

First Alternative NATURAL FOODS CO-OP

Fresh, local, organic groceries for everyone

North Store: 2855 NW Grant Ave • South Store: 1007 SE 3rd St

The 
SCOOP
July 2022



From the Board of Directors

Dana Monroe

Hello Co-op Owners!

This wet spring has been so beneficial for the growth of our little corner of the world and has also been a wonderful analogy for all the new growth at our Co-op.

To start, the South Store started the rebuild on the commissary after the fire. The expected completion date is early December but we all know that building dates are subject to change so thank you for being understanding as contractors and First Alternative staff work to get it done as fast and safely as possible. They are looking forward to moving into the new building by the end of January. Owners will be updated on the progress of the building. Next time you are at the South Store, please take a peek at the construction. I am always impressed by the engineering and ingenuity of construction. Also, thank you again for being patient and flexible during construction as interruptions to parking and daily routines may occur.

The Board of Directors held their annual elections and we are happy to announce that the incumbent candidate and Board President, Jasmine Woodside, was

reelected. A great big 'thank you' to our BREC (Board Recruitment & Elections Committee) for creating new processes and plans to implement ranked choice voting in elections that have multiple candidates. This year, ranked choice voting was used for Owners to choose an organization for patronage dividend donations. Philomath Gleaners and Food Bank were shown the most support and will receive the owner dividend donations this year. Owners are always welcome



Congratulations!

**Jasmin
Woodside**

**was reelected to the
First Alternative
Board of Directors**



and, Owners chose Philomath Gleaners and Food Bank as this year's dividend donation recipient. Thanks for voting!

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July Board Committee Meetings

Owners interested in virtually attending meetings should contact BREC@firstalt.coop for details.

Board Recruitment & Elections Committee: Working to recruit qualified Board candidates.
No BREC meeting in July

Owner Relations Committee:
The conduit for communication between Owners and the Board.
Wednesday, July 13, 6pm

Strategic Planning Committee:
Develops strategic plans consistent with Board's vision and direction.
Monday, July 18, 5pm

Finance Committee: Reviews, analyzes, and makes recommendations on financial matters.
Wednesday, July 20, 4:30pm

Board of Directors: Elected Owners putting our principles into action. **Tuesday, July 26, 6pm**

**ANYONE
CAN SHOP**

**Open daily
7 am - 9 pm**



From the Board of Directors

Dana Monroe

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to email BREC@firstalt.coop for more information.

As our world continues to change and face challenges, so do the shelves at First Alternative. You may have been noticing that some of our products are changing and some are no longer available. Our general manager does a great job of maintaining positive relationships with our local vendors to keep fresh and clean products on our shelves. However, that is harder from a global perspective. Core Sets are replacing Co+op Basics (the purple tag pictured below) over time in the National Cooperative Grocers world and behind the scenes in the stores.

Core Sets is a new program that will enable First Alternative to keep our products stocked and affordable. The Core Sets program is giving us better pricing and being able

to introduce new products more quickly and make sure that all co-ops have access to the top sellers in each region. As more and more supply chain hurdles occur you will see First Alternative being creative about keeping you supplied with what you need. Again, thank you for being patient as we navigate this challenge.

As a monthly reminder, Owners are always welcome to join a Board or committee meeting. Currently, the Owner Relations Committee, (ORC), is working on highlighting all the joy that our Owners create in our community by producing Owner Spotlight videos (see below). The Strategic Planning Committee (SPC), is working on creating Owner-focus groups to understand some creative ways to grow First Alternative Co-op and be as beneficial as it can be to our community. The Finance Committee has been a steady team that helps the Co-op thrive during these uncertain times. And, of course, BREC, will have some well-deserved downtime after re-inventing our elections process by introducing ranked choice voting.

The Co-op Directors would like to wish our community a happy, healthy, and peaceful summer.

Take care!



Anyone can shop and everyone saves at the Co-op.



Owner Spotlight

Cheryl Good and Michael Viliardos



Visit youtu.be/xOyejbGw4NU or scan this this QR code.

Follow the Co-op on social media

For up-to-the-minute news, giveaways, recipes, special offers, and more.

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Subscribe to our Email Newsletter



Scan this QR Code with your smart phone to join our email list. Subscribers receive twice-monthly emails plus occasional special offers, coupons & announcements.



BUDGET BITES

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



Spinach Raita Salad

Salad:

- 2 Tbsp lemon juice
- ½ bunch spinach
- 2 Tbsp fresh mint, minced
- ½ cucumber, peeled and chopped
- 1 clove garlic, minced
- 2 Tbsp dried currants (or raisins)
- ½ tsp ground coriander
- ¼ cup walnut, chopped
- ½ tsp ground cumin
- ½ tsp sea salt
- Black pepper to taste

Dressing:

- ¾ cup plain yogurt
- ¼ cup sour cream

Instructions: Mix all dressing ingredients together until well blended. Let sit at least an hour. Clean and dry spinach leaves. Tear into bite-sized pieces and place in salad bowl; Toss spinach and cucumbers with desired amount of dressing. Top with walnuts and dried currants or raisins.



Garlic Butter Dal

Dal:

- ¾ cup yellow split peas
- 3 – 3½ cups water
- ½ tsp turmeric
- ¼ tsp ground coriander
- ¼ – ½ tsp sea salt
- Black pepper to taste
- Cilantro, chopped, for garnish

Garlic Butter:

- 2 Tbsp butter
- ¾ tsp ground cumin
- 3 cloves garlic, minced
- Chili flakes to taste

Instructions: Place split peas in a saucepan, add water, turmeric, coriander, sea salt, and pepper; bring to a boil. Boil gently for 30-45 minutes, or until soft, stirring frequently. Add water if needed to keep peas from burning. Melt butter in a skillet. Add cumin, garlic, and chili flakes. Cook until garlic is browned. Pour butter over the dal and mix well. Spoon into bowls, top with cilantro, and serve.



Roasted Veggies with Root-Top Pesto

Veggies:

- 2 carrots, peeled, cut into spears
- 4 small beets, peeled, cut into ¾" cubes
- 2 medium potatoes, cut into 1" cubes
- 1 Tbsp olive oil
- Sea salt and black pepper to taste

Pesto:

- Green tops from 3 radishes
- Green tops from 3 small turnips
- ¼ cup raw sunflower seeds
- 2 Tbsp Parmesan
- 2 Tbsp fresh mint leaves
- ¼ tsp sea salt
- 1-2 Tbsp olive oil

Instructions: Heat oven to 400°F. Line a baking sheet with parchment. Keep veggies grouped by type. Spray with olive oil, and sprinkle with salt and pepper. Roast beets 10 minutes, add carrots and roast 10 more minutes; add potatoes and roast 10 more minutes. For pesto dip, process root-top greens, sunflower seeds, Parmesan, mint, and salt in a food processor until smooth. With processor running, drizzle olive oil onto mixture, until desired texture is reached. Serve as a dip for veggies.

Become a Co-op Owner today!

Save • Earn • Support • Vote

To get all the details and become an Owner visit firstalt.coop/ownership



The Co-op welcomed new Owners in May!

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Corvallis Environmental Center

SAGE 2022 CONCERT SERIES

THURSDAYS 6-8:30PM
STARKER ARTS PARK

July 7
Sin Documentos,
Push Mower

July 21
Ida Janes and the
Weekend Gardeners,
Pa'lente PDX

AUGUST 4
DTW,
Hillstomp

AUGUST 18
Brutal Bridges Band,
Citizens of
the Universe

\$15
SUGGESTED DONATION PER FAMILY TO
SUPPORT CORVALLIS ENVIRONMENTAL
CENTER EDUCATIONAL PROGRAMS

**LIVE MUSIC,
FOOD & DRINKS**
Pupuseria Del Valle, Go Giddy
Pops, First Co-op, Block 15 Brewing,
Tyee Winery, Lumos Winery

**THANKS
TO OUR SPONSORS**

