

the *thymes*

First Alternative
NATURAL FOODS CO-OP

Summer 2022

June • July • August
Volume 6 • Issue 3

In this issue: Introducing Inclusive Trade • Guided Elements
• Bananas at the Co-op • Staff Favorites • Owner Profiles
• Earth-friendly Adventure Supplies and more!



the **thymes**

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The Co-op Thymes is a free quarterly magazine published by First Alternative Co-op. Available in our stores and around Corvallis, it can also be viewed online at firstalt.coop.

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It's that Thymes again...

Summer at the Co-op

Adam Payson, Thymes Editor

Summer, traditionally a season for exciting outdoor adventure and festive community connection has been a bit more reserved these past couple years, with good reason. This year, things are looking up (hopefully they've got sunglasses on) and the Co-op is diving right in and getting back to some of our favorite summertime events, like the Corvallis Environmental Center's SAGE Summer Concerts, where we'll be swiveling our hips to the music and serving you and your family delicious foods.

You'll also find us at the Corvallis Knights Games again this year, offering samples on special First Alt Fridays and providing your favorite treats to the First Alternative Co-op Candy Shoppe.

We'll be doing a lot more this summer, too! Keep up by following @firstaltcoop on Instagram, Facebook, or Twitter or subscribing to the Co-op Connection email newsletter. The twice-monthly email newsletter includes news, sales, and exclusive coupons. Visit <http://eepurl.com/guCsry> or scan the QR code below to subscribe.

Whatever your plans for the summer, keep this copy of the Thymes on hand for good reading, great recipes, and seasonal advice.



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Support BIPOC, women, LGBTQ+, and veteran-owned businesses

Look for the new Inclusive Trade tag as you shop at the Co-op

Representation matters at the grocery store, just like it matters everywhere. For too long, systemic racism, generational wealth, gender discrimination, and other factors have kept the United States' food and farming industries misrepresentative of the nation itself.

This has left millions under-served and ignored, locking them out of the chance to succeed and the opportunity to innovate. Co-ops across the country are coming to the long overdue understanding that diversity, equity, and inclusion won't just magically come to our corner of the world. We need to reach out, listen, learn, and actively work towards the world we want.

At First Alternative, this takes several forms. Staff formed a Justice, Equity, Diversity, Inclusion (JEDI) focus group to foster diversity-related discussions and create educational opportunities on topics like allyship, bystander intervention, and recognizing unconscious bias and microaggressions.

In the community, we've built important relationships with equity-focused organizations, including the Linn-Benton and OSU chapters of the NAACP. Donations from the store and our shoppers, sponsorships, and event partnerships help them increase their presence and power in the community.



And, in the aisles, we're celebrating and highlighting products from BIPOC, women, LGBTQ+, and veteran-owned businesses with our new Inclusive Trade tags. More diversity in the aisles means more food options for everyone and more opportunities for under-represented populations.

Look for the orange and yellow tags as you shop to discover great foods and products that will help support a more diverse and vibrant world. Check out some examples on the next page.



Support BIPOC, women, LGBTQ+ and veteran-owned businesses

Learn more about diversity, equity, and inclusion efforts at
First Alternative Co-op at firstalt.coop/diversity.



Alaffia Founder Olowo-n'djo Tchala with his mother whose life inspired the company's values of beauty, equality, and empowerment.



Cool Haus Ice Cream Natasha Case, CEO, and wife and partner Freya Estreller keep inclusivity cool (and tasty.)



Siete Foods The seven members of the Garza family love feeding and supporting their community with their grain-free Mexican foods.



Lucky Foods Tammy Jo, CEO, and her mother work together to bring their traditional Korean recipes to everyone.



Guided Elements Seeks to Create a Hub for Local Teachers and Creators

A new online platform for lively, sustainable local offerings

Guided Elements is a Corvallis-based platform for classes and workshops in health and wellness, envisioned as a place where the community can come together—virtually and in-person—to explore the worlds of sustainability, nutrition, life skills, mental health, art, and more. Now the new enterprise is looking to assemble its guiding forces—teachers, craftspeople, experts, and adventurers—from the Willamette Valley's deep well of talent.

Harnessing the Elements...

Guided Element's founders, Antigone and Tesh, were on a hike one beautiful weekend when they were struck with a revelation: "We need more of this."

Antigone, in a recent talk with *the Thymes*, recounted how the idea grew from there. They asked themselves, what if there was a structured way to take hikes like these regularly? And more, what if they could be led by experts in the land and trails? What about mushroom foraging expeditions and other sorts of experiences unique to our region and its people, but hard to find for casual folks? They decided they would create a platform where the unique, diverse talents and opportunities of the Willamette Valley and its residents could be consolidated and put on offer by teachers and artists interested in growing the awareness of the natural world and its resources.



Guided Elements founders and teachers, Antigone (rear) and Tesh on another inspirational hike

And Putting Them to Good Use

Visit www.guidedelements.com to learn all about the platform, see who's currently teaching or what products are being offered, and fill out a simple questionnaire about what you would be interested in teaching or offering. It can be as simple as a one time guided hike or a single seminar on a topic you hold dear, or as involved as a weekly course or a seminar series. Guided Elements provides the space while you decide what to teach or sell, and for how much.

This way, we can learn and grow, use our talents, and teach one another, as a community.



Upcoming Learning Opportunities

Cob Building: Learn how to create sustainable, non-toxic, inexpensive structures with cob.

- Solar Cob Shower Foundation - June 11th, July 16th, August 6th
- Exploring Cob Building - May 7th, 14th, 21st, 28th, June 4th, July 23rd, 30th

Nutrition & Wellness: Learn how to map out your own imbalances and start choosing foods that bring you back to harmony.

- Foundational Nutrition - June 10th
- Eating the Elements - June 25th

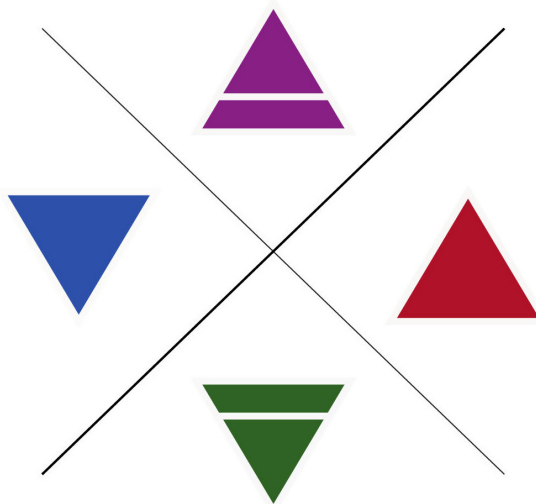
Retreats: Join Sarah Matson on this wonderful retreat where you will be focusing on growing your physical, emotional, and spiritual health through sustainable practices and creativity.

- Bloom & Flourish Retreat, July 8-10th

Look for more detail on these and other classes and events at www.guidedelements.com



Guided Elements



Health - Wellness - Sustainability
Classes - Workshops - Retreats

Learn more and get involved

Become an Elemental Guide and pass your knowledge on to the community at

www.guidedelements.com

Co-op Owners are eligible for discounts on Guided Elements classes, workshops, retreats, and products. See their website for details.

Easy Eating in the Great Outdoors

Whether you're heading for the coast, the mountains, or the trails, follow these tips for no fuss outdoors eating

Having a great time outdoors starts inside the Co-op, where shoppers will find an endless summer's worth of eats and accouterments that are ready to travel.

Pack it in and pack it out, with our selection of rugged reusables from trusted companies like Stasher, Preserve, and Klean Kanteen that will keep your food and drink safe (and spill free.) When the situation calls for disposable options, the Co-op's got plenty of recycled and biodegradable selections to help you keep things sustainable. *(Check out some hot options for outdoor-ready reusables and other non-comestible summer supplies on page 20. You can't forget about the sunscreen!)*



Cooler Packing Pro Tips

Start Cold: Don't rely on the cooler to chill things, just to keep them that way. Take food and beverages directly from your fridge to the cooler.

Work in Layers: Start with a layer of ice across the bottom. Beverages and items that must remain frozen come next. Pack 'em in, then add another layer of ice, making sure it gets into the cracks.

Safe and Dry: Use resealable, watertight containers to store food and fixings. The sturdier something is, the lower it can go. Leave precious cargo like eggs on top.

Fill to Chill: The tighter everything's packed, the cooler it all stays. And there's more for everyone!

Grab 'N' Go Snacks

You'll find fuel for every sort of adventure in the Co-op Deli and Bulk departments.

Make preparing for your next picnic a walk in the park with a visit to the Co-op Deli. Fill your picnic basket with freshly made sandwiches (pictured to the left), house-baked cookies, muffins, or scones, and all manner of easy eats. Snack-sized cheeses, Co-op Bakery cupcakes, and Co-op Kitchen entrees, salads, and sides—like the tasty spread of Grab 'N' Go Fried Chicken, Potato Salad, and Coleslaw on the next page.

Before you hit the trails, take a hike through the Bulk department to find high energy snacks that won't weigh down your pack. Savory or sweet, gluten-free or vegan, there's something for everyone. *(Check out a Trail Mix-focused Side by Side by Sunbow Produce's Yadira Ruiz on page 22 to tour our tasty selection.)*

And you can't consider camping without options for instant eats. We've got a variety, from instant tortellini to dehydrated veggie soup mix and dehydrated black beans. There's nothing like enjoying a hearty meal next to the crackling fire.



SQUATCH





Bugs Aren't a Beverage!

Don't "bee" caught off guard while enjoying a sweet summertime drink. The sugary aromas from a can of soda can attract unwanted attention from bugs and other summertime pests.

To keep them out of your drink, simply put a cupcake paper upside down over the lid or opening and poke a straw through. Now the pesky critters will have to buy their own. We hope those hornets aren't as stingy as they are sting-y!



Clockwise from top: instant cheese tortellini, dehydrated vegetable soup, dehydrated black beans. Available in the Bulk department.



It's a Grab 'N' Go picnic with Co-op Kitchen Fried Chicken, Classic Potato Salad, and Coleslaw!

Gone Bananas? A Crop Under Threat

Unpeeling the past, present, and future of our favorite fruit

Bananas are one of the most eaten foods in the world. Globally, nearly \$9 billion worth of bananas are exported every year, most of them, including ours at the Co-op, come from plantations in Latin America.

At the Co-op, they're consistently one of our top selling items. And why not? They're just about the perfect food. They're a sweet treat that's actually good for you, with a robust, built-in 'packaging' that makes them a-peel-ingly easy to store and transport and doubles as a color-coded system for determining ripeness. There's even an easy-open tab on top—a lot of products we sell in manufactured packages can't make that claim!

While most of us go ape for these tasty yellow treats, we don't know much else about them—except that we can't grow them here in the Pacific Northwest. With that in mind, here are some banana basics:

Ripe into the Facts

Bananas grow in a rather surprising manner—in tremendous bunches, many times the size you'll find in the store, that grow upward (stems at the bottom) from the tall banana plant, which, despite their towering height, only resemble trees.

Botanically, they're considered a berry (and the plant an herb.) That's tough to imagine, going by store-bought bananas, but today's bananas are the result of years of careful breeding. Wild bananas are filled with hard, inedible seeds—the sort of thing people weren't willing to monkey around with.

Breeding out the seeds has a trade off, though—they can't reproduce on their own. As a result, commercial bananas are propagated via horticultural cloning. A young shoot, called a sucker, removed from the larger plant and placed in soil, will grow just as readily. This means every banana plant is made up from almost the exact same genetic material. While this lack

of genetic diversity keeps bananas pleasantly uniform, it also puts them in serious peril.

Banana Pandemic

Tropical race 4 (TR4) is a strain of fungus that causes Fusarium wilt, or Panama disease, in Cavendish bananas. The fungus was first isolated in Taiwan in the late 70s. By the end of the century, it was infesting crops—and ruining harvests—across Asia and Oceania. It eventually appeared in Africa and then on to South America, where it was first recorded in Colombia plantations in 2019.

It spreads easily through infested planting material, soil, or water via spores that are readily carried in run-off from the farms or attached to shoes or tools of farmers. Once in the soil, it can survive indefinitely and is unaffected by fungicides and fumigants. No mistake, it's an existential threat to the global banana supply, and getting it under control will be slow, difficult, and expensive.



Bananas growing on the plant

A Banana by Any Other Name

Popular wisdom purports that the artificial flavor for banana, notorious for not tasting very banana-like, was modeled on, and does a much better job of capturing, Gros Michel's flavor. The truth is lost to time, but the Gros Michel—in candy-like fashion—is known for a simpler, sweeter flavor than the Cavendish.

Because of the Cavendish's relative lack of sweetness, banana industry bigwigs worried that consumers would reject it as a replacement for the Gros Michel. With nothing else to choose from, though, it was happily accepted.



Plump bunches of Gros Michel



The first signs of infection are yellowing and wilting of the plant's outer leaves. Eventually, all the leaves dry up and fall off and the plant dies, taking its fruits (or berries, technically) with it. These symptoms take some time to manifest, which contributes to transmission when farmers inadvertently transplant suckers from infected but symptom-free suckers to new plots of land. Infections easily wipe out entire plantations, causing massive economic turmoil for the farmers and closing off supply lines around the globe.

It's Happened Before

This isn't the first time an epidemic has devastated the world of bananas. The banana variety we all eat today—accounting for around 99% of the world's bananas—is called the Cavendish. This wasn't always the case. A variety called Gros Michel that was grown in the Caribbean and Central America dominated the banana trade from late 19th century up until it was nearly wiped from existence by an earlier strain of the Panama disease, Tropical race 1 (TR1).

The loss of "Big Mike" as folks liked to call the banana, was devastating to the farmers, their local economies, and their environments. As the fungus ripped through plantations, new land would be cleared and planted with asymptomatic suckers. This spread the fungal menace through Central America and the Caribbean, and then carried it to soils around the globe as the banana industry

struggled to survive. Big Mike can still be found as a rare novelty, often under different names, in isolated parts of the globe like Hawaii, where it's grown and sold as Bluefields.

A New Banana

Early in the 19th century, William Cavendish, 6th Duke of Devonshire, imported a shipment of bananas from Mauritius, an island nation in the Indian Ocean, to the mild climes of Devonshire, England where the Duke's head gardener, Sir Joseph Paxton, cultivated them in hothouses. From there, they were exported to places around the Pacific. By the late 19th century, a small amount of production for export took place in places like the Canary Islands. Then, with the global banana market reeling, it was discovered that the Cavendish was immune to Tropical race 1. It seemed that the problem was solved. The global banana market was saved, and it was all thanks to the Cavendish.

Nature doesn't offer problems or solutions, just transformation, and eventually Tropical race 1 transformed again (and again) until it became Tropical race 4, as deadly

to the Cavendish plant as TR1 had been to Gros Michel. Putting the world's banana markets in peril once again.

Biosecure Bananas

The most effective way to fight TR4 is with a mix of surveillance and containment. Since the fungus travels with such ease and is nearly impossible to eliminate from the soil, an extreme level of vigilance is required. Visitation must be limited. Vehicles, clothes, and equipment must be repeatedly cleaned. And tracking of potential infections needs to be rigorous. All this can be difficult to implement, due to most of the world's crop coming from developing nations where these often expensive methods are a burden on the farmers.

A TR4 Task Force, created by the World Banana Forum in 2013, will hopefully help the effort by allowing all stakeholders in this multi-billion dollar market to share resources and information to help preserve the banana for future generations.



Still, watch your step.

A Slippery Notion

Gros Michel's prominence coincides with the vaudeville era of humor, where a popular pratfall was the banana peel-aided slip.

Theory: Gros Michel's peel was naturally more slippery than the Cavendish. After all, who's ever slipped on a banana peel?

Turn the page to learn all about how organic GROW bananas, available at the Co-op, are changing lives.

GROW Bananas (and Eat Bananas)

Bananas for a better tomorrow (and a better breakfast)

Giving Resources and Opportunities to Workers, or GROW, is a charitable organization started by Organics Unlimited in 2005. Their mission is to create a better quality of life for not only farm workers and their families, but entire growing communities in impoverished areas of Mexico and Ecuador.

By purchasing GROW bananas at the Co-op, you're contributing to real and positive changes for people and the Earth through charitable programs and sustainable agriculture. 60¢ from every case sold goes directly to the growing communities, helping them purchase resources and create opportunities that would otherwise be unavailable.

Ending Poverty Through Education

Just last year, Co-op shoppers bought enough GROW bananas to fund four high school scholarships. These scholarships create real change in impoverished agricultural communities, where children are often pressured to choose work over school.

The comprehensive support they provide covers school fees, supplies, clothes, and transportation. This allows more kids to attend classes regularly and with greater success. Communities see increased graduation rates and more of their children continue on to college, where further GROW-funded support is available.

Education creates long term change for the better in individuals and communities and helps break the cycle of poverty. Buying GROW bananas fosters this change, and ensures you always have a delicious, nutritious snack on hand. *Speaking of which, those extra-ripe bananas that are too squishy to snack on are perfect for this easy-to-make and delicious banana pancake recipe.*



Kate's Banana Pancakes

Wet ingredients:

1 ripe to overripe banana,
any size, mashed
2 eggs, beaten
1 tsp vanilla
1 ¼ cup milk

Dry ingredients:

1 ½ cup all purpose flour
½ tsp salt
2 ½ tsp baking powder
1 Tbsp ground cinnamon
¼ tsp ground nutmeg

Directions: Begin heating a cast iron pan. In separate bowls, combine and mix wet ingredients and combine and whisk dry ingredients. Pour dry ingredients into wet and mix them lightly. When pan is heated, add 1 Tbsp butter and pour pancake batter, ¼ cup at a time into pan. Flip pancakes one time, when bubbles begin to appear on top of cakes, and hold completed cakes in a warm oven until it's time to eat.





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Donna's Kitchen



Donna Tarasawa
Outreach Specialist

Keep cooking at firstalt.coop/recipes
& firstalt.coop/budget-bites.



A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

COOL MEALS SUMMER 2020 VOL. 9



Look for new *Budget Bites* quarterly and find years of tasty back-issues like this one online.



Greek Salad,
another recipe
from this edition

The affordably-minded meal plans of Budget Bites serve up six tasty meals worth of recipes for two people, and pair it with cooking tips, and a detailed shopping list that will make your visit to the Co-op quick and easy. Free copies of Budget Bites are always available in our two stores and online. Cool, right!?

Speaking of cool, we're featuring four recipes from Cool Meals, the summer 2020 edition of Budget Bites in today's Donna's Kitchen.

These oven-free dishes are designed to fill you up without heating your home. Find the entire meal plan on our website and everything you need to put it together at the Co-op. Meanwhile, here's a taste of what's on the menu:

Cucumber Mango Salad: A bright and refreshing snack or starter that combines the zing of mango with the coolness of cucumber. This is a great recipe to scale up for summertime potlucks.

Salad Rolls & Peanut Sauce: Beat the summer salad doldrums with some spring rolls, a quickly-prepared peanut sauce, and little tofu. It's a delicious way to keep the summer rolling along.

Stuffed Tomatoes: There's no time like the summertime, when it comes to tomatoes. Fresh, local, organic slicer tomatoes, be they from the produce section or your garden, will make this spiced-up, tuna-filled treat into a seasonal highlight.

Steve's Spinach Salad: This colorful salad of spinach, mushrooms, and peppers becomes a protein-packed meal with the addition of a couple of sliced hardboiled eggs. Drizzle on the dressing and enjoy!

Cucumber Mango Salad



Salad Rolls & Peanut Sauce



Stuffed Tomatoes



Steve's Spinach Salad



Salad Rolls & Peanut Sauce

Salad Rolls:

1 pkg spring roll skins
1 block tofu, diced
1 cup bean sprouts
1 cup julienne carrots
1 cup julienne zucchini
1 cup cabbage, shredded

Peanut Sauce:

1" piece ginger, peeled
1 small garlic clove, peeled
½ cup peanut butter
2 Tbsp tamari
1 Tbsp fresh lime juice
1 tsp packed brown sugar
¼ tsp crushed red pepper flakes
⅓ cup water

Salad Rolls: Soak 1 spring roll skin at a time in a pie plate filled with very hot water. When transparent and soft, remove from water. Place tofu and veggies in the middle of the skin and roll up, burrito style. Repeat until all ingredients have been used. Serve with Peanut Sauce.

Peanut Sauce: Drop ginger and garlic clove into a blender and blend until finely chopped. Add remaining ingredients and blend until smooth. Add more water by tablespoons if needed, to thin.

Cucumber Mango Salad

Ingredients:

1 large cucumber	2 tsp fresh ginger, minced
½ tsp sea salt	1 large mango, peeled & diced
¼ cup white wine vinegar	¼ cup fresh cilantro, chopped
4 tsp sugar	
1 Tbsp olive oil	

Directions: Peel and thinly slice the cucumber. Sprinkle cucumber slices with salt and let drain in a colander for 20 minutes. Rinse and drain. In a bowl, whisk together the vinegar, sugar, oil, and ginger. Add the cucumber, mango, and cilantro and toss.

Steve's Spinach Salad

Ingredients:

2 cups spinach leaves
1 cup chopped cabbage
2 mushrooms, sliced
½ red bell pepper, sliced
2 hard boiled eggs, halved

Dressing:

2 Tbsp mayonnaise
½ Tbsp sugar
½ Tbsp white wine vinegar

Instructions: Mix all dressing ingredients together. Toss spinach, cabbage, mushrooms, and bell pepper in a bowl. Lay sliced eggs on top. Serve with dressing on the side.

Stuffed Tomatoes

Ingredients:

7.75 oz canned tuna, drained	2 Tbsp fresh lime juice
1 tsp fresh ginger, finely minced	1 ½ tsp olive oil
¼ cup red bell pepper, diced	2 Tbsp peanuts, roughly chopped
1 green onion, thinly sliced	4 slicing tomatoes
1 small jalapeño pepper, seeded & minced	Cilantro or parsley for garnish (optional)

Instructions: In a large bowl, mix all ingredients together, except tomatoes. Slice off tomato tops and scoop out seeds. Fill tomatoes with tuna salad and garnish with a few leaves of cilantro or parsley. Serve with crackers.

Staff Favorites Roundup

The products Co-op employees love to 'stock' at home

Longtime Co-op shoppers are familiar with the Staff Favorites tags that dot our aisles. These personalized little tags are a way to let our expert staffers pass their recommendations on to you when they aren't on the clock. After all, no one spends more time with these groceries than we do!

A friendly recommendation can turn a bland meal bold or introduce you to a new favorite snack. Next time you're in the store, keep your eyes peeled and you're sure to find something great.

Until then, try this sampling of favorites from the across the store, and look for more as you shop.

Lisa's Favorite Violife Just Like Feta



Lindsay's Favorite Plant Posse Jewelry & Stickers



Adam's Favorite Secret Aardvark Hot Sauce



Brie's Favorite Nutrigo Gold Turmeric Curcumin Gold



Cheyne's Favorite Batavia Black Tea



Justin's Favorite April Showers Soap



Bill's Favorite Flat Brim Giant Sky Rosé



Courtney C.'s Favorite Co-op Kitchen Chocolate Trifle



Olivia's Favorite Jeni's Ice Cream Brambleberry Crisp



Ursula's Favorite Castor & Pollux Rawhide Chew



Owner Profile: Cheryl and Michael

Meet the Tuesday Market-Makers and Longtime Cooperators

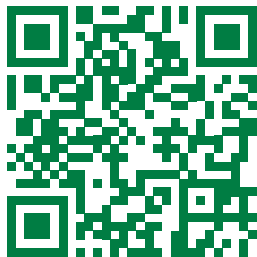
Co-op Owners are an active and adventurous bunch. It's no surprise that exciting, community-minded folks are drawn to our cooperatively-owned grocery store, but it sure is a treat. Think of it as another perk of shopping at the Co-op—interesting people are everywhere and meeting them is fun!

Now, the Owner Relations Committee, a part of the First Alternative Board of Directors, wants to expand the good time beyond the aisles and into the community with a series of Owner Profiles. Over the next year, we'll be sharing video interviews of Co-op Owners. In this new video series, we'll learn what drives the cooperative spirit of our Owners, and hear about the ways they give back to their communities.

Take Michael and Cheryl, for example. Two long time Co-op Owners who are also both former employees, this South Town duo are always a joy to chat with.

We caught up with them at the Tuesday Market they organized at the end of Alexander Avenue in South Town. As we shopped and chatted under the massive shelter built by Michael and a crew of volunteers, the couple told us about their history working at the Co-op (and being Owners) and shared some fun facts about themselves and the history of this comfy little market where, as Cheryl said, "you'll find 15 - 20 vendors, backyard gardeners, backyard farmers, part-time crafters, and people that just want to make the world a better place on a Tuesday evening."

Visit our YouTube page to hear and see the entire interview, and stay tuned for more Owner Profiles, coming soon!



Visit our YouTube page or scan this QR code to see the profile.



The Farmstand Market takes place Tuesdays, from 5-7pm at the end of Alexander Avenue in South Town from May through October. You'll find Co-op favorites, like Wild Yeast Bakery, Whole Flower Farms, Moonrise Flowers, and lots of kind folks. 🌱



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- 5 **Suzi's Botanical Bug-Off Spray, DEET Free** is a botanical spray in a recyclable bottle that helps you avoid DEET and bugs.
- 6 **Nutribiotic Bulk Electro-C** is available in bulk, which means you can buy as much or as little of this electrolyte drink mix as you need to avoid single-use plastic packets!
- 7 **Blue Planet Eco-friendly Sunglasses** are made with recycled and/or natural materials.



Side by Side



A few years ago my husband and I took our first backpacking trip together. In getting ready for the trip, I was reluctant about the kind of food that it made sense to take with us.

I'm the kind of person that panics when I don't know when my next meal will happen or where it will come from. On prior camping experiences, I always had access to a campfire (*not an option in the Oregon summer*), cooking gear, and an ample supply of fresh water. I would take all the ingredients necessary to make deluxe camping meals, but when you're backpacking for the first time in your 40's, you know better than to overpack and add too much weight to what you're already lugging around.

I had to psyche myself up to eat "hiking food." What I didn't realize was that walking through the forest, making our way through lava beds and around alpine lakes, food took on a different significance than what's normal for me. I didn't need the comfort of a warm meal three times a day. I was getting everything I needed all around me all day long! The trail mixes, dried fruits and re-hydrated meals hit the spot on the spot!

Not all hiking trips involve multiple overnights, but it's always good to be prepared in case of emergencies or unexpected delays. Plus, it adds to the fun of your adventure to sit down, enjoy a snack, and take in the peaceful beauty that feeds the soul.



Here's an ingredients-focused guided tour of our selection, broken down by brand.

Think of it as a Trail Mix Map! Remember, in the Co-op's Bulk department, you can always get exactly how much you need.

Hitting the...

Trail Mix

with Yadira Ruiz
of Sunbow Produce



Grizzlies

Spicy Nut Mix: Pumpkin seeds, almonds, cashews, hazelnuts, and walnuts coated in a lightly spicy, savory chili powder.

Notes: Try as I might, I was not able to locate the ingredients on the spice mix! I recommend this one if you don't like sweet trail mixes and don't mind some salt—though it doesn't come off as salty.



7th Heaven Trail Mix: Dark chocolate chips, raisins, almonds, pumpkin seeds, cranberries, coconut, sunflower seeds. Some ingredients are processed with sugar and sunflower oil.

Notes: The strips of dried coconut set this one apart from all the others! Lots of small bits make it messy though, so be ready to clean it out of your pack.



Oregon Trail Mix: Chocolate chips, roasted hazelnuts, roasted almonds, roasted walnuts, pumpkin seeds, dried apricots, sunflower seeds, raisins, and dried cranberries. Some ingredients are processed with apple juice concentrate, sunflower oil, and rice flour.

Notes: Not too sweet, pleasantly filling, and pretty well balanced. This is another messy one. Watch the wind, or it'll wind up down your shirt and in your lap!





All the trail mixes listed here are organic!
Selection varies by store and availability.

Sunridge Farms

Cranberry Harvest: Dry roasted peanuts, dark chocolate chips, cranberries (with added sugar and oil), sunflower seeds, pumpkin seeds, raisins, almonds, apples.

Notes: This mix is balanced with hits of salt, tart, and sweet.



Hummingbird

Pacific Coast Blend: Oregon grown hazelnuts and pumpkin seeds, pistachios, roasted almonds, walnuts, persimmons, raisins, pears, apples, cranberries. Some ingredients are processed with honey and sea salt.

Notes: This one's not vegan friendly because of the honey in the cranberries but other than that, it's a crowd pleaser with so many types of fruits and nuts!



Hazel Munch: Milk chocolate disks, tart dried cherries, and Oregon grown hazelnuts.

Notes: What's not to love in a mix that combines sweet, tart, and crunchy? I love the super simple ingredient list too.



Higher Power

Sprouted Seed and Nut Mix: No chocolate, no fruit! Just protein packed sprouted walnuts, almonds, pecans, hazelnuts, sunflower seeds, and pumpkin seeds.

Notes: This mix means business! It will fill you up and keep your brain happy and your body fueled.



Tierra Farm

Honey Sriracha Cashews: Dry roasted fair trade cashews, honey, garlic, chili, habanero and cajun powders, sea salt.

Notes: The sweet and savory mix is a fantastic change of pace in the trail mix sea. If you don't like having sticky hands, stay away from this one.



Tierra Trail Mix: Peanut free! Cashews, sunflower and pumpkin seeds, cranberries, apples, golden raisins, and chocolate chips.

Notes: The cranberries are sweetened with fruit juice and there's a touch of sea salt added. This mix hits on the sweet side!



Chunks of Energy

Cacao Goji Energy Bar: Dates, sunflower seeds, raisins, cacao powder, apricots (may contain organic rice flour), sesame seeds, coconut, goji powder, natural flavors. May contain the occasional nut shell fragment, or seed husks.

Notes: These square little morsels are fruity and lightly sweet with just the right amount of chocolate. If you're headed somewhere warm, make sure these are in the coolest spot you've got.



Thyme to hit the trails...
See you in the fall, Cooperators!



THE MAJESTIC THEATRE

June

Dam Proud: Dam Right Drag Night's Pride Extravaganza!

June 3 - 4
9:00 pm

Modern Dance Technique 31st Annual Spring Celebration of Dance

June 11-12
7:00pm

Majestic Readers' Theatre Company presents how to clean your room (and remember all your trauma)

June 18 at 7:30pm
June 19 at 2:00pm

Tart of the Valley presents: Razzle Behind the Dazzle

June 24 - 25
7:30pm

THE MAJESTIC THEATRE
115 SW 2ND ST., CORVALLIS
For tickets and more info visit us at
www.majestic.org or call 541.738.7469



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