



the First Alternative NATURAL FOODS CO-OP *thymes*

Summer 2023

June • July • August
Volume 7 • Issue 3

In this issue: Local Radio on KORC FM 105.9 • Pecans that Support Black Farmers • Summer Salad Recipes • Patagonia Provisions • Owner Spotlight • Plant-based Milks Compared • and more...



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

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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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This summer at the Co-op will be hot!

Adam Payson, *Thymes Editor*

The Co-op Community has really been heating up recently! With pandemic restrictions in the rear view, we've been excited to spend more and more time out in the community—and even to resume our Owner-exclusive Co-op Community events. In April, we took Owners on a tour of 2 Towns Ciderhouse. They toured the cidery and learned how their favorite drinks get made while enjoying free samples and delicious snacks. (Check out some pics below.) Next up is Co-op Community Night at the Corvallis Knights on June 25, where we're taking Owners out to the ballgame. And, later this summer, Owners and their families are invited to our annual Owner Rendezvous. The July 30 gathering at Willamette Park in Corvallis will feature food, music, and fun for the whole family. Become a Co-op Owner at firstalt.coop/ownership and join us.

You'll also find us out-and-about in the community this summer. We'll be posted up in the North and South Store parking lots with Block 15 for their annual Truck Sale on June 30, and selling concessions at July 20's Summer at SAGE Concert. Most importantly, you'll find us at our two Corvallis stores, every day from 7am-9pm, with all your summertime supplies and natural and organic grocery needs. And for your summer reading, here's a fresh edition of the Thymes, packed with recipes and community news.





SUMMER TRUCK SALE



June 30 in the parking lot at both Co-op Locations



**Follow @firstaltcoop on Facebook or Instagram
for event times, selections, and further details.**



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Tune in KORC FM for Local Listening

Local DJs offer up an endless variety of music on 105.9 KORC

There's nothing on the Corvallis airwaves like 105.9 KORC. Tuning to the Low Power FM* station throughout the day, listeners will encounter a variety of music they wouldn't find anywhere else, either on the radio—terrestrial or satellite—or in the algorithmically-generated playlists of streaming.

It's radio that's unabashedly eclectic and extremely local. In a single day, listeners may catch some hip-hop, reggae, jazz, heavy metal, country and western, or even comedy, discussions with local leaders, and public service announcements about topics as diverse as regional accents or local wildlife.

Station Manager and Program Director Dan Crall recently chatted with us about what it takes to operate a small, volunteer-run radio station. As he told us, "It's run by the people who show up." When Dan started in late 2021, he was one of only two DJs on the air.

Now more than fifteen volunteer DJs are showing up to produce audio, share their love of music with the community, and sometimes do a whole lot more. Like Jennifer "JC" Cassidy who, in addition to hosting two programs—*The Lost KORC* and *Saturday Market Playlist*—is the Vice President of the Community Airwaves Board, a kaleidoscopic job that involves everything from advocacy and fundraising to coordination and printing.

KORC flips the traditional image of a central radio station where DJs take turns in the recording booth. Instead, DJs produce content at their home studios and upload to a common website. This decentralized

method of production creates more opportunities for people to take part, and proved invaluable during the pandemic when even tight knit communities needed space. There's room for everyone on the airwaves.

Dan, who's a dedicated musical omnivore himself, personally programs about half of the programs and the freeform playlists. He also coordinates the dozen-plus DJs, and provides clear and concise local weather forecasts to help listeners plan their day. Other community-focused contributions come from DJ Augie West, who chimes in regularly to inform listeners about upcoming shows and concerts around the Willamette Valley, and Ginny Katz, who provides community hazard resilience information with safety tips and local hazard information. Talk about local! Then there's the unmatched variety of music, and personalities, that make KORC unique:

Prog Wild with Explorin' Loren is a weekly program with an emphasis on the legacy of 1970s progress-rock and jazz-fusion movements, plus innovative music from all times and places.

Pau Hana Time with DJ Mermaid Hair will help listeners bubble and step their way to an elevated mood with its joyous mixes of reggae, dancehall, tropicalia, and funk music.

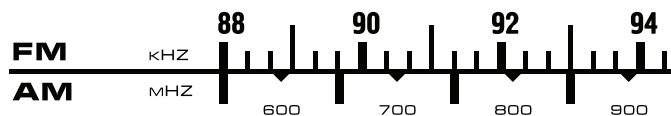
The KORC Classical Hour with Wesley Myers explores the rich world of classical music, highlighting symphonies, concertos, cantatas, and more from around the world and across time.

Blinx with Brandon Richardson introduces a wide-range of electronic music and experimental dance music. Everything from techno and house, to jungle, drum & bass, dubstep, and beyond.

For a full lineup of programs and airtimes, visit korc.fm

***Low Power FM** or LPFM stations were created by the FCC in January, 2000 with the intent of helping non-profit groups create non-commercial stations.

LPFM allows a greater diversity of voices to be heard on the radio airwaves across the country, without people having to resort to creating pirate radio stations.



KORC FM - 105.9

Music & Civics

How to listen to KORC FM

In Corvallis, tune your radio dial to 105.9 FM and enjoy! That's just the beginning, though. With an internet connection, you can stream KORC FM from anywhere! Visit **www.korcfm.com** and tune into the livestream, see what's playing at any given moment, and check the schedule of upcoming programs.

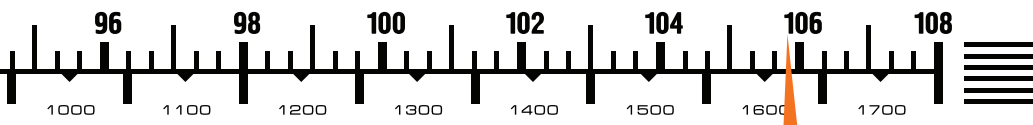
How to support KORC FM

KORC is a listener-supported radio station managed and overseen by Community Airwaves, a registered 501c3 non profit organization in Corvallis. You can make one-time or recurring donations to them at **www.korcfm.com** that will help support the station.

Interesting in volunteering? Volunteer meetings take place every Wednesday, 5pm at Old World Deli in downtown Corvallis.



Clockwise from top left: The KORC antenna in South Town • JC with DJ Mermaid Hair • Solomon, "The KORC Kid" • Fun times at the KORC Volunteers weekly meet-up at Old World Deli



Pecans That Support Black Farmers

Georgia-grown New Communities bulk pecans, now available

Black farmers in the United States have always had to struggle to make a living in an industry that's difficult for even the most fortunate to navigate. After the end of slavery, they understood that land ownership was key to escaping poverty. So did the institutions, communities, and individuals intent on continuing to oppress them.

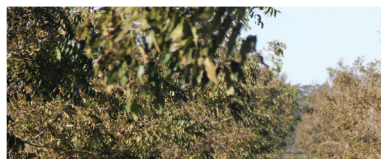
Black farmers owned over 16 million acres of land by 1910. By 2017, it was down to just 4.7 millions acres, only about 0.5% of farmland in the United States. This happened because income they were creating and food they were growing helped support civil rights efforts, so the USDA and states worked to take it all away through discriminatory lending, eminent domain, and other tools of systemic oppression.

The farmers of New Communities are well versed in this. Their Albany, Georgia based farm collective became the original model for community land trusts when they formed in 1969. The 501(c)(4) non-profit was started by Charles and Shirley Sherrod and, at its peak size of 6,000 acres, it was the largest parcel of land owned by Black people in the country. When droughts hit the area in the 70s, government support loans protected White-owned farms but denied support to New Communities. By 1985, the farm was in foreclosure, but the fight was just beginning.

Shirley continued to help Black farmers educate themselves and organize. In 1997, Black farmers brought a class-action suit against the USDA, alleging that the agency had discriminated against Black farmers when distributing loans in the 80s and 90s. The USDA admitted to this in a

settlement of over 2 billion dollars to Black Farmers. New Communities was awarded \$12 million, which allowed them a new start. Not long after, they purchased what was once Cypress Pond Plantation, a 1,600 acre plot once owned by Georgia's largest slaveholder and set to replanting the land with pecans, increasing the orchard from 85 to 200 acres.

Once the young trees were producing, they needed to find a distributor. From her days helping Black farmers sell to grocery stores, Shirley knew Michael Rozyne, who went on to become one of the founders of Equal Exchange. Shirley reached out to Michael, and last year, Equal Exchange bought all of their pecan halves, which we are now excited to be selling as a Co-op Basic in our Bulk departments! Now you can get as little or as much as you need for just \$13.49/lb.



Scan the QR Code above to learn more about New Communities and the continuing fight for equality and justice for Black farmers

New Communities

Pecans
in the Bulk Dept.

\$13.49/lb

reg. \$16.49/lb





The Arts Center



JUNE

Artist Meetup - Creative Conversations

June 1, 2023, 5:30 - 7:30 pm
at C3 in the Oak Room

Pacific Waters: Mary Frisbee Johnson

with OSU Student Composers
June 8 - July 22, 2023

In/dwelling: Randall Tosh

May 30 - July 1, 2023

JULY

Young on the Water: Heidi Keith

July 11 - August 12, 2023

Youth Summer Arts Adventures

The Month of July at TAC & other locations

AUGUST

First Around Oregon Biennial

August 3 - September 9, 2023

Kum Ja Lee

August 15 - September 16, 2023

Artist Meetup - Creative Conversations

September 7, 2023, 5:30 - 7:30 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

700 SW Madison Ave. Corvallis
541 754 1551 theartscenter.net



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The Salad Days of Summer

These fresh summer salad recipes are a cool delight

Thanks to the tireless local farmers and all the enterprising backyard gardens of the Willamette Valley, the salad days of summer are here again.

With so much fresh, local, variety at our fingertips, though, deciding what to do with it can sometimes be overwhelming. Don't toss your hands up in defeat and make yet another (admittedly entirely delicious) fresh greens salad. Instead, toss these tasty recipes into your summer salad rotation (and toss them in their appointed dressings, when applicable.) Harvest your ingredients fresh from your garden, the Co-op's Produce department, or our local markets and taste the sensation summertime variety.

Grilled Panzanella Salad flips the script on croutons. Instead of using crusty old bread in this zippy summer salad, you'll toss fresh bread onto an oiled grill and give it a bit of a char while maintaining its chew.

Black Eyed Pea Salad isn't just for New Year's Day! This summer-ready recipe is a colorful blend of summer produce (including a jalapeño to turn up the heat) and nutritious black beans tossed in a light vinaigrette.

Thai Cucumber Salad with Peanuts takes many of the ingredients from the Black Eyed Pea Salad and runs in a different direction with them. The crunchy chopped peanuts and garlic-curry dressing make it

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

Grilled Panzanella Salad

Servings: 4-6. Prep time: 30 minutes

- | | |
|---|--|
| 2 slices of rustic bread, cut $\frac{3}{4}$ -inch thick | 3 Tablespoons balsamic vinegar |
| 1 medium zucchini, quartered lengthwise | 1 teaspoon salt |
| 1 large, firm avocado, pitted and quartered | $\frac{1}{2}$ teaspoon freshly ground black pepper |
| $\frac{1}{2}$ medium red onion, cut into $\frac{3}{4}$ -inch rounds | 1 clove garlic, crushed |
| 3 Tablespoons extra virgin olive oil, plus more for brushing | 4 large tomatoes, chunked |
| | 4 ounces fresh mozzarella, diced |
| | 1 cup fresh basil, shredded |

Preheat the grill to medium high. Put two Tablespoons of olive oil in a small bowl or cup and dip a wadded paper towel into the oil. When ready to grill, use tongs to swab the grate with the oiled towel. Use your pastry brush to brush the bread, zucchini, avocado and onion with oil, then place each piece on the hot grill. Grill the bread for about one minute per side, until browned and toasted. Grill the zucchini, onion and avocado until tender, about four to five minutes. Transfer the food back to the cutting board and let cool, then cut into bite-sized pieces.

Transfer the grilled ingredients to a large bowl. In another bowl, whisk the remaining oil, balsamic vinegar, salt, pepper and garlic, and pour over the ingredients in the large bowl. Add the tomatoes, mozzarella and basil to the bowl, and toss to mix. Serve immediately.





Black Eyed Pea Salad

Servings: 6. Prep time: 20 minutes.

- | | |
|---|--------------------------------|
| 2 15-ounce cans black-eyed peas, drained and rinsed | Dressing: |
| 1 large carrot, shredded | 3 Tablespoons sesame seeds |
| 1 medium cucumber, peeled, seeded and chopped | 2 Tablespoons red wine vinegar |
| 2 large scallions, chopped | 2 Tablespoons honey |
| 1 large jalapeño, minced | ¼ cup extra virgin olive oil |
| 1 cup cherry tomatoes, halved | ½ teaspoon salt |
| ½ cup fresh parsley, chopped | |

Combine the black-eyed peas, carrot, cucumber, scallions, jalapeño, tomatoes and parsley in a large bowl. In a small saute pan, place the sesame seeds and swirl over high heat. When the seeds are lightly toasted, transfer to a small bowl. Add the vinegar, honey, olive oil and salt and whisk to combine. Drizzle the dressing over the pea mixture and toss to mix. Serve or refrigerate, tightly covered, for up to three days.



Thai Cucumber Salad with Peanuts

Servings: 6. Prep time: 1 hr. 15 minutes (15 minutes active)

- | | |
|--|---|
| 2 pounds (about 3 large) cucumbers, split lengthwise, seeded, and sliced into 1/4-inch crescents | ½ cup roasted peanuts, coarsely chopped |
| 3 scallions, sliced | 1 Tablespoon sesame seeds |
| ¼ cup cilantro, finely chopped | Dressing: |
| 2 Tablespoons fresh parsley, finely chopped | ⅓ cup rice wine vinegar |
| 1 small jalapeño pepper, seeded and finely chopped | ¼ cup canola oil |
| | 2 teaspoons sugar |
| | 1 teaspoon garlic, minced |
| | 1 teaspoon curry powder |

In a small bowl, whisk together all dressing ingredients. Set aside. In a large glass or stainless steel bowl, combine all vegetables. Add dressing and toss. Let sit at least 1 hour, mixing occasionally. Add peanuts just before serving and stir to combine. Garnish salad with sesame seeds.



The Co-op Gets More Solar!

Solarize Corvallis' next project will bring new solar panels and backup batteries to both Co-op locations

The Co-op has been a leader in sustainability since it was founded in 1970. You may have noticed the solar panels on both of our stores, which have been generating clean, renewable electricity for almost fifteen years.

Now we're excited to be partnering with the Corvallis Sustainability Coalition and the Oregon Clean Power Cooperative to increase our clean energy generation more than ten times, by adding new solar panels at both stores. We are also adding batteries for emergency power at both stores, thanks to a generous grant from Pacific Power.

This installation is the 10th project for Solarize Corvallis, a joint partnership of the Corvallis Sustainability Coalition and the Oregon Clean Power Cooperative. Solarize Corvallis is a grassroots initiative to put large solar arrays on as many buildings in our community as possible

by the year 2025. Previous installations in our community have included four Corvallis School District projects, Benton County's Kalapuya Building, two nonprofits, a business, and a church.

The final design may change before construction starts, but we expect to install 70 kW of roof-top solar panels at the North Store and 80 kW of solar at the South Store.

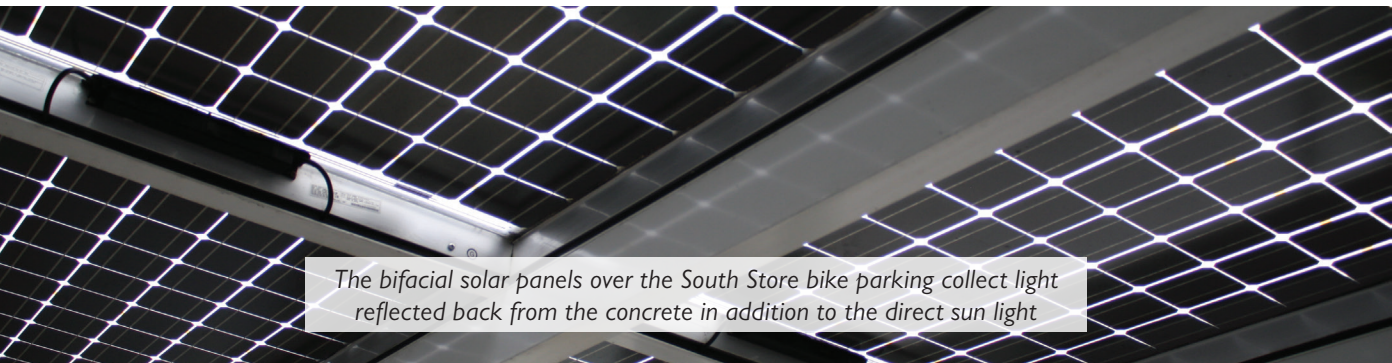
Community members will be able to participate in financing the project by investing and earning a return from that investment. Additional funding will come from Energy Trust of Oregon, the federal tax credit for solar, and First Alternative.

Community members who are interested in investing in First Alternative Co-op's solar projects are invited to purchase one or more shares at \$1,000 per share through the Oregon Clean Power Cooperative.

Visit oregoncleanpower.coop/projects to learn more. Community investment is a win for First Alternative Co-op—and for you!



Our current solar panel arrays being installed at South Store (left) and North Store locations between 2008-2009



The bifacial solar panels over the South Store bike parking collect light reflected back from the concrete in addition to the direct sun light



The Oregon Clean Power Cooperative is the only state-wide renewable energy cooperative in the U.S. Founded in 2015, its unique community-based stock offerings and creative financing approach have enabled more than 30 solar projects around the state. Its new community solar projects are expanding the benefits of solar power to more community members, promoting farming and solar, and helping distribute the benefits of solar to low-income community members.

Cooperatively, they're helping us shift to a more local economy—and a healthier planet.



The Corvallis Sustainability Coalition is a 501(c)3 nonprofit organization—a network of local businesses, nonprofits, faith communities, educational institutions, local governments, and community members working in tandem to build a sustainable, inclusive community.

Their values of environmental quality, social equity, and economic vitality dovetail perfectly with First Alternative's mission, so it's no wonder we are one of their partner organizations. We work with them at events such as Corvallis Fall Festival, and have provided refreshments at their Quarterly Gatherings and other in-person events.



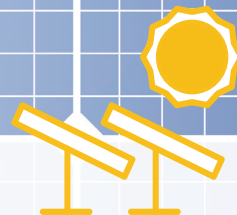
Solarizing Creates a Better Future

Not just in ongoing savings, but in normalizing climate care for the next generation.



Solarizing Means Living Our Values

Setting a tangible example of sustainability for children and for other communities.



Solarizing builds Community Resilience

Solar batteries can provide our community with a backup power source in times of need.



Invest

Visit OregonCleanPower.coop/Solarize to invest in the next project.



Give

Visit SustainableCorvallis.org/Solarize to pledge a tax-deductible gift.

To learn more about participating in this exciting community-powered initiative and other projects of the Sustainability Coalition, visit www.sustainablecorvallis.org.

Donna's Kitchen

the Best of Budget Bites



Donna Tarasawa
Outreach Specialist

The Mediterranean is a premier destination for delicious hot weather eats made with minimal processing and simple, delicious ingredients. Last summer, we decided it was the perfect sort of cuisine for Budget Bites, our long-running series of meal plans. Each edition features six tasty recipes for two people, a handy shopping list, and cooking tips.

In this edition of Best of Budget Bites, we're looking back at some of these tasty recipes. Try them out, and if you're hungry for more, download the full edition along with years of other back-issues, at firstalt.coop/budget-bites.

Eggplant Parmesan: This variation on the Italian classic ditches the casserole dish for bite-sized oven-baked eggplant rounds topped with sauce and a double dose of cheese. *Buon appetito!*

Lemon Chicken Orzo: The rice-like noodles of orzo combine with shredded chicken, and the zesty flavors of lemon and basil to create a summer day dish like none other. Perfect to enjoy on your porch or patio!

Greek Salad: This salad tastes as bright and beautiful as it looks. The recipe's a cinch to scale up, too, so you can bring a big, vibrant bowl of it to your next potluck.

Quinoa Tabbouleh: Tabbouleh or not tabbouleh? That's an easy question! Tabbouleh, every time, especially when it's this simple, affordable, and delicious. Packed with protein and fiber, it offers up healthful energy and the big flavors of parsley and mint.

Budget Bites is a free quarterly publication of First Alternative. Grab 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.

MEDITERRANEAN FRESH SUMMER 2022 VOL. 17



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

Eggplant Parmesan



Lemon Chicken Orzo



Greek Salad



Quinoa Tabbouleh



Lemon Chicken Orzo

Ingredients:	1 ½ tsp lemon zest
1 quart chicken stock	3 Tbsp fresh lemon juice
1 chicken breast	Black pepper to taste
½ cup orzo	2 Tbsp basil, cut into
2 egg whites + 1 egg yolk	very thin strips

In a large saucepan, bring the chicken stock to a boil. Add chicken breast and simmer 20-25 minutes or until chicken is cooked through and internal temperature registers at least 160°F. Remove the chicken, shred and set aside. Add orzo to the chicken stock and cook 5-8 minutes, until al dente.

In a large bowl, beat egg whites to soft peaks. In a medium bowl, whisk together egg yolks and lemon juice. Fold egg yolk mixture into egg whites. Slowly ladle in some hot stock, whisking constantly. Very slowly, add egg mixture into the pot, whisking constantly. Cook gently until mixture thickens, about 5 minutes. Add shredded chicken and stir. Serve topped with lemon zest and basil.

Eggplant Parmesan

Ingredients:	¾ teaspoon sea salt
1 medium eggplant	1 ½ - 2 cups marinara sauce
2 eggs	1 cup fresh mozzarella
½ cup shredded	cheese slices
Parmesan cheese	Fresh basil, sliced into
½ cup flour	very thin strips
1 Tbsp Italian seasoning	

Preheat oven to 425°F. Line a baking sheet with parchment paper. Slice eggplant into ¾" thick slices. Beat eggs in a bowl and set aside. Combine Parmesan, flour, Italian seasoning, and salt in another bowl, and set aside. Dip each eggplant slice into egg and then into flour mixture, turning them over and spooning mixture onto both sides. Lay slices on sheet pan, about ½" apart. Bake 10 minutes, flip slices over, and bake 10 minutes more. Spoon 1-2 Tbsp marinara sauce on each slice, top with a slice of mozzarella and bake 5 minutes more, until cheese melts.

Quinoa Tabbouleh

Ingredients:	Dressing:
2 cups quinoa	¼ cup fresh lemon juice
2 – 2½ cups water	⅓ cup olive oil
½ cucumber, diced	2 cloves garlic, crushed
1 cup diced fresh tomatoes	1 tsp sea salt
½ cup mint, finely chopped	
½ cup parsley, finely chopped	

Thoroughly rinse quinoa in a colander to remove bitterness. Place water and quinoa in a saucepan and stir; bring to a boil, cover, and simmer for 5 minutes, or until water is absorbed and quinoa is tender. Fluff quinoa and set aside to cool.

Scoop cooled quinoa into a large bowl. Add cucumber, tomatoes, mint, and parsley. In a small bowl whisk together dressing ingredients. Pour over quinoa and vegetables. Toss together.

Greek Salad

Ingredients:	Vinaigrette:
1 cucumber, peeled and sliced ¼" thick	2 cloves garlic, minced
1 red bell pepper, large diced	1 tsp dried oregano
1 yellow bell pepper, large diced	½ tsp Dijon mustard
1 pint cherry tomatoes, halved	¼ cup red wine vinegar
½ red onion, sliced in half moons	1 tsp sea salt
½ # feta cheese, diced	⅛ tsp freshly ground black pepper
½ cup Kalamata olives, pitted	½ cup olive oil

Place cucumber, peppers, tomatoes, and red onion in a large bowl. Add vinaigrette and stir. Add feta and olives and toss lightly. Set aside for 30 minutes to allow flavors to blend. Vinaigrette: In a small bowl, whisk together first 6 ingredients. Slowly add the olive oil, continuing to whisk to an emulsion.

Corvallis Environmental Center **SAGE SUMMER Concerts**

at Starker Arts Garden Park in Corvallis



*Come to the park on July 20 for music by Sin Documentos and
Pa'lante and concessions by First Alternative Co-op!*

For a full schedule of concerts, artists, and more visit:
corvallisenvironmentalcenter.org/concerts



Virginia Shapiro, DC

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- 9 am - **Here & Now**
- 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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Owner Spotlight: Mac Gillespie

Enjoy excerpts from our interview with this joyful Owner

Exciting, community-minded folks are drawn to our cooperatively-owned grocery store, and the Co-op Board of Director's Owner Relations Committee is sharing the breadth of what they get up to with a series of Owner Spotlights.

The latest in the Spotlight is Mac Gillespie! A proud Co-op Owner and an active member of the local sustainable community, Mac recently told us what he loves about the Co-op, and about his work in the community. Here are some excerpts from that interview. (Edited for clarity and length.)

How did you become an Owner? I first became an Owner—and this is great—I won a raffle from the Co-op, back in the day. There was something where you could put a bean in if you saved a bag, and I won a free membership!

What first brought you to the Co-op? I have a big belief in local economy and local food. And I just feel like the Co-op does a lot of things in this community that no other entity does. I really appreciate the Co-op on so many levels. I'm a big time believer in all the Co-op's missions, and especially in promoting local food and supporting the local economy.

What are some of your favorite things at the Co-op? My first recommendation is always the Bulk department. I think the Bulk department is just amazing and I can't go to a specific product, but I buy so many things in Bulk at the Co-op and a lot of it, again, is just great, great products that I can get only at the Co-op and that I can save on packaging and all that stuff. And that's a value to me.

Tell us about your work in the community: I've worked at the Benton County Health Department for the last 14 years, and one of the things that I work a lot on is food security. Helping people address their food needs with a project originally focused in South Corvallis. Now it's really focused a lot on all of Benton County. The Co-op is a key partner that I've always worked with, including Cindee Lolik, the Co-op General Manager. A lot of the work that I do is connecting dots and getting people talking to each other. People with good ideas, sharing. And the Co-op is always an important piece of any food related discussion in Corvallis.



Scan the QR code to see all of Mac's interview, and meet other Owners on our YouTube page.



Mac Gillespie chats with us at Cloverland Park in Corvallis on a rainy spring afternoon



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John Madsen: Owner

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or at firstalt.coop/thymes-quarterly-magazine




Student Produce Tuesdays

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Patagonia Provisions, Food that Saves

Look for in-store savings this July, at both Co-op locations

Patagonia has always been focused on helping people survive. It's why, in 1968, they expanded from blacksmithing mountaineering tools to making outdoor wear. These days, the question is, why does an outdoor wear company make food?

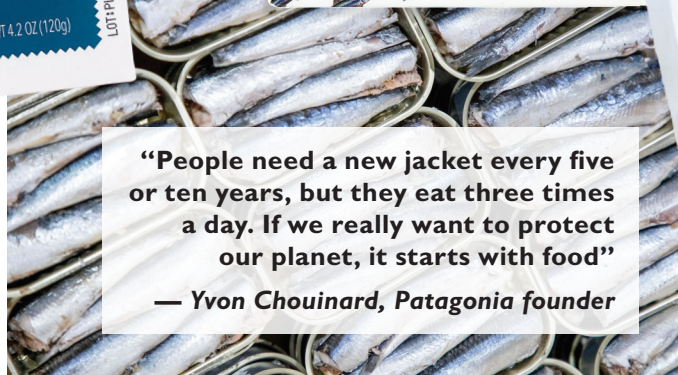
Patagonia Founder Yvon Chouinard answered the question himself in a blog post: "As a lover of the outdoors, I see a way to save our home planet and its creatures—including us—from the destructive habits we've invented for ourselves [...] Provisions is more than just another business venture. It's a matter of human survival." This means foods that restore the planet instead of deplete it. That build soil health, ensure animal welfare, and protect the workers who produce them. All traits of the Regenerative Organic Certification—a program that sets the highest bar in food and fiber production standards—that Provisions advocates and exemplifies.

More than flavorful and nutritious, Patagonia Provisions are part of the solution. Their **Canned Anchovies** are harvested by community-based fishers from thriving populations off the coast of Spain. The approach is the same with their **Canned Mackerel**, which are caught using hook-and-line techniques, instead of industrial-scale trawling. This supports small fisheries, helps preserve populations, as well as ensuring meaty fish with great flavor.



Another nutritious treat are **Canned Mussels**, in this case responsibly grown according to the European Union's stringent organic aquaculture standards. Like all Provisions seafood, they're packed in high-quality organic olive oil and organic spices.

Patagonia Provisions seafood helps protect and marine ecosystems, supports sustainable fishers, and is always as good for you as it is delicious. What a catch!



"People need a new jacket every five or ten years, but they eat three times a day. If we really want to protect our planet, it starts with food"

— Yvon Chouinard, Patagonia founder



The Regenerative Organic journey moves from the sea and into the woods with trail-ready dry soup and chili mixes. In addition to being a great (and lightweight) source of plant-based proteins, beans produce natural nitrogen fertilizer as they grow, which enriches the soil.

It won't take much room in your pack to bring some **Patagonia Provisions Organic Red Bean Chili Mix** and **Organic Black Bean Soup Mix**. Each slender pouch is packed with organic veggies and beans and zesty seasonings. It just takes boiling water and 10 minutes to make a rejuvenating bowl of goodness that's as delicious wherever you are, camp or kitchen.

Keep the water boiling for their new **Organic Kernza Fusilli**, as well. Made with Kernza, a revolutionary new perennial grain. Traditional grains are planted annually, which erodes soils and depletes nutrients. Kernza, on the other hand, sets up a deep root system that nourishes the soil and draws down carbon. Its long slender grains (pictured to the right) have a warm, nutty flavor that's perfect for pasta. See for yourself, at the Co-op, where Patagonia Provisions will be on sale, from July 5-18. *Selections vary by location and availability.*

patagonia

PROVISIONS®



Wellness thyme

One Hip Summer... Adventure Guide

Summer is adventure season and the Co-op's Wellness and Mercantile departments want to make your seasonal journeys safe, healthy, and fun.

Start your adventure with a **Danica Studios Hip Bag**. These hands-free pouches feature an adjustable strap for comfy waist or shoulder wear, and fun designs (Meow Meow pictured here.)

Make sure you pack some protection, by way of **Badger Anti-Bug Spray**, a plant-powered mosquito repellent, and **Badger Sunscreen Tins**, which offer water resistant, broad spectrum protection from the sun.

Keep your energy (and hydration levels) up with **Ener-C Sport Electrolyte Drink Mix**. Each single-serving pouch offers a quick and tasty blast of muscle-restoring electrolytes.

And don't forget your **Earth, Sky + Water Folding Guides**. These laminated, waterproof guides are rugged, trail- and camp-ready reference guides. Identify local birds with *Backyard Birds of the Pacific Northwest*, trace constellations with the *Night Sky Guide*, and see who else is hiking with you with *Animal Tracks of the Pacific Northwest*.



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Side^{by} Side



How do you plant milk? Turns out there's a lot of ways! Do you like plant-based milks in your coffee, cereal, baked goods, savory dishes (mashed potatoes, gratin, creamy soups, etc)? Or, do you like it plain over ice as a thirst quenching treat? Back in the days when I would indulge in cocktails, I loved a White Russian with rice milk instead of half-and-half, a real treat without the weird curdled milk in your stomach effect...I don't know how "The Dude" managed it.

All over the world, plant-based milks have been used in a variety of ways for much longer than they've been on American shelves. Almond milk, for example, is a notable ingredient in medieval cookbooks. Coconut milk has been around for at least 2,000 years, both as a beverage and cooking ingredient, and there's evidence that soy milk has been around since somewhere between the 1st and 3rd century.

So yeah, plant-based milks have been around much longer than any of us have but what's changed is the availability and varieties. The first time we featured plant-based milks in this column—back when the Thymes was a monthly newspaper instead of a quarterly magazine—it was mostly coconut, almond, soy, and rice milks. Now, there's so much more to choose from! This time the focus is on the new blends, flavors, and bases. It's worth noting that at home, our daily milk is *Good Karma* Flax Milk, Unsweetened. There's a protein rich, thick and creamy version of it available too.

So Delicious Organic Coconut Unsweetened

Vanilla: Recommended for baking—there's even a recipe teaser on the side of the carton. Don't get confused, this coconut milk isn't supposed to taste like coconut and it doesn't. The vanilla flavor is very light.

Three Trees Organic Black Sesame Almond

Milk: I smell chocolate, am I crazy? I taste chocolate! There's no chocolate but something about the blend is very chocolate milk! Very tasty!

Plant-based Milks

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



Califia Farms Toasted Coconut & Almondmilk

Blend: Unlike the vanilla flavored milks, this one clearly has a standout coconut flavor despite being an almond milk! It's enhanced with coconut cream and uses monkfruit extract for added sweetness.

Pacific Foods Organic Almond Vanilla

Unsweetened: I'm not a fan of almond milk in general but the ever so slight hint of vanilla in this one actually brings out the almond flavor and makes this one pretty tasty. My complaint with almond milk is that it doesn't taste anything like almonds!

New Barn Organic Almondmilk Unsweetened

Vanilla: I couldn't keep my hands off of this delicious almond forward beverage! The vanilla doesn't stand out. Instead, it cranks up the almond flavor to beautiful heights. Very simple, straightforward ingredients.

Silk Almond and Cashew: This one uses pea protein and resulted in very thick morning smoothies.

Silk Creamy Cashew: Blended with almond milk, this one has a distinct, pleasant flavor.

Pacific Foods Cashew Original Unsweetened: Mild flavor. Recommended for cooking or baking.

Milkadamia Unsweetened Vanilla: Delicious, but the vanilla flavor is rather subtle.

Milkadamia Unsweetened: Delightful! I'd enjoy a cup of this over ice any day.

Pacific Foods Hemp Milk: Very tasty vanilla flavor (listed in the ingredients but not the name!) A mild, pleasant aftertaste. I'd drink this cold on a hot day.

Three Trees Organic Oatmilk with seeds:

Flax and pumpkin seeds means added Omegas! Pleasant flavor, not a stand out but the neutrality means it's a good all purpose milk.



Silk Oatmilk: This one tastes extremely sweet. A little research revealed that while there's no sugar listed in the ingredients, sugars are produced in the hydrolyzation process.

Califia Farms Organic Oatmilk: Nice oat flavor, just oats, water and salt. A great all purpose milk.

Oatly! Oatmilk Low fat: Lightly sweet, pleasant oat flavor. Good for smoothies.

Pacific Foods Organic Oat: Very sweet (thanks to hydrolyzation) but delicious! Cold beverage worthy but also recommended for baking.

Oat Malk Original: Great flavor!

Rise Brewing Co. Organic Oat Milk Original: Delicious flavor, that's on the sweeter side. This one's good for all purposes.

Brand / Product	Texture	<div>High Protein</div> <div>Low in Fats</div> <div>Nut-Free</div> <div>Milk Blend</div> <div>Added Oils or Thickeners</div> <div>Vitamin Enriched</div>					
So Delicious Organic Coconut Unsweetened Vanilla	Creamy		x			x	x
Three Trees Organic Black Sesame Almondmilk	Hint of creamy				x		
Califia Farms Toasted Coconut & Almondmilk Blend	Creamy		x			x	
Pacific Foods Organic Almond Vanilla Unsweetened	Hint of creamy		x			x	x
New Barn Organic Almond Milk Unsweetened Vanilla	Light					x	
Silk Almond and Cashew	Thick & creamy	x			x	x	x
Silk Creamy Cashew	Very creamy		x		x	x	x
Pacific Foods Cashew Original Unsweetened	Light		x			x	
Milkadamia Unsweetened Vanilla	Light & creamy					x	x
Milkadamia Unsweetened	Light & creamy					x	x
Pacific Foods Hemp Milk	Thick & creamy		x	x		x	x
Three Trees Organic Oatmilk with Seeds	Light		x	x	x		
Silk Oatmilk	Light		x	x		x	x
Califia Farms Organic Oatmilk	Light		x	x			
Oatly! Oatmilk Low fat	Lightly creamy		x	x			x
Pacific Foods Organic Oat	Thick & creamy		x	x		x	x
Oat Malk Original	Perfectly creamy		x	x			
Rise Brewing Co. Organic Oak Milk Original	Perfectly creamy			x		x	



Selections vary by location and availability

THE MAJESTIC THEATRE

June

Corvallis Comedy Night presents:

Samantha Ruddy

June 3 at 7:30pm

Rancho Trinidad

June 11 at 3:00pm

Majestic Aerial Arts presents

Sea of Dreams

June 17 at 7:30pm

Majestic Movie Extravaganza presents

Mamma Mia - The Movie

June 24 at 7:30pm

July

Pacific Tap Dance Company presents

Knock on Wood

July 8 at 3:00pm

Majestic Theatre Youth Production

presents Beauty and The Beast Jr.

July 27, 28, 29 at 7:00pm

July 29, 30 at 3:00pm

August

Majestic Theatre Youth Production

presents Comedy of Errors

August 25 at 7:00pm

August 26 at 3:00pm

THE MAJESTIC THEATRE

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