



the
thymes

First Alternative
NATURAL FOODS CO-OP

Fall 2022

September • October • November
Volume 6 • Issue 4

In this issue: Benton To Go at Local Restaurants • Plant Posse Interview • Supporting Banana Farmers • Soup and Stew Recipes Owner Spotlight • Bonafide Broths • Gaia Herbs • and more...



the **thymes**

First Alternative
NATURAL FOODS CO-OP
Fall 2022

Benton To Go is Here to Cut Waste	4
October is Co-op Month	6
Squash-ing Your Hunger	7
Plant-powered Fashion from Plant Posse	8
Supporting Banana Farmers	10
Budget Bites: Whole Food Bites	12
Owner Spotlight: Aliza Tuttle	15
Fall into a Bowl of Goodness	16
Bonafide Broths	18
Wellness Thyme: Gaia Herbs	20
Side by Side: Deodorant	22

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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Illustrations, additional content. . . . Julia Lont

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It's the time of the year when we...

Fall for Cooperation

Adam Payson, Thymes Editor

Fall is such a marvelous time to be living and cooperating in the Willamette Valley! At the start of the season, we're still stocking the tail end of summer's bounty at the Co-op. Before long, the trees begin their annual fireworks display and the quickening days grow crisp as the newly arriving apples. From there it's no time until we're helping you stash squash, carve pumpkins, and stuff turkeys.

We've got a busy season ahead. In addition to helping keep your fridge and pantry stuffed with fresh, local, organic groceries at great prices, we'll be out in the community, while the weather still lets us. We're having our first in-person Owner Rendezvous in several years, scooping ice cream at Fall Fest, and teaming up with Block 15 Brewing for the annual parking lot truck sale—which is expanding to both stores this year!

Meanwhile, in this issue of the Thymes, we're taking a look at the Benton To Go program, the reusable container program now available at participating local restaurants (pg. 4). We're also talking about October's Co-op Month celebration (pg. 6), and chatting with the plant-powered artisans of Plant Posse (pg. 8).

We'll help you squash your seasonal hunger with great whole food recipes from Budget Bites (pg. 12), and super lineup of soup and stew recipes (pg. 16). Our winter squash guide has some great ideas that'll keep you cooking into the new year (pg. 7) and our Produce Managers are peeling into some important thoughts on the future of the banana industry (pg. 10).

Look for exciting new Buy One, Get One Free deals at the start of every month in the Co-op Deals sales flyer, available in-store and online at firstalt.coop/sales.

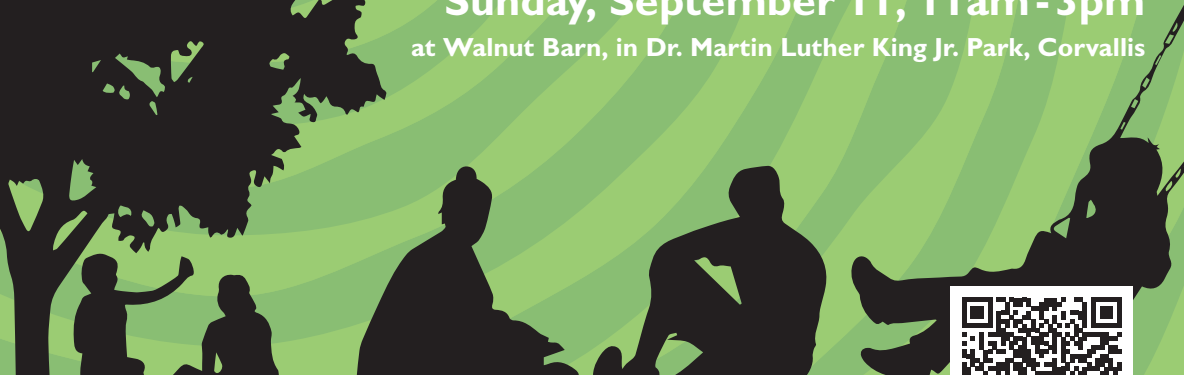
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Co-op Owner Rendezvous 2022

Sunday, September 11, 11am - 3pm
at Walnut Barn, in Dr. Martin Luther King Jr. Park, Corvallis



Co-op Owners, join us for a day of food, drinks, and family fun in the park! *Details & RSVP at firstalt.coop or scan here:*

The Co-op and the Sustainability Coalition will be serving...

FROZEN DESSERTS

And other treats at..



Proceeds from the booth help support the Corvallis Sustainability Coalition.



Saturday, September 24 & Sunday, September 25

Look for us on NW Monroe Ave. near Central Park

Benton To Go Is Here to Cut Waste

New reusable container program lets diners takeout, rinse, and return containers to participating restaurants

Takeout dining quickly became a lifeline for restaurants and restaurant-goers early in the pandemic, and remains one to this day. The safety and convenience it offers is crucial to many, but the waste all this takeout has created is a serious problem for the planet. The waste has got to go, and Benton To Go, the new reusable container program, is on a mission to take it out.

Restaurant-goers who "buy into" the pilot program will receive a reusable container for their takeout (or leftovers) that they bring home, wash, and later return to any participating location. Exchange it for a new sanitized container right away, or for a voucher card that can be used on your next visit to a participating restaurant.

Benton To Go is a program of the Corvallis Sustainability Coalition, supported by generous funding from Benton County, Republic Services, and the Corvallis Odd Fellows.

The program wouldn't be possible without a dedicated group of people representing First Alternative Co-op, Ants on a Log Cafe,

Benton County, City of Corvallis, OSU Housing & Dining Services, and the Sustainability Coalition.

Look for the Benton To Go decal (shown on the bottom left of this page) at local restaurants to find locations where you can support this exciting new program.

How Does it Work?

TAKEOUT: "Buy into" the program with a one-time \$7 container purchase. The container can be used at any participating restaurant.

RINSE: Clean your Benton To Go container at home after use.

RETURN: Return it to any participating restaurant (listed on the next page) to either exchange it for a new container or get a voucher card for future use. (Voucher cards have the same value as containers.)

REPEAT! You can also buy a voucher card for a future container and meal. Containers can be used for your dine-in leftovers, too!

*Reusable Takeout
Container Vouchers in
English and Spanish.*



Takeout • Rinse • Return

**PARTICIPATING
RESTAURANT**

www.bentontogo.org

The Corvallis Sustainability Coalition and their twelve action teams have many other volunteer opportunities and community events, all dedicated to building a better tomorrow.



Participating Restaurants

- Ants on a Log Cafe
- Common Fields
- Murphy's On The River
- New Morning Bakery
- Old World Deli
- Pacifica Seafood
- Squirrel's Tavern
- WiseCracks Cafe
- The Woodsman Restaurant

Visit bentontogo.org (QR code below) for the most up-to-date list of participating restaurants.



A reusable Benton To Go container at Old World Deli



Benton TO GO

REUSABLE CONTAINER PROGRAM
Takeout • Rinse • Return

At local restaurants

A program of the Corvallis Sustainability Coalition supported by funding from Benton County, Republic Services, and the Corvallis Odd Fellows.

North: (541) 452-3115 • South: (541) 753-3115 5

October is Co-op Month, Let's Celebrate

If you're not an Owner, October is a great time to become one

Co-op Owners are not just the foundation of our two Corvallis grocery stores, but of our efforts in the community. Co-op Owners help us decide on our product guidelines, vote to elect Board members and incorporate important changes, and help decide how the Co-op will give back to the community through our charity and volunteer efforts.

Anyone can become an Owner with purchase of an Owner share for just \$70 (payment plans are available.)

Owner Sale Day Owners current on their share payments get 10% off non-sale items on one day of their own choosing every month. It's like the whole store's on sale just for you! *(Some restrictions apply. Discounts do not stack.)*

Voting Privileges Each share gets an equal vote. Owners elect our Board of Directors and Beans for Bags donation recipients. Owners can also run for the Board of Directors and help shape the Co-op.

A Sense of Pride Co-op Owners are invested in a community-based, environmentally and socially aware business. Co-op Ownership is an investment in the economy, local farms and businesses, and in organic and sustainable food democracy.

Current Owners who'd like to further invest in the Co-op can increase their share at any time—up to a total of \$300. It all remains completely refundable and provides us with extra operating capital.

With all that in mind, it's never a bad time to become an Owner, but October—when we're celebrating Co-op Month—is a great time thanks to this special promotion...

Own it in October!

Become an Owner during October and

GET 20% OFF YOUR NEXT SHOPPING TRIP

Offer good October 1-31, 2022 • see store for details



Become an Owner Today

visit firstalt.coop/ownership or the
Customer Service Desk at either store to get started

Squash-ing Your Hunger

A few unique suggestions to help you enjoy fall's bounty

Looking for some gourd advice? Eat more winter squash! They're loaded with vitamins, antioxidants, and fiber—a perfect nutritional pairing for the heavier eats and treats of fall and winter.

Their versatile flavor works in sweet and savory dishes, and the kaleidoscopic variety of shapes, sizes, and colors mean they double as seasonal decor until it's time to make them into dinner.

Curate a squash centerpiece and delicious dinner all at once in the produce section at the Co-op. We'll have organic squash from local and regional growers all season long, from exciting specialty varieties to all the standards. *The column on the right will give you a taste of what we expect to see this year.*

Try some of these outside-the-box preparation ideas to help you go beyond the typical (and, don't get us wrong, entirely delicious) stuffed delicata, butternut squash soup, and pumpkin pie.

Toast, don't toss, those seeds: Crispy roast pumpkin seeds—or pepitas—are a classic fall treat, but did you know you can roast acorn, butternut, delicata, spaghetti, and kobocho squash seeds the same way? Toss in oil and salt, spread evenly on a roasting pan, and cook at 325° until the seeds are golden brown.



Grate squash for a great salad: For optimal nutrition, nothing beats raw veggies. Grated raw winter squash makes a tasty and nutritious addition to just about any salad. Simply cut away the hard outer skin of the squash and use a box grater.

Pumpkin-spice that smoothie: The rich, lightly nutty flavor of roasted pumpkin or butternut squash blends right into your favorite smoothie recipe, or you can dive head-on into the pumpkin-spice lifestyle by adding dashes of cinnamon, cardamom, allspice, and ground ginger (all available in Bulk at the Co-op.)



The Squash Standards

Delicata Squash: perfect for a quick-and-easy squash dinner, since it's easier than most to slice and its skin is edible. For a quick quick preparation, slice in half lengthwise, scoop out seeds, and chop into half-moon-shaped pieces before seasoning and roasting or sautéing.

Acorn Squash: another low-difficulty squash. You can't eat its skin, but that just means it comes in its own bowl! Slice it in half, scoop out the seeds, add some butter, or fill it with a mix of garlic and onions, your favorite nuts, and hearty winter greens before roasting.

Butternut Squash: These large-format squash are worth the trouble of their tough skin. Inside, they have the lowest amount of seeds to flesh, and their delicious meat works for everything from soups to tacos.

We'll also have **Spaghetti Squash**, perfect for low-carb pasta substitute and **Pumpkins** galore for both your kitchen and front porch.

Seasonal Specialties

Keep an eye out for these specialty squash (and others) as the season goes on: **Koginut, Honeynut, Tetsukabuto, Black Futsu, Sweet Meat**, and sweet-eating pumpkin varieties like **Winter Luxury**.



Plant-Powered Fashion from Plant Posse

Sustainable art and fashion with plant pride and Co-op roots

Want to wear your favorite fruits and veggies without all the mess? Plant Posse is a group of local artists making the dream into a fashionable reality with their plant-powered, planet-conscious jewelry and art. We're proud to sell their creations at the Co-op, and honored to have been the first retailer to do so!

We recently caught up with Plant Posse founder, Brittney West, to talk about how it grew from a single pair of earrings into a vibrant and sustainable business that's making the world a better place at the same time it's helping people look their coolest.

Tell us how Plant Posse sprouted:

Plant Posse started five years ago when I was working in Produce at the Co-op and also working for Gathering Together Farm at the Farmers' Market.

While at work, I would regularly wear a pair of hand-sculpted, hand-painted clay avocado earrings I had made, and I noticed a lot of folks were asking where they could purchase them. I told my friend Sara—the Co-op's Wellness Manager at the time—about the requests and asked if she'd take a chance on this new business of mine (that had literally one product, mind you) and sell them at the Co-op. She said yes and, to my surprise, we kept selling through them quickly.

Plant Posse started introducing produce-themed jewelry items—all inspired by the beautiful bounty of seasonal produce and fungi at the Co-op and the farm I worked for. I hired my friend Sam—who also worked for the Co-op—to help me keep up with the jewelry

demand, and later brought on Elise—yet another Co-op coworker and friend—who is now our clever Research & Development Manager.

Eventually we started creating products like stickers, eco-prints and more, and expanded our designs to include houseplants. Sara has come full circle from being our very first wholesale partner as Co-op Wellness Manager to becoming our truly amazing Sales Manager. All together, six former Co-op staffers have worked with us over the years. We're very much indebted to the Co-op for believing in us in our infancy, and for hiring phenomenal staff who later would become our dream team hires at Plant Posse.

Tell us about Plant Posse's new line of jewelry:

We just launched a new line of sustainable wood jewelry featuring my paintings printed on die-cut birch wood. The jewelry is assembled into studs, dangle earrings, and necklaces by our team using hypoallergenic, ethically-sourced components. These are super lightweight, fun pieces of eco-friendly art you can wear to sport your plant, produce, or fungi pride. They're available at both Co-ops and at dozens of retail partners across the United States.

Tell us about your other creations, and how they support and reflect your mission:

We are a posse of plant-powered people producing jewelry and art promoting plant pride! All our products are vegan and celebrate plants, produce, and fungi through artistic means. We make everything from Sustainable Jewelry and Eco-prints to Recycled Canvas Totes, Fungi Fanny Packs, Produce and Plant Prayer Flags, Stickers and—coming soon—Greeting Cards! We believe the community needs more conscientious gift-giving and consumerism.





Produce Prayer Flags,
available at North Store

To that end, we strive to offer affordable, vegan, eco-friendly products that give back to various environmental, animal and human rights organizations.

We've also found fun ways to engage with our lovely, supportive community. For the last five years we've done interactive, engaging scavenger hunts around town that we post on our social media.

What are some of the coolest places you've ever seen Plant Posse jewelry, stickers, etc?

We were very giddy and honored to partner up with all three Powell's Bookstores in Portland—the world's largest independent bookstore!

We also adore partnering with food co-ops across the nation because the Co-op is where it all started, and because their cooperative values align with our own mission. It's always exciting to have our product spread across the states.

Recently, the famous Buffalo and Erie County Botanical Gardens in New York began selling our jewelry. The pictures online of that location are so dreamy!

In under a year Elise & Sara helped us grow to over 160 stores (from 33) that now sell Plant Posse products!

Tell us about your partnership with 1% for the Planet:

By partnering with 1% for the Planet, each time someone purchases or gives Plant Posse as a gift, there's a great ripple effect where that purchase actually gives back to benefit our shared environment and community.

We chose to partner with and donate at least 1% of all sales to EcoHealth Alliance because they're a nonprofit protecting people, animals, and the environment—all urgent and important to our values. It's a global environmental health nonprofit and research organization dedicated to protecting wildlife through conservation and public health from the emergence of disease by preventing future pandemics.

What else does Plant Posse do to promote sustainability and equity?

The vast majority of our vegan products are also eco-friendly, fair-wage, and ethically-sourced. We also use recycled materials in our packaging—some of which come from the Co-op's produce department, in fact!

In addition to our partnership with 1% For The Planet and EcoHealth Alliance, we also donate products and money to alternating animal sanctuaries and human rights organizations such as The Bail Project—a national nonprofit organization that pays bail for people in need, preventing incarcerations, and combating racial and economic disparities in the bail system. We pay fair wages to our employees and are centered around offering schedule flexibility to our staff, many of whom are work-from-home moms.

How can people find and follow Plant Posse, online and out-and-about?

Following us on Instagram (@plantposseart) and Facebook ("Plant Posse") as well as signing up for our email newsletter through our website www.plantposseart.com are great ways to stay in touch and hear about giveaways, new products, sales, events, and more.

We have an art studio downtown for appointment-only visits, so message us if interested in coming by. We have all our products at the Co-op North Store, and jewelry and stickers at the South Store!



**FOR THE
PLANET**

Look cool and support the planet with locally-made Plant Posse products, available at the Co-op and tons of other cool retailers. To learn more about the Posse, visit plantposseart.com.



Supporting Banana Farmers

Produce Managers talk building a better future for farmers



As we ponder the message we want to share with you, we look to our greater goal—an equitable life for farmers. Ultimately, everything we're driven to do in the Co-op's Produce departments is in support of farmers, both globally and locally.

At the Co-op, we think and talk a lot about the efforts of Latin American coffee farmers who may be starting to see a light at the end of the tunnel, and about the work of African cacao growers hoping for a sustainable share of the market. Today we're thinking about banana farmers.

Bananas are one of the cheapest products in grocery stores—cheaper than organic salt, flour, and sugar—and we often take them for granted.

We expect them to be available day and night, regardless of weather or season. This means the farmers that harvest and grow them also work in any condition, practically around the clock. This isn't about the plight of the farmer, though. This is about the oasis that can, and should be created for them by us.

Why are we talking about this? Because we care, we are committed, and we are determined to help foster equity in our food system. Here at First Alternative, we want to see reform. An integral part of that is having partners like Organics Unlimited who are working to push the industry beyond just fair trade. Without them, our job would be impossible.

Because of their efforts, it would be remiss of us not to mention the exceptional work they are doing in Mexico and Ecuador.

Organics Unlimited was the first to bring organic bananas to market in the United States in 1974. They're a family-owned, women-led business with years of experience, and being distributors and growers themselves, they have a unique perspective on how banana production should be done.

Organics Unlimited is not another large conglomerate looking to form another “banana republic.” Their goal is to leave the land, and the people farming it, better off than when they started. This is unlike the extractive models many large organic banana farmers practice that damage land and take advantage of farmers. The GROW program is one of the many things they do to ensure these ideals are upheld, particularly with the farmers themselves.

(Learn more about GROW in the Summer Thymes, available at firstalt.coop/thymes-quarterly-magazine.)

So we ask ourselves, how do we make a difference? How do we ensure that our purchases change the lives of farmers? Our Owners and customers demand we push the needle in the industry, to ensure that banana farming communities are being treated and paid equitably. In order to make this a reality, we no longer want to be one of those businesses that maintains a false threshold

for banana pricing. After all, this is a labor intensive tropical crop imported from Central America.

We believe in paying a fair price for bananas, and hope to see a gradual shift towards consumers demanding a higher quality organic banana such as the ones grown by Organics Unlimited.

We don't believe anything will change overnight, but know that holding our industry to a higher standard is within our guiding principles at the Co-op. We're also moving to work with other Co-ops on this and looking at programs that can be implemented at the store level to directly support our farmers, with support of our shoppers.

We plan to talk directly with Owners and shoppers passing through the Produce department about what this means for us and how we can collectively work towards fair wages for banana farmers. Meanwhile, we want to say that we appreciate the support of all our farmers, shoppers, and Owners, and will continue to return it in-kind.

By: Patrick Monroe, North Store Produce Manager & Natalia Mikkola, South Store Produce Manager





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the Best of Budget Bites



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.

Budget Bites is an award-winning meal plan series that serves up six tasty recipes built for two people in every edition. Paired with cooking tips, food facts, and a detailed shopping list that will make your shopping trip a breeze, Budget Bites is a thrifty gourmand's dream come true.

Free copies of Budget Bites are always available in our two stores and online at firstalt.coop/budget-bites, where you'll find years of recipes like the ones we're featuring here: Whole Food Bites, from Fall of 2021. The following four recipes are just a taste of what's on the menu in this nutritionally-minded edition.

Black Bean & Yam Tacos: Loaded up with nutritious avocado slices, spinach, and yam, these tacos are as colorful as they are nutritious. And like any taco, they sky's the limit when it comes to fillings—well, the sky and the size of the tortilla.

Herb Roasted Salmon: Wild-caught salmon is so tender and full of flavor that it doesn't take much to make a gourmet meal of it. A drizzle of olive oil, a sprinkling of aromatic herbs, and you're headed upstream to a delicious dinner.

Nori Rolls: Making your own sushi is fun, easy, and affordable with this nifty nori roll recipe. The simplicity of delicious, nutritious veggies rolled in sticky rice make them a great way to introduce sushi to first-timers.

Banana Rice Muffin: Got a bunch of bananas browning away on the counter? This easy muffin recipe will make quick (and tasty) work of them! Brown rice flour adds an extra touch of sweetness (while keeping them wheat-free.)

WHOLE FOOD BITES FALL 2021 VOL. 14



Look for new Budget Bites quarterly and find years of tasty recipes like these online.



Also in this edition: Lamb Quinoa Hash and Cinnamon Roasted Yams

Black Bean & Yam Tacos



BUDGET
BITES



Herb Roasted Salmon



BUDGET
BITES



Nori Rolls



BUDGET
BITES



Banana Rice Muffins



BUDGET
BITES



Herb Roasted Salmon

Ingredients:

2 pieces wild-caught salmon	Sea salt, black pepper to taste
2 Tbsp chopped fresh thyme, parsley, oregano	1 Tbsp olive oil

Preheat oven to 400°F. Line an 8x8 baking dish with parchment paper. Place salmon skin-side down. Drizzle olive oil over fish. Sprinkle with herbs, salt, and pepper. Bake the salmon 10 minutes per inch of thickness.

Black Bean & Yam Tacos

Ingredients:

1 can black beans, rinsed & drained	1 cup spinach leaves, chopped
¼ tsp each: cumin and chili powder	4 corn tortillas
1 large yam	Cilantro, chopped
1 large avocado, sliced	Salsa, optional

Boil yam until tender, peel, cube and salt lightly. Heat beans and stir in seasonings. Heat tortillas and assemble tacos.

Banana Rice Muffins

Ingredients:

1 ½ cups brown rice flour	4-5 mashed ripe bananas (2 cups)
¼ cup coconut sugar	½ cup melted coconut oil
1 tsp ground cinnamon	2 tsp apple cider vinegar
1 tsp baking soda	1-2 Tbsp water, if needed
¼ tsp sea salt	12 cupcake liners

Preheat oven to 350°F. Place liners in each cup in a muffin tin. Whisk dry ingredients together in a mixing bowl. In a separate bowl, mix bananas, coconut oil, and vinegar. Pour wet ingredients over dry and mix. Add water as needed to make a thick batter. Divide between 12 muffin cups. Bake 20-25 minutes. Remove muffins from tin and cool on a wire rack.

Nori Rolls

Ingredients:

¾ cup sushi rice	1 small cucumber, cut into matchsticks
1 cup water	½ avocado, sliced into thin strips
⅛ tsp sea salt	¼ cup thinly sliced spinach leaves
3 nori sheets	Tamari for dipping
1 small carrot, cut into matchsticks	

Rinse until water is clear. Place in pot with water and salt. Cover, bring to a boil, reduce heat to low, and simmer 20 minutes. Place rice in a shallow dish to cool. Place a sheet of nori, shiny side down, on a clean surface. Wet the back of a spoon and use it to spread a thin layer of rice from the bottom of the sheet to within 1" of the top. Place vegetables on top of the rice at the bottom of the sheet. Tightly roll up the sheet from the vegetable end. Seal by wetting the top of the sheet. Gently squeeze roll to hold roll together. Repeat with remaining sheets. Serve rolls whole or slice into 1" pieces using a sharp knife dipped into water. Serve with tamari for dipping. Consider topping with wasabi and pickled ginger.

Owner Spotlight: Aliza Tuttle

Excerpts from our interview with It's On Us Corvallis founder



What do you like about the Co-op? My favorite thing about the Co-op is the labeling...I love that I have all the information to make choices for myself, like the Local Six label...I also love all the beverages, especially Tepache, which is my favorite.

Tell us about creating It's On Us Corvallis:

It's On Us Corvallis was started as a response to the COVID-19 pandemic. We saw the effects on the local food community and on the community-at-large and wanted to do something that brought people together.

I'm really passionate about food. I know that it brings people together. So, we asked the community for donations which we gave directly to restaurants, asking them to cook whatever they wanted. Then we encouraged the community to go and help those restaurants stay in business by picking up those pre-paid meals for themselves and their families.

It's evolved over time and changed from asking folks to pick up meals from restaurants to distributing gift cards allowing them and their families to get meals, whenever it worked for them. So, it's now more of an income support program or supplemental food assistance program for individuals who just need a little bit of extra help.

What drives your passion to help community?

I think what drives my passion to help the community is in high school in Peg Cornell's Environmental Science Class in at CVHS. She encouraged us to volunteer at the first Sustainability Town Hall with the Corvallis Sustainability Coalition in 2008 and I was, I think, a note taker at that Town Hall. Just the feeling of being around so many passionate and dedicated people in one room—I don't think I'll ever forget that feeling.



Portions of this interview edited for clarity.

Watch the rest, presented by the Corvallis Board of Director's Owner Relations Committee, on First Alternative Co-op's YouTube or Facebook pages.



Visit itsonuscorvallis.org or follow [@itsonus_corvallis](https://www.instagram.com/itsonus_corvallis) on Instagram to learn more, including how you can donate.



Try De La Calle! Tepache, one of Aliza's favorites



Scan this QR code to visit our YouTube page and watch the whole interview.



Fall Into a Bowlful of Goodness

Soups, stews, and chilis for the chilly seasons ahead

With outside temperatures dipping, the tastiest way to beat the cold is with ladles-full of tasty goodness. But what to make? A robust chili, a savory soup, or a hearty stew—there are so many tasty recipes out there that it can be hard to choose.

Simplify the selection, and make one of each with these three recipes, courtesy of National Cooperative Grocers. They'll take you on an aromatic tour of the autumn and keep you happy and warm.

What's in the Pot? Where's the line between a soup and a stew? Can beans make a soup into a chili? These are some real pot-stirring questions, and we wanted to get to the bottom of them!

The difference between a soup and a stew is all wet. Basically, a soup has more liquid. Soup ingredients are immersed and boiled in water, broth, or stock, while stew ingredients sit and simmer in the same. Chili is a type of spiced stew that we typically think of as bean-focused, even though they're not a requirement. What makes a chili? Ultimately, it's up to you! Try these recipes—you'll find all the ingredients at the Co-op—and you're sure to fall into something you love.

Veggie Chili with Beer

2 teaspoons extra virgin olive oil	1 large carrot, chopped
1 medium onion, chopped	1 cup wheat beer, red ale or lager
1 Tablespoon chili powder	1 14.5-ounce can fire-roasted tomatoes, pureed
½ teaspoon chipotle powder	1 15-ounce can kidney beans, drained
1 medium yellow bell pepper, chopped	1 teaspoon dried oregano
1 medium green pepper, chopped	½ teaspoon salt

In a large pot, heat the olive oil. Sauté the onion for 5 minutes over medium heat, until soft. Add the chili powder and chipotle and stir until fragrant, then add the peppers, carrot and beer.

Raise heat to high and bring to a boil, then cover and reduce to medium-low for 5 minutes. Uncover and add the remaining ingredients, stirring to combine. Simmer for another 5-10 minutes to combine the flavors and thicken the chili.

Serves 5

Looking to stock up on soup stock? Turn to page 18 to learn about Bonefide Broths



Adding your favorite beer can elevate a simple chili to a cheers-worthy feast for friends. Kick it up another notch with your favorite toppings, like onions, cheese, or sliced peppers.

Recipes reprinted by permission from grocery.coop. Find recipes, plus information about your food and where it comes from at grocery.coop.

Sausage & Potato Soup

- | | |
|--|---|
| ½ pound sweet or hot Italian sausage | 1 15-ounce can diced tomatoes with juice |
| 1 small onion, diced | ½ bunch kale, sliced |
| 2 large potatoes, cubed to make 3 cups | ½ teaspoon dried oregano, crushed |
| 1 large carrot, chopped | ½ teaspoon dried marjoram, crushed |
| 1 clove garlic, crushed | ½ teaspoon salt |
| 2 cups veggie stock | 1 pinch crushed red pepper flakes, to taste |

Place a large pot or Dutch oven over medium-high heat and crumble the sausage into the pan. Stir as the sausage starts to sizzle, then add the onion. Cook, stirring occasionally, for about 4 minutes, until sausage is browned and cooked through. Add the potatoes, carrot, garlic, chicken broth, tomatoes, kale, oregano, marjoram and salt. If desired, add red pepper flakes.

Cover and bring to a boil, then reduce the heat to low and simmer for about 10 minutes. When the potatoes are tender, serve.

Serves 6



Italian sausage can infuse a simple soup with complex flavor. Choose your favorite sausage from our great selection!

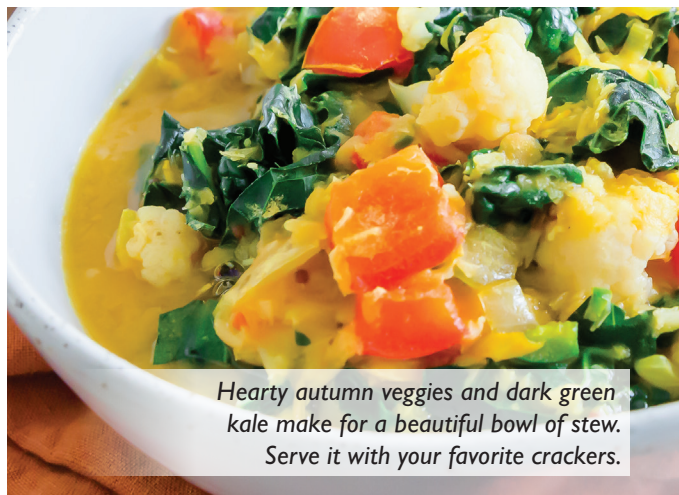
Red Lentil & Kale Stew

- | | |
|---|--------------------------------------|
| 1 cup red lentils | 1 large onion, chopped |
| 4 cups water | 1 Tablespoon fresh ginger, chopped |
| 2 cups cauliflower, chopped | 1 teaspoon black mustard seeds |
| 1 small red bell pepper, chopped | 1 teaspoon cumin seeds |
| ½ teaspoon salt | 1 large jalapeño, seeded and chopped |
| 1 bunch kale, stems and leaves, chopped | ½ teaspoon ground turmeric |
| 1 Tablespoon coconut oil | |

Rinse lentils, then put in a pot with water, cauliflower, bell pepper, and salt. Place over medium-high heat and bring to a boil, then reduce the heat to low, place a lid on the pot, slightly ajar, and cook, stirring occasionally, for about 20 minutes. Stir in kale and cook for about 10 minutes longer, until lentils are soft and falling apart.

While the lentils cook, add coconut oil to a large sauté pan and place over medium-high heat. Add the onion, ginger, mustard seeds, and cumin seeds. Sauté until they start to sizzle, then reduce the heat to medium-low and stir occasionally. Add the jalapeño and turmeric and stir for a few minutes before adding the sauté to the cooked lentils and simmering for 5 minutes to meld the flavors.

Serves 6



Hearty autumn veggies and dark green kale make for a beautiful bowl of stew. Serve it with your favorite crackers.

Bonafide Provisions Broths at the Co-op

Stock up on these organic broths for soup and sipping

Bonafide Provisions is making meals more delicious and more nutritious with a simple philosophy—better ingredients equal better food. Their commitment to making food with organic ingredients and without shortcuts or preservatives is bone-deep. It began with founder Sharon Brown's search for a nutrition plan that would help with her young son's health problems.

A diet of whole foods and bone broth changed her family's lives, and with the knowledge and experience she gained, Sharon became a Certified Clinical Nutritionist and Nutritional Therapy Practitioner.

Her traditionally-prepared bone broth—packed with bone-strengthening vitamins and minerals, omega-3 and -6 fatty acids, and much more, all in a form that's easy for your body to absorb—was soon in such high demand she began making it professionally.

Bonafide uses certified organic ingredients in their all their products. Their shelf-stable **Vegetable Broth** and **Chicken Broth** (available in traditional and No Salt Added varieties) pack a market's worth of goodness in their resealable packages and are here to get your soups and stews started the right way.

Looking for a quick dinner? **Frozen Organic Bone Broth Soups** are the answer. These gluten free, paleo soups are frozen fresh for maximum flavor and ready to heat-and-eat. They are sure to be a bonafide hit with your family.

Nothing beats a hot drink on a cold morning, and with **Bonafide Organic Bone Broth**, available in **Beef**, **Chicken**, and **Turkey** you get more than a tasty drink, you get a blast of protein, whole-food collagen, without sugar, fat, or protein. Good morning!

The commitment to good ingredients is bone-deep with Bonafide Provisions, and that's no bouillion.





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- 12 pm - Think Out Loud
- 1 pm - Fresh Air
- 2 pm - The World
- 3 pm - The Daily
- 3:30 pm - All Things Considered

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Wellness thyme

Getting ready for the fall
and winter with help from...

Gaia Herbs

Our diets change with the seasons. Shouldn't our supplement regimen do the same? Here's a quick guide to the adaptogenic options available from Gaia Herbs, who understand that connecting people, plants, and planet helps to create healing.

Stress Support: *We can all use some help with stress, especially when the days are getting shorter, and the holidays looming. It's time for some...*

Ashwaganda Root Find balance and cope with the season's challenges with this herbal supplement. After all, the evergreen shrub also known as "winter cherry" has been used for maintaining balance during stressful times in ayurvedic medicine for more than 2,000 years. *There's been some stressful stuff in there!*

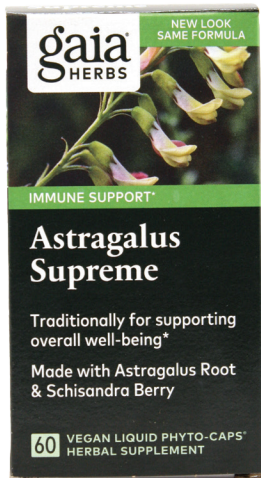
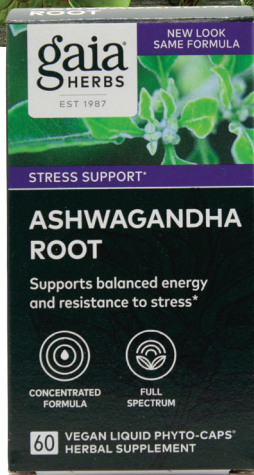
Digestive Support: *It seems like as the year goes on, the meals just get heavier. This year, don't let it take you by surprise, instead take...*

Microbiome Cleanse Change is good, but try telling that to your tummy! Traveling, welcoming guests, or just switching up your food routine can wreak havoc on your digestion. Microbiome Cleanse gets the gut in order with the help of black walnut, oregano, and peppermint.

Immune Support: *We bundle up when the weather gets cold. Think of these two products as sweaters for your immune system, here to keep you safe and comfy.*

Astragalus Supreme Perfect for all-around wellness support. The addition of Schisandra Berry makes it an all-around way to support your health, boost stamina, and manage stress. Sounds supreme!

Black Elderberry Syrup Medicine doesn't have to taste bad. Take this tonic, for example—take it daily, in fact! And make sure to share it with the family for some communal immune support.



Look for these Gaia Herbs supplements and more in the Wellness aisle. Got questions or need recommendations? Ask a member of our awesome Wellness Team, they're happy to help!



FALL TRUCK SALE



This year the sale will be taking place at both North & South Store parking lots
Follow @firstaltcoop on Facebook or Instagram for date, time & details.

TUESDAYS 15% OFF PRODUCE FOR STUDENTS

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Side^{by} Side Deodorants

with Yadira Ruiz
of Sunbow Produce



Longtime readers will know that we've visited this subject before but this time we're taking a closer look at ingredients and what they do.

After my last dive into deodorants, I had a friend ask if I had researched a specific ingredient in my favorite deodorant. I admitted that I hadn't, but only because I was aware of what it was and wasn't worried about it. Shame on me. Just because I know what it is, doesn't mean that others do!

So here we are, going back-to-basics and providing general info on what's what in the deodorant world.

Many of the ingredients you'll see listed here have multiple uses ranging from cooking to perfumes to pest deterrence. Since I don't have a science background, I'm not comfortable going deep into details on this and honestly, we don't have room to get into it all here.

Suffice it to say that while the ingredient may have the same name, the composition used for one application may not be the same as another. When I saw that one ingredient had "turpentine" listed as a synonym, I mildly freaked out. Then I researched *further* and was reminded that while it comes from the same compound, it is not the same thing.

If all this intrigues you, you could play with an organic chemistry model kit and learn more. In order to not get too tangled in information I'm not qualified to explain, though, I kept the information here super basic and related to how it's uses in deodorants.

Deodorant Ingredients Primer

Ingredients like shea butter, coconut oil/butter, aloe, etc. are used to moisturize the skin. Starches are often used to absorb sweat, trap odor, and aid in application (glide vs skid). Essential oils, fragrances, and other plant-based ingredients are used to mask odor or balance out the effects of other ingredients. Some of these may also have anti-bacterial, anti-inflammatory, and analgesic properties but may not necessarily be used for those purposes.

Alcohol: as an aid to dry quickly, helps dissolve other ingredients but may block pores which prevents odor but can also cause irritation and dry skin.

Corn starch: moisture absorber, inhibits bacterial growth.

Caprylic/Capric Triglyceride: inhibits the growth of bacteria, helps other ingredients from clumping and helps disperse fragrance.

Triethyl Citrate: inhibits the growth of bacteria.

Arrowroot Powder: thickening agent and absorbent, sensitive skin friendly.

Propanediol: a corn based (but can also be derived from petrochemicals) ingredient that when mixed with soap, forms the deodorant stick.

Sodium Stearate: helps solidify other ingredients

Zinc Ricinoleate: traps/fixes odor caused by bacteria so that they are not perceivable.

Potassium Alum: a mineral salt used to inhibit the growth of bacteria.

Polysorbate 20: helps keep oil and water together.

Silica: helps absorb sweat but may be an irritant to certain skin types.

Diatomaceous Earth: a form of silica that blocks odors and is sensitive skin friendly.





Farm and Field Testing

Each product was tested for two consecutive days. It's crucial to remember that your body may experience these products differently. Do keep in mind that I'm a farmer and spend up to 14 hours a day outside. My pores are exposed to a lot of dust, pollens, debris, etc. I've also learned that my body doesn't sweat as readily as others, which means my capacity to self-cool is poor. This is bound to change the way deodorants interact with my chemistry.

Deodorant Sticks

Lafes Citrus and Bergamot: pleasant musky fragrance (as opposed to a floral one), clinically proven to last 24 hours, and I found that it works great. Uses silica and corn starch.

Jäsön Hemp Seed Oil and Aloe: Citrus and woody fragrance that's slightly tacky on the skin. Good for less rigorous applications than farming. Uses Zinc Ricinoleate, silica, and corn starch.

Silver Falls Sustainability Co. Ylang Ylang Natural Deodorant: Glides on smooth (be careful, you can easily smear too much on) but it's effective and smells nice! Uses a lot of moisturizers including antibacterial coconut oil as well as Kaolin Clay (absorbent), tapioca starch, and diatomaceous earth.

Acure Charcoal Geranium Deodorant: Mild, cool fragrance that may remind you slightly of mosquito repellent, because geranium is sometimes used as pest repellent. Glides on smoothly. Uses corn starch, caprylic/capric triglyceride, and coconut oil. Works fine.

Alaffia Everyday Shea Mandarin Breeze: Pleasant citrus fragrance, with very smooth application. I should note that this product used to be sticky and tacky but Alaffia reformulated it so it goes on smooth! It does its job well. Uses arrowroot powder, caprylic/capric triglyceride, and coconut oil.

Roll-on and Spray Deodorants

Kiss My Face Liquid Rock Lavender Deodorant:

Slightly medicinal but pleasant fragrance. Apply this one immediately after showering, because the active ingredient loses effectiveness once you've released sweat. Uses potassium alum.

Weleda Pomegranate 24 hour Roll-on Deodorant:

The fragrance reminds me of baby powder but it works! Uses alcohol and triethyl citrate.

EO Essential Oils Rose and Lemon Natural Deodorant:

Floral fragrance was mild and slightly medicinal. Works fine! Uses ethanol and lives up to its name by using copious essential oils.

Weleda Wild Rose 24 hour Deodorant Spray:

Very floral fragrance. Works great. Uses triethyl citrate and plant extracts.



Deodorant Sticks (above) and Roll-ons and Sprays (left).

Find these and other deodorants at the Co-op. Selection varies by location.

THE MAJESTIC THEATRE

IN-PERSON SHOWS

September

**William Shakespeare's
Wars of The Roses**

*September 16, 17, 23, 24 at 7:30pm &
September 18, 25 at 2:30pm*

Fighting for Love

*September 30 & October 1 at 7:30pm
October 2 at 2:30pm*

October

**Corvallis Comedy Night
featuring Guy Brnum**
October 9 at 7:30pm

Majestic Chamber Music
October 23 at 7:30pm

**Ghostly Hauntings We Turn Loose
Join the Majestic for Beetlejuice!**
October 29 at 7:30pm

November

**The MajesticTheatre Presents:
Elf The Musical**
*November 4, 10, 11, 17, 18 at 7:30pm
November 5, 6, 12, 13, 19, 20
at 3:00pm*

Veterans Voices IV
Nov. 11 at 7:30pm & Nov. 12 at 3:00pm

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