

In this issue: Locally Made Nancy's Yogurt • Owner Spotlight
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First Alternative NATURAL FOODS CO-OP Winter 2023-24

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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Winter's Warmth is Cooperative

Adam Payson, Thymes Editor

he Co-op's here to keep the community cooking, because that's what this community has done for us these 50-plus years, and the least we can do is return the favor! First Alternative is Corvallis' only community-owned grocery store, and we're here for all your grocery needs, from 7am-9pm every day of the week.

Speaking of cooking, when it's cold outside, there's nothing like working in a warm kitchen, and we've got all kinds of winter-ready recipes in this edition, including slow cooker recipes (page 6), traditional sweet potato recipes (page 18), and some quick and easy delights from Budget Bites Classics (page 12).

Elsewhere in this issue: We talk sustainability and grass-fed goodness during our Owner Spotlight of Dr. Susan Salafsky (page 8). Our winter squash buyers' guide (page 15) will help shoppers pick out a tasty squash—and one of our Produce managers, Patrick, shares some cool new ways to enjoy them (page 16). And finally, Yadira from Sunbow Produce spices things up with a five-alarm Side by Side look at our selection of hot sauces (page 22). Let's make this winter a winner, Cooperators!



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firstalt.coop/shop

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!



Nancy's Yogurt, Smart and Sustainable

The Springfield Creamery is truly the cream of the crop

In case you didn't know, we are extremely proprobiotics here at the Co-op. Those magnificent microorganisms just make our guts feel so good!

We also love all things local, so it's no wonder we're such huge fans of Nancy's Probiotic Yogurts—and everything else they make, from cream cheese and kefir to cottage cheese and non-dairy oatmilk yogurt.

We're proud to sell Nancy's products every day at First Alternative, not just because they're delicious and nutritions, but because, after 60-plus years, the Springfield Creamery remains an independently family-owned and operated company, where three generations of family work side by side. Owners, the Kesey family, and their nearly one hundred employees make genuine, probiotic food that people trust and count on for good health. Their work is important and impactful to people in the community and across the country. In a recent interview, we asked them to tell us how it all began, and how they've kept it sustainable.

How did the Creamery and Nancy's Probiotic Foods get started?

Newly married and recent Oregon State graduates, Chuck and Sue Kesey (pictured below) opened the doors to Springfield Creamery in 1960. The small and humble business, then located in Springfield, Oregon, bottled milk in glass gallon jugs throughout the 1960's and even did some local home deliveries in iconic 1938 Divco delivery vans. Despite the milk bottling business, it soon became clear that a niche product was needed to ensure that Springfield Creamery would survive.

Chuck always had a longing to make a cultured dairy product, having been in on the ground floor of the beneficial bacteria and probiotic research at Oregon State. In 1969, Nancy Hamren came to work for Springfield Creamery as their bookkeeper, and she also had some yogurt making experience in her grandmother's kitchen. Nancy's experience, paired with Chuck Kesey's expertise as a Dairy Technologist, seemed to be the perfect match. Soon after, in 1970, Nancy's Yogurt was born, becoming the first probiotic-cultured yogurt in the US.

Tell us about your sustainability practices:Sustainability continues to be a focus at Springfield Creamery and a few of the current projects include:

 Springfield Creamery's Carbon Insetting Program Nancy's is partnering with Organic Valley to create climate friendly dairy in the future. This Carbon Insetting project helps sequester carbon, lower on-farm emissions, and turn organic dairy farms into a part of the solution for combatting climate change.





- Greenhouse Gas Project We have begun an updated Greenhouse Gas Emissions analysis project, to help us set climate target goals and develop a roadmap to achieve the reduction climate emissions.
- A Paper-Based Cup! Nancy's Oatmilk Non-Dairy Yogurt (5.3oz sizes) are now in a paper-based cup, reducing plastic by 78% per cup!
 We continue to keep an eye on paper-based cup technology as it becomes available, but we believe this is a step in the right direction.
- Take-Back of Nancy's Containers Since 2017, we have collected over 75,000 pounds of clean containers from consumers in our community. Monthly collections held locally in the Eugene area are then sent to be reground into new plastics used for park benches, flowerpots, and playground equipment.
- Solar Powered Yogurt Making For over 15 years we have captured energy from a 64.5kW solar power system at our facility, providing a portion of the power used by our creamery. To date, our CO2 emissions saved are equivalent to over 7,000-plus trees being planted! Scan the QR Code below to check it out.

Nancy's Probiotic Kefir Biscuits

Serves 4-6. Prep time: 45 minutes

3 cups all-purpose flour 2 tsp cane sugar I Tbsp baking powder ½ tsp baking soda I tsp kosher salt 3 Tbsp Butter

1/4 cup Nancy's Organic
Cream Cheese

1/4 cup Nancy's Organic
Plain Whole Milk Kefir

Preheat the oven to 450 degrees and prepare a baking sheet with parchment paper. In a mixing bowl, whisk together the flour, sugar, baking powder, baking soda and salt. Separately, cream the butter and cream cheese. Combine the dry and wet ingredients. Add the Kefir and incorporate.

Form the dough into a loose ball and knead on a floured surface until just smooth. Flatten the dough and roll to $\frac{3}{4}$ inch thick. Cut 8-10 biscuits and place them on the parchment paper.

Allow the biscuits to rise in the oven at 450 degrees for 5 minutes. Open the oven slightly to reduce the heat to 400 degrees. Bake the biscuits for 10-12 minutes until the tops are golden.





Take it Easy with Slow Cooker Recipes

These low-and-slow recipes offer big flavor with little effort

slow cooker can transform affordable meats like chuck roast, pork shoulder, and chicken legs into tender, juicy meals your whole family will love. Slow cooking your winter dinners is also a great way to speed up your time in the kitchen after work, which gives you more time for family, friends, and fun on these precious, short winter days.

If you don't yet have a slow cooker, it's a great—and typically very affordable—addition to any kitchen, especially considering all the delicious dishes you can make. Just take these three, for example:

Orange Chipotle Beef Tacos Winter is citrus season and this recipe takes full advantage of its bright, sunny flavors to make slow cooked tacos that you won't be able to stop talking about.

Crockpot Calico Beans Cooked across hours, this colorful blend of beans, bell pepper, and tomatoes is a warming taste of the west. Yeehaw!

Teriyaki Beef Ribs After a quick sear, these ribs are cooked low and slow until their rich, zesty meat is practically falling from the bone—and into your heart.

Orange Chipotle Beef Tacos

Serves 6. Prep time: 4 to 8 hours; 20 minutes active.

- I ½ pounds beef chuck roast
- 2 Tbsp tomato paste I tsp chipotle powder I tsp ground cumin
- ½ tsp dried oregano
- ½ tsp salt
- 4 cloves garlic, peeled
- 2 large seedless oranges, quartered

- 12 taco shells or corn tortillas
- 3 cups shredded lettuce
- 3 medium tomatoes, chopped
- I ½ cups shredded Monterey Jack cheese

Place the beef in a slow cooker. Stir together the tomato paste, chipotle, cumin, oregano and salt in a small bowl, then rub the mixture over the beef. Place garlic cloves and oranges on top of the meat and cover the pot. Turn temperature to high and cook for 4 hours, or on low for 7 to 8 hours. When the meat shreds when pressed with a fork, turn off the cooker and take out the insert to cool. Use tongs to transfer the meat to a bowl to cool, and shred the beef.

Place a strainer over a small pot and strain the liquids from the cooker into the pot. Squeeze the oranges over the strainer. Bring the juices to a boil and cook for about 10 minutes, until reduced to a syrupy consistency. Pour over the shredded beef and toss to coat. Taste for seasoning; add salt or more chipotle, if desired.

Serve with taco shells or warm corn tortillas, lettuce, chopped tomato and shredded cheese. Pair with tortilla chips and homemade guacamole or your favorite salsa. The meat can also be folded into larger tortillas with leftover cooked rice to make tasty burritos.



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Crockpot Calico Beans

Serves 10. Prep time: 5 hours, 15 minutes; 15 minutes active.

- I Tbsp olive oil I yellow onion, diced I red bell pepper, diced
- 2 garlic cloves, minced I 15-ounce can pinto beans 2 Tbsp tamari
- I 15-ounce can cannellini beans
- I 15-ounce can kidney beans

- I 15-ounce can crushed tomatoes
- ⅓ cup ketchup
- 3 Tbsp maple syrup
- I Tbsp apple cider vinegar 2 tsp Worcestershire sauce
- Salt and pepper to taste

Rinse and drain the canned beans. Heat olive oil in a skillet over medium-high heat and saute the onion, pepper and garlic for 5-10 minutes until tender.

Add the onions and peppers to a slow cooker along with the rest of the ingredients and stir well. Turn the slow cooker to low and cook for 5 hours. Taste for salt and pepper. Serve warm.

Teriyaki Beef Ribs

Serves 6. Prep time: 7 hours, 30 minutes; 30 minutes active.

4 pounds beef short ribs (about 4 inches long) 3/4 cup teriyaki sauce I Tbsp Sriracha sauce

2 Tbsp sesame seeds 2 medium scallions, finely chopped Canola oil

In a large skillet, heat a tablespoon or so of canola oil over medium-high heat, and swirl to coat the surface with oil. When the pan is hot, place several ribs, meaty side down, in the hot oil. Cook for 1 to 2 minutes to sear and brown the surface. Transfer the ribs to a 4-quart slow cooker, and continue until all the ribs are browned, adding more oil as needed.

In a cup, mix the teriyaki sauce and Sriracha sauce and pour over the ribs, turning to coat. Cover the slow cooker and set to low. Cook for 7 hours.

Uncover the ribs and transfer them to a platter; cover to keep warm. Pour the liquids from the cooker into a small pan and bring to a boil over high heat. Reduce to a strong simmer and cook for about 10 minutes, to reduce and thicken the sauce. If desired, skim the fat from the sauce. Pour the sauce over the ribs and sprinkle with sesame seeds and scallions. Serve warm.





Owner Spotlight: Dr. Susan Salafsky

Creating a better future through sustainable action

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 our latest interview, we turn the Spotlight on Corvallis' Dr. Susan Salafsky. We'll let her tell you why, in this interview (edited for clarity.)

Tell us about yourself:

I am an ecologist, and I'm also the program coordinator for 500 Women Scientists, Corvallis.

What first brought you to the Co-op:

I became an Owner at First Alternative when I came to Corvallis, in 2006. I had already been a member of the Olympia Food Co-op.

I am such a big fan of the Co-op because it really makes it easy to take action for sustainability on a daily basis, because they do all the work for you. Just by shopping at the Co-op, I'm supporting local producers, I'm supporting sustainable practices, and I'm offering feedback to my community, because all the money goes back to our community instead of some corporate location in another state or even country.



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

What's a fun fact about yourself:

I'm actually a first generation American. My mom was born in Switzerland and came over when she was eight. Before her family came over, my family had been living in Switzerland for over 475 years.

Any products you'd like to recommend?

Glad you asked! So partly because of that family history in Switzerland, I am a huge proponent and a fan of the grass fed meat and dairy products at the Co-op.

Even though you can get meats from some of the same companies at another location, I know that the Co-op sells grass fed meats. And the reason why it's so important, I think, is because then I can eat like my ancestors did, for optimum health.



Tell us more about your work with the community:

500 Women Scientists is an international organization, and we are seeking to increase the diversity of experts in STEM. That's science, technology, engineering, and math, as well as medicine.

As part of my work with 500 Women Scientists, I've partnered a lot with other local organizations, including the Co-op and places like the Corvallis Sustainability Coalition. We have a couple of different things that we do. We host Tap Talks, which are presentations on science and society by diverse experts, currently taking place on the first Thursday of every month.

And then we host resource tables or information booths at local events like the Farmers' Market or Planet Palooza, with the idea being to provide the public with information that they can use to create a more sustainable, healthier future

What drives your passion for helping the community:

As an ecologist, I understand that we are all connected by our existence in this space and in this time. And I also know that because of that, the health of the whole depends on the health of the many.

So, my drive is to help our society and our ecosystem through sustainable actions that will create a better future.









Some of Susan's grass-fed favorites: *Nancy's* 100% Grass-Fed Yogurt, *Organic Valley* Half & Half, and *Kerrygold* Pure Irish Butter. Find them at the Co-op!

Follow 500 Women Scientists, Corvallis on Instagram: @500womenscientists_corvallis and visit Facebook.com/TapTalksCorvallis for information on upcoming Tap Talks events.



Take-and-bake bread has never been as tasty

he smell of fresh-baked bread simply can't be beat, and the Seattle-based Essential Baking Company has made it easier than ever to bring that aroma home with their certified organic Take-and-Bake Loaves, now available at First Alternative Co-op.

Like any good bread, it's all in the essentials. Every Essential Baking loaf begins with flour, water, and salt. These certified organic ingredients are all leavened by their signature sourdough starter, which can be traced all the way back to the San Francisco Gold Rush in the middle of the 19th century, when the art of sourdough first came to the United States.

It's not just a bread with a history, either, it's a bread with a bright future, thanks to Essential's "Essential Fresh Seal" bags, which lock in a loaf's freshness for months, without freezing. Keep a loaf or two in your pantry for when you want a quick pasta dinner, or company comes by at the last minute.

French Baguette Ooh la la, this lovely, long loaf has a mellow flavor that makes it the perfect accompaniment to your favorite soft cheeses, like a boursine or brie. It's great for soaking up your favorite winter soups, too.

Rosemary Loaf Hand-cut herbs in the Rosemary Loaf brings an aromatic freshness to every bite. Slice into it while it's still warm from the oven and spread on some butter for a delicious late night snack.

Italian Loaf When you cook it up, this classic Italian Loaf has a crispy crust and chewy interior that make it perfectly suited for soaking up some olive oil and herbs or pilied high with ingredients for a hearty sandwich.





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Kitchen Vonna's Donna Tarasawa

Outreach Specialist

Budget Bites
Quick & Easy Meals

Nothing is quicker than a winter evening. Seems like as soon as the working day is done, you're deep into the night—and no one wants to spend all night cooking!

Thankfully with these Quick & Easy Meals from Budget Bites, the Co-op's affordable in-store and online meal plan series, you can make the most of these miniature winter evenings, while stretching your grocery dollars in the most delicious of ways.

Herbed Black Bean Orzo This dish is loaded with bright colors and bold flavors. It starts with a roasted sweet potato and finishes with an array of herbs so brightly flavored that they'll light up the darkest winter night.

Miso Ramen Nothing's quite as warming on a cold night as a bowl of steaming miso soup. The addition of radishes and mushrooms deepens the flavor while the ramen noodles give you something to savor. Top it all off with a delicious and nutritious hard boiled egg for an easy dinner that will bowl you over.

Black Bean Chilaquiles A perfect use for those tortillas that have been in the fridge just a bit too long, this quick fry-up comes together right in the pan. When you've got leftovers from Taco Tuesday, try Chilaquiles Miércoles!

Spinach Pesto Penne Green is a color we could always use more of in the winter, and a plateful of pesto can go a long way to help. Especially if it's this delightfully nutty blend of spinach pesto, Parmesan, and broccoli.

Keep cooking with new issues of Budget Bites, available in-store quarterly, and always online at firstalt.coop/budget-bites.



Keep cooking with new and back issues at firstalt.coop/budget-bites

Herbed Black Bean Orzo

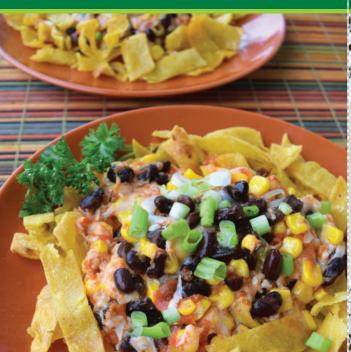
Miso Ramen





Black Bean Chilaquiles

Spinach Pesto Penne





Miso Ramen

Ingredients:

Bring two pots with 3 cups of water each to a boil. meanwhile, thinly slice radishes and mushrooms and chop green onions, set aside. When the water starts to boil, gently ease eggs into one pot with a slotted spoon and place the ramen noodles in the other pot. Simmer noodles for 3 minutes, remove from heat, add 2 Tbsp of miso paste to the water and stir until dissolved into a broth. Simmer eggs for 7 minutes, remove and rinse under cold water. Set aside to cool.

Divide noodles and broth equally into two bowls. Arrange vegetable slices and green onions atop the noodles and broth. When eggs are cooled, peel carefully, cut in half and arrange egg halves atop ramen. Serve with optional toppings of sesame oil and/or hot sauce.

Spinach Pesto Penne

Ingredients:

3 oz fresh spinach

2 Tbsp walnuts, toasted and chopped

½ cup cottage cheese

I small garlic clove

4 Tbsp grated Parmesan cheese, divided

2 Tbsp chopped fresh basil Salt and pepper to taste ½ lb penne I small stalk broccoli, cut into pieces

Cook pasta in boiling water about 7 minutes, until al dente. Drain and rinse. Blanch broccoli in a small amount of water about 4-5 minutes. Purée spinach, walnuts, cottage cheese, garlic, 2 Tbsp Parmesan, basil, salt & pepper in a blender. Rinse pasta with hot water to reheat; stir desired amount of pesto into pasta. Top with broccoli and Parmesan cheese.

Herbed Black Bean Orzo

Ingredients:

I sweet potato I cup chopped 6-8 cups water fresh parsley

1 cup orzo 2 Tbsp olive oil, divided

½ can black beans,drained
and rinsed½ tsp sea salt½ red bell pepperpepper to taste½ cups chopped fresh
oregano, basil, sageShredded Parmesan
cheese to taste

Heat oven to 450°F. Peel sweet potato and cut into ½" cubes. toss in oil, place on baking sheet, sprinkle with salt and roast 15-20 minutes, until tender. Set aside.

Bring water to a boil and stir in the orzo. Cook about 7 minutes, until al dente. Drain and return to pan. In the meantime, place herbs, I Tbsp oil and salt in a small bowl. To the orzo, add black beans, yam and herbs and heat. Stir in red bell pepper. Drizzle remaining olive oil and top with shredded Parmesan.

Serve with warmed, buttered tortillas and sliced cucumbers. Also great topped with sliced avocado.

Black Bean Chilaquiles

Ingredients:

6 corn tortillas

Oil for frying tortillas

4 cup chopped green
onions

I cup whole tomatoes,
drained

2 Tbsp lime juice

2 cup frozen corn

I tsp fresh oregano
Salt and pepper to taste

I cup shredded Monterey
Jack cheese

Salsa for topping

and rinsed

Cut tortillas into thin strips. Heat oil in a skillet until hot; add tortillas and green onions, turning occasionally until tortillas are crisp, about 10 minutes. Stir in black beans, tomatoes, lime juice, corn and seasonings. Sprinkle with cheese and heat just until cheese is melted. Top with salsa.

A Guide to Winter Squash

Make your winter more delicious and colorful with squash

ere's a quick primer on the varieties of winter squash from our pals at grocery.coop that includes some advice on how to prepare them. For some more tasty ideas, check out the next page.

Acorn

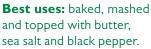
Mild, versatile flavor and a tenderfirm texture that holds up well when cooked. Hard rind helps squash hold its shape when baked. Best uses: baked, stuffed,

cubed and added to grain salads.



Blue Hubbard

This huge squash is perfect for feeding a crowd! Bright orange flesh has a buttery, nutty flavor and a dry, flaky texture similar to baked potato.





Butternut

Vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Rind is edible but squash is usually peeled before use. Best uses: soups, purees, recipes where smooth texture is highlighted.



Rich, sweet, flavorful yellow flesh tastes like a mix of chestnuts, corn and sweet potato. Quick-cooking with a thin, edible skin. Highly seasonal.



Best uses: sauteéd until caramelized, broiled, baked.

Heart of Gold/Carnival

This hybrid squash inherits its tender-firm texture from Acorn and its sweet, nutty flavor from Sweet Dumpling, offering the best of both parents.



Best uses: baked, stuffed, broiled with brown sugar.

Kabocha (Green/Red)

Smooth, dense, intensely yellow flesh that is similar in sweetness and texture to sweet potato.

Best uses: curries, soups, battered and fried as Japanese tempura.

Pie Pumpkin

Mildly sweet squash with a rich pumpkin flavor, perfect for pies and baked goods. Different from carving pumpkins, these are bred for sweetness and size.

Best uses: pies, custards, baked goods, curries and stews.

Red Kuri

Vivid orange, mildly sweet and smooth, dense squash with a delicious chestnut-like flavor. Makes a rich and velvety pureé. Best uses: Thai curries, soups, pilafs and gratins, baked goods.

Spaghetti

Pale golden interior is stringy and dense - in a good way! Use a fork to pry apart cooked flesh which resembles spaghetti in texture and mild flavor.

Best uses: baked and separated, then dressed as you would pasta.

Sweet Dumpling

Petite, softball-sized squash with a pale gold, dry starchy flesh that is similar to a potato but which is renowned for its rich, honey-sweet flavor.

Best uses: baked with butter and cinnamon.











Winter Squash in the Raw

Squash your hunger with these unique squash recipes

t the Co-op, we love winter squash season for so many reasons. They keep a long time, and before you eat them, make lovely countertop decorations. When it comes time to cut one, the extra effort needed to get through their thick skin just makes eating them all the more satisfying. And our bodies crave them! Winter squash are low in carbohydrates and high in fiber. They're also nutrient dense, making them an excellent source of vitamin C, minerals like potassium and magnesium, and B vitamins. All stuff we could use more of in the winter. Long story short, we should all eat more squash, and the Co-op wants to help! Beyond offering lots of exciting varieties in-store this season (see our helpful primer on pg. 15), we'd love to offer you some fresh new ways to enjoy them.

Keep it cool with raw squash:

Roasted, sauteed, or puréed—we're used to cooking our squash before eating it, but did you know, the word "squash" is derived from "askutasquash," a word from the native people of Narragansett's which means "eaten raw or uncooked." Not only is raw squash edible, it's just as delicious as cooked squash, and none of its nutrients will have cooked away.

But, you can't just bite into a butternut! Start by chopping off or peeling the skin. There are a few options for the flesh. Like Patrick recommends above, you can grate your squash. (Use the largest holes on your box grater.) You can also julienne them into matchstick thickness, or take your veggie peeler and create long, thin ribbons. However you do it, toss your squash in some salt or marinate for half an hour or so in a dressing to help tenderize it.

Add the raw squash to your favorite salad (or try Patrick's delicious creation), top your tacos with a pinch or two, or use them to add color and flavor to your favorite *hors d'oeuvres* this holiday season.



Raw Squash Talk

with North Store Produce Manager, Patrick

Eating winter squash raw is actually my new coolest most favorite thing! Most raw squash recipes call for

Butternut, but you can do so much more. The cool ones I like to eat raw are Long Island Cheese, Potimarron aka Red Kuri, and Black Futsu, which I recently tried and loved. It was super earthy, like a carrot but much sweeter.

Last year I made a radicchio, bacon, caramelized onion and goat gouda salad that included winter squash three ways—grated raw winter squash, pickled squash, and pumpkin seeds. It was delicious! Next time, I'll roast the seeds.

Squash Spice Latte

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

I lb roughly diced, peeled squash I quart whole milk I cinnamon stick I whole star anise I tsp ground ginger 6 cloves 2 cardamom pods

1/4 teaspoon freshly grated
nutmeg

1/4 cup maple syrup or
granulated sugar

Pinch salt

Espresso or coffee,

In a large saucepan, stir together squash, milk, spices, and salt. Bring to a simmer. Lower heat to maintain a low simmer and cook 30 minutes, stirring frequently, until squash is very soft. Remove and discard whole spices. Transfer to a blender and process until fully pureed into a thick, frothy liquid.

To serve, pour a shot of espresso or coffee into a mug. Add 6-8 oz hot Squash Latte mix on top and serve. Garnish with ground spices (cinnamon, nutmeg, etc.), if desired.



DECEMBER

Some things Are True:
Joe Batt & Nancy Watterson Scharf
November 16 - December 30, 2023

In The Woods and Wetlands: Sarah Ferguson

Nov. 28 - Dec. 30, 2023

Winter Break Youth Art Classes Monday, Dec. 18 - Thurs Dec. 21, 2023

JANUARY

Compass: Vicki Wilson Jan. 2 - 27, 2024

Accelerator Residencies
Jan. 4 - Mar. 30, 2024 (Featured during CAW)

Howland Community OPEN:

Jan. 16 - FEB. 29, 2024

RECEPTION: Sat, Feb. 17, 2024: 1 - 2:30 pm

FEBRUARY

New Mythologies: Jeff Leake Jan.30 - Feb. 24, 2024

The Neuroscience of Narrative Lecture with exhibiting artist, Jeff Leake Thurs, Feb. 1, 2024: 5:30 - 7 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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Recipes Rooted in Tradition

Make the season sweeter with these sweet potato recipes

weet potatoes, the star ingredient of so many holiday favorites, have a lot more going for them than just that vibrant orange hue. (Go Beavs!) Their subtly sweet flavor makes them feel like a decadent treat, when they're actually an affordable and easy to store source of nutrition. Rich in vitamins A and C, and packed with potassium and fiber, there's so many reasons to eat sweet potatoes—and so many tasty ways to prepare them!

From side dishes to main courses and desserts, sweet potatoes can make any meal tastier and more nutritious. Here are a trio of recipes that offer up a tasty cross-section of the possibilities.

Candied Sweet Potatoes: Start a meal with this butter-soft *amuse bouche* for a treat that melts in your mouth, not on your fork.

Sweet Potato & Parsnip Latkes: A colorful variation on the Hanukkah classic of fried potato pancakes that brings along another seasonal favorite, the parsnip. They're delicious anytime of day.

Spiced Sweet Potato Pie: Make a perfect dinner even sweeter with this Southern favorite, made with sweet potatoes, pecans, and a mouthwatering and heartwarming blend of spices.

Sweet Potato & Yams: What's the Difference?

The names are used pretty much interchangeably, but true yams are a whole different genus than sweet potatoes. Yams are tubers and have a drier, starchier flesh and much rougher skin. Sweet potatoes, on the other hand, belong to the morning glory family.

What's confusing is certain varieties of sweet potatoes have historically been called yams. Garnet and Jewel yams are actually sweet potatoes! This can be traced back to the 30s when Louisiana sweet potato farmers began marketing new varieties they were developing as yams.

A garnet yam (left) and Japanese Sweet Potato, which are each varieties of sweet potatoes

Candied Sweet Potatoes

Serves 6. Prep time: I hour, 20 minutes; 20 minutes active.

- 3 pounds sweet potatoes, peeled
- 4 tablespoons unsalted butter
- ½ cup light brown sugar
- I teaspoon vanilla
 I teaspoon cinnamon
 ½ teaspoon ground ginger

½ teaspoon salt

Preheat the oven to 375°F. Cut the sweet potatoes into I ½-inch chunks, placing in a 2-quart baking dish as you cut. In a small pan, melt the butter over low heat, then stir in the brown sugar, vanilla, cinnamon, ginger and salt. Pour the butter mixture over the sweet potatoes in the baking dish, and stir and turn the pieces to coat. Cover the pan with foil and bake for I hour, or until the potatoes are very tender when pierced with a knife. Let cool slightly before serving warm.



and where it comes from at grocery.coop.

Sweet Potato and Parsnip Latkes

Serves 12 (12 latkes). Total time: 30 to 40 minutes.

2 cups shredded sweet potatoes
I cup shredded parsnips
3 scallions, sliced
2 eggs, beaten
1/3 cup flour

½ teaspoon salt

½ teaspoon black pepper
 Vegetable oil for frying
 Topping
 ½ cup light sour cream
 I cup apple, peeled and minced

Peel the sweet potato and parsnip and shred using a grater or food processor. Wrap the shredded sweet potato and parsnip in a few paper towels and squeeze to remove excess liquid. In a large bowl, mix the sweet potato and parsnip with the scallions, eggs, flour, salt and pepper. Heat a large iron skillet over medium-high heat. Add enough vegetable oil to cover the bottom and come up the sides at least a quarter of an inch. When the oil is hot, scoop about ½ cup of latke mixture into the pan and slightly flatten. Repeat until the pan is full but not crowded. Brown the latkes on each side 3 to 4 minutes. Set aside on a plate lined with paper towels when done. While the latkes are cooking, stir together the sour cream and minced apple. Serve the apple sour cream on top of the warm latkes.

Spiced Sweet Potato Pie

Serves 8. Total time: I hour, 50 minutes.

I ½ pounds sweet potatoes

3/4 cup half and half
2 eggs
½ cup maple syrup
½ cup light brown sugar
I teaspoon cinnamon

1/2 teaspoon allspice
1/2 teaspoon ginger
1/4 teaspoon nutmeg
1/4 teaspoon salt
1 pie shell, unbaked
Roasted pecans halves for garnish (optional)

Preheat oven to 425°F. Bake the sweet potatoes, skin on, for 30 minutes. Remove the skin and purée. Measure 2 cups to use in the pie, reserving any leftover for another use. Return the purée to the food processor and add the half and half, eggs, maple syrup, brown sugar, cinnamon, allspice, ginger, nutmeg and salt, and process until smooth. Pour the sweet potato mixture into the pie shell and bake for 15 minutes, then reduce the heat to 350°F and bake for about 45 minutes longer. When the center of the pie is puffed and a paring knife inserted in the center of the pie comes out with no wet batter, remove it from the oven. Cool the pie on a rack for at least 30 minutes before slicing.



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These cooperatively made knit goods are a gift to everyone

eep yourself and the ones you love toasty as an alpaca this season with winter woolens from Andes Gifts, available now at First Alternative Co-op in Corvallis.

These ethically made fair trade winter woolens are the gift that will keep giving, season after season, and not just to your loved ones. Andes Gifts is all about giving back to its artisans, with sustainable, long-term employment that offers a dependable income for dignified work.

Andes Gifts does this by partnering with knitting cooperatives in rural communities across Peru and Bolivia. They offer artisans consistent work knitting beanies, gloves, scarves, earwarmers, and more on their own schedules. This allows them to spend quality time with their families and communities, while making money.



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Meet some of the artisans crafting your comfortable winter woolens...



Alejandrina has partnered with Andes Gifts for ten years. When she isn't working on knitting projects, she takes care of her home and family. She learned to knit from her mother and is now passing it on to her grandchildren.



Maria has been knitting with Andes Gifts for the past 9 years. In addition to knitting, she runs a small business selling candy. Knitting helps her to feel relaxed and allows her to provide financial support for her parents.



Zenovia has been knitting with Andes Gifts for 4 years. She takes care of her home and tends to her family's crops and livestock when she isn't knitting. She hopes to continue improving her work as an artisan, through Andes Gifts.



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with Yadira Ruiz of Sunbow Produce

Getting Fired Up with **Hot Sauces**



hort days, long nights, colder temps and increased rainfall...hello winter, I can't say I've missed you, but it's nice to see you again.

I have a complicated relationship with this time of year. On the one hand, it brings respite to all of our local farmers—even those of us that grow year 'round. On the other hand, it can bring restlessness when you're used to having more daylight.

Plants are affected by this too! When light levels drop below 10 hours daily, growth slows way down. Between reduced daylight hours and colder temps, the types of produce available during this resting period also changes drastically. Our farm hits the height of variety in October when we're straddling summer and winter crops but once December comes, the drop off is drastic.

Many of us who love to cook embrace winter vegetables, storage crops and staple goods. Our dishes are heartier and often lend themselves to warming spices. Savory dishes readily accept a dash of cinnamon, mace, cloves, nutmeg, ginger when combined with the right ingredients. But even warming spices can start to feel a bit cloying by the time February rolls around. What to do? Turn up the heat! Hot sauce can bring brightness and a depth of flavor along with the heat.

It wasn't so long ago that the hot sauce section at most stores consisted of Frank's Hot Sauce, Tabasco and Tapatio (if you were really lucky). While they remain reliable standbys, there's no reason to limit ourselves anymore and I've got your options covered. Keep in mind that I've got a middle of the road heat tolerance. To be specific, I tasted these straight out of the bottle to avoid flavor interference from other foods and I was fine but you would never catch me doing that with Scotch Bonnet or Ghost Peppers. No thank you, I like my taste buds intact.

The spiciness level of each of these sauces has been ranked on a scale of one to five fireballs, with five being the hottest.

🔥 = "I've got a little tingle on my tongue."

d d d d d d = "I'm breaking a sweat, here!"

Grab Bag: The following hot sauces are made with widely varied ingredients, flavors and textures.

Red Clay Original Hot Sauce 6 Features Fresno chiles. Very tangy, vinegar forward flavor. This is the sauce for homemade hot wings.

Red Clay Carolina Hot Sauce 66 Features Cayenne chiles. Tangy but sweet. Hotter than the original recipe but still on the milder side compared to other sauces. Would be great on eggs or breakfast potatoes.

Barnacle Foods Alaskan Bullwhip 6 Features Piri Piri peppers. Tangy and lightly spicy. Delicious, well balanced flavor. Very pleasant aftertaste leaves a warming sensation on the tongue.

Barnacle Foods Alaskan Serrano Bullwhip 66 Features Serrano chiles. Salty, slightly funky and more fiery than the original recipe.

Truff Hot Sauce 6 Features a trademarked red chile pepper blend. Very sweet with a quick kick, finishes with a hint of truffle. Low acid and thick consistency.



Jalapeno-based Sauces: The heat comes from red jalapenos and often contains sweeteners to bring balance to the universe (of hot sauce).

Because of the sweetness and thicker consistency, you could consider using these in place of ketchup. These are the sort of sauces I would consider putting on top of meatloaf instead of tacos.

Yellow Bird Organic Sriracha Hot Sauce More sweet and tangy than it is hot. Contains dates, raisins, and tangerine juice among its other more traditional ingredients.

Sky Valley Sriracha Sauce 66 A lightly funky and sweet sauce that also packs a decent kick.

Yellow Bird Sauce Jalapeno Condiment 6Sweet and tangy with a barely there kick. The taste reminds me of Mexican tamarind candies.



Jalapeno-based (left) and habanero-based sauces (below)

Sarachee

VOODSTOCK

Habanero-based Sauces: The heat comes from the naturally sweet, tiny but fierce fruit, the habanero. These sauces often use a combination of ingredients to round out the heat with other flavors.

Yellow Bird Organic Habanero 6666 Sweet and spicy. Thick texture. Uses dates, raisins, and tangerine juice. Made my upper lip break out in a light sweat!

Secret Aardvark Habanero Hot sauce 6666
Tomato based, with non-specific "herbs & spices"
(I definitely taste cumin.) Very tasty, well balanced. The heat sneaks up on you because it's so good, you might eat a lot of it before you realize your tongue is having a hot flash. Runny consistency, so pour with caution!

Truff Hotter Sauce 66 Uses a combo of trademarked red chiles and habanero powder. While offering more heat than the original recipe, it also has a stronger truffle flavor and is delicious. Add to softened cream cheese and make a tasty dip or bagel topping.

Woodstock Habanero Pepper Hot Sauce & & & & Salty, sweet and sneaky. I took a small taste, liked it, took a bigger taste, and found myself choking on the sudden heat in my throat. Contains pineapple which makes it pretty friendly and it has a nice chunky texture.

Thai & True Sarachee Hot Sauce 🔥 🔥 🔥 🔥

I saved this one for last after scoping out the ingredient list. I'm glad I did. It has a bitter bite at first, then the heat hits and the other flavors fill it out. This was the only hot sauce that immediately tasted hot and had hot lingering flavor in my mouth.



MAJESTIC THEATRE

December

Making Spirits Bright
December 2 at 3:00pm & 7:00pm

Majestic Theatre Youth Productions presents Rudolph the Red Nosed Reindeer Jr.

December 15, 16 at 7:00pm December 16, 17 at 3:00pm

January

Cantrip

January 12 at 7:30pm

Majestic Readers' Theatre Company presents Dead Man's Cell Phone January 13 at 7:30pm January 14 at 2:30pm

The TempestJanuary 19, 20, 26, 27 at 7:30pm

January 21, 28 at 2:30pm

February

Coyote Call Circus *February 2 at 7:30pm*

Corvallis Comedy Night with Raanan Hershberg February 3 at 7:30pm

Zazzie Sings! - A Family Musical February 9, 10 at 7:00pm February 10 at 3:00pm

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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