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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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# **Fall Welcomes All**

Adam Payson, Thymes Editor

e love it when fall comes to the Willamette Valley, because that means the harvest is coming to the Co-op! As the fresh, organic produce from farmers up and down the valley and across the state comes rolling in, it's a reminder that variety is the spice of life. And there's nowhere in the community where the variety (and the spices) are more plentiful than First Alternative.

Everyone's welcome at the Co-op, and everyone will find whatever it is they might need: affordable groceries from near and far, a quick meal, a welcoming staffer with some helpful recommendations, and an inclusive community of shoppers and Owners that are working to make the world a safer place.

Becoming a Co-op Owner is a great way to support this sustainable community, and to get more involved. Co-op Owners vote to elect our Board of Directors and Beans for Bags donation recipients, receive a monthly 10% Owner Sale Day discount, and get access to our exclusive Co-op Community events that include fun getaways and community service.

October, when we celebrate Co-op Month is an especially great time to become an Owner because we're offering an additional coupon for 20% off your next shopping trip with your purchase of an Owner share. Learn more and sign up online at firstalt.coop/ownership or visit Customer Service at either store.

In the meantime, enjoy this crisp edition of the Thymes where we take a trip to La Mancha Ranch and Orchard, share some tasty fall recipes, and help get the kiddos back to school, healthfully.

# **Everyone is welcome!**

We encourage the use of inclusive language because our Co-op community includes people with a variety of identities.

Inclusive language includes terms like these until you know a person's pronouns:

people, person, folks, they, them

Thank you for helping us create a safe space!





# A Trip to La Mancha Ranch & Orchard

# We visit the Sweet Home growers to see how it's hanging

ave and Anita of La Mancha have been growing fruit and hazelnuts on their Sweet Home ranch and orchard for over 30 years, and the Co-op's been helping to sell them for nearly as long.

Always striving to be in-the-know on what's on-thegrow, our Produce team paid their organic operation a visit one afternoon this summer. Dave led an informative tour through the shady rows of hazelnut trees (7 acres of trees producing La Mancha's petite, flavor-packed hazelnuts) to the orchard of stillripening apples and peaches—some of the very same fruits we'll be seeing in the stores this fall, including rows of Gold Rush apples, a true gold standard of a variety, great for snacking, baking, and storage.

To protect the apples from the elements, they're sprayed with a clay solution, an all-natural sort of sunscreen. Nearby, peach tree branches, heavy with ripening fruit, are propped up with sticks. (pictured, bottom left and right on the next page.)

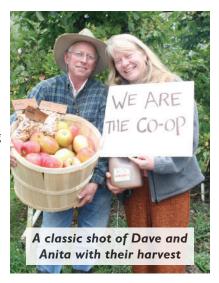
Hungry local birds are prevented from over-snacking the precious cherry trees by a vast overhead network of netting in one section of the orchard, and tall row houses in another. (Pictured below.) Anyone who tasted this past season's crop of Rainier and red cherries from La Mancha at the Co-op or Corvallis Farmers' Market can understand why the birds are such a threat—you can never get enough!

The diffused light in the row houses encourages vigorous growth and fruiting for the cherry trees. The season was just wrapping up as we visited, but some snacks were still hanging out deep in the branches, ripe for the plucking. (pictured, top right on the next page.)

Our visit ended with a trip to the cleaning and packing buildings, all the equipment quiet in the summer while it awaits the fall harvest. Before long, apples and hazelnuts will begin rolling in to be be cleaned and graded for sale. Only the best nuts and fruits make

their way from the farm to the Co-op, because quality is always top priority at La Mancha. as is sustaining their beautiful piece of land.

La Mancha's farming values embrace a local, safe, and resilient food system that has at its core nurturing and nature at its core. How do you like those apples?



















# **Apples Recipes for Fall**

# The apple doesn't fall far from the kitchen with these recipes

olklore, fairy tales, teacher's pets and titans of tech. What do they all have in common? Apples! The apple is an ever-present fixture in culture and in our diets. The handheld snacks were turned into a domesticated crops somewhere between four and ten thousand years ago. Now, the varieties are nearly limitless, with the Co-op seeing everything from liberty, gala, Granny Smith, and jonagold, to fuji, pink lady, and one of our favorites, Gold Rush, from La Mancha Ranch and Orchard. They're great for snacking as well as cooking, so try them in some of these dishes, when they're available. For other varieties to use, check with your friendly produce stocker!

### French Toast with Warm Apple Pecan Compote Servings: 6. Prep time: 60 minutes

### Compote:

- 3/4 cup water or apple juice
- 1/4 cup brown sugar
- 1/4 cup maple syrup
- ½ teaspoon cinnamon
- 1/4 cup raisins
- 1/4 cup chopped pecans
- 3 cups apple, peeled and cut into ½-inch pieces Pinch of salt
- I Tbsp cornstarch
- 2 Tbsp butter

### **French Toast:**

- 2 Tbsp butter
- 5 large eggs
- I cup milk
- 2 Tbsp maple syrup Pinch of salt
- I-pound loaf of softcrusted bread (such as brioche or challah) cut into 1-inch thick slices

**Compote:** Bring the water, brown sugar, maple syrup, cinnamon and raisins to a boil in a saucepan. Add the pecans, apples and salt. Bring the mixture to a simmer and cook for about 15 minutes, stirring occasionally. Add the cornstarch and butter and simmer another 3 to 5 minutes until slightly thickened. Keep warm while preparing the French toast, or prepare the compote the night before and reheat.

French Toast: Heat the oven to 300° F. Place a metal rack in the oven to keep pieces of finished French toast warm while the rest is cooking. Melt a little of the butter in a large skillet (or two skillets to make the process go faster) over medium-low heat. Whisk the eggs, milk, maple syrup and salt in a large bowl. Soak each slice of bread in the egg mixture for about 30 seconds on each side. Place in hot skillet and cook each side for 3 to 4 minutes until golden brown. Add more butter for each new piece of toast added to the pan. Slice French toast into triangles and serve topped with warm apple compote.

> Reprinted by permission from grocery.coop.

# Waldorf Salad with Yogurt & Honey

Servings: 4-6. Prep time: 30 minutes.

- I lemon, juice and zest (about 2-3 Tbsp juice)
  ½ cup Greek yogurt
  I tsp honey
  Salt and pepper to taste
  2 cups apple (I large apple), cut into bite-sized pieces
- I cup seedless grapes, halved I cup celery (2-3 ribs), cut into ½-inch pieces ½ cup toasted walnuts, coarsely chopped

In a small bowl, whisk together the lemon juice, zest, yogurt and honey. In a large salad bowl, gently toss the apples, grapes, celery, and walnuts with the dressing. Season to taste with salt and pepper. Substitute nonfat Greek yogurt for a lower-fat version if you like.



# **Gingered Beet and Apple Salad**

Servings: 6. Prep time: 30 minutes.

I pound beets, peeled
I apple (about I/2 pound)
I/4 pound carrots, peeled
I/2 cup fresh parsley,
minced
2 tablespoon apple cider

- 2 tablespoon apple cider vinegar
- I tablespoon fresh ginger, minced
- 2 tablespoon olive oil Salt and pepper to taste

Using the shredding blade of a food processor or a grater, shred the beets, apple and carrots. Mix well with the remaining ingredients. Season with salt and pepper. Serve immediately or refrigerate to let the flavors blend.

# **Butternut Apple Bisque**

Servings: 6. Prep time: 45 minutes.

I medium onion, diced

I Tbsp butter or vegetable oil

I Tbsp curry powder (or more, to taste)

I butternut squash, about I ½ pounds, seeded, peeled and cubed

I Granny Smith apple, cored, peeled and cubed 5 cups low-sodium vegetable stock Sea salt to taste

In a 4-quart pot, heat the butter or oil and saute the onion over medium heat until soft, about 5 minutes. Add curry powder and sauté 3 more minutes, being careful not to burn. Add squash, apple, and vegetable stock to the pot and bring to a boil. Reduce to a simmer, cover and cook 20-30 minutes, or until squash is tender. Puree the soup in a food processor or blender and salt to taste.

**Tips:** For some extra spice, add I Tablespoon ginger, peeled and chopped, to the pan at the same time as the onions. To garnish, stir in a dollop of sour cream and add a sprig of thyme.



# Owner Spotlight: Dave Eckert & Annette Mills

# Sustainability's dynamic duo were in the market for a chat

o-op Owners do so much more than own a share of our community-driven grocery store. They're out in the community every day, working to make the world a better place. To highlight these contributions, our Board of Director's Owner Relations Committee is creating a series of Owner Spotlight video interviews.

For the latest turn of the Spotlight, we've got a two-for-one interview with a real dynamic duo of sustainability efforts in Corvallis: Annette Mills and Dave Eckert. We caught up with them one sunny morning this summer at the Corvallis Farmers' Market. Before they loaded up their bike trailer with fresh produce, they spent some time telling us about their work in the community, their love of the Co-op, and some fun and interesting things about themselves. Here are a few excerpts from our interview, edited for clarity and length. Scan the code below to see the whole thing.

### How did you become Co-op Owners?

Annette: Before we made the move from the East Coast to Oregon, we made our list of ten things we were looking for in our ideal community. And a natural foods co-op was on our list of ten. Because every community we've lived in, there has been a co-op where we've done our shopping. So, when we came to Corvallis in 2006 to check it out, we walked into the South Co-op. We thought we'd died and gone to heaven. We were so excited. So the Co-op is one of the reasons that we moved to Corvallis.

### What are some of your favorite things about the Co-op?

Dave: I like the feel of the Co-op. Everybody is so friendly and helpful and enthusiastic. Everything looks so good there.



Scan the QR code to visit our YouTube page where you can see the whole interview, along with other Owner Spotlights.

And then all the products are so good. And also the sustainability practices, the fact that so long ago the Co-op was involved with solar energy, and then became involved with water conservation, water efficiency, and got involved with working so closely with local farmers.

### Tell us about your work in the community:

Annette: There are two organizations I work through, primarily. The first is the Corvallis Sustainability Coalition. Along with several other people, I was co-founder of the Coalition in 2007. It's a network of more than 350 partner organizations, including the Co-op. We have 12 action teams working on creating a sustainable community. The other organization I volunteer with is the League of Women Voters of Corvallis, which is primarily where I do my advocacy.

Dave: I volunteer with three organizations. The first is the Sustainability Coalition, where I lead up the water action team. We work on projects related to creeks, wetlands, and surface water all around town. Second is the Marys Peak Group of the Sierra Club. I'm the program chair, and run hikes and two webinar series. Third is the Marys Peak Alliance, which is a group of people who promote and protect Marys. We take hundreds of students up there every year and work with the Forest Service and the Bureau of Land Management to protect it.





# **Computer Problems?**

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"Thanks so much for helping us." Louise Tippins, Environmental Federation of Oregon

# **Superior PC Service**

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John Madsen: Owner 541.740.6717 (voice or text)







# **Cheers to Party Pairings**

# A pairing guide for seasons of giving and gathering

hen it comes to fall and winter entertaining, so much of the appeal is in the pairings. These are gettogethers a whole year in the making and, when we finally gather, it's often around the table, so the food fueling the conversation and camaraderie deserves consideration.

Let us help, with this quick and simple pairing guide covering the basic elements of combining complementary groups of drinks and foods.

For each basic category of beverage, from red and white wines to beers and cider, we offer some basic pairings that will either be deliciously congruent, or make

**Sparkling Wines** *Champagne*, *Prosecco*, *Brut rose*, etc.

Triple creme brie, mild cheddar, swiss, chevre

Shrimp, prosciutto

Mushrooms, olives

Cashews, marcona almonds

a flavorful contrast to your chosen beverages. They're listed in this order: cheeses, meats, fruits and veggies, and nuts. They're all on board for these delicious pairings, many from local producers.

Remember, great spreads aren't just a delicious addition to your holiday party, they're conversation starters. And they all start at the Co-op!

# **Bold Red Wines** Cabarnet Sauvignon, Malbec, Syrah, etc.

Parmigiano Reggiano, aged gouda, sharp cheddar

Soppressata, pepperoni

Figs, raisins

Roasted Almonds

### **Bold White Wines** Viognier, Chardonnay, Gewürtztraminer, etc.

Munster, feta, asiago, gorgonzola, aged bleu

Provolone, salami

Endive, tart apples

Hazelnuts, pistachios

# WINE

# **Med-Light Red Wines** Merlot, Pinot Noir. Cabarnet Franc. etc.

Gruyere, aged bleu cheese, havarti, camembert

Provolone, prosciutto

Olives, pickled onions

Pecans, peanuts

# Med-Light White Wines,

Sauvignon Blanc, Riesling, etc.

Monterey jack, goat cheddar, smoked gouda, brie

Smoked salmon

Berries, pears

Walnuts

# **Dark Beers** Stouts, Porters, Irish Reds, Brown Ales, etc.

Sharp cheddar, smoked bleu, gruyere, fontina

Bacon, pepperoni

Figs, dates, dried fruit

Peanuts, chocolate

# **Light Beers** *India Pale Ales, Pale Ales, Lagers, Pilsners, etc.*

Parmigiano reggiano, pepper jack, smoked cheddar

Cotto salami, soppressata

Pineapple, dried fruit

Mixed nuts, cashews

# **Hard Ciders** Sweet, semisweet, dry, semi-dry, etc.

Camembert, fresh mozzarella, chevre, smoked gouda

Cured ham, cotto salami

Figs, olives, berries

Hazelnuts

For all tomorrow's parties, find everything you need at First Alternative. Got any questions about pairing suggestions? Just ask a friendly staffer!

# **Pairings for the Plant-Based**

# Going vegan for the holidays, with Renegade Foods and others

e're always first in alternatives at First Alternative. It's part of our dedication to serve everyone. Not every diet is the same, but we understand that they're all deserving of deliciousness, and it's our mission to serve it up.

That's why we strive to stay on the cutting edge when it comes to dairy-free cheeses or plant-based meats, and why there's no better place to visit than the Co-op, when your party platter calls for the former or the latter. Here's a little taste of what we have to offer. Any one of these products will fit right into our pairing guide on the previous page. Selections will vary by location and availability.

### Renegade Foods Artisan Vegan Salami

brings animal-free, organic charcuterie to the table, and we can't wait to dig in. This womenowned company took inspiration from the old-world charcuterie masters of Spain and used it in creating a whole-food product that's authentically tasty while representing the future of food.

### **Nuts for Cheese Fermented Cashew Product**

is proof positive that the versatility of nuts is "Un-Brie-Lievable." Their dual understanding of the culture behind cheese and the art of culturing cashews makes for one delicious product line.

**Sliced, spreaded, or grated,** we have a dairy-free cheese for every appetite. Look for selections from *Violife, Miyoko's Creamery,* and *Follow Your Heart,* to name a few, in the Co-op Deli. Looking for help or pairing advice? Just ask us!





Selections vary by location and availability



ere at the Co-op, we like to say that we have "roots in the community." After 50-plus years of being community-owned, it's a well earned sentiment! Another thing we have every year is roots from the community.

As the temperatures drop, all manner of delicious root veggies and hearty greens start getting delivered directly to the Co-op from local farms. To help you put these seasonal delights to good use, here are four of our favorite fall-ready recipes from Budget Bites, our affordable, in-store meal planning guide. Find everything you need at the Co-op.

Yam & Black Bean Quesadillas These tasty quesadillas were inspired by the Co-op Kitchen's colorful take on the classic cheesestuffed tortillas. Your family will flip for them!

Italian Beans & Pasta It doesn't take much elbow grease, just some elbow macaroni and beans to make our preparation of this cool weather comfort dish. Our recipe features plant-based sausages, but it could just as easily be made with traditional Italian sausage links.

Curried Pintos & Potatoes A zesty blend of spices take this mix of pintos and potatoes on a flavorful ride from the relative safety and comfort of its whole grain bed of quinoa. (Note: they won't actually be safe—you're going to gobble them up!)

Lentil & Chard Wraps Roll yourself up a delicious and nutritious lunch with green lentils, brown rice, and a delightful blend of spices. That's a wrap!

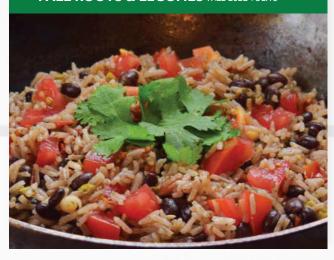




A budget-minded meal plan

6 dinners for 2 adults. Menu on back page.

### FALL ROOTS & LEGUMES FALL 2022 VOL. 18



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

Yam & Black Bean Quesadillas

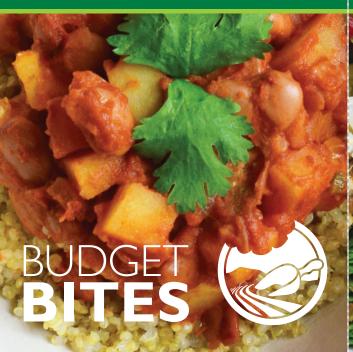
Italian Beans & Pasta





**Curried Pintos & Potatoes** 

Lentil & Chard Wraps





### Italian Beans & Pasta

### **Ingredients:**

1 15 oz can Great Northern beans 4 oz elbow macaroni 2 Beyond Sausage links,

I clove garlic, minced I small onion, chopped I 15 oz can Muir Glen

tomatoes

sliced

I tsp cornstarch 1 ½ tsp dried parsley 1/4 tsp salt ½ tsp dried oregano Black pepper to taste 2 leaves chard, chopped (center stem removed)

Bring 3 cups water to a boil and add elbow macaroni. Cook until al dente': drain and rinse with cold water. Brown sausage links, garlic, and onion in a skillet. Drain excess fat, if needed. Mix tomatoes and cornstarch, making sure cornstarch is dissolved. Add all remaining ingredients. Stir; simmer 8-10 minutes, until heated through.

# **Lentil & Chard Wraps**

### **Ingredients:**

1/4 cup French green lentils I cup water I chard leaf, chopped I small shallot, chopped 1/4 small jalapeño pepper, (seeds & veins removed) I small clove garlic, minced ½" piece fresh ginger, peeled and minced

I Tbsp olive oil 1/4 tsp salt ½ tsp brown mustard seeds 1/4 tsp curry powder 1/4 tsp garam masala ½ cup long grain brown rice, cooked Chard leaves for wrapping

Add lentils and water to a saucepan and bring to a boil. Reduce heat to a simmer, cover and cook 40 minutes, or until lentils are tender. Heat oil in a large skillet and add mustard seeds. Sauté 20-30 seconds or until they begin to pop. Add remaining spices and sauté a few minutes, stirring frequently. Add lentils; gently stir together. Add salt to taste. Add rice.

To serve, add a small scoop of brown rice and the lentil mixture to each chard leaf. Roll leaf up, encompassing filling. Serve with your favorite hot sauce or chutney

# Yam & Black **Bean Quesadillas**

### **Ingredients:**

½ yam, peeled and cut into ½" cubes I Tbsp olive oil 3 green onions, sliced ½ tsp ground cumin ½ tsp chili powder

2 chard leaves, chopped ½ cup grated cheddar cheese Hot sauce

4 flour or corn tortillas

Salt to taste

½ can black beans, drained

Place cut yam into a pan with a small amount of water, cover, and steam until fork-tender, 10-15 minutes. In a large skillet, heat oil and add onion, cumin, chili powder, black beans, yams, and salt. Sauté until onion is tender. Spray a clean skillet with olive oil, place I tortilla in skillet, add half the bean mixture and half the cheese. Top with another tortilla. Spray top tortilla with olive oil. Heat over med-low heat until golden brown, then flip over and cook until bottom is golden brown. Make the remaining quesadilla in the same manner. Cut into wedges and serve with hot sauce as desired.

# **Curried Pintos & Potatoes**

### **Ingredients:**

I I5 oz can pinto beans I Tbsp olive oil ½ small onion, finely diced ½ small jalapeño, diced (seeds & veins removed) Sea salt to taste

 $\frac{1}{2}$  tsp curry powder ½ cup quinoa

1/4 tsp ground cumin

1/4 tsp ground coriander 1/4 tsp cinnamon 2 cups red potatoes, diced I cup tomato sauce ½ cup water Chopped cilantro to garnish

Heat oil in a large skillet. Add onion and jalapeño and sauté until onions soften. Add spices and salt and sauté briefly. Add potatoes and stir to coat. Add pintos, tomato sauce, and water; stir, then cover and simmer 25-30 minutes or until potatoes are tender, stirring occasionally. Serve over cooked quinoa, garnished with chopped cilantro.

To cook quinoa: Rinse well to remove bitterness. Add ½ cup water to a saucepan, stir in quinoa, bring to a boil, then reduce heat, cover, and simmer about 8-10 minutes or until water is absorbed.

# **Celebrate Co-op Month in October**

October is the perfect time to become a Co-op Owner

o-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 purchase an Owner share for \$70 (payment plans available.) Here's what it gets you:

**Extra Savings** Owners enjoy extra coupons and savings opportunities, as well as Owner Sale Day, which gives Owners 10% off non-sale items on one day of their own choosing every month. It's like the whole store is on sale just for you! (Some restrictions apply. Discounts do not stack.)

**Co-op Community Events** Owners are invited to take part in exclusive community events. Everything from the annual Owner Rendezvous party and meeting, to community service opportunities, and tours of local businesses.

**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.

October is Co-op Month! We're celebrating by giving everyone who becomes an Owner from October 1-31 a coupon for 20% off on their next shopping trip.

# Own it in October!

Become an Owner during October and

GET 20% OFF
YOUR NEXT SHOPPING TRIP

Offer good October 1-31, 2023 • see store for details



# **Become an Owner Today**

Visit firstalt.coop/ownership or the Customer Service desk at either store to get started.

# **Once Again Nut Butters at the Co-op**

# Spreading delicious nut butters and integrity

nce Again is the sort of company we need more of in this world—100% employee-owned and dedicated to spreading integrity. Their nutritional, non-GMO nut butters are sustainably produced, in adherence to their "Honest in Trade" policy.

Over forty-plus years in business, they've witnessed an explosion in companies claiming to be sustainable but taking no action. Once Again is all about action. They pay fair wages, practice ethical and traceable sourcing. To cut food waste, the company donates its edible food byproduct to animal lovers and farmers, who use it to fill birdfeeders or feed livestock. Some of what's no longer edible is even upcycled into energy through anaerobic digestion!

Transperancy is important, too. This past summer, Once Again did something incredible—with commodity markets stabilizing as the pandemic faded, they lowered prices on their products, passing the savings they were receiving back to the customers.

Whatever you're spreading, creamy or crunchy, Once Again has something good for you, from protein-packed Peanut Butter to nutrient-dense Cashew Butter, and fiber-

rich Almond Butter. (Selections vary by store and availability.)





**Spread the Love:** Here are three tasty ways to use your favorite Once Again Nut Butter. For top-tier tastiness, we recommend using your favorite flavor of Sweet Creek Fruit Spread.



Bread
Fruit Spread
Nut Butter
Bread



Bread
Nut Butter
Fruit Spread
Bread
Fruit Spread

Nut Butter
Bread



Bread Fruit Spread

Bacon

Banana Slices

Nut Butter











### **SEPTEMBER**



### **Chromatic Vibes - Artist Mixer**

September 14, 2023, 5:30 - 7:30 pm at Common Fields (Live music from 6-8 pm)

### 8x8 Art Gallery

September 20 - October 5, 2023

**Dualities: Gabe Babcock & Roberta James** 

September 21 - October 28, 2023

### **OCTOBER**

### Art for the Heart Gala

October 7, 2023, 6 - 9 pm at CH2M-Hill Alumni Center, OSU Campus

**Living Studios: Voices from Home** 

October 10 - November 25, 2023

### NOVEMBER

Some things Are True: Joan Batt & Nancy Waterson Scharf

November 16 - December 30, 2023

### Sarah Ferguson

November 28 - December 30 25, 2023

# 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



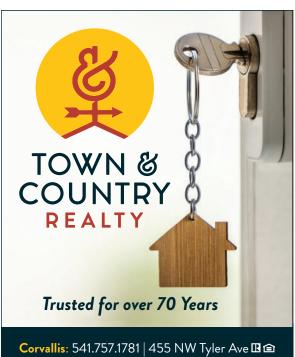








401 SW Jefferson Ave.



Albany: 541.924.5616 | 321 1st Ave NE, Suite 1B

# **Healthy Lunches for Kids, by kids**

# Back to school nutrition adds up -by Mandy Makinen

kay, parents. We all know that back to school is, although bittersweet for our children, pretty good for us. Our children are again occupied in noble pursuits, they get regular exercise, they have plenty of time with their friends and the echo of "I'm bored" vanishes from the halls of our homes. Things are always good for a few weeks — at least until a new boredom sets in. School lunch burnout.

For those who regularly pack lunches for an elementary school–aged child, you may have run into a few common points of friction. Namely, boredom with content, arguments over what didn't get eaten that day, and issues revolving around trading for junk food. Let's look over the issues, one at a time.

### **Battling boredom**

I had always planned on being the mom who would break out the cookie cutters to make lunchtime sandwiches special, or who would creatively market sacks of carrot coins or a stand-up broccoli forest to my child. But the reality is, that takes time. Our family tries to put emphasis on dinner and eating (mostly) home-cooked meals together at night, so with already limited time in the evenings, packing elaborate bag lunches has fallen by the wayside.



Working under time constraints might take some of the creativity out of presenta-tion, but it doesn't have to mean a boring or unbalanced lunch. We adopted a baseline of this equation: 1 + 1 + 1 = 1. One fruit or vegetable (e.g., carrots, banana, cucumber, apple), one protein (turkey, peanut butter, ham, cheese), and one carbohydrate (bagel, crackers, English muffin, tortillas) = one lunch. Dividing lunch-building into predictable units makes it easy for my son to participate by choosing different, changing components. One of the best side effects of this lunch style is that it teaches my son about nutrition—which types of food have what nutritional value. Now my son knows that peanut butter is a protein, not a vegetable. He knows that a banana is not a significant source of complex carbohydrates but that a whole wheat bagel is.

# **Emphasize efficiency**

There was a time, I am sure, when all kids would sit down to lunch at school with enthusiasm and dig in, focused on the task of chewing their food and getting refueled for an afternoon of learning. I believe that time was somewhere around the year 19-oh...never?

The truth is that lunch is, and has always been, an important social time for kids. This is when jokes get told, bragging gets done and where today's hilarious sight gags are tomorrow's doctor's visits (raisins in the nose, anyone?). This is also when your child is supposed to focus and eat their whole lunch.

Remembering to keep portions small and the eating process efficient (think bite-size finger foods) helps ensure that more food gets eaten. This is the way toddlers eat, but I find it works great at any age (I love a "snack lunch" at the office myself). It doesn't have to look extremely coordinated to be a good lunch — a handful of nuts, a bag of snap peas, some cheese cubes, grapes, whole wheat bagel half. All these things are easy to eat, and more important, can be safely eaten while paying attention to at least three other things at once.

Reprinted by permission from grocery.coop.



# Less lunch trading

My son reports that a lot of unsanctioned lunch trading happens. Packaged, processed foods designed for lunchboxes—fruit snacks, cookies, chips and cheese puffs—are a hot commodity. For a kid who brings a healthy lunch every day, those things help him build an argument that his mother is the meanest, most boring person alive. It's disappointing to think that the healthy meal we spent time and money planning and purchasing could be traded for less healthy food on a whim. Though I suspect my son's whole wheat bagel or almonds rank low in lunch table trading values.

But to alleviate the feeling that my child is going to be scarred by his health-fanatic mom who never allowed him to have fun foods, we've added "mystery" items to the lunchbox — something that doesn't fall into the main food groups: fruit leather, organic chocolate milk, natural energy bars, a single serving of chips. We shop for these mystery items, along with the rest of his lunch, at our local food co-op, where it's easier to minimize the stuff I don't want him to eat: high-fructose corn syrup, hydrogenated fats, artificial chemical sweeteners and dyes. My hope is that he'll covet these treats enough that they don't end up in trading action and it keeps him eating our home lunches, which are healthier than the alternative overall, for years to come.

# **Hack to School**

Do the math to save time, money, and help the planet with this worksheet of handy school hacks.

Study near a unique scent, like peppermint essential oil, then, at test time, take a deep whiff to jog your memory.



Pack lunches into reusable containers, like sturdy *Preserve* containers (made from recycled, BPA-free plastic) to subtract waste from our landfills.



Chop bell peppers into ¼ inch wide strips for a fun and healthful answer to french fries that will liven up lunch while providing vitamins A, C, and E.



1 + 1 +1=1

fruit or veggie

protein carb lunch

Dividing lunch-building into predictable units makes it easy for kids to participate by allowing them to choose different daily components that add up to one healthy lunch.



North: (541) 452-3115 • South: (541) 753-3115 19

# Wellness Back to School thymne Supplies & Supplements

t's back to school season, and the Co-op's already got an assignment: help the kiddos and parents make it another safe, healthful, and fun year of classes!

When it's time to take notes, the other students will take note of the kiddo's cool Michael Rogers Decomposition Book notebooks and Blue **Q Pencil Pouches**. These eco-friendly school supplies are made with 100% recycled materials using sustainable methods, but it's the fun, fresh designs that will really get the kids talking.

The simplicity (and recycleability) of a brown bag lunch can't be denied, but neither can the adorable design of Danica Jubilee Lunch Bags. Their ruggeddesign will pack years of lunches with no fuss and no muss, and their fun designs offer one more way for your kid to express their creativity, after helping curate their own nutritious lunch. (See page 18 for an article on the arithmetic of a healthy school lunch.)

Hydration is key to education and *Klean Kanteen's* super tough reusable water bottles

offer a BPA-free lining and spill-free lids that the teacher's will give high marks.



Supplemental Education

School, even at its best, is a lot

for any young body to deal with.

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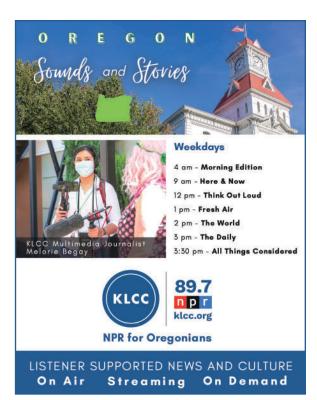
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# with Yadira Ruiz of Sunbow Produce

# The Scoop on **Protein Powders**

available in the Wellness aisle



ello, can we real talk for a minute? I recently learned that as we age, our bodies have a harder time getting the protein they need. Protein is essential for strength, balance, alignment basically, staying upright and mobile.

I don't think I'm alone in admitting I always thought that was something I didn't have to worry about until at least my 70's. But gasp! I'm now in my late 40's and started noticing a few years ago that my body was having a harder time keeping up with the usual routine. I've been experiencing more frequent injuries, soreness, and lack of muscle definition. It used to be that I could build noticeable muscle in just a few weeks but that hasn't been the case for a while.

I'd assumed the heavy labor of farming would keep my bones and muscles strong, even if I don't have time (or energy) to go for runs like I used to. I just assumed that the lack of muscle definition in my limbs was a result of less exercise. Turns out that it's not just me, it's a natural part of the aging process, but it doesn't have to be that way. This isn't about vanity, it's about quality of life and being able to do what I love with less pain and more vigor.



After 8 months of almost daily protein shakes, I see and feel a big difference. My body recovers from work easier and I'm definitely stronger. I'm still amazed how easy it was to shift things for the better by having a tasty shake for breakfast.

Most of the products listed here aren't meant as meal replacements, but I found that having a shake plus other food was too much for me... probably because I added half a banana and a handful of cashews to every shake. What can I say, I'm a texture junkie and te banana helps make the shake silky smooth while the cashews add a little crunch on. You don't have to do this, but you might find you love it as much as I do.

Since I ended up using my protein shake as a meal replacement, I had to make sure I was getting the nutrition I needed. I also found that some can be harder to digest so if you have a sensitive stomach, look for one with enzymes that help you digest and probiotics to keep your belly in balance. Also, I hope it goes without saying, I'm not a nutritionist, or expert, just a fellow human sharing my thoughts and experiences. Thanks for taking the journey with me.

Ancient Nutrition Collagen Protein<sup>†</sup>: I was a little nervous about the flavor of this one because of the ingredients which are mostly fish parts. I added it to a regular smoothie to hedge my bets and folks, I'm here to say, fear not! My smoothie was 100% tasty and not fishy.

Superfoods/extras: Bovine hide collagen, fermented eggshell collagen, chicken bone broth protein fruit • Probiotics: Bacillus Coagulans

Ancient Nutrition Bone Broth Protein†: Not what you'd expect from a chicken broth-based drink. It has a really nice malty flavor, not too sweet. Best tasting of the animal proteins, in my opinion. Good texture.

Superfoods/Extras: Luo han guo fruit • Sweetener: Stevia

**Epic Green Kingdom**<sup>†</sup>: For the protein drinklovers. It's thicker than most with a strong flavor because of all the amazing ingredients.

Superfoods/Extras: Spirulina, chlorella, red banana, jerusalem artichokes, indian moringa, baobab fruit and lucuma fruit (fiber), amino acids • Sweetener: Stevia • Greens/Veggies: Oat grass, kale

**Epic Sunflower Seed Protein**<sup>†</sup>: Tastes like liquified sunflower seeds in the best way, because sunflower seeds are the sole ingredient! Nice smooth texture, no after-taste, and no sweeteners.

Superfoods/Extras: Cold pressed sunflower seeds and nothing else!

**Epic Maca**<sup>†</sup>: Contains superfoods and amino acids on top of protein. It combines a typically mellow blend of earthy flavors, into a powerful combination!

Superfoods/Extras: Maca, lucuma, red banana, Jerusalem Artichokes, amino acids • Sweetener: Stevia

**Epic Vanilla Lucuma**†: Another version of superfoods and amino acids with a really nice flavor and texture. The hint of malt makes this one well balanced and extra tasty. Lucuma is a fruit known for its digestive health benefits. It's a good source of fiber which helps keep things moving in the digestive tract.

Superfoods/Extras: Lucuma, baobab fruit, acerola extract, red banana, Jerusalem artichokes, amino acids • Sweetener: Stevia

**Epic Original**<sup>†</sup>: One of the most neutral tasting powders I tried. Nice, mild flavor went well with the banana I added in. Good texture.

Superfoods/Extras: Jerusalem artichoke, amino acids

# First Alternative Whey Protein Powder Vanilla\*:

Smooth texture, not too sweet. Goes great with a banana and peanut butter mixed in. Contains soy.

Superfoods/Extras: Non-rBGH • Sweetener: Stevia

First Alternative Vegan Protein Powder\* uses phyto-sourced rice, hemp, chia and mushroom proteins. Suggested serving size is 23 grams, 1.5 tablespoons, I suggest adding this to 8 oz of plant milk for the best taste experience. Flavor had a distinctive and pleasant plant flavor.

Superfoods/Extras: Impressive mushroom protein blend! • Sweetener: Stevia • Enzymes: Amylase, protease, glucoamylase, invertease, diastase, lipase • Probiotics: L. acidophilus, B. longum, L. casei, L. rhamnosus

Garden of Life Creamy Protein with Oatmilk Powder: Pretty neutral, light chocolate flavor, and creamy texture with a little bit of grit—but not in a bad way—and fiber!

Superfoods/Extras: Coconut MCT oil powder and inulin • Sweetener: Erythritol, Stevia • Probiotics: Bacillus Subtilis DEIII

### Garden of Life Sport Grass Fed Whey:

Mild sweetener after-taste. Very light chocolate flavor with a creamy texture.

Superfoods/Extras: Multiple amino acids, glutamine, glutamic acid • Sweetener: Erythritol, Stevia • Probiotics: Bifidobacterium Lactis BL-04

### Garden of Life Raw Organic Fit, Chocolate:

Tasty, mild flavor. Texture is a tiny bit gritty because of the added fiber, which is very worth it.

Superfoods/Extras: Green coffee bean extract, ashwagandha, chlorella, flax seed, amino acids • Greens/Veggies: Daikon, radish & alfalfa sprouts • Enzymes: Lipase, protease, aspergillopepsin, beta glucanase, cellulase, phytase, lactase, peptidase • Probiotics: L. acidophilus, L. plantarum

# Garden of Life Raw Organic Meal,

**Chocolate:** Pleasant, light chocolate flavor with a smooth texture and impressive ingredients. When they say it's a meal, they mean it!

Superfoods/Extras: Tapioa and flax fiber, baobab fruit, spirulina, multiple vitamins, • Sweetener: Erythrtol, Stevia • Greens/Veggies: Spinach, apples, beets, broccoli, green bell peppers, carrot, tomato, brussel sprout, parsley, cauliflower, cabbage, kale, alfalfa, barley grass, oat grass, wheat grass • Enzymes: Lipase, protease, aspergillopepsin, beta-gluanase, peptidase, cellulase, lactase, xylanase, • Probiotics: Bacillus Subtilis DEIII

Selections vary by location and availability

# MAJESTIC THEATRE

### September

**Love's Labour's Lost** September 15 & 16 at 7:30pm September 17 at 2:30pm

### October

Corvallis Comedy Night with Lara Beitz October 7 at 7:30pm

Naughty but Nerdy A Stand-up Comedy Showcase October 13 at 7:00pm

Majestic Chamber Music October 21 at 3:00pm

Majestic Halloweekend: Little Shop of Horrors Sing-Along October 27 at 7:00pm

Majestic Halloweekend: The Addams Family October 28 at 7:00pm

### **November**

### Cabaret

November 3, 4, 9, 10, 11, 16, 17, 18 at 7:00pm November 5, 12, 19 at 2:30pm

# **THE MAJESTIC THEATRE** 115 SW 2ND ST., CORVALLIS

For tickets and more info visit us at www.majestic.org or call 541.738.7469





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