

SUMMER 2016

GRASS/ROOTS

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP

OTE!



OUR ENDS STATEMENT

**A PASSIONATE COMMUNITY
WORKING TOGETHER
FOR SUSTAINABILITY, PROGRESSIVE LAND
AND ANIMAL STEWARDSHIP, HUMAN
RIGHTS, SOCIAL AND ECONOMIC JUSTICE.
THRIVING COOPERATIVE AND LOCAL ECONOMIES
A SAFE, WELCOMING COMMUNITY WHERE ALL ARE VALUED
DEMOCRATIC WORKPLACE WHERE ALL WORKERS' VOICES ARE VALUED
ACCESS TO HEALTHFUL FOODS OUR CUSTOMERS CAN TRUST**



People's Ends Statement, adopted by the Board of Directors in 2008, guides the goals and values of the day to day operations of People's Food Co-op.

BOARD OF DIRECTORS

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Bryn Harding
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Jessamyn Johns
Amanda Knepp
Annie LoPresti
Jenny Owen
Rachel Pincus
Sara Powell

INGREDIENTS:



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YOU'RE INVITED

— TO THE —

2016 ANNUAL MEETING OF MEMBER-OWNERS!

SATURDAY JULY 16TH, 10AM-2PM

How can co-ops grow in a way that benefits their communities and the greater food system? That's the question facing us as we delve further into creating a Long-Term plan for People's. We'll hear from Phyllis Robinson, who directs Education & Campaigns at Equal Exchange, about their worker co-op and the positive impact that the farmer co-ops they work with have all over the world. We'll also turn again to you, our Member-Owners, to dig deeper into what we've heard so far.

KEYNOTE SPEAKER: PHYLLIS ROBINSON EQUAL EXCHANGE

Phyllis is the Education & Campaigns Manager at Equal Exchange, a worker-owned, Alternative Trade co-operative selling coffee, tea, chocolate, bananas, dried fruit and nuts from small farmer co-operatives throughout the world. She began working at Equal Exchange in 2002 as Producer Relations Coordinator and since that time has coordinated many initiatives to support small farmer co-operatives and to educate and engage U.S. consumers about Equal Exchange's Authentic Fair Trade model. She manages the Small Farmer Big Change blog, co-coordinated the Principle Six Co-operative Trade Movement, and has led educational delegations to visit the farmers, organized farmer tours in the U.S., and raised funds for environmental, community development, and emergency aid projects at the farmer co-ops. For the past five years, Phyllis has also been responsible for purchasing dried fruits and nuts from small farmers and has worked to develop Equal Exchange's Central American small farmer cashew supply chain. She has served on the Board of Equal Exchange and the Small Producer Symbol (SPP) certification system.

WHAT'S THE AGENDA?

9:45-10:25am	Welcome, Registration, VOTE! & Light Breakfast
10:30-11am	Reports from the Board and Collective Management
11-11:30am	Long-Term Planning Updates
11:30am-12pm	Keynote Speaker Phyllis Robinson of Equal Exchange
12-1:15pm	Buffet-style Lunch
1:15-2pm	Member-Owner Table Talks

NEW LOCATION THIS YEAR!

St. David of Wales Church
Parish Hall

2800 SE Harrison St.
Portland, OR 97202



WHAT'S FOR LUNCH?

Kenyan Ndengu Stew with mung beans
Mukimo - a potato, pea, spinach mash from Kenya
Green Lentil Salad with Ethiopian spices
Green Salad with balsamic vinaigrette
Kenyan iced tea

Lunch will be served as a buffet and is vegan, soy, gluten, and corn-free and made with organic ingredients.

Q&A WITH THE CHEF

Wambui Machua,
Owner & Chef of Spice of Africa

Where do you get your inspiration for Spice of Africa?

From my African culture and experiences - I grew up in Gachie village, Kenya, and I was cooking by the time I was 10 years old.

How did Spice of Africa get its start and what has kept it going?

I started Spice of Africa while completing college. I was in a business management class and wrote about what business I wanted to be in. The paper made sense, got full marks, and the concept was born. My first client was Portland Community College, where I taught African food cooking classes.

At Spice of Africa, we keep learning, growing and developing. We introduce new concepts. We began with cooking classes, branched into catering, and we now conduct various dinner party events both private, and public fundraisers for up to 500 individuals.

What else makes Spice of Africa unique?

Revenues from Spice of Africa catering and food activities support Feed the Village, a foundation in Kenya that supports the Gachie Community Center, which encourages community & economic development in the village.

Our volunteer team recently returned from a 4-month, community service trip to Kenya, where we distributed over 40,000 books to 30+ schools in rural villages. The team also started the community center with a local library, a community kitchen and a sewing project. For more information visit www.FeedtheVillage.org.

What is your relationship with the Micro Mercantes program at the Portland Mercado? What effect has it had on your business, if any?

I cook at the Portland Mercado - the commercial kitchen there is my office! The Micro Mercantes program is a great resource to us as a small business. The kitchen rates are the best in the city, and the referrals from them to clients seeking our services are invaluable.

For more info and classes see www.spiceofafrica.com.

VOTE!

5 BOARD CANDIDATES 4 OPEN SEATS YOUR VOTE COUNTS!

The second of the seven cooperative principles is Democratic Member Control. Being a Member-Owner of People's doesn't just get you quarterly discounts, free yoga classes, and a subscription to this newsletter - it entrusts you with ownership of this business and an equal voice. Our co-op is run by a democratically elected Board of Directors, and now is your time to decide which of your fellow Member-Owners will represent you for a three-year term.

The Board of Directors represents the Member-Owners in ensuring that the Co-op is run by the Collective Management in a legal and financially sustainable way. The Board engages with Member-Owners and the broader community to hear and address concerns. With four of the eight Member-Owner seats up for election this year, now is the time to make your voice heard and vote for the candidates that do the job best.



JACOB ENGSTROM
Current Board Chair

People's Ends Statement guides all of the work that the Co-op does. What part or parts of the Ends Statement resonate most with you and why?

"Social and economic justice." The foundation of the modern cooperative movement was the concept that people could come together collectively and take control of their own access to food. Rather than just being passive consumers of whatever products large companies choose to provide at the best profit margin, Member-Owners take hold of their choices. That emphasis on collective wealth & wellbeing of the community inspires me.

What strengths do you bring to the Board of Directors?

When approaching my work on the board, I bring my history. I grew up in a rural farming community. My grandmother helped found our local co-op, and I have been an active believer in the strength of cooperatives my entire life. To this foundation, I add a desire to find the common ground between often diverse interests, strong active listening and engagement skills, and my deep commitment to social justice.



TERESA KOPER

Directors devote a significant amount of time and energy to Board work. What is inspiring you to be more involved at People's?

I believe in food as a common issue that brings all people to the table, so to speak. This gives us all a vested interest in the water, air, and soil that our food is grown in. I seek out common ground to begin dialog, strategizing, and action. People's Co-op brings us together as a community and gives us a place to gather together to work even more harmoniously with our environment. This co-op model intrigues me, as it has been a tremendous example of a long-term success. I want to learn from this model more in-depth and intimately. I believe in People's Co-op and I want to contribute as an active-force in helping the co-op to succeed long into the future, despite on-going challenges, and continue be a model for many others.

What strengths will you bring to the Board?

My background in agriculture, soil fertility, and climate change give me a big picture perspective of our changing world. I am a hopeful visionary and have many ideas of how to be resilient amidst these changes. I also have much experience working with boards and groups with widely varying interests and perspectives. My work experience has centered around achieving a balance between sustainable economics, a healthy environment, and community inclusion. I also bring a diverse perspective to the board, as a low-income and LGBT community member. I am naturally inclusive and always work towards solutions that benefit all.

LEARN MORE

Read the complete candidate interviews at

peoples.coop/elections



KATHY THUROW

Where do you see People's in ten years?

Thriving. Accessible. Innovatively inclusive. Committed to our values, adaptable and expedient in our execution. Delightful and passionate. I'm confident that the loyalty of our members and their openness to change will support us in creating a new form that is recognizable to our long-time constituents, draws members from new and diverse backgrounds, and continues to serve our community.

What strengths will you bring to the Board?

When our kids were small I was a low-income mom concerned about the provenance and safety of my family's food, so I understand the needs of our consumers. For the last few years I've been learning how to run a small farm, valuing people, planet and profit while providing sustenance to others in an ethical way, which helps me appreciate the perspective of our producers. My recent business training allows me to make sense of spreadsheets and the process improvement side of things.



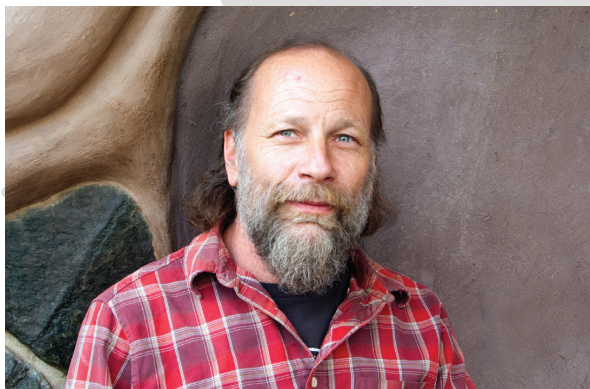
MELISSA SCOTT

People's Ends Statement guides all of the work that the Co-op does. What part or parts of the Ends Statement resonate most with you and why?

I feel that the third Ends statement is where People's can separate itself from the competition and stay a thriving business. It becomes the leader in promoting a vibrant regional food system and thus for anyone who wants to help lower their carbon footprint it is the place to shop. Farmers, community leaders and an ever growing number of new members could come as one on this. I would like to see People's get even more dedicated to this issue.

What strengths will you bring to the Board?

I have a passion for research on food politics and stay up to date on what's happening in the world for current events connected to food. I am not afraid to write my legislators and senators or my President letters on the issues that we face. I think about food fifty percent of my day and do my best to engage with food topics.



DAVID WADLEY

Current Board Member

What is inspiring you to be more involved at People's?

These are exciting times for People's. With a maturing organizational set of systems combined with planning and future development, these are critical times. Being involved at this time is hard to resist for someone that loves good ideas. A second term is a chance to continue learning and to use skills that have been developed.

What strengths do you bring to the Board of Directors?

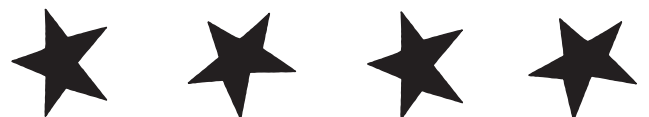
I am a great synthesizer, bringing together many different people and viewpoints. During my previous term on the Board, I developed skills that had been started by serving on other Boards and many committees. I have gained a very good understanding of natural foods markets during my years designing, building, managing, and other activities at People's.



VOTING PARTIES!

Meet the candidates in person
& VOTE!

JUNE 29 2-4PM	JULY 10 2-4PM
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PEOPLE'S COOPERATIVE COMMUNITY FUND !

\$1000 TO ONE LOCAL ORGANIZATION!

Also on your ballot is the opportunity to vote for the recipient of the People's Cooperative Community Fund (PCCF). The PCCF started in 2007 through the Twin Pines Cooperative Foundation (TCPF). Donations and contributions from our Member-Owners, suppliers, and the store's profits (2% of net income after patronage and taxes) build this fund. TCPF loans that money to budding cooperatives and community organizations in need of resources. The interest earned from the PCCF is then donated to local cooperatives and community organizations that are in alignment with our Ends.

Each year during elections, Member-Owners nominate community organizations and then elect which groups will receive the funds.

In 2014, BARK, an Oregon non-profit committed to defending and restoring Mt. Hood, received the most votes from our Member-Owners and \$1,000 from the PCCF.



The Curriculum of Cuisine brings culinary education back into high schools, teaching teenagers about food justice and how to cook by bringing chefs into classrooms. the curriculumofcuisine.org



Eastside Portland Air Coalition was formed by neighbors who discovered they were living in toxic hot spots caused by glass manufacturing. EPAC's membership quickly broadened to include thousands of neighbors around Portland who are facing toxic pollution in their own neighborhoods. The EPAC works to connect neighbors across Portland in a powerful clean air movement, share medical, scientific and legal resources, and secure neighborhood involvement in the regulatory decisions that impact our health. Together, we will make our neighborhoods safe for breathing. eastsideportlandair.com

Resonate Choral Arts

Resonate Choral Arts is a non-profit organization that builds community through performance art for women of all ages. Meeting weekly, women join together to learn music and write together. This program of music and collaborative art is then performed at community centers, youth outreach organizations, nursing homes and other care facilities. Resonate Choral Arts has reached out to many people over the last few years. With a vision of sharing music with members of the community and working as mentors with young teen women, we are looking forward to our future performances. resonatepdx.org



Signal Fire helps build the cultural value of the natural world by connecting artists to our remaining wild places. We empower artists to be agents of change. Our projects foster self-reliance, creative energy, and interdisciplinary collaboration. We utilize public lands to advocate for equitable access and protection of these vital places. signalfirearts.org



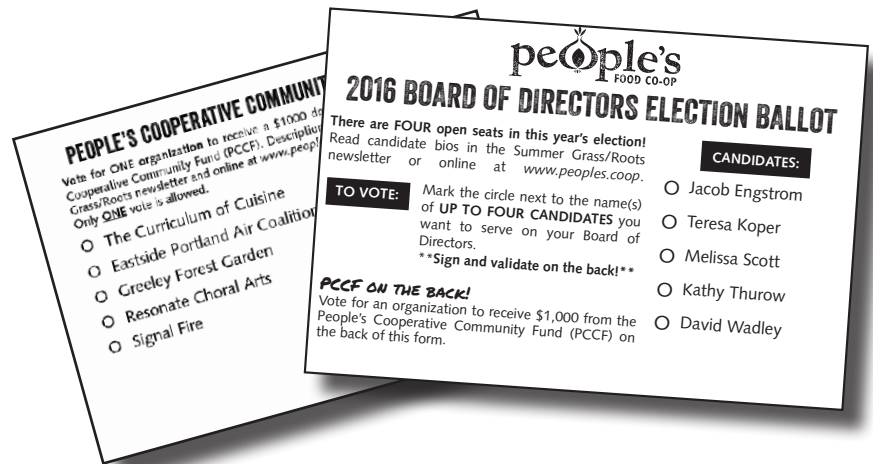
Greeley Forest Garden is a project of the nonprofit land trust, the Oregon Sustainable Agricultural Land Trust, (OSALT). The Greeley Forest Garden property has been reclaimed from barren land and designed into a thriving Food Forest to feed the surrounding neighborhoods, budding with fresh & local food crops and conserved as an urban wildlife habitat along the beautiful North Portland Willamette Bluffs. We collaborate with Sisters of the Road Café, working to empower our community through land protection, social justice, research and education. Through our partnership, Sisters of the Road Café has started the first ever Barter Market Farm Stand in Old Town and provides fresh and locally produced foods. urbanfarmcollective.com



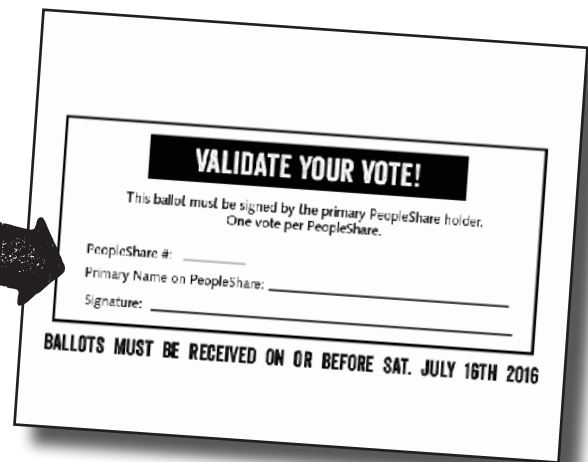
VOTING: HOW TO!



MARK YOUR CHOICES!



SIGN & VALIDATE



**RETURN TO CO-OP
OR PUT IN MAIL**



REMINDERS:

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

Voting Ends Saturday July 16th
To make sure that your vote is counted make sure that you get it to the Co-op by July 16th!



GARLIC SCAPES

Ben, Produce Buyer

"Garlic scapes are like green beans, asparagus, and garlic all mixed together. Roast them in the oven with olive oil and salt and pepper, or sauté them in some Earth Balance or butter, and they become almost like garlic fries."

BUYERS' PICKS!



BADGER SUNSCREEN LOTION

Cari, Non-Foods Buyer



"Badger sunscreen lotion is a sunscreen and a lotion all in one. It is made in the USA, non-nano uncoated zinc oxide. It rubs into the skin well and doesn't leave a greasy film, keeping your skin moisturized and protected this summer."



BULK HERB POWDERS

Daniel, Bulk Herb & Tea Buyer



"We have a number of powders in our bulk herb section that are excellent for spicing up your smoothie or juice this summer. Spinach, nettle, maca, blueberry, and beet root powders are organic, nutritional, and convenient ways to get some extra nutrients into your body this season."



BULK DRIED BLUEBERRIES & MAPLE GLAZED MIXED NUTS

Kahadish, Bulk Buyer

"These dried blueberries are a new product in our bulk section. They are organic, local, farm-direct and nothing but blueberries. Toss them with our maple glazed nuts for a simple and delicious trail mix or tasty snack. The nuts are crunchy and sweet without being sticky or too sugary."



SACRED SUMMIT HERBAL JUN ELIXIR

Melissa
Perishable and Dairy Buyer

"I love Sacred Summit's Herbal Jun Elixir. When I'm craving a cold drink on a hot day, this is my go-to. Jun has all the probiotic benefits of kombucha, but uses honey instead of sugar. Owner and head brewer Dario Barone puts so much care and attention into his products, uses quality ingredients, and makes everything right here in Portland."



PORTLAND KETCHUP & MUSTARD SWEET CREEK PICKLES

Courtney, Grocery Buyer

"Try our local barbecue fixins! Portland Ketchup is an awesome alternative to traditional ketchups that usually contain high fructose corn syrup, GMOs, and

artificial preservatives. Portland Ketchup (and mustard, too) uses all organic ingredients and are made right here in town. Need pickles? Try Sweet Creek! This family owned and operated business sources their veggies from local farms. By supporting local businesses like these, your money is going directly back into our local economy."



Moving into the summer, People's Collective Management has wrapped up our first phase of community outreach and idea gathering in creating a long-term plan. We've been inspired to hear your visions for People's, as they will help guide the work we can do in the community moving forward. We have listened and learned about community needs, found out more about who we are to our community, and have started to create bridges between People's and other organizations with shared values. From all of the conversations we've had over the last few months, we are starting to create clear visions that will drive the work of the Co-op in the next ten years.

Throughout the spring, People's Collective Management talked with our vendors, farmers, distributors, and other co-ops to help us better understand the Portland market. We've conducted demographic research to learn more about the changing dynamics of the neighborhoods that make up Southeast Portland, and we interviewed workers and community members from local organizations that share our values, but that may not be directly involved with People's: Portland Mercado/Hacienda CDC, Racial and Ethnic Approaches to Community Health (REACH), and Sisters of the Road, among others. We held three engagement events at People's for our Member-Owners, neighbors, shoppers, and other community

stakeholders. Between the three events we had about a hundred attendees, and were inspired and thankful for the level of engagement we saw as participants discussed our future.

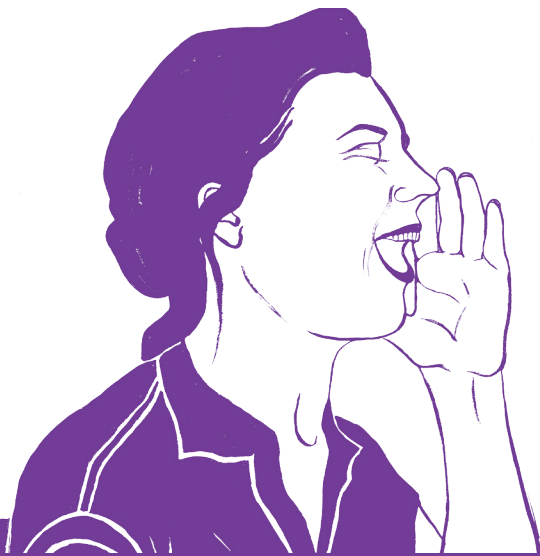
Some clear themes emerged from these efforts, as certain visions for the Co-op were consistently mentioned by Member-Owners, interviewees, and other community members. They included:

1. **Using creative means to improve food access, or the ability to have healthful, culturally appropriate, monetarily, and geographically accessible food.**
2. **Building community by creating stronger connections between local organizations with similar values.**
3. **Being more relevant and accessible to diverse cultures.**
4. **Positively influencing food quality and standards.**
5. **More deeply collaborating with farmers, farm workers, animals, the land, and all food system workers.**

As we move forward we will explore where these themes interconnect and will work to craft specific projects and goals to serve these values.

The next phase is to hone in on three 10-year visions over the summer, educated by the themes and dreams that we heard during the outreach process. Then we will develop three- to five-year projects that the Co-op could dive into in the near future. We will research various ideas and test them for feasibility, conduct the necessary market research, work closely with our consultants, and collect any information we need to make good decisions. We will also be surveying our Member-Owners for further input throughout this process. Finally, we will get specific about implementation, working together to create annual plans to achieve our goals. People's Board of Directors will conduct their final monitoring of our process and plans, and we will celebrate with you all by announcing our 10-year plan in an open forum with People's Member-Owners.

To stay up to date on where we are at in our planning process and to participate in upcoming surveys and forums, stay tuned to Member-Owner emails, visit peoples.coop/vision, look for future Grassroots articles, or leave the planning committee a comment card in the sunroom at the co-op. Creating a long-term plan for the Co-op is a long and challenging process, but bolstered by the support and commitment of our community we are sure to be successful. 🍷



OUR PEOPLE!

People's history through the eyes of our Hands-On-Owners

Along with supporting the staff in ensuring that the produce, herbs, groceries, and non-food items are available to People's Member-Owners and shoppers, another fundamental purpose of the Peoples Hands-On-Owners (HOO) program is to bring Member-Owners closer to the Co-op. Christine White has been a HOO for over 12 years. For that entire time, she has been a reliable closing HOO on Friday nights, first as a floorkeeper and then as a produce HOO. She has also been involved as a HOO for multiple special events, including the Harvest Festival and Annual Meeting. During her time as a HOO, Christine has found People's to be an ideal fit for her in both the friendships she has made, as well as the values that guide People's.

What is your background with food co-ops?

I used to go to Food Front in the mid-70's when I was a young blue collar worker in NW Portland, and later as a student I shopped at Milk & Honey Co-op in Tualatin. I joined Food Front some years before I moved near People's and actually applied to volunteer in Produce but the employee who was supposed to train me never showed up.

What brought you to People's?

I'm not sure I knew People's was close by but found it soon after I moved to SE. I'd been living way out beyond Tigard and was so very tired of what passed for food in that area. The Fred Meyer out there had a "health food" section but no organic produce. I made the drive, when I could, to Food Front but that wasn't very often. People's is only a mile away from my current residence.

What inspired you to become a HOO?

I wanted to volunteer somewhere that aligned with my political beliefs and tried several organizations. While they all did good work, some weren't very organized or didn't treat their volunteers with respect. People's was and still is the best fit.

What HOO roles have you been involved with?

I started out as a floorkeeper, mostly washing dishes, and switched to produce some years ago. I've also filled in during the Farmers' Market, tabled outside events, and have served beer, squeezed cider and helped with the pie-eating contest during the harvest festivals.



What have you learned about People's as a result of being a HOO?

I immediately had to learn not to stride through the store like I did at my day job as a groundskeeper on 75 acres; there were some near-collisions before I did. I've really loved being in the collective environment where folks are accorded respect simply because they exist, not due to some artificial status. My familiarity with nutrition and how food is produced and marketed has greatly increased by being around the highly knowledgeable staff.

What do you enjoy about being a HOO?

I've met and become friends with some of the best people in town; in fact, it's been a life-changing experience. Staff, neighbors and customers have become my housemates, teachers and co-conspirators in many adventures.

What is one of your favorite memories as a HOO?

There are so many in 12 years! I've really enjoyed the Harvest Festivals; it's always great to see friends, vendors, customers and neighbors all together having fun. Dancing to DJ Prashant at the last two festivals was such fun!



FARMAGEDDON GROWERS COLLECTIVE

By Ashley Todd, Farmers' Market Coordinator

One of our most popular People's stickers says "Love Your Farmer". There are lots of ways to do this, from buying local in our produce section or Farmers' Market, to supporting small-farm initiatives. But I think the best way is to get to know them. With that in mind, I decided to learn a little more about the folks at Farmageddon Growers Collective (FGC).

Farmageddon is a small, organic farm in Ridgefield, Washington that has been operating for nine years. They've been selling produce at People's Farmers' Market since 2007. Currently, their collective is made up of three members: Lisa Moes, Neil Robinson, and Matt Bergio. In May, I asked Neil and Lisa a

few questions about their collective, their values, their transition to a new piece of land, being small farmers, and being members of the People's community:

Why and how did you decide to become a farmer?

Neil: I was volunteering at a farm that went bankrupt and got the farm equipment. A friend had land available, and it all came together to grow food for the house where he was living.

Lisa: I grew up on a farm, though very different from FGC, and we grew most of the food we ate. I wanted to get back to that.

You are a collective -- what does that

mean to you as a farm, and why did you decide to structure Farmageddon that way?

Lisa: We appreciate collectives in theory, and this year only one of us is able to work on the farm full-time, so we struggle with being a true collective. But we like the idea of equality among us, although that doesn't always happen.

You recently moved to a new piece of land. Why?

Neil: We were getting priced out -- more and more expenses, needing to pay for water, etc. We didn't live in the community and there was guilt in using so much gas. So when the opportunity for land with a house was offered by a



farmer-friendly, it seemed like a good time to move. Also, there were new housing developments being built all around our old spot, making it less appealing to be there.

How does it feel to be farming on new land after so many years at your last spot?

Neil: It feels good, especially living where I work. It's more comfortable for me now. But there are new challenges, like water, new weeds, and new neighbors.

Lisa: It feels better the more I'm there, but it still is in the beginning stages and will take time. It was sad to see a place I watched grow be surrounded by huge houses and cell towers where trees and deer once lived. I'll always have fond memories of my years on that land, but feel fortunate for a new opportunity to continue on another piece of land.

What's your favorite thing about farming?

Neil: The physical work, being outside with a new, inspiring view each day, and at the end of a long day, being able to pick my dinner fresh from the field.

Lisa: Having time for a real connection to the earth. Hands in the soil, sun or rain on my shoulders, and the gratifying feeling that comes from being able to feed myself. It makes me appreciate food so much, and all those who work so hard to grow it.

What's the most challenging?

Neil: Climate change, new bugs, new diseases, new temperature norms, water supply, labor within the collective -- there's never enough time.

Lisa: Knowing that I can't farm full time and have enough to pay my rent and bills. Trying not to feel guilty about not being at the farm more. Realizing that there is never time for everything.

What is one thing you wish everyone knew about small farms/farmers?

Neil: For us, a small farm means less than five acres, and more biodiversity, which helps the whole ecosystem.

Lisa: Small farmers often have second or multiple sources of income, because it is harder and harder to live off of just farming. But we keep going.

Anything you want to say about your farm or farming generally?

Lisa: We really don't think of ourselves as farmers, but observers and stewards of the land, always watching and learning from nature. And for Neil, farming helps



him be patient, something he is always working on.

One more thing: what's your favorite thing about People's Farmers' Market?

Neil: The sense of community, loyal regular customers who appreciate how we grow food and know we charge the prices we need to charge to be fair to everyone. ☺



CAMP DINNERS

For many of us, the summer months mean spending more time outside and eating in the great outdoors. But that doesn't mean we have to rely on dehydrated meals or unsatisfying bars. With a little prep and planning, awesome snacks and meals can be had on the go and next to the fire.

TAMALE PIE

Ingredients:

For the chili:

- 3 cans of chili, or 6 cups of homemade chili
- Optional: Feel free to doctor up the canned chili with onions, garlic, additional spices, a extra beans or tomatoes, or fresh veggies. Just cook any additional raw ingredients before adding the cans of chili.

For the cornbread:

- You can use your favorite corn bread recipe, but here is one we like.
- 2 cups milk, buttermilk, or non-dairy milk plus 2 teaspoons apple cider vinegar
- 1 ½ cups fine white or yellow corn meal, or corn flour
- 1 cup all purpose flour or gluten free flour mix
- 2 teaspoons baking soda
- 1 teaspoon salt
- 6 tablespoons sugar
- 1/3 cup canola oil

Cornbread Prep:

1. Whisk the apple cider vinegar and milk together vigorously and set it aside. (Skip this step if you are using buttermilk.)
2. In a large mixing bowl, whisk together the cornmeal, flour, baking soda, salt, and sugar. You can do this step before you leave to save time and space.
3. Add the oil to the milk mixture and then add the wet ingredients to the dry ones, mixing until they are totally incorporated.

Assembly & Baking:

1. Put the chili in the bottom of a Dutch oven. Cover with the cornbread batter.
2. Place your cast iron over some hot coals. If your Dutch oven doesn't have legs, improvise with rocks or a grate right over the coals. Place some coals on top of the Dutch oven lid, too. Cook until the cornbread is baked through. Cooking time will depend on the heat of the coals, but will take about 45 minutes at 350°.

MUSHROOM + ZUCCHINI FOIL POCKETS

Ingredients:

- 1 pound mixed mushrooms, such as cremini, shiitake, and oyster
- 3 small or 1 large zucchini, cut into slices or coins
- 2 garlic cloves, crushed
- 3 tablespoons extra-virgin olive oil
- Coarse salt and freshly ground pepper
- A few sprigs of dill, rosemary, thyme, or another fresh herb of your choice.

Instructions:

1. Put mushrooms, zucchini, garlic, and herbs on a sheet of parchment-lined foil, drizzle with oil, and season with salt and pepper. Fold and crimp edges to seal.
2. Cook packet over a campfire nestled near coals or on a grill until mushrooms and zucchini are soft, about 20 minutes.
3. Serve with polenta (try the Food Merchants ready-to-serve polenta for camping ease), pasta, or rice.



HOMEMADE GRANOLA BARS



Ingredients:

- 1 cup packed dates, pitted
- 1/4 cup honey, maple syrup, or agave
- 1/4 cup creamy peanut butter, almond butter, or other nut butter
- 1 cup of your favorite nut
- 1 1/2 cups (135 g) rolled oats (gluten free for GF eaters)
- optional additions: chocolate chips, dried fruit, seeds, protein powder, vanilla extract, etc.

Instructions:

1. Process dates in a food processor until small bits remain and the consistency is dough- or paste-like (about 1 minute).
2. Optional step: Toast your oats in a 350° oven for 15 minutes or so, until slightly golden brown. If your nuts are raw, you can toast them with the oats as well.
3. Place oats and nuts in a large mixing bowl. Add any other additions, too. We chose cranberries, but the possibilities are endless!
4. Warm honey or other sweetener and the nut butter in a small saucepan over low heat. Stir. Remove from heat and add the dates. Stir to incorporate. Add to the oat mixture and then mix enthusiastically to disperse the dates throughout.
5. Once thoroughly mixed, transfer to an 8x8-inch baking dish or other small pan lined with plastic wrap or parchment paper. A loaf pan will also work, but will yield thicker bars.
6. Press down firmly until uniformly flattened, using the bottom of a glass or measuring cup to pack the bars, which helps them hold together better.
7. Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.
8. Remove bars from pan and chop into 10 even bars. Store in an airtight container for up to a few days. You can store them in the fridge or freezer to keep them extra fresh.



WORKING FOR FOOD JUSTICE: INTRODUCING THE BURGERVILLE WORKERS UNION

By Amy Coplen, Member-Owner





"BURGERVILLE WORKERS ARE RISKING THEIR JOBS AND LIVELIHOODS TO TAKE A STAND FOR SOCIAL AND ECONOMIC JUSTICE. AND THEY NEED YOUR SUPPORT."

On Tuesday April 26th, around 150 fast food workers and their supporters organized a rally and march to launch the Burgerville Workers Union (BVWU) and announce their vision for a more sustainable and just Burgerville. Most of Portland's food service workers earn minimum wage and are nearly twice as likely to live in poverty compared to the workforce overall. Corporate fast food executives reap huge profits on the backs of workers who are struggling to provide for their families. To earn a living wage and the respect they deserve, workers need a collective voice. A typical frontline Burgerville employee earns \$9.47 per hour and works an average of 26 hours per week. This amounts to under \$1,000 per month after taxes. This is well below the self-sufficiency standard for a single adult living in Multnomah County (\$19,993), and certainly not enough to support a family. Despite the company's claims of providing affordable healthcare coverage, only 17% of workers are on Burgerville's health insurance plan. Put plainly, Burgerville is not sustaining the health and wellbeing of its workers.

But it doesn't have to be this way. The BVWU has a vision for a more just and sustainable Burgerville:

"We want Burgerville to do right by their workers. We want:

- 1. A \$5.00 raise for all hourly Burgerville workers**
- 2. Affordable, quality healthcare**
- 3. A safe and healthy workplace**
- 4. Fair and consistent scheduling with ample notice**
- 5. A supportive, sustainable workplace including paid maternity/paternity leave, free childcare and transportation stipends**
- 6. An independent organization for and by Burgerville workers."**

As a Member-Owner of People's, I am proud that my co-op has chosen to endorse this important campaign. I joined People's to support a collectively managed workplace that offers an alternative model to corporate business as usual. People's is an inspiration to other food workers struggling to find their own collective voice and build their own democratic workplace. Burgerville workers deserve these things too. We all do.

Burgerville workers are risking their jobs and livelihoods to take a stand for social and economic justice. And they need our support. The BVWU calls on those of us who care about environmental sustainability and community building to also care about the wellbeing of those working to put food on our plates. We must extend conversations about food justice to encompass worker struggles, because we cannot have a sustainable and just food system until all food workers have safe, stable, and meaningful jobs. Let's stand by the BVWU as they fight for a more just and sustainable food system.



WHAT YOU CAN DO:

- Like the BVWU Facebook Page:
www.facebook.com/burgervilleworkersunion
- Go to any Burgerville, buy something small, and tip the workers. Tell the workers that you're excited about their union and that they have your support. Ask to speak to a manager and tell them you support the union.
- Make a sign declaring your support. Take a picture. Post it to the BVWU Facebook page with the hashtags #BWUnion #WeNeedARaise
- If you're feeling extra generous, consider making a small donation to support the campaign:
www.burgervilleworkersunion.org/donate



WHAT THE WORKERS SAY:

Interviews with two Burgerville Workers Union Members

ROBERT



What is motivating you to organize a union? What struggles are you and/or your co-workers facing?

Change. People need to know that fast food workers aren't disposable. For many people who work in fast food, this is their career. They don't have the education to get better jobs and they can't

afford to go to college. And this is personal for me because I am one of those people. I can't afford to go to college. Most of the time I can't even afford to buy groceries. And it doesn't have to be this way. Burgerville can choose to take care of its workers and pave the way for a better Northwest. We want Burgerville to agree to a \$5 an hour raise for all hourly workers.

How has your involvement in organizing changed your life, your work, and/or your relationship to your co-workers?

It has taught me that I am not alone. It has taught me that there are people who are going through the same struggles that I am going through, literally standing just feet away from me. Before this campaign, I was going to work with just my coworkers, but now I go to work and I'm with my family.

This campaign has totally opened up my eyes. It has taught me that there are things worth fighting for. I've always believed in the underdog. And I believe that organizing can make life better for those who are always on the brink of poverty and who are struggling to pay rent, to pay their electricity bill, to pay for regular everyday things that people have a right to.

Is there anything else you'd like to tell us?

I love being able to make an impact in the Northwest and in my hometown. I love being part of the Burgerville Workers Union.

SIERRA



What do you like most about working at BV?

The sense of community I have from working at Burgerville is highly important to me. My relationships with my co-workers have been some of the most supportive in my life! Having a sense for each other's lives, struggling together, and working strongly as a team to succeed makes it easier to get through any hard day at work.

What is motivating you to organize a union? What struggles are you and/or your co-workers facing?

My motivation to help organize this union stems strongly from my morals and personal struggles in my life. Watching my coworkers strain in front of me, have to work multiple jobs to make ends meet, suddenly having hours cut or having to stay overtime every night one week - it all adds up. I also struggle with a physical pain disorder. Work is hard and it often feels unfair or as if we could be treated better.

How has your involvement in organizing changed your life, your work, and/or your relationship to your co-workers?

I did a lot of activism and organizing in high school, so it was pretty fun to get back into that part of myself, as it's something I've always enjoyed. I've made friends at work with people I rarely spoke to otherwise. I learned a lot about my coworkers. I've found a sense of camaraderie with them that I hadn't felt before. Unfortunately, that also comes with the change in environment from managerial staff, as any stress added onto their backs can fall onto ours, which can make aspects of work difficult. Despite it not being smooth sailing, it's been worth it.



WOBBLY CART FARM: CSA & FARM-DIRECT TO PEOPLE'S

By Lisa Moes, Produce Keeper



By now most people are familiar with CSAs. However, if you don't know what CSA stands for, it is a program called Community Supported Agriculture. It is a partnership between a farm and people who want to support them for the season ahead. CSA members join by buying a share in the farm at the beginning of the season, providing seed money upfront so the farm gets off to a good start. In return, shareholders receive a weekly box of farm fresh produce.

This year the People's produce team is pleased to provide a CSA drop site for a favorite local farm called Wobbly Cart. Located near Rochester, Washington on the banks of the Chehalis River, this 10-acre certified organic farm strives to keep the community in Community Supported Agriculture. To quote the farmers from Wobbly Cart: "It is our belief that participation in Community Supported Agriculture is a way of rebuilding the relationship of growers with community members. It is a process that is not only about great tasting food, but also promotes health, bolsters local economy, and fosters a lively relationship with the land that makes it all possible."

This is the 10th year that Wobbly Cart is offering CSA shares. With that staying power in mind, they have decided to transition away from farmers markets so they can devote more time and energy to their CSA and wholesaling work. I spoke with Asha McElfresh from Wobbly Cart, and they wanted to point out: "With our CSA we strive to minimize packaging of any kind, and use a reusable, returnable tote made from recycled plastic as a way to get fresh, local food to our customers without adding excessive waste to the landfill. Also, our scale is relatively small, only about 150 to 170 members, so the variety, freshness and quality of the produce in our CSA is exceptional. We also grow all the crops utilized in our CSA, so nothing is outsourced to other farms."

The beauty of a weekly CSA box is that it truly encourages eating what is fresh and in season. It allows the shareholder to experience perhaps new varieties of produce that

they otherwise would not think to buy. It is also a convenient way to get a week's worth of farm-direct food for people who can't make it to markets or have little time to shop. As for Wobbly Cart's CSA, the vegetables are harvested the day of or the day before delivery, to ensure maximum flavor, freshness, and nutrition. They keep their members informed about the farm and upcoming crops, and sometimes include favorite recipes.

If you're wondering what to expect in a CSA box from Wobbly Cart, the answer is diversity. I continued my conversation with Asha by asking what veggies they like to highlight. They responded, "We have always grown a staggering variety of crops. Over the years we have refined our production a bit, but still hold on to many of the interesting and heirloom varieties that defined us early on. For example, we grow over 12 varieties of heirloom tomato including: Paul Robeson, Cherokee Purple, German Green, Persimmon, and Cosmonaut Volkov. Other unusual crops are burdock root, several varieties of chicory, dandelion greens, and Lower Salmon River and Black Futsu Winter squash."

Along with providing a CSA drop site, the People's produce department will continue to buy farm-direct from Wobbly Cart. If you bought those amazing red carrots Wobbly provided the co-op last year, you already know how delicious their crops taste. I look forward to receiving their deliveries each week for a chance to see what was new on the farm and to marvel at the quality vegetables. This year will have the added bonus of helping the farm with their CSA and providing them another opportunity to reach people in Portland. They still have a few more shares available for the upcoming season. To sign up for their CSA, visit their website: wobblycart.com. Produce deliveries run from mid-June through October, 18 weeks total. 🍷



WHO MAKES IT BEST?

POTATO SALAD COMPETITION

It's the time of year for backyard barbeques, potlucks, and picnics. With infinite variations and potential for mixing in seasonal veggies and fresh herbs, potato salad is a summer standby. And it seems like something everyone has a preference: dill or parsley? Mayo or vinegar base? New potatoes or red ones? People's is hosting a potato salad contest on July 6th to see who does it best!

What's at stake?

- 1st place - \$100 gift card
- 2nd place - \$50 gift card
- 3rd place - \$25 gift card

SUBMIT YOUR RECIPE BY JUNE 20

TASTING ON JULY 6 @ FARMERS' MARKET 3-6PM

We'll pick seven recipes to compete in the competition at the Farmers' Market on July 6th.

Submit a recipe or come cast your vote for the best one!

TRI-COOP FARM TOUR



SATURDAY AUGUST 27, 8AM-5:30PM

Join us on a tour of three local farms and cultivate a deeper connection to our farmers, local food system, and the other co-ops in town. Light breakfast, lunch, and transportation are provided.

WHERE ARE WE GOING?

Flying Cow Dairy, Oregon City

Our Table Co-operative, Sherwood

Lunch catered by Our Table's in house kitchen!

J. Christopher Biodynamic Winery, Newberg

Tickets are \$35 general admission and \$25 limited income or kids. Tickets go on sale July 27th at the Co-op. This event will sell out.



SUMMER EVENTS!

JUN 24 PEOPLE'S VEGAN CREW POTLUCK

Friday June 24, 6-8pm

Please join People's Vegan Crew for our second ever vegan potluck! People's Vegan Crew is a group of People's workers who are working to promote veganism in People's community and throughout Portland. Bring a vegan dish to share (no animal products), along with a sign saying what the dish is and listing its ingredients. Friends and families welcome! Free and open to all. No need to register.

JUN 26 PATTERN PLAY & EXPLORATION

Sunday June 26, 2-4pm

Expand your ability to recognize, utilize, and play with pattern in this dynamic, two-hour workshop! Through guided group discussions, a field trip, a zine made specifically for this class, and delicious snacks (!), this workshop provides space for you to familiarize yourself with patterns found in nature—such as those in a leaf, an ocean, a galaxy—and incorporate them into your creative practices. You will leave with a new set of favorite pattern ideas and a new sharp eye for recognizing more. Facilitated by educator, illustrator, and farmer Katelyn Hale, this Sunday afternoon is bound to change the way you interact with our world! Sliding scale \$10 to \$30 due to instructor at the class. Registration required.

JUN 29 VOTING PARTY @ FARMERS' MARKET!

Wednesday June 29, 2-4pm

Come by the Farmers' Market to cast your vote for new Board members, meet the candidates, and have some fun! Surprises are in store.

JUN 29 TRAUMA & THE NERVOUS SYSTEM

Wednesday June 29, 7-9pm

Learn how your brain is wired to respond to danger, and how overwhelming experiences can cause us to get stuck in danger-response mode. This class will include some experiential activities to help you feel how to monitor and consciously affect your own nervous system. \$10-\$20 sliding scale, due at class. Registration required.

JUL 9 SAUCES FROM SCRATCH

Saturday July 9, 3-4pm

Come learn how to make healthy, versatile sauces that make throwing together a quick meal simple and delicious. These sauces are full of healthy fats, antioxidants, and flavor that can spice up any meal. All sauces will be gluten and dairy-free. This class will be led by Natalie and Rylee; two recent graduates from NCNM's Nutrition program who have a passion for cooking and health. \$5 suggested donation, registration required.

JUL 10 VOTING PARTY! SUNDAY SUNDAE!

Sunday July 10, 2-4pm

Stop by the Co-op, cast your vote for new Board members, and celebrate by making an ice cream sundae! Candidates will be on hand to mingle and answer any questions that you might have.

JUL 13 SELF CARE FOR THE NERVOUS SYSTEM

Wednesday July 13, 7-9pm

Learn ways to boost your capacity to keep up with life demands while keeping yourself calm, collected and comfortable. This class will teach movement and awareness practices from Body-Mind Centering & The Feldenkrais Method of Somatic Education. Practices can be done on their own, during some activity, as well as enhance existing practices like yoga, meditation, martial arts and dance. Suggested donation \$20-\$40. Space is limited, registration required.

JUL 16 ANNUAL MEETING OF MEMBER-OWNERS

Saturday July 16, 10am-2pm

NEW LOCATION THIS YEAR!

St. David of Wales Church 2800 SE Harrison St, Portland 97214

The People's Annual Meeting is an opportunity for Member-Owners to hear about how the Co-op is doing. This year, that will include everything from department reports to updates on the long-term planning process, hearing from the Board of Directors and a keynote speaker.

JUL
19

PICKLE IT YOURSELF!



Tuesday July 19, 7-9pm

Learn how to take delicious fresh vegetables, herbs and fruits and extend the season by pickling and fermenting them. The Portland Fermentation Festival trio—David Barber, George Winborn and Liz Crain—will take you through the steps, and give you advice on ingredients and equipment, to make everything from fermented hot sauce, krauts and pickles to homemade vinegars. Free and open to all. Space is limited, registration required.

JUL
23

CLINTON-DIVISION ST. FAIR BBQ!



Saturday July 23, 12-4pm

Join People's and Organically Grown Company in celebrating the neighborhood! We'll be grilling vegetables and veggie dogs in front of the store and giving them to you. Come join us!

JUL
23

THE ART OF DIGESTION



Saturday July 23, 2-3:30pm

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 with ease then the body can often come into balance on its own. Our job is to support the systems inside of us that make digesting easy for the body. Discover simple ways to eat, move, and transform whatever is imbalanced in your body, so you can shift the internal chemistry and thrive in a challenging environment. Free and open to all. Registration required.

AUG
13

GROW PORTLAND WORK PARTY



Saturday August 13, 8:30am-1pm

Come get your hands dirty with Grow Portland! We will visit the Community Farm at the Oregon Food Bank, spending the morning working the earth and learning about the work at this unique farm. Meet at People's to carpool to the Oregon Food Bank Community Farm at 7900 NE 33rd Drive. Lunch will be provided. Free and open to all. Spots are limited, so registration is required.

AUG
27

TRI-CO-OP FARM TOUR



Saturday August 27, 8am-5pm

Join us on a tour of three local farms and cultivate a deeper connection to our farmers, local food system, and the other co-ops in town. We'll start at Flying Cow Dairy in Oregon City. Then we will make our way to Our Table Cooperative in Sherwood for a tour of the farm, their new store and kitchen facilities, and lunch. The final stop will be J. Christopher, a biodynamic winery in Newberg. Breakfast, lunch, and transportation are provided. Tickets are \$35 general admission and \$25 limited income or kids. Tickets go on sale July 27th at the Co-op.

AUG
28

CO-OP 101 & STORE TOUR



Sunday August 28, 11:30am-1pm

Join us to learn about the co-op: from its history to the building, buying guidelines to collective structure. Designed for new Member-Owners and community members, we'll talk about the ins and outs of the co-op and take a tour around the store. This is a great opportunity to answer questions you've had, and to find out more about your grocery store!

AUG
28

DAILY DETOX: TOOLS FOR THRIVING IN A CHALLENGING ENVIRONMENT



Sunday August 28, 2:30-4pm

Your body has built-in intelligence that can remove the impurities that we encounter on a daily basis. Our job is to support the systems inside of us that make detoxifying daily easy for the body. This workshop is designed to help you become unafraid of all that's toxic. Learn what your body needs to easily handle the realities of the American diet and lifestyle. Discover simple ways to eat, move, and transform whatever is imbalanced in your body, so you can shift the internal chemistry and thrive in a challenging environment. Free and open to all. Registration required.

AUG
13

KOMBUCHA (WITH HERBS) DEMYSTIFIED!



Saturday August 13, 8:30am-1pm

In this demo class, see how to make the basic kombucha brew, how to pull your brew when it's finished fermenting, examples of second fermentation, what to do with extra SCOBY's and how to utilize kombucha in other recipes. We'll also cover how to incorporate different herbs into your brew to incorporate new flavors! \$15 for members and \$20 for non-members due to the instructor at the time of the class. Registration required.

SEP
18

MAKE YOUR OWN KRAUT-CHI WITH BLUE BUS CULTURED FOODS



Sunday September 18, 2-3:30pm

Join Colin and Kristin Franger, owners of Blue Bus Cultured Foods, in a class on how to make your very own Kraut-chi! They will lead you step-by-step through the process of making a batch of naturally fermented kraut. They will go over topics such as what is fermentation, how does fermentation work, and they will equip you with the knowledge and inspiration to delve into the vast and wonderful world of naturally fermented krauts! \$5-10 suggested donation. Open to all. Registration required.

REGISTER ONLINE:

[HTTP://WWW.PEOPLES.COOP/SIGN-UP](http://www.peoples.coop/sign-up)

REGISTER BY PHONE:

503.232.9051 EXT. 249

GET IN TOUCH WITH YOUR BOARD OF DIRECTORS

To email all Directors: bod@peoples.coop



Lisa Bogar
lisab@peoples.coop



Mallory Cochrane
mallory.cochrane@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, June 28, 6-8:30pm

Tuesday, July 26, 6-8:30pm

Tuesday, August 23, 6-8:30pm

THE **7** COOPERATIVE PRINCIPLES

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



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