunday, August 5, 1-3pm**

In Ayurveda it is said that a person is as old as their digestive system, and it is true! 70-80% of your immunity comes from your gut. If you can absorb nutrients and eliminate toxins, then your body can heal itself. Join us to learn about Ayurveda's natural approach to healthy digestion. We will focus on: how to support and balance your digestive system through food and daily practices; how the food choices you make effect your digestive and detoxification systems; why knowing how to support the lymphatic system is helpful for healthy digestion.

## **AUG 6** MAKE YOUR OWN SOURDOUGH STARTER

**Sunday, August 6, 5:30-7pm**

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.

## **AUG 20** FARM TOUR

**Sunday, August 20, 8am-5pm**

Join People's, Alberta Co-op Grocery, and Food Front Co-op for a tour of three local farms! We'll be heading to western Washington County to visit Fraga Farm to see the goats, Adelante Mujeres to check out their community garden and hear about the educational program, and one more farm to be announced! Breakfast, lunch, and transportation are provided. Tickets are \$35 and \$25 for kids and folks on limited incomes. Tickets will go on sale at the Co-op on July 20th.

## **SEPT 13** HARVEST FESTIVAL

**Wednesday, September 13, 2-7pm**

Everyone is invited to our biggest party of the year! Harvest Festival is our weekly Farmers' Market plus a lively street fair with music performances, a craft fair, tons of great food, and other fun. See you there!

**REGISTER ONLINE:**

**PEOPLES COOP.EVENTBRITE.COM**

**REGISTER BY PHONE:**

**503.232.9051 EXT. 249**

# Grow your own Produce

## **BERRIES, HERBS, & WATER CATCHMENT**

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

This workshop will focus on different types of fruiting crops that are available right now. We will taste different varieties and discuss recipes and ways to put up the harvest of berries. We will talk about water catchment and how to determine what type of system would work best for your household. Handouts will include a to do list for the month, herbs for tea, and other pertinent information.

## **SEEDSAVING & THE WINTER GARDEN**

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

In August, it is time to save seeds. The weather has been dry and many plants are ripening their seed. This workshop will cover the basics of saving seed and offer you the opportunity to gather some hands-on experience. August is a key month to get many starts in the ground for harvest in the winter and early spring. This class will highlight what is happening in the garden in August, how to preserve your harvest, and prepare for the coming month.

## **PUTTING UP THE HARVEST**

**Tuesday, September 5, 7-9pm**

The abundance from the garden and orchard is coming in and it is time to put it up for storage in the winter. In this class, we will discuss the key ways to store food for the winter including: canning, dehydration, fermentation, & freezing. A key component of this class will be focused on how to assess what your family will eat in the winter and the space that you have available for storage. The last of the winter crops should be in the garden by Equinox so we will cover the last of the plantings. As always, this class will highlight what is happening in the garden in September, how to preserve your harvest, and prepare for the coming month. Handouts will include a to do list for the month, information on canning and food preservation, and other pertinent information.

**Grow Your Own Produce is a 10-month series of classes by permaculture expert Marisha Auerbach. Classes are \$25 each or \$100 for 5 classes. A 20% discount is available for People's Member-Owners. Please email Marisha directly with your Member-Owner number to receive the discount.**

You can also reach out to Marisha for more information at [marisha.perculturerising@gmail.com](mailto:marisha.perculturerising@gmail.com).

# Get in Touch with Your Board of Directors

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



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## ATTEND A BOARD MEETING!

Board of Directors meetings are held the 4th Tuesday of every month from 5:30-8:30pm. Member-Owners are always welcome. There is a free, light vegetarian dinner served from 5:30-6:00pm 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, July 25, 6-8:30pm**

**Tuesday, August 23, 6-8:30pm**

**Tuesday, September 26, 6-8:30pm**

# The Seven Cooperative Principles

## #1 Voluntary, Open Membership

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

## #2 Democratic Member Control

One member, one vote.

## #3 Member Economic Participation

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

## #4 Autonomy + Independence

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

## #5 Education, Training + Information

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

## #6 Cooperation Among Cooperatives

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

## #7 Concern for the Community

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



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