

FREE | WINTER 2019

# grassroots



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## Our Ends

Adopted in 2007 by our Board of Directors, our Ends guide the goals and values of the day-to-day operations of the Co-op.

**A passionate community working together for sustainability, progressive land and animal stewardship, human rights, social and economic justice, and thriving cooperative and local economies.**

- **A safe, welcoming community where all are valued.**
- **A democratic workplace where all workers' voices are valued.**
- **Access to healthful foods our customers can trust.**

### Editor

Sofie Sherman-Burton,  
Marketing & Membership  
Manager

### Design

Gabi de León,  
Marketing & Design Manager

### Copy Editors

Bea Downing  
Ashley Todd  
Lisa Wolverton

### Contributors

Ashley Todd  
Ryan Gaughan  
Paul Conrad  
Brita Zeiler

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# Run for the Board & the Member Engagement Committee!

Member-Owners are the reason we have a People's Food Co-op, and your involvement in the Co-op makes for a better store and a stronger community. That's why we have elections every year and why we're growing the Elections Committee into the Member Engagement Committee! This new group will continue to steward the elections process, and will also support the Board in organizing events and programs for Member-Owners. They will also find new ways to foster an even stronger relationship between Member-Owners, the Board, and the Co-op.

This year, Member-Owners will elect two new Member Engagement Committee members and two new Board Directors. We need candidates to fill those vacancies! We're asking you to consider taking on one of these roles and making an investment in this place and our vision for it.

If you have the interest and availability to run for the Board or the Member Engagement Committee, find a nomination packet in the store or online at [peoples.coop/runfortheboard](http://peoples.coop/runfortheboard). It has all the information you need about joining the Board or the Member Engagement Committee.

## Why run for the Board or the Member Engagement Committee?

- Get a 15% or 10% discount on your groceries
- Help the Co-op thrive!
- Explore the Co-op's purpose in our community
- Make sure the Co-op is legally and financially sound
- Become more familiar with the Co-op's governance model, called Policy Governance
- Connect with other Member-Owners
- Get to know the folks who work at the Co-op

If you're thinking that elections are coming a little earlier than usual, you're right! The Annual Meeting will be in May this year, and we're holding elections earlier so that the two events still coincide.

**Need more info?** Feel free to contact the current Elections Committee! Just email [elections@peoples.coop](mailto:elections@peoples.coop), and Christopher, Ellen, Jenna, or Sofie will be in touch with you. If you'd rather talk to someone than ask questions over email, you can make a time to meet with a member of the Elections Committee or call the Co-op at (503) 232-9051 and ask for Sofie.

## Board of Directors

Get in touch with your Board of Directors! To email all Directors: [bod@peoples.coop](mailto:bod@peoples.coop)

**Vishal Dhandia**  
[vishal.dhandia@peoples.coop](mailto:vishal.dhandia@peoples.coop)

**Chris Eykamp**  
[chris.eykamp@peoples.coop](mailto:chris.eykamp@peoples.coop)

**Jenny Owen**  
[jenny@peoples.coop](mailto:jenny@peoples.coop)

**Liz Robertson**  
[liz.robertson@peoples.coop](mailto:liz.robertson@peoples.coop)

**Kathy Thurow**  
[kathy@peoples.coop](mailto:kathy@peoples.coop)

**David Wadley**  
[david@peoples.coop](mailto:david@peoples.coop)

**Jenna Whitaker**  
[jenna.whitaker@peoples.coop](mailto:jenna.whitaker@peoples.coop)

**Naoki Yoneyama**  
[naoki@peoples.coop](mailto:naoki@peoples.coop)

## Attend a Board Meeting!

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

### Upcoming Meetings

Tuesday, January 22, 6-8:30pm  
Tuesday, February 26, 6-8:30pm  
Tuesday, March 26, 6-8:30pm

# People's Cooperative Community Fund (PCCF) Nomination Form

**What organization would you like to nominate?**

**ORGANIZATION**

**WEBSITE**

**501(C)3 ID#\***

\*A valid tax ID is required. Find it on the organizations website or give them a call.

**Please include a statement that communicates the work & mission of the organization.**

**Optional Information (helpful but not necessary)**

**YOUR NAME**

**PHONE #**

**EMAIL**

**ORGANIZATION'S CONTACT PERSON**

**PHONE #**

**EMAIL**

**MAILING ADDRESS**

## Nominate Your Favorite Nonprofit to Receive \$1,000!

In 2007, People's started the People's Cooperative Community Fund (PCCF) through the Twin Pines Cooperative Foundation (TPCF). People's contributes 1% of our net profits after taxes to the TPCF, which then loans that money to budding cooperatives and non-profit organizations. Those loans accumulate interest, and each year we look to our Member-Owners to help us pass that money on to a local organization doing important work in our community.

If you know about a cool nonprofit doing work that aligns with our Ends, use the form on the right (or online at [peoples.coop/runfortheboard](http://peoples.coop/runfortheboard)) to nominate them to receive \$1000! Member-Owners will vote on the nominated organizations during the elections in April and May, and the organization with the most votes will receive \$1000.

Fill out the form attached and return it to the Co-op (you can drop it off or mail it attn: Sofie), or fill out an online form at [peoples.coop/runfortheboard](http://peoples.coop/runfortheboard).

### Past Recipients

2018: Green Acres Farm Sanctuary

2017: Urban Gleaners

2016: Greeley Food Forest

2015: Montavilla Food Co-op

**Please return this form to the Co-op by Thursday, February 28th.**

Any questions? Contact our Marketing & Membership Manager, Sofie, at [sofie@peoples.coop](mailto:sofie@peoples.coop).



# We've Reduced Our SNAP Match to \$5 & We Are Really Sad About It

by Ashley Todd,  
Farmers' Market Coordinator

Nearly four years ago I started working with Farmers Market Fund to secure federal funding to increase our Farmers' Market SNAP Match from \$5 to \$10. This program gives folks using SNAP (the Supplemental Nutrition Assistance Program formerly known as food stamps) extra money to spend at the Farmers' Market, which helps both folks on low incomes and local farmers and food producers. Doubling our match from \$5 to \$10 seemed like a total long shot, and I wasn't sure how the more restrictive benefits required by the federal grant would be received by our shoppers. But I figured we had nothing to lose, so I gave it a go.

When we received the funding, the impact on our community was immediate. Customers lined up each week, eager to spend their additional food dollars on local produce and handcrafted foods. Vendors benefitted too, watching their market earnings steadily increase as people spent more each market day. Over the 3 years we offered the \$10 match, hundreds of families spent their additional food dollars supporting dozens of local farmers and producers. While all the work we do here at People's is driven by our values, The Farmers' Market's SNAP Match program is one of the clearest ways I have seen us working toward our Ends of "access to healthful foods our customers can trust" and "thriving cooperative & local economies."

Unfortunately, in late 2017 we found out that our federal funding was drying up, due to the Federal Government's increasing demand that programs be

"innovative" and tech-driven, rather than simply being helpful. But it felt so important – and so good – to provide such a tangible benefit to the community, so we decided to continue funding the program in 2018 ourselves. We worked out a plan to keep offering the \$10 Match, using a combination of People's money, round-up drives at the register, and a generous donation from Farmers' Market Fund.

In late 2018, as we neared the end of our fiscal year, we were again faced with the question of how to continue funding the \$10 SNAP Match. Alas, the outlook was not as good as it had been the year before. While the success of the program was certainly a boon to our shoppers and vendors, it was fantastically expensive for People's; in 2018 we distributed nearly \$24,000 in SNAP matching funds.

**In 2019, the Co-op is facing some new challenges, and we have reduced our matching amount from \$10 to \$5 per person per week.**

In addition to not having adequate cash available to continue funding a \$10 match ourselves, we also can not afford to pay staff to work on the intensive fundraising campaign that would be required to cover the nearly \$12,000 budget shortfall. We are super bummed to have cut a benefit that we know really impacts people's lives. More than 60 families per week have been using the SNAP Match program, and spending nearly \$24,000 in matching dollars alone with our vendors. The impact of reducing the match to \$5 is not insignificant, and we know some folks in our community will really feel that loss.

We still believe, deeply, in the power of communities to support and take care of each other. And we believe that the Co-op has a role in building that kind of community of support & care. In 2019, we hope to find a way to bring the match back up to \$10. **If you have ideas or fundraising skills you'd like to share, or if you'd like to make a contribution to our SNAP Match fund, please contact me at [ashley.todd@peoples.coop](mailto:ashley.todd@peoples.coop).**

# Winter Events

## January

### **IT'S ALL ABOUT THE SAUCE: USING MISO, SEEDS, & HERBS TO CREATE SAUCES FOR VEGETABLES, GRAINS, NOODLES, & MORE**

**Wednesday, January 9, 5-7pm**  
**\$15, Registration required.**

Sauces are a wonderful way to increase flavor and nutrients in your meals. They are also a great way to use up herbs, seeds, and even vegetables before they go bad. Make a jar of one of these sauces and enjoy so much flavor day after day by dressing up a variety of pantry staples and vegetables. Join Katherine Deumling of Cook With What You Have and learn how to make three sauces that will make every meal flavorful and delicious.

### **LOW WASTE BODY CARE PRODUCTS**

**Saturday, January 19, 1-3pm**  
**Sliding scale \$5-25.**  
**Registration required.**

Jenica Barrett, creator of Zero Waste Wisdom, discusses the benefits of making your own body care products at home and why it is important for consumers to pay attention to the packaging their products come in. Participants will learn about recipes for the entire cosmetic routine from hairspray to lip balm, and will have the

opportunity to make their own body scrub, lotion, or deodorant to add to their cosmetic routine!

### **LARGE SIZE CLOTHING SWAP FOR WOMEN & FEMMES**

- Sunday, January 27
- Sunday, February 24
- Sunday, March 24

**6:45-8:15pm**

**Free, Registration not required.**

This large size clothing swap will include clothing at approximately size 12 and up. Please bring clothes in good condition (no rips or stains) and accessories such as jewelry, shoes, hats, belts, and purses. Please bring extra bags to help haul out the leftovers!

## February

### **DIY DIGESTIVE BITTERS WORKSHOP**

**Saturday, February 9, 5-7pm**  
**\$20, Registration required.**

Due to various factors, including heavier meals & decreased physical activity, our digestion in winter months slows down. A traditional way to keep digestion functioning is with the aid of bitter herb tonics, known as bitters. In this class we will discuss digestion holistically, taste various bitter elixirs for inspiration, and blend our own custom bitters blends to use at home.

### **WHAT DOES IT MEAN TO BE GOOD? EXPLORING MORALITY IN THE MIDST OF STRUCTURAL OPPRESSION**

**Tuesday, February 12, 6-8pm**  
**This conversation is free.**

**Registration required.**

Most of us believe we are good people. But if we are all good people, with little room for fallibility, who are the people responsible for supporting structural oppression like racism, sexism, and heterosexism? If we hope to be "good," what are our moral responsibilities in a society of privilege, power, and oppression? Join facilitator Brittany Wake in a discussion that explores the values associated with how we come to establish ourselves as good people and what that means for our potential complicity in perpetuating marginalization.

## March

### **BUILD YOUR HERBAL APOTHECARY FOR HEALTHY SKIN**

**Saturday, March 9, 5-7pm**  
**\$15, Registration required.**

Maintaining healthy, glowing skin is absolutely possible with the support of herbs & other natural ingredients. Addressing common skin complaints like acne, dryness, eczema, redness, and dermatitis can also be accomplished with herbs safely

& affordably. In this class we will discuss how to properly care for the skin with cleansing, tonifying, moisturizing, and protecting techniques. This knowledge will provide a baseline to inform products to purchase, or develop on your own. During class we will each make an herbal facial mask to create your own herbal spa at home.

## **POWER, PRIVILEGE, & RACIAL DIVERSITY IN OREGON**

**Sunday, March 10, 2-4pm**

**This conversation is free. Registration required.**

Many Oregonians value racial diversity and the dimension and depth it adds to our lives, yet we remain largely isolated from one another and have yet to fulfill the vision of a racially integrated society. Willamette University professor Emily Drew will lead participants in a conversation that explores some of the causes of this continued isolation and the differences of experience between Oregonians of different races—such as institutional racism, white privilege, and unconscious bias. What systems are in place to prevent the racial integration and equity many of us strive for? Knowing what we do, how do we act—as individuals and communities—to embrace the opportunity presented by a more diverse Oregon?

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

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

We are committed to making our classes accessible to folks of all income levels and financial situations while ensuring that our instructors get compensated fairly for their time, effort, expertise, and materials. If a class with a cost is interesting or useful to you but you can't swing the fee, please be in touch with us and we'll work something out. You can email [communityroom@peoples.coop](mailto:communityroom@peoples.coop) or give us a call at (503) 232-9051.

**The Community Room is located on the 2nd floor up a flight of stairs. It is also accessible by elevator lift – just let a cashier know you need to use it and they will help you!**

# Grow Your Own Produce Series

## **PLANNING, DESIGN, & FRAMEWORK**

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

This opening session will focus on garden planning and design. We'll discuss Permaculture design strategies that can maximize your yields and diversity of crops throughout the season. Each participant is encouraged to come with a base map of their site for developing site analysis overlays. Marisha will guide this activity and provide tracing paper. Please contact Marisha if you need support before class to have this available.

## **INDOOR SEEDSTARTING, EARLY SEASON PLANTING, & PERENNIAL VEGETABLES**

**Tuesday, March 12, 7-9pm**

This session will focus on 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, and how to prepare your soil for planting. Seed catalogs and other resources will be available for participants to make a personalized planting plan. \*Please note: This class is happening at the New Day School: 1825 Southeast Clinton Street, Portland, OR 97202.

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



# Stinging Kombucha Hot Sauce



by Paul Conrad,  
Member-Owner

In the beginning, there was Tabasco. Throughout most of the 20th century, supermarket shelves offered few other alternatives for folks that wanted more heat to their eats. But as diverse communities grew and thrived in this country, and as more eaters began sampling cuisines from all over the world, their palates were exposed to the distinctive burns of pepper sauces from Asia, Central and South America, and Africa that they may not have experienced before. Today, Tabasco Sauce shares the condiment shelf with hot sauces such as Thai Sriracha, Mexican Cholula, Korean Gochujang, as well as a selection of the hundreds of other hot sauces that have hit the market over the past couple decades.

Annual US hot sauce sales have passed the billion dollar mark after increasing 150% since 2000. There are hot sauces containing bourbon and other liquors, tropical fruits, green apples, blueberries, garlic, bacon flavoring, and on and on. There is, however, only one hot sauce made with kombucha, and People's was the first store to sell it.

Stinging Kombucha Hot Sauce was created by Portland chef Karel Vitek. For thirteen years, he and his wife Monka ran Tabor, a famed downtown food cart serving what Karel describes as Czech "grandmother" food, traditional goulash, stews, and dumplings. But as he was serving up food whose zingiest ingredients were black pepper and Hungarian paprika, Karel developed a taste for hot sauce. Starting with Tabasco, he kept searching for more and more heat, but while his taste buds craved the burn, his gut paid the price. Most hot sauces consist of roasted peppers and other ingredients in a vinegar base. As Karel's palate developed an increasing tolerance for pepper heat, the unpleasant sour of the vinegar began to dominate.

More than a decade ago Karel began to experiment with kombucha as a hot sauce base. Kombucha is by far the most popular product in People's Food Co-op's beverage coolers, with 10 different brands and over 30 different flavors. These products all begin with sweetened tea fermented by a symbiotic culture of bacteria and yeast (SCOBY). Kombucha beverages are tangy, naturally effervescent, and are touted for their probiotic, antioxidant, anti-aging, and anti-inflammatory benefits.



Karel is definitely a kombucha believer and extols these benefits on the Stinging Kombucha website (kombuchahotsauce.com). But kombucha's unique sweet/sour flavor and living nature are what inspired him to build his hot sauce around it. "A mature kombucha has about the same pH (acidity) as vinegar, but has sweetness and is less bitey and obtrusive. It doesn't leave the sour aftertaste vinegar does," Karel notes.

Since kombucha is a living, fermenting process, its sweet to sour ratio changes over time as its sugars are consumed. This gave Karel plenty of opportunity to experiment with different acidity levels. During the first year or so of the development process, it also left him with plenty of messes to clean up when early iterations of his recipe burst in the refrigerator as fermentation ran out of control.

After years of experimentation, he settled on a three-step fermentation process. First, ferment the kombucha to the point where just about all the sugar is digested and the culture is practically dormant. Next, revive the culture by adding a mélange of four different carefully roasted hot pepper varieties and allow this mixture to ferment to near dormancy. Then, add the final ingredients, bottle the not-quite-finished product and chill it, allowing Stinging Kombucha Hot Sauce to continue a slow fermentation process while under refrigeration. It matures and develops more flavor and depth as it waits in your refrigerator.

What about those additional ingredients, eggplant and red-cabbage sauerkraut? The eggplant gives Stinging Kombucha Hot Sauce extra body so that it stays on your food rather than leaching through onto the plate. The sauerkraut is the result of further synergy.

"For years, some buddies and I have been having weekly get-togethers at The BeerMongers down on 12th and Division," Karel recalls. "We drink beer and talk politics and whatever. Most evenings I'd bring in samples of the different recipes I was working on for the guys to try. They most always preferred the ones that had sauerkraut in them. It seems to bring everything together and seal the deal."

**"Friends have suggested he cook his sauce down to stop fermentation and make it shelf stable. Karel won't hear of it. He is passionate about his living, changing hot sauce."**

And what a deal it is. The variety of peppers (serano, habanero, cayenne and sweet chili) produce a complex flavor profile that changes as it lingers in your mouth. It's a pleasant burn but not an inferno. Best of all, it won't leave your taste buds blasted. It makes its statement and then subsides, leaving you still able to savor your dish. It augments without overpowering. As Karel says, "I believe the kombucha base gives the heat experience a soft landing."

Dealing with a living product creates challenges for Karel's growing business. The vast majority of hot sauces are shelf stable and inhabit the condiment section in the grocery aisles. Since Stinging Kombucha Hot Sauce must reside in the refrigerated section, it doesn't get to grab the eyeballs of shoppers scanning the condiment shelf looking for a new flavor experience. Friends have suggested he cook his sauce down to stop fermentation and make it shelf stable. Karel won't hear of it. He is passionate about his living, changing hot sauce.

Just how passionate is illustrated by the way Karel and family use Stinging Kombucha Hot Sauce at home. "We keep Stinging Kombucha in a small ceramic crock out on the kitchen counter," Karel says. "It continues to ferment and gets fizzy and smells great and never tastes the same way twice."

It's hard to imagine a more vivid and flavorful example of a "living food." Look for it in the refrigerated section at People's, next to the kombuchas that inspired it.

# Herbal Infused Syrups for Winter Wellness

## Herbal Sore Throat & Cough Syrup ~~~~~

Herbal infused syrups are concentrated herbal teas, preserved in sugar or honey. Historically, herbal syrups were used to sweeten the taste of bitter medicinal herbs to make them more palatable and prolong preservation. They are a versatile alternative to alcohol-based tinctures for children or people avoiding alcohol. The classic herbal syrup many of us employ during cold & flu season is elderberry syrup, used to stimulate immune function and fight infection.

Herbal infused syrups can be made for both medicine or for flavoring. Syrups can be added to teas, cocktails or mocktails, made into herbal sodas, or simply eaten by the spoonful with delight. It is a fun and creative process: let your favorite sweet flavors guide you!

For adults, add a tablespoon of this syrup to hot tea, a hot toddy, sparkling water for an herbal soda, spoon over ice cream, or simply eat by the spoonful. Adjust dosage to 1 teaspoon for children.

This herbal syrup can be used to prevent a cold, or used during an acute cough or sore throat to soothe and increase recovery time. Syrups can be a great alternative to alcohol-based tinctures for children and people avoiding alcohol. They are also fun and delicious!

Elecampane root is an expectorant, supporting the respiratory tract move excess mucus out of the system. It is also rich in inulin, a prebiotic that supports beneficial gut flora. Other herbs & spices bolster the immune system while adding a delicious earthy spiced flavor.

- ¼ cup dried rosehips
- ¼ cup red clover blossoms
- 1 tablespoon cinnamon chips
- 1 tablespoon dried ginger
- 1 teaspoon dried elecampane root
- 3 whole cloves
- 1 quart water
- 1-2 cups sugar or honey, depending on your preferred sweetness/sweetener

Bring 1 quart of water to a boil in a medium size pot. Add the herb and spice mixture to the pot of water, and reduce heat to a simmer. Maintain a simmer while stirring occasionally, until liquid is reduced to about 2 cups. Strain herbal infusion and return it to a clean pot. Add 1-2 cups of sweetener to the pot with strained herbal infusion. Dissolve the sugar or honey on low heat, stirring to ensure the pan doesn't scorch. Once the sugars are completely dissolved, transfer syrup to a jar or bottle. Store herbal syrup in the fridge for up to 6 weeks – but it is unlikely it will last that long!

By Brita Zeiler, Bulk Herb Buyer

# Endless Grey Days Creativity-Inspiring Syrup



This heart-opening blend is both delicious and tonifying to the heart and circulatory system. The sweet and spicy flavors of peppercorn, damiana, fennel cardamom, rose, and vanilla open the senses to joy, pleasure, and possibility. Together, these herbs open energetic and circulatory pathways to allow creativity to flourish.

- ¼ cup rose petals
- 1 tablespoon hawthorn berries
- 1 teaspoon damiana
- 1 teaspoon whole fennel seed
- 1 teaspoon whole black peppercorns
- 5 cardamom pods
- ¼ teaspoon ground vanilla bean, or vanilla extract

Bring 1 quart of water to a boil in a medium size pot. Add the herb and spice mixture to the pot of water, and reduce heat to a simmer. Maintain a simmer while stirring occasionally, until liquid is reduced to about 2 cups. Strain herbal infusion and return it to a clean pot. Add 1-2 cups of sweetener to the pot with strained herbal infusion. Dissolve the sugar or honey on low heat, stirring to ensure the pan doesn't scorch. Once the sugars are completely dissolved, transfer syrup to a jar or bottle. Store herbal syrup in the fridge for up to 6 weeks – but it is unlikely it will last that long!

## HERBAL INFUSED SYRUPS FOR WINTER WELLNESS

Saturday, January 12, 5-7pm  
\$15, Registration required

Herbal infused syrups are a versatile alternative to alcohol-based tinctures for children or people avoiding alcohol. We will discuss how to balance flavors with roots, spices, flowers, leaves, and fruits, to create something wonderfully versatile. In class there will be a demonstration of how to make an herbal infused syrup, and participants will take away a bottle to enjoy at home.

# Citrus

## Baked Oatmeal with Coconut & Citrus

Heidi Swanson (cookbook author and brain behind [101cookbooks.com](http://101cookbooks.com)) makes many versions of this baked oatmeal, and they are all so darn delicious! Mix up the fruits depending on the season, and you have a winner for a special breakfast whenever. You could use another milk instead of the coconut here to use what you have. Heidi suggests serving this oatmeal with some more coconut milk with a splash of rose water, which sounds great if you happen to have rose water on hand.

- 3 tablespoons unsalted butter or coconut oil, melted and cooled slightly
- 2 bananas, sliced into 1/2-inch pieces
- 2 cups rolled oats
- 1/2 cup shredded coconut (plus some more for the top, if you want)
- 1 teaspoon baking powder
- 1/2 teaspoon fine-grain salt
- 1/3 cup maple syrup (or coconut nectar)
- 1 cup full-fat coconut milk
- 1 cup water
- 1 large egg
- 2 teaspoons vanilla extract
- 3 oranges, peeled and sliced into cross-sections (blood oranges are particularly good)

Preheat your oven to 375°. Using one tablespoon of the butter or coconut oil, coat the inside of an 8-inch square pan (or one about that size). Slice the banana and spread the slices on the bottom of the pan in an even layer.

In a medium bowl, combine the oats, shredded coconut, and baking powder. In another, combine the coconut milk, water, egg or flax mixture, and vanilla extract. Distribute the oat mixture over the bananas and grapefruit and pour the coconut milk mixture on top. Take your oranges and arrange them on top of the oats. Then sprinkle some more shredded coconut over the top, if you are into that kind of thing.

Bake for 35 to 45 minutes, until the oats are set and the top is golden. Let cool slightly and enjoy!

# all





by Sofie Sherman-Burton, Marketing & Membership Manager

Extra flavorful seasonal citrus is just about all we have to brighten our days this time of year. There's no reason not to incorporate oranges, grapefruits, lemons, and more into every meal of the day, so here are a couple recipes to help you do just that.

## Beet, Orange, & Avocado Salad

- 5 medium-sized beets
- 2 avocado
- 5 oranges (a mix of varieties works well here)
- Optional: Fresh herbs, feta or goat cheese,
- toasted nuts or seeds
- Citrus Vinaigrette (recipe follows)

### Citrus Vinaigrette

- Zest from ½ a lemon
- 2 tablespoons freshly squeezed lemon juice
- 1 ½ teaspoons white wine vinegar
- 5 tablespoons extra-virgin olive oil
- 1 garlic clove
- Salt
- Black pepper

Heat the oven to 400°.

First, roast the beets! Cut off the beet greens down to about an inch. Wrap the whole beets in a foil pouch or use a covered baking dish, which will help the beets steam. Bake the beets for 50-60 minutes, or until they are tender when poked with a knife. Remove the beets from their cooking receptacle and cool. Peel the beets and then, slice them into rounds about ¼ inch thick.

While the beets are roasting, prepare the oranges. Carefully cut away the peels using a sharp knife, trying to remove as much of the white pith as you can. Then slice the oranges into rounds around the middle (so that each slice has a piece of every natural orange segment). Aim for the slices to be about ¼ inch thick.

Then make the vinaigrette. Put the lemon zest, lemon juice, vinegar, and olive oil in a small bowl. Smash the garlic clove with the heel of your hand or a knife, remove the peel, and add it to the vinaigrette. Season with salt and pepper and shake to combine. Let this mixture hang out for at least 10 minutes, and remove the garlic clove before using. Refrigerate any leftover dressing and use on green salads, roasted or steamed vegetables, and any other salads your mind dreams up.

When the beets and oranges are sliced and your vinaigrette is made, thinly slice the avocados.

At this point, you can throw all of the components into a bowl and toss them with the dressing. This salad looks really lovely on a platter, too, in which case you can artfully lay out the citrus, then the beets, then the avocados, then anything else you might be adding, and then drizzle the dressing over top. Enjoy!

day



**Montinore Estate:  
Pinot Noir (Vegan)**

Forest Grove, OR

**\$17.99**

It's hard to find a Pinot that reflects its place, is farmed biodynamically, and offers such complexity at this price point. Made to drink now, as a "go to" wine, but you'll feel like you're drinking a special occasion bottle. Plush red fruit, fine tannins and round texture. Delicious and balanced, and can pair with everything from savory slow cooked beans to fresh seasonal vegetables.



**Troon Vineyards:  
Vermentino**

Applegate Valley,  
Southern Oregon

**\$14.49**

Exceptionally fragrant and fresh, but not at all a light wine, it offers surprising richness on the palate with a savory, creamy freshness. All of Troon's vineyards are Certified Salmon Safe, and they are currently in transition to organic and biodynamic certification. An incredible expression of Southern Oregon winemaking.



**Frey's Agriculturist  
(Certified Organic &  
Vegan) Red Wine**

Mendocino County, California

**\$11.79**

An approachable blend of family-farmed grapes. Bright garnet hue with a sturdy structure and grippy character that has a remarkable ability to pair with most foods. Gather around the table or fireside and enjoy a smooth, lingering finish.

# What Makes Wine Organic?

by Ryan Gaughan, Alcohol Buyer

Curating the wine selection at People's is so much fun, but not always easy. As the alcohol buyer, it's my burden to make challenging choices between a beautiful world of all the wines I want to carry, and the limited space we have in the store for them. I am guided by one principle which you, loyal wine enthusiasts, have repeatedly asked for in the selection: organic wines.

Customers, Member-Owners, and staff often approach me with the question, "Why aren't there more organic wines at People's?" It turns out that many of the wines in our selection are made from grapes grown organically, but you wouldn't be able to tell with a cursory view.

Over the years I have cultivated relationships with vendor partners at People's, who I meet with regularly to try out new bottles for our selection. These vendors know in advance that the wines I'm interested in need to meet the Co-op's buying guidelines; non-GMO, vegetarian/vegan, and organic, whenever possible. They also need to be affordable to most of the people who shop here.

As a result, there are many bottles on the shelf that contain organically grown grapes, and many others which also qualify as Biodynamic (a process of land stewardship that takes organic farming to the next level.) Montinore Vineyards of Forest Grove, OR, the largest organic and biodynamic vineyard and winery in the country, is strongly represented. There are other French and Italian bottles which also come from wine growing regions where organic farming has been a standard since long before the authorities gave it a name.

Why, then, aren't these wines labelled clearly with a USDA "Organic" certification label, so that customers can readily see that information? The two

most prominent answers are sulphur-dioxide, and economies of scale.

As a food ingredient, Sulphur-dioxide, or SO<sub>2</sub>, is used in preserving dried fruit. "Sulphurized" fruits retain more of their original coloring, and are generally shelf stable for longer periods of time. The addition of SO<sub>2</sub> to food is considered by the USDA to be too much human intervention to qualify a product as organic. Thus, you will never find organic yellow raisins, or organic bright orange dried apricots.

In the world of wine making, sulphurization is very common. Fermented grapes, like most fruit, contain naturally occurring levels of sulphur. Winemakers will add SO<sub>2</sub> to wine as a stabilizing agent. Because wine must often travel great distances, be stored in multiple settings, sometimes at fluctuating temperatures, sulphur plays an important role in preserving the wine between winery and consumer. Many wineries, such as Montinore, are certified organic, but also add SO<sub>2</sub> to the finished product for quality control reasons.

In contrast, you will find a select few bottles in our selection which do have USDA organic labels. These are produced by Frey Vineyards, of California. Frey sources grapes from Certified Organic vineyards, but they refrain from adding sulphur-dioxide to the finish product.

Because the addition of SO<sub>2</sub> disqualifies U.S. wines from organic certification, many winemakers bypass the certification altogether. Emphasis on quality control and brand consistency outweigh the marketing advantage of a USDA Organic symbol, even if the vineyard goes to great lengths to grow grapes organically. Furthermore, wine is unique in agriculture in that many consumers travel at length to visit the places where the grapes are grown. This exposure to the fields and techniques of wineries, generates a wine enthusiast culture in which growing methods must be of high caliber in order for wines to be valued as exceptional.

This winter, I invite you to try out some of my favorite wines featuring organic and biodynamic grown grapes!



# Decolonizing Turmeric with Diaspora Co.





by Sofie Sherman-Burton, Marketing & Membership Manager

**T**he prospect of building alternatives to totally unjust food systems built on the exploitation of people and the land for the benefit of a handful of corporate executives is... really daunting. Lucky for all of us, Sana Javeri Kadri wasn't too intimidated to take on the spice industry.

Sana founded Diaspora Co. turmeric in the summer of 2017. A year before, after graduating from college, she had seen turmeric exploding in popularity and questioned who was benefiting from this boom. So Sana flew home to India to find farmers growing turmeric to start her own single origin spice company.

At first, finding a farmer that was growing exceptional turmeric using sustainable growing methods was harder than Sana anticipated. Many turmeric farmers, stuck in the cycle of industrialized agriculture, spray their turmeric crops with pesticides. Thankfully, Sana connected with the Indian Institute of Spices Research, who had both seeds for heirloom turmeric and connections with farmers that were willing to grow it for her.

Sana ended up partnering with Mr. Prabhu, a fourth generation turmeric farmer who grows his turmeric without the use of pesticides and is in the second year of the organic certification process, which takes three years. The heirloom turmeric that he grows requires less water and is higher in curcumin, the chemical that makes turmeric so yellow and delivers the spice's health benefits; about 4.6% compared to less than 2.5% in most commercial turmeric (if it has any at all). Diaspora Co. turmeric is also super fresh. Batches of turmeric grown in the last year are milled three times annually which is great for making sure that turmeric's floral flavor is intact and helps maintain the curcumin potency.

Mr. Prabhu's farm is run by his family except during the harvest season when he pays the workers he hires considerably more than neighboring farms. All of this is reflected in the price that Diaspora Co. pays him for his turmeric: \$1.50 to \$1.50 per pound, which is significantly higher than the market rate of 15¢ per pound.

## **Paying Indian farmers generously also creates a less exploitative system of buying and trading an indigenous, culturally significant crop.**

But that's not even all of it. As a queer woman of color, Sana wanted to be sure to make social justice a central part of Diaspora Co. Paying Mr. Prabhu so much more than the conventional spice market and prioritizing heirloom, organic turmeric is part of that. Those efforts work to decolonize and disrupt the corporate spice trade, with its history mired in colonial conquest. Paying Indian farmers generously also creates a less exploitative system of buying and trading an indigenous, culturally significant crop. Sana is also always looking at other ways to make Diaspora Co. radically inclusive in everything from hiring to business operations. That means hiring queer folks and people of color and deciding to pack all of the turmeric in-house instead of hiring a larger packing company to do it for her. It also means wrestling with decisions like selling Diaspora Co. on Amazon and being transparent about why.

When I get down thinking about just how bad our food system is and all of the powerful structures that keep it in place, companies like Diaspora Co. give me a little faith that we can build systems that are better for people and the planet. The only question is, how can I eat way more turmeric? Luckily, Diaspora Co. compiled a sweet zine of recipes, including the two hot beverages below.

# Turmeric Coffee

This little recipe finally convinced me to put butter in my coffee, and now I am a zealot! It tempers the effects of the caffeine and is gentler on my guts. The Ancient Organics ghee is particularly delicious and offers delicious nutty notes. If you don't have a blender, I've found that vigorously shaking this mixture in a mason jar (wrapped in a towel I don't mind staining with turmeric) works pretty well.

- 1 cup brewed coffee
- 1 ¼ teaspoon ghee
- ¼ teaspoon turmeric
- ½ teaspoon coconut sugar or 1 ½ inch piece of jaggery
- Pinch of ground cardamom (optional)
- 1 tablespoon unsweetened hemp or almond milk

Add your hot coffee to the blender along with the ghee, turmeric, sweetener of choice, and non-dairy milk. Add a pinch of cardamom if you're feeling like it!

Give it a quick high-powered blend (about 30 seconds), just to make sure the ghee emulsifies and the mixture becomes foamy.

If you over blend, you risk the fat separating, which will give you a weird gloopy drink. Gloopy drink woes can be remedied by adding a splash more boiling hot water or coffee to the blender to melt the ghee back into the mixture.

Pour the ghee coffee into a mug and enjoy!

# Turmeric Tonic Tea

- 3 inches whole fresh ginger, peeled and sliced 1/8-inch pieces
- 1 heaping teaspoon turmeric
- 2 lemons, juiced
- 2 cups filtered water
- 1 ¼ teaspoon organic apple cider vinegar
- 1 teaspoon raw honey (optional)

Add the ginger to a saucepan over medium-high heat, along with the turmeric, lemon juice, apple cider vinegar, and water. Bring the mixture to a boil.

Allow it to simmer for 2-3 minutes to steep and infuse the ginger and turmeric. If you are sick or want a more fiery and strong tonic, increase the heat back up to medium high and bring the mixture to a rolling boil, reduce the heat and allow it to simmer for 2-3 minutes. Repeat the process of boiling and simmering three more times. Then strain the liquid into a mug and enjoy!

# The Seven Cooperative Principles

## #1 Voluntary, Open Membership

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

## #2 Democratic Member Control

One member, one vote.

## #3 Member Economic Participation

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

## #4 Autonomy & Independence

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

## #5 Education, Training, & Information

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

## #6 Cooperation Among Cooperatives

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

## #7 Concern for Community

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

