

the **thymes**

First Alternative
NATURAL FOODS CO-OP

Spring 2023

March • April • May
Volume 7 • Issue 2

In this issue: Local Farm Profiles • Social Media Roundup • Spring Planting Guide • Spring Self-Care Guide • Protein-Packed Recipes • Frozen Burger Patties • The Co-op Kitchen is Back • and more...



the **thymes** First Alternative NATURAL FOODS CO-OP Spring 2023

Local Farms Mean the World to Us	4
Plant-Powered & Protein Packed Recipes ..	8
A Co-op Social Media Roundup	10
Donna's Kitchen: Budget Bites	12
A Poetic Plea to Help Our Planet	15
Junior Gardening Ideas	16
Spring Planting Guide	17
Wellness Thyme: Spring Self-Care	18
Dishing Up Some Spring Cleanliness	19
The Co-op Kitchen is Back!	20
Side by Side: Frozen Burger Patties	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 Alise Gardner, Julia Lont*

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Welcome to the Co-op Community

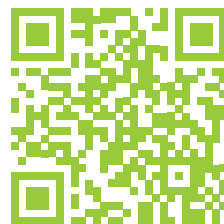
Adam Payson, *Thymes Editor*

First Alternative Co-op has been providing the community with fresh, local, organic groceries for more than 50 years. The idea was made a reality by a group of Oregon State University students and other Corvallis residents who were looking for a community-run source for natural foods at an affordable price.

When we opened our doors on November 23, 1970, our all-volunteer staff sold nothing but a limited selection of bulk foods: beans, rice, flour, nuts, honey, and cheese. Since then we've changed locations, expanded to include packaged groceries, organic produce, and a full-service deli at our two stores. We're more cooperative than ever, too, with nearly 13,000 Owners.

Learn about the difference our community-owned grocery store has made for local shoppers, Co-op Owners, and farmers in this fun and informative new video made for us by John at Horsepower Productions. Scan the QR code to see it on our YouTube page.

Have a safe, fun, and delicious spring, Cooperators and enjoy the Thymes!



**Watch the video
on YouTube!**

When We Say Local, We Mean it!

What does "local" mean to you? Everyone's got their own definition, including grocery stores, and sometimes it's a real stretch.

Some large grocery chains consider items from as far away as California or British Columbia to be local. At First Alternative, we use a three-tiered local designation system that can tell you where your food came from and even how it got here.

Local Oregon Groceries with this tag were born and raised within the state of Oregon.

Local 6 Products that come from the six counties closest to home—Benton, Linn, Lane, Lincoln, Marion, and Polk.

Local Direct This designation means the items were delivered directly to the Co-op by the growers or producers.



Co-op Community Cider Tasting & Tour with 2 Towns Ciderhouse

Owners, you are invited to this free event!

Friday, April 14, 7pm at 2 Towns Ciderhouse Taproom

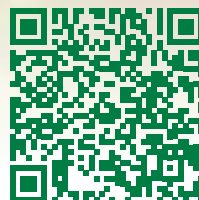
Enjoy a guided cider tasting and tour along with locally-focused food.
It's a sparkling chance to build community with your fellow Co-op Owners!
Attendees will be welcome to purchase additional cider tastings.



To register, visit bit.ly/3EAJ3Gt or scan the QR code.
Space is limited to 30 people, so reserve early!



This event is open to Owners and household members. Age 21+.



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firstalt.coop/ownership

Local Farmers Mean the World to Us

Meet the farmers who grow your favorite foods

Spring has sprung, which means that all across the Willamette Valley, farmers are hard at work growing the fresh, local, organic produce that will flow into the Co-op, the Farmers' Market, and local restaurants as the season heats up.

There are so many reasons to love local produce! First off, fresh is simply better. It's not just taste that diminishes over time. A Penn State study found that the amount of Folate in spinach can diminish by up to 53% in just eight days, even in cold storage.

Local produce travels a shorter distance to get to the store—much of it comes to us direct from the farm, especially in the spring and summer—reducing the overall carbon emissions involved.

And the money travels less too, meaning more of it stays in our local economy! This "multiplier effect" means the same dollar spent at a local business can create up to 3.5 times the wealth. Buying fresh, local, organic produce helps lift our friends and neighbors across the street and down the road. Here's a quick introduction to five of the local farms you help support by shopping at the Co-op.



Riverland Family Farms

Corvallis, OR

Riverland Family Farms is growing rainbows of fresh, local, organic produce on their 20-acre farm overlooking the Jackson-Frazier Wetlands in Corvallis.

Brothers-in-law Tal and Inder, an important part of the multi-generational family operation, were working in the tech industry before they leapt into farming. They had little experience farming themselves, but a rich well of family experience to draw on.

They're pictured here with some freshly-harvested berries and tomatoes—just a taste of what they grow! Look for everything from alliums to zucchini, appearing seasonally in the Produce department.



Commonplace Farm

Corvallis, OR

Commonplace Farm, neighbors to Riverland in Corvallis, are anything but common. Ashli and Jeremy Mueller, pictured here with their daughter Marion, work with a small crew doing the delicate work of "small-scale organic salad farm[ing]" as Jeremy calls it.

They grow a veritable bonanza of organic greens on their 24 acre farm located next to Hwy 20 (you may be able to get a peek on your next drive to Albany,) everything from delicate microgreens and babyleaf salads to hearty greens like chicories and kales.

Keep an eye out for their fresh, local, organic greens at the Co-op, packaged in their unique, low-plastic bags.



Eloisa Organic Farm

Albany, OR

Eloisa Organic Farm founders Virginia Herrera and Zenon Ramirez, seen here harvesting kale in the rain, bring their dedication to their Albany farm every day, whatever the Valley weather may bring.

Their dedicated approach was inspired by Eloisa, Virginia's mother, who single-handedly raised a family and ran a farm. Eloisa Organic is proudly carrying the organic tradition to a new generation while bringing delicious produce straight to the Co-op.

We get a wide variety of seasonal produce from the farm, but their specialty is peppers. From sweet to spicy, they'll ring your bell or light your fire.

Continued from the previous page

local



Sunrise Organic Farm

Albany, OR

Sunrise Organic Farm shines thanks to the hard work of its founders, Paulo and Beto Martinez, two brothers who've been farming together for years.

Their Albany farm is located next door to Eloisa Organic, with the two farms working in harmony by coordinating their planting to make sure the greatest variety of produce will be available to the most people. How cooperative! The brothers aren't afraid to get their hands dirty or even get a little wet in the process, as their picture shows.

Look for their hearty greens like kales and collards, along with squash, potatoes, and more, seasonally.

local



Gathering Together Farm

Philomath, OR

Gathering Together Farm in Philomath has been bringing fresh, local, organic produce to the Co-op and the community-at-large for decades.

John Eveland and Sally Brewer—pictured in one of their many hoop houses—started the farm in 1987 to help local restaurants have access to fresh produce. The organic operation grew to supplying local stores and farmers' markets. They even operate their own world-class farm-to-table restaurant.

They provide us with a wide variety of fresh, local, organic produce, from alliums and squash to potatoes, kalettes, and all sorts of root veggies.



The Arts Center



MARCH In the Galleries:

Howland Community OPEN

Through March 17, 2023

Youth Poetry Celebration

March 21 - April 15, 2023

Spring Break No School Art Days

March 28 - 30, 2023

Spring Arts Carnival

Friday, March 31, 12 - 4 PM

APRIL In the Galleries:

Evolution of Practice

April & May, 2023 @ TAC & Footwise

Reception: May 12, 2023, 5:30 - 7 PM

2023 Accelerator Artists in Residence

April 18 - May 31, 2023

Youth Poetry Celebration Reading

Saturday, April 15, 4 - 6 PM

MAY In the Galleries:

TAC Pre-Owned Art Sale

Donate Art: Friday, May 19, 12 - 5 PM

Buy Art: Saturday, May 20, 12 - 4 PM

Monthly Creative Connections:

- 1st Thursday Artist Meet-ups, 5:30 - 7 PM
 - 2nd Saturday Arts Days, 1 - 4 PM (all ages!)
 - 3rd Thursdays Corvallis Arts Walk, 4 - 7 PM
 - 4th Tuesday Craft Nights, 5:30 - 7 PM
- @ The Library & C3 Community Center

The Arts Center

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Plant-Powered and Protein Packed

These power-packed recipes will put some spring in your step

Plant yourself here for some pro-tips—protein tips, that is! Did you know that there's a lot more to plant-based eating than salads? That meat doesn't need to be the main attraction? Well, we've got three recipes right here to prove it!

Along with fruits and veggies, these protein-rich recipes put the focus on whole grains, legumes, nuts, and seeds. All powerful sources of protein, all available at the Co-op, bulk or packaged, in tons of tasty ways.

These recipes are great if you're looking to cut back on the meats or hoping to explore the "flexitarian" lifestyle without having to bend over backwards. Give them a try. You won't regret it, and, once they've made you a pro-protein convert, head into the Co-op for a ton more tasty ideas.

You Couldn't Do Your Exercise Routine without Your Protein!

In fact, you couldn't do much of anything! The human body is absolutely packed with proteins. They help make up our hair, nails, skin, and bones, and drive the chemical reactions that keep us moving. Protein is a real team player, too, meaning it's all about what it's paired with. Keep your protein intake healthful by prioritizing nutritionally-dense plant proteins.

The average person needs about 7 grams of protein per 20 pounds of body weight. The protein in a fast food cheeseburger isn't going to do you much good because its teammates are saturated fats and an overabundance of sodium. While the protein in a cup of cooked lentils is partnered up with a hearty dose of fiber that will help your body be its best. And with virtually no saturated fat or sodium to hold you back, your body will consider it a sure winner.

Egg Roll Bowl with Brown Rice

Servings: 5. Prep time: 25 minutes.

½ block extra-firm tofu, drained and patted dry	1-inch piece fresh ginger, minced
1 tsp vegetable oil	2 cloves garlic, chopped
2 cups shredded cabbage	1 Tbsp tamari soy sauce
1 large carrot, halved and thinly sliced	2 tsps toasted sesame oil
4 ounces button mushrooms, sliced	3 cups cooked medium-grain brown rice
1 large yellow onion, slivered	2 large scallions, diagonally sliced

Slice the drained tofu into cubes. In a large saute pan, over medium-high heat, drizzle the vegetable oil. Add the tofu and stir, and then add the cabbage, carrots, mushrooms and onions. Stir frequently, scraping the pan to keep the vegetables from sticking, for about 4 minutes, until the cabbage is browning and the vegetables are crisp tender.

Add the ginger, garlic, tamari and sesame oil and stir for a minute, until the pan is nearly dry. Serve over brown rice, topped with scallions.

In this flavorful bowl, tofu and brown rice combine with crisp-tender stir-fried veggies to provide 11 grams of protein per serving.

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

Jerk Tofu with Pineapple

Servings: 4. Prep time: 1 hour.

- | | |
|--|--|
| 1 pound extra firm tofu, pressed to remove water and cut into 1- to 2-inch cubes | 2 Tbsps tamari |
| 1 pound fresh pineapple, cut into 1- to 2-inch cubes | 1 Tbsp brown sugar |
| ½ cup diced red pepper | 1 Tbsp hot sauce or habañoero sauce |
| Jerk Sauce | 2 Tbsp fresh chives, minced (reserve 1 Tbsp for garnish) |
| ¼ cup fresh lime juice | 1 Tbsp dried thyme |
| 2 Tbsps red wine vinegar | 1 Tbsp Dijon mustard |
| | 1 tsp ground allspice |
| | Pinch of salt and pepper |

To press tofu: Wrap it in a clean, lint-free towel or place it between two plates, then add a 2 to 3 pound weight on top (a cookbook works well) and let it sit for 15 minutes or more to remove excess water.

In a medium-sized mixing bowl, combine the jerk sauce ingredients. Reserve 4 tablespoons of the sauce for dressing the tofu when cooked. Marinate the pressed, cubed tofu in the jerk sauce for 30 to 60 minutes or overnight. Preheat the oven to 350°F.

Place the tofu and marinade onto an oiled sheet pan and bake for 20 minutes; then gently stir or flip the tofu and bake for another 15 to 20 minutes until the tofu is firm and the sauce is absorbed. On a separate oiled sheet pan, bake the pineapple cubes for 20 to 25 minutes until they just start to brown. Toss the pineapple and tofu together. Drizzle with the remaining 4 tablespoons of jerk sauce and garnish with chives and diced red pepper. Serve over a bed of greens, crisp lettuce or rice noodles.

Marinated tofu soaks in the full-flavored sauce and pairs wonderfully with the sweet, baked pineapple. Each serving has 10 grams of protein.



Curried Chickpeas in Coconut Milk

Servings: 6. Prep time: 30 minutes.

- | | |
|--|---|
| 2 tsps vegetable oil or ghee (clarified butter, frequently used in Indian cooking) | ¼ tsp cayenne |
| 1 inch ginger root, peeled and sliced | 1 cup coconut milk (or light coconut milk) |
| 2 cloves garlic, peeled | 1 tsp brown sugar |
| 2 tsps ground cumin | 1 Tbsp tomato paste |
| ½ tsp ground turmeric | ½ tsp salt |
| 2 tsps ground coriander | 2 15-ounce cans chickpeas, rinsed and drained |
| | ¼ cup cilantro, chopped |

Heat a large skillet over high heat. When hot, add the vegetable oil or ghee, the ginger, garlic, cumin, turmeric, coriander and cayenne and stir until the spices are fragrant.

Add the coconut milk, brown sugar, tomato paste and salt, and mash and stir to incorporate the tomato into the sauce as it comes to a simmer. Add chickpeas and stir. Reduce heat as needed to maintain a simmer, stirring often, until thick.

Sprinkle with cilantro just before serving.

With 8 grams of protein in each serving, this simple chickpea dish is silky with coconut milk and flecked with spices and fresh cilantro.

Social Media Feeds

TikTok and we don't stop... A social media roundup!

Few feeds on social media are as nourishing as what the Co-op is serving up! It's a cross-platform, multi-course feast featuring something for every diet.

Want to keep up on the latest sales, promotions, and events at our two Corvallis stores? Follow us on **Facebook** and **Instagram**, where we also do regular giveaways in partnership with local organizations and some of your favorite brands. You can't lose—and sometimes you can even win!

If you're looking for cooking, you'll find lots of great ideas there too, with regular links to recipes from Budget Bites, the Thymes, and favorites from our deep recipe library, always available at firstalt.coop/recipes.

Keep cooking on our **Twitter**, **YouTube** and **TikTok** feeds where we share video recipes, kitchen tips, and cooking tutorials along with fun and informative content like interviews with local farmers and food producers, shopper how-tos, and sustainability guides.

Not on social media? No problem! Subscribe to the **Co-op Connection Email Newsletter** for a twice-monthly sales and Co-op news update, with occasional emails featuring special offers and updates. Scan the QR Code to sign-up!



Hashtag and Share

Make a real connection by hashtagging your posts to share with us! Let us see your kitchen creations, or hear about favorite products or cool discoveries you made in the aisle, and Co-op Connections you made in the community.

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Donna's Kitchen

the Best of Budget Bites



Donna Tarasawa
Outreach Specialist

Budget Bites is a long-running series of meal plans featuring six tasty recipes for two people, a handy shopping list, and cooking tips in every edition.

With Earth Day coming up on April 22, we thought we'd look back at *Sustainable Bites* from spring 2022. This edition was about more than saving time and money, it's about helping preserve the planet for future generations through sustainably-minded eating. These four recipes, for example,

Wild Rice Veggie Bowl: This pairing of wild rice with sausage and a rainbow of veggies (feel free to mix it up with your personal favorites or whatever's fresh) will bowl you over. And it's easy to keep it local!

Spinach and Berry Salad: Nothing says spring like garden-fresh strawberries. This colorful salad is simple and delicious. A drizzle of the zesty dressing and sprinkle of poppy seeds really make it pop.

Black Bean Burgers: Don't have a cow—you won't need it for this tasty bean-based burger patty! You won't need a bun, either, thanks to the nutritious and gluten free lettuce wrap.

Spiced Garbanzo Beans: Like the black beans from our previous recipe, garbanzo beans are a great source of protein that can be produced sustainably, unlike many meats. (Check out even more tasty, protein loaded recipes on page 8, all of them meat-free.)

If you enjoyed these recipes, download the full edition along with years of other back-issues, at firstalt.coop/budget-bites. Pick up a free print copy of latest edition at either of our two Corvallis locations.



A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

SUSTAINABLE BITES *SPRING 2022 VOL. 16*



Look for new Budget Bites in-store quarterly and find years of tasty back-issues online.



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

Wild Rice Veggie Bowl



Spinach and Berry Salad



Black Bean Burgers



Spiced Garbanzo Beans



Spinach and Berry Salad

Ingredients:

½ bunch spinach, stemmed
¼ small onion, cut
into rings
½ cup strawberries,
sliced (or ¼ cup
dried cranberries)
½ tsp poppy seeds
(optional)

Dressing:

¾ cup plain yogurt
¼ cup sour cream
2 Tbsp lemon juice
2 Tbsp fresh mint, minced
1 clove garlic, minced
½ tsp ground coriander
½ tsp ground cumin
½ tsp sea salt
Black pepper to taste

Mix all dressing ingredients together until well blended. Let sit at least one hour. Clean and dry spinach leaves. Tear into bite-sized pieces and place in salad bowl; add strawberries and onions. Toss with up to half the dressing and reserve the rest for later use. Sprinkle with poppy seeds and serve.

Note: Keep your mint fresh by storing it in a sealable plastic bag in the refrigerator.

Wild Rice Veggie Bowl

Ingredients:

½ cup wild rice
½ tsp sea salt
2 sausage links, halved
and sliced
½ cup Brussels sprouts,
thinly sliced
½ red bell pepper,
chopped

2 cups kale, chopped
½ cucumber, chopped
½ cup broccoli, chopped
1-2 Tbsp olive oil
Yumm! Sauce to taste
Chopped hazelnuts,
cilantro to garnish

Cook wild rice in 2 cups salted water for 35-40 minutes, or until tender. Add more water during cooking, if needed. Heat a skillet and add sausage pieces; sauté until done. Drain and set aside. To assemble two bowls, layer half of each of the ingredients in individual serving bowls. Spoon Yumm! Sauce over top and garnish with hazelnuts and cilantro.

Spiced Garbanzo Beans

Ingredients:

2 Tbsp butter
½ cup onion, chopped
½ tsp ground coriander
½ tsp ground cumin
¼ tsp chili flakes
1 - 15 oz can garbanzo
beans, drained and rinsed

¼ tsp salt
Black pepper to taste
1 Tbsp water
1 tsp lemon juice
Cilantro, chopped,
for garnish

Melt butter in a large skillet. Add onions and cook slowly until light brown, about 20-25 minutes. Add coriander, cumin, and red pepper; cook for 1-2 minutes. Add beans, salt, pepper, water, and lemon juice. Cook until beans are heated through. Sprinkle with cilantro just before serving. Serve with salad.

Note: This recipe also works with a ½ cup bulk dry garbanzo beans. Soak overnight, drain, rinse, and cook in simmering water about 90 minutes or until tender.

Black Bean Burgers

Ingredients:

1 can black beans,
drained and rinsed
2 oz crimini
mushrooms, diced
2 green onions, sliced
1 clove garlic, minced
2 Tbsp roasted red
peppers, chopped
½ tsp ground cumin

½ tsp ground coriander
½ tsp chili powder
¼ tsp salt
1 Tbsp cilantro, chopped
1 Tbsp flour
1 Tbsp olive oil
4 lettuce leaves
Condiments, as desired

Mash beans and add remaining ingredients, except olive oil, lettuce, and condiments. Form into 4 patties. Heat olive oil in a skillet, and brown patties on both sides. Serve on a lettuce leaf topped with your choice of condiments. Serve carrot sticks, snap peas, and turnips on the side.

Note: This recipe also works with ¾ cup bulk dry black beans. Soak them overnight, drain, rinse, and cook in simmering water about 60-90 minutes or until tender.

History and an Earth Day acróstic to help you stay sustainable

At the time, Oregonians were ready to turn the tide on decades of pollution and held events including roadside cleanups, tree plantings, and talks by scientists, activists, and politicians. At OSU, students formed a group called Eco-Alliance. With broad support on and off campus,

the group organized the school's first Earth Week, a tradition that carries on today. Later, they opened a recycling center in South Town next to the recently relocated Co-op. Several years later, the Alliance left the center in the Co-op's control, as it remains today. Taking advantage of it is a great way to stay sustainable.

Looking for ideas on improving your Earth-friendliness in the shopping aisles? Here is an acrostic to help you remember some key points of sustainability.

PLEASE help our planet!

Prioritize Organic

Choosing organic groceries is not just about what is healthiest to consume, but also about what is healthiest for our planet. Organic agriculture is better for the entire ecosystem—plants, soil, wildlife, and humans. If organic is not available or affordable, look for Non-GMO and/or local.

LOCAL FOODS, IN SEASON

Select locally produced groceries to reduce emissions needed for transport. Buying locally grown produce also offers consumers seasonal variety, peak freshness, flavor, nutrition, and supports local farmers.

EAT MORE PLANTS AND PLANT PROTEIN

Vegetables have a much smaller carbon footprint than meats. Consider replacing some of your weekly meat consumption with legume-based proteins which actually sequester carbon.

AVOID SINGLE USE PACKAGING

As much as possible, purchase your groceries from the bulk and produce departments to avoid generating excess packaging waste. Always recycle packaging when possible.

SUSTAINABLE MEATS

When buying meats, select grass-fed beef and pasture-raised pork and lamb. The highest quality meats with the lowest environmental impact are from small, local farms. Sustainably wild-caught seafood and organic, free-range poultry are also the most earth-friendly choices.

ELIMINATE FOOD WASTE

Be sure to use all parts of your meats, fruits, and vegetables. Make soups and stocks with leftovers and scraps. Use good food storage techniques. To learn more, check out nofoodleftbehindcorvallis.org.



Junior Gardening Ideas

Try these fun gardening projects with the kiddos

Gardening with your kids teaches them where food comes from, patience, and how to work with others toward a common goal. It also improves their developing motor skills, and can help impart a taste for fresh, local food. Even better, it's a fun, easy way to get your kids outside and spend some quality time with them. Here are a few ideas for fun activities you can dig into this spring in the garden.

Tubes Not Tubers: Start seeds and recycle all at once with toilet paper tubes. They're easy for small hands to work with. Fill them with potting soil in early spring and plant tomato, pepper, pea or bean seeds (available at the Co-op) in them. Prop upright in a tray or flower pot, keep them moist and give them lots of light. When the seeds sprout (and the garden soil is warm) you can pop the whole tube into the ground.

Box of Greens: Any window box, bucket, basket or container with drainage at the bottom will do. Fill it with potting soil and plant a variety of lettuces and spinach scattered over the top. Press them into place and water lightly. Keep the soil moist. When the greens sprout, trim off a few leaves every few days to include in a salad.

Bean Fort: Do your junior couch potatoes like turning the seat into a fort? Get them outside with a living playhouse! Plant six thin wooden poles or bamboo rods, about five feet long, in the ground in a three foot circle. Tie the tops together with garden twine and plant pole bean seeds around each stake. Water and mulch, then watch as the fort leafs out, creating a private space just for the wee ones.

Pizza Plot? Plant a Theme Garden: Devote a section of your garden to theme your kids will enjoy. For a pizza garden, plant Roma tomatoes, onions, garlic, basil, spinach or whatever else you like on your pie. Or you could do a salsa garden with tomatoes, tomatillos, bell peppers, jalapeno peppers, onions and cilantro. Ask your kids what they'd like!

Great Pumpkins: Two or three pumpkin plants, given room to spread out, can grant you enough gourds for your Halloween crafts as well as a pumpkin pie or two. While they grow, pretty up the plot by planting Marigolds between the vines.



Adapted from an article by Eve Adamson and reprinted with permission from grocery.coop. Find more ideas for gardening projects with kids and recipes for your harvest at grocery.coop.

Spring Planting Guide

You can't spell "plants" without a "plan" so here's a start

Eager to get your spring garden going? Here's a handy guide to help! Remember, seed starts need to be hardened off gradually before being transplanted outdoors. Heat-lovers like tomatoes, basil, and peppers don't like chilly nights, so give them a little cover on cold nights. Save this guide for future plantings, and find your local seeds at the Co-op!



Selection varies by location and availability

MARCH

APRIL

MAY

Arugula		Seeds or Starts Outside	
Basil			Seeds Inside
Beans			Seeds Outside
Beets		Seeds Outside	
Broccoli		Seeds Inside	Seeds or Starts Outside
Cabbage		Seeds Inside	Seeds or Starts Outside
Carrots		Seeds Outside	
Chard		Seeds Inside	Seeds or Starts Outside
Choi		Seeds Inside	Seeds or Starts Outside
Cilantro		Seeds Inside	Seeds or Starts Outside
Cucumber		Seeds Inside	Seeds or Starts Outside
Eggplant	Seeds Inside (as early as 2/15)		Starts Outside
Kale		Seeds or Starts Outside	
Lettuce		Seeds Inside	Seeds or Starts Outside
Mustards		Seeds or Starts Outside	
Peas		Seeds or Starts Outside	
Peppers	Seeds Inside (as early as 2/15)		Starts Outside
Radishes		Seeds Outside	
Spinach		Seeds or Starts Outside	
Squash		Seeds Inside	Seeds or Starts Outside
Tomatoes	Seeds Inside (as early as 2/15)		Starts Outside
Zucchini		Seeds Inside	Seeds or Starts Outside

Wellness thyme

Self-Care Spring Cleaning

Keep the spring in your step this season

Spring is in bloom and from the bushes to the buildings, suddenly busy bees are everywhere. With all this springtime hustle and bustle, it's easy to let our well-being get lost in the shuffle.

Here's a helpful reminder from the Co-op Wellness Team—make some time for some Self-Care Spring Cleaning this season! Keep the spring in your step for all the season's adventures, opportunities, and duties with the help of these ideas and products:

Declutter Your Mind: Plan ahead or keep a record of your busy days with the help of a journal. Journaling will help you slow your mind down and better process your thoughts. Got something on your mind? Put it on paper and free up some space! Pick up a fun, fashionable journal or planner at the Co-op.

Keep on Moving: Build your community of friends and keep in shape by seeking out local activity groups focused on your favorite activity or enrolling in yoga or fitness classes. Regular exercise is good for your mental as well as physical health.

Stay Hydrated: Invest in a reusable water bottle (we've got some great options at the Co-op) and make sure it's always on hand. Add a little flavor to your portable hydrator with a couple drops of **Herb Pharm Peppermint Spirits**. It's great for your gut too.

Balance Your Microbiome: Keep your gut's microbiome balanced by with tasty forkfuls of fermented foods, like sauerkraut or kimchi in your diet, supplemented with **Garden of Life's Dr. Formulated Probiotics** or something similar—just ask one of our Wellness team for recommendations! A balanced microbiome helps support immune response to seasonal allergies like grass pollen.

Have a Cup of Cleanse: Give your body a reset from the heavier food and drink of winter with **Gaia Herbs Liver Cleanse Tea**. Made with peppermint leaf and licorice root, this tasty tea helps the body maintain healthy liver function. Think of it as spring cleaning in a cup! It's caffeine free, too, which will help you...

Get Plenty of Rest: After a busy day, sometimes the hardest thing to do is just relax, and if you can't relax, you won't sleep well. Support a healthy sleep cycle with some herbal allies, courtesy of First Alternative Ultimate Sleep Formula. This 4-part blend of vitamin, mineral, amino acid, and herbs can help you calm down after an active day and provides core nutrients that support healthy sleep.



Dish Up Some Spring Cleanliness

Find everything you need at the Co-op, except the kitchen sink

When dinner's done and it's time to sink into those dish-doing duties, there's no need to waste extra time, or get harsh chemicals involved when you can have the dishes come clean and the planet stay green with sustainable kitchenware and cleaning supplies from the Co-op.

Scrub in style with fashion-forward compostable **Swedish Sponge Cloths from Ecologie**. These super-absorbent, reusable cleaning cloths do the duties of sponge, dishcloth, and paper towel!

Clean deep and often with sustainable cleaning supplies from **Full Circle**. The **Ring Veggie Brush**, **Micro Manager Detail & Crevice Tool**, and the **Bubble Up Soap Dispenser & Dish Brush** will be indispensable additions to your cleaning

Locally-made and minimally-packaged, **Silver Falls Sustainability Co. Dish Bar** might just be the cleanest way to get the dishes done—bar none. Find all these sustainable cleaning products, and more, this spring at First Alternative Co-op.



Dish Tip

Did you know you can deodorize a stinky drain with some all-natural pantry staples?

When your sink or disposal begins to exude some unpleasant aromas, fight the funk by mixing $\frac{1}{2}$ cup baking soda with 1 cup distilled white vinegar. Pour it down the drain, wait 10 minutes, then run the hot water (and the disposal, if you have one.)

The Co-op Kitchen is Back

We're so excited to be cooking for you again

The Co-op Kitchen recently resumed production in their newly revamped home at the South Co-op, and couldn't be more excited to be cooking again!

Since a fire at the beginning of 2021 burned down the South Store annex building, the Co-op Kitchen has been operating out of a rented space in downtown Corvallis. This limitation meant we couldn't produce as much food or deliver as often.

Now we're excited for the gradual return of your old favorites and the arrival of exciting new items. It will take some time to get used to our new space and get back up to full capacity, but you can look forward to a bright (and delicious) future of offerings from the Co-op Kitchen as the year progresses! Thanks for your patience as we get cooking again.



The Co-op Kitchen Crew: Johnny, John, Kirstin, Cal, Maria, Justin, Katie, Kalon, Ryan, DeeDee, Kaylee, Sarah, Leslie, Daniel, Sam, and Rose. Thanks to all of you, including anyone not pictured here who helped along the way. It's been a long and cooperative road!



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Side by Side

If you don't know me personally, there's something you should know about me. I LOVE food! I don't just write about products for kicks, though, I do get a kick out of it. I share this because as a small farmer, I need to be clear that I don't know where I land on the animal meat vs plant-based meat debate. You won't hear me telling you to pick a side, but you also wouldn't hear me disparaging someone who feels strongly one way or another. For many of us, it's a choice that embodies our values, beliefs, and tastes.

I do love that there are options for everyone at the Co-op. While the current trend is definitely to convince animal meat eaters to try plant-based, the trend of veggie alternatives goes way back.

Frozen veggie burgers, for the most part, are unapologetically appealing to vegetarians in flavor and texture. That's why I love them! I love veggies, beans, and grains as much as any animal meat burger. The variety of seasonings, textures, and flavors is wildly vast and unless you don't like veggies, there's bound to be a veggie burger that you'll make you, *ahem*, flip!

I baked all of the patties in my toaster oven, they all took between 10-14 minutes. I like a crisp patty so I cooked them longer than what was instructed on the box. I tasted all of them plain, right out of the oven and also put them into a sandwich or burger with onions, mustard, ketchup, pickles and fresh greens.

They are all cholesterol free but some of them have a low amount of saturated fats, though not as much as the non-frozen plant based meats. If that's a concern for you, please take care to look at the package before you make a purchase.

I've divvied them up into categories to make them easier to compare side by side.

with **Yadira Ruiz**
of **Sunbow Produce**



BEAN- AND GRAIN-BASED

Hilary's Organic Southwest

Adzuki Bean: Crispy outer texture, somewhat soft interior texture but it holds together in a burger. Nicely seasoned, the mild heat is mostly undetectable unless you're sensitive to chili heat. **Allergen info:** GF, soy free.

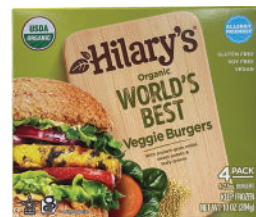
Fat 10g • Sodium 160g • Sugar 0 • Protein 4g



Hilary's Organic World's Best Veggie Burgers:

Super tasty, excellent crunchy exterior, the millet imitates the texture of bread crumbs. Nice and firm. Flavor holds up when eaten as a burger with the works. **Allergen info:** Made in a dedicated common allergen free facility. GF, soy free.

Fat 8g • Sodium 220mg • Sugar <1g • Protein 4g



Dr. Praeger's Black Bean

Quinoa: Nice crispy exterior, holds up nicely in a burger. Delicious flavor, you could eat this one like a veggie fritter as an entree. **Allergen info:** Corn and soy, GF (but made in a facility that processes wheat, soy, sesame, milk, eggs and fish.)

Fat 7g • Sodium 290g • Sugar 1g • Protein 5g



Frozen Veggie Burgers

BEST MEAT REPLACEMENTS

Boca Spicy Chik'N Patties:

Excellent crispy texture, mildly spicy, great flavor. Could easily serve to a meat eater with no complaints and it's entirely possible they wouldn't notice it's not chicken. Totally snackable without bun and jazz. **Allergen info:** Wheat, soy, corn.

Fat 6 g • Sodium 420 mg • Sugar 0 g • Protein 12 g



Dr. Praeger's Perfect Burger:

The thick patty "bleeds" and has a smokey, somewhat iron forward flavor. This one is best with a bun and all the fixins. **Allergen info:** made in a facility that processes wheat, soy, sesame, milk, eggs and fish but is GF.

Fat 13 g • Sodium 380 g • Sugar 0 • Protein 20 g



Boca Original

Vegan Veggie Burgers:

Really good flavor, texture is almost like meat so it makes a delicious burger with the works. **Allergen info:** Wheat, soy, corn.

Fat 6 g • Sodium 420 mg • Sugar 0 g • Protein 12 g



UNAPOLOGETICALLY VEGGIE-BASED

Foodies Artichoke Burgers

French Herb*: Very tasty and herbaceous but don't expect to taste the artichoke. It has a softer texture but the crunchy elements like bits of cashew and sunflower seeds make it an adventure for your mouth.

Goes great with the works and gets extra points for simple, straightforward ingredients.

Allergen info: Brown rice, cashews, GF and soy free.

Fat 14 g • Sodium 150 g • Sugar 3 g (2 added) • Protein 5 g



Dr. Praeger's Cauliflower

Veggie Burgers: Somewhat crispy on the outside, soft on the inside which means it can get a bit messy. Well seasoned, pleasant, mild flavor that's exactly what you would expect in a patty made from cauliflower. **Allergen info:** Brown rice, GF (but made in a facility that processes wheat, soy, sesame, milk, eggs and fish.)

Fat 10 g • Sodium 500 mg • Sugar 2 g • Protein 9 g



Akua The Kelp Burger*: Crispy exterior, soft interior with chewy bits that eat like meat. Mildly sweet, kelp forward flavor goes nicely with "the works". The "meaty" bits are what makes this one stand out the most. **Allergen info:** Coconut aminos, GF and soy free.

Fat 14 g • Sodium 320 g • Sugar 1 g • Protein 12 g



Amy's Organic California

Veggie Burger: Salty but mild flavor otherwise. The soft texture is offset by bits of bulgur and walnuts that are chewy. This one was a little tricky to eat because it squishes out of the bun when you take a bite. **Allergen info:** Wheat, walnuts, made in a facility that also processes foods containing milk, soy, tree nuts, seeds but NOT peanuts, fish, shellfish or eggs.

Fat 5 g • Sodium 550 mg • Sugar 1 g • Protein 6 g



Dr Praeger's California

Veggie Burger*: Featuring 10 different veggies, the flavor is excellent but it also makes a burger-with-the-works situation kinda redundant. I could see eating this one more like you would a veggie fritter, as an entree with sides and not so much in a bun with condiments. **Allergen info:** Soybeans, corn, and is made in a facility that processes wheat, soy, sesame, milk, eggs.

Fat 6 g • Sodium 250g • Sugar 1 g • Protein 5 g



*North Store only. Selection may vary due to availability

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April 2 at 2:00pm

April

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Majestic Readers' Theatre presents The Hatmaker's Wife

April 15 at 7:30pm

April 16 at 2:30pm

May

Sweeney Todd-The Demon Barber of Fleet Street

April 28, 29, May 5, 6, 12, 13, 19, 20 at
7:30pm

April 30, May 7, 14, 21 at 2:30 PM

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