

In this issue: A fond farewell to GM Cindee Lolik • South Corvallis Food Hub Project • Nectar Creek Meads • Portland Pet Food Company • Spring Pea Recipes • Oregon Cheeses Side by Side • and more...



The First Alternative Co-op Thymes is a free, quarterly magazine published by First Alternative Co-op. It's available in our stores, in businesses and offices around Corvallis, and can be viewed online (along with back-issues) at firstalt.coop/thymes-quarterly-magazine.

Stories, design & photos Adam Payson Illustrations Alise Gardner, Julia Lont

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The Spring Thymes Goes Big

Adam Payson, Thymes Editor

Spring is a great time to make changes. Just look to the flowers and trees—new things are happening everywhere around us, and there's a lot to love about them! Like this issue of the Thymes. No, you haven't gotten smaller, our magazine has gotten a little bigger.

A bigger page size and larger print will make our tasty recipes, food features, and coverage of local, sustainable businesses and organizations easier to read than ever. Springing off from that, some big changes have also come to the stores. Our General Manager of more than thirteen years, Cindee Lolik, has retired. We wish her a fond farewell, and meet our new Interim General Manager on the next page.

We're cooking up all kinds of goodness inside. Crack into some tasty egg dishes on page 4 or say "yes, please" to spring peas on page 14. Allergies getting you down? Head to page 16 to learn what Wild Harvest's Oregon-made herbal supplements can do to keep to keep the histamines from being just plain mean. For more local love, we've got a buzz-worthy interview with Nectar Creek Meadery on page 6 and a Side by Side look at Oregon Cheeses on page 18.

There's even more, so let's go ahead and spring in the Thymes!



First Alternative General Manager, Cindee Lolik, Retires

The Board wishes Cindee a fond farewell, and looks to the future

Cindee's departure marks the end of an era for First Alternative. Cindee has skillfully guided the Co-op through many challenges over her thirteen years of service, including financial difficulties, COVID, and the commissary fire. We are indebted to her commitment and vision that propelled us to our present position in our community and industry, and we are grateful for everything she has done for our Co-op and our staff.

First Alternative's Board of Directors recognize that recruiting and identifying the future GM of our cooperative is a critically important decision for our staff, Owners, and community. Evaluating candidates may take many months to come to a successful close. As a first step in this process, the Board has identified an interim leadership plan to ensure our operations and governance will continue seamlessly during the recruitment phase.

The Board of Directors has decided to engage an experienced Co-op industry manager as an Interim General Manager. We are excited to introduce Wynston Estis in the role of Interim General Manager beginning March 7. Her primary role is to provide stability to operations and support to Co-op staff.

Goodbye from Cindee Lolik

Leaving my position at the Co-op is, of course, bittersweet. I'm looking forward to retirement but will miss my colleagues and my relationships with the Co-op community. Over the past thirteen years, I have enjoyed the opportunities and challenges of working at a great Co-op that is staffed by a wonderful group of people, governed by a solid and caring board, and patronized by loyal and giving Owners and customers.

I will miss that role and all of you greatly. Plans are currently to stay in the area while my partner and I discuss what we want to be now that we're all grown up and retired.

Thank you, First Alternative!



We expect her role with First Alternative to last between 4-6 months, with a possible extension beyond that if required. Wynston has a strong background at the general management level at several Co-ops across the country, including multi-store and commissary organizations. We are excited to bring her breadth of experience as an Interim General Manager to our stores during our search for our long-term GM.

Our clear intention as a Board for this interim period is to strengthen and grow our foundation while successfully navigating this current transition to the future. Thank you all so much for your passion, dedication, and service to First Alternative! The Board is very grateful for your support of our Co-op as we move forward in this process.

—First Alternative Co-op Board of Directors

To read the full statement from the Co-op Board of Directors from which this is excerpted, read the March 2024 edition of the Scoop Newsletter at: bit.ly/3SY9[aA.

Hello from Wynston Estis

Hello, First Alternative Co-op Community! After learning all about your Co-op, it's clear that you all are a very accomplished team of people. You are amping up your Commissary operations, repairing the Annex building's infrastructure, moving several of your administrative offices, and recently replaced much of your refrigeration in both site's produce departments. That's *a lot*!

I'm looking forward to supporting the remaining projects that are underway and learning from you about your new dreams for the Co-op's future. It's my focus to support First Alternative staff, management, Board of

Directors and community in making the next several months an inclusive, enriching, enjoyable, and very successful part of your Cooperative's history.

See you in the stores!

Wynston • She/Her/Hers



Co-op Cooking: Egg-citing Recipes

Protein-packed recipes to help you hatch a spring meal plan

Thanks to the work of plucky hens far and wide, freshlaid eggs are rolling into the Co-op! It's great to be an egg-lover in the Willamette Valley, where long spring and summer days translate to lots of eggs. Hens need 12-14 hours of light to produce an egg, which they get easily this time of year.

To keep things fresh, we've got three unique, eggpacked recipes for you to add to your collection. Find everything you need to make them at the Co-op, including the eggs, available by the dozen or in bulk whenever our local farmers are able to supply them. To buy bulk eggs, grab a ready-to-use carton from near the coolers, grab as many eggs as you need, and let the cashier know how many you have at checkout.

To learn more about our egg selection—farms, certifications, and more—take a peek at the handy Egg Buyer's Guides hanging next to the egg coolers at both stores. We know Co-op shoppers are good eggs, so we strive to make sure that the eggs we carry are just as good.

Kale and Chickpea Mini Frittatas

Servings: 12. Prep time: 45 minutes; 15 minutes active.

12 large egg whites

½ teaspoon salt

I 15-ounce can chickpeas

4 leaves kale, chopped finely

I large tomato, chopped 1/4 cup chopped fresh parsley

I teaspoon dried thyme

Heat the oven to 350°F. Line a 12-cup muffin pan with paper liners, or grease with shortening or butter, and set aside. (The egg whites will stick if you don't line or grease the pan well.) Whisk the egg whites and salt in a medium bowl; reserve.

Drain the chickpeas in a wire strainer and place in a large bowl. Add the kale and tomatoes to the chickpeas. Add the parsley and thyme and mix well, then divide mixture between the muffin cups, placing the items loosely so the egg whites can flow around them. Divide the egg whites between the muffin cups, about ½ cup of egg per muffin. Tap the pan on the counter to settle the ingredients.

Bake 25-30 minutes, until the eggs are set and firm. Cool on a rack before refrigerating or freezing in an airtight container or plastic freezer bag.

Bake these low-fat frittatas ahead of time and store them in the fridge. They're easy to take along as you run out the door on a busy morning!





Crack into the Benefits of Eggs

Chicken eggs, especially yolks, are nutritionally-dense. Packed with protein, healthy fats, vitamins, minerals, and nutrients like choline, iron, and BI2, every egg comes packed with enough nutrition to grow a chick!



Avocado and Egg Brown Rice Bowl

Servings: 2. Prep time: 15 minutes.

- I ½ cups leftover cooked brown rice
- 2 teaspoons canola oil or butter
- 2 large eggs
- I large avocado

Optional garnishes: Sliced pickled ginger, kimchi, toasted sesame seeds, sautéed greens or leftover cooked vegetables, shredded cheese, hot sauce

Reheat rice gently in a small pan with a few drops of water, or in the microwave. Divide the heated rice between two wide bowls. Heat a cast iron or non-stick sauté pan over medium heat for a minute, then add the oil or butter to the hot pan. Crack each egg into the pan and reduce the heat to medium-low. Cover the pan and let cook for about 2 minutes, until the whites are set and the yolk is jiggly when you shake the pan gently.

While the eggs cook, cut the avocado in half lengthwise, and remove the pit. Use a paring knife to slice each avocado half in the shell, then scoop the slices out with a spoon. Fan half of the avocado slices over each bowl of rice, and place a cooked egg on each bowl. Serve with optional garnishes for a hearty breakfast or lunch.

For a heartier breakfast, add sausage, cubed tofu or bacon crumbles to this whole-grain dish.



Recipes reprinted by permission from grocery.coop.

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

Deviled Easter Eggs

Servings: 4. Prep time: 15 minutes.

6 hardboiled eggs
1/4 cup mayonnaise
1 tsp yellow mustard
1/4 purple cabbage,
chopped

2 tsp ground turmeric I medium beet, peeled and diced ½ tsp baking soda vinegar salt

Peel eggs and slice carefully in half lengthwise.
Collect egg yolks into a small bowl and set the whites aside in a tray in fridge. Add mayo, mustard, I tsp vinegar and a pinch of salt to the yolks and mash with a fork until well mixed and smooth.
Refrigerate mix while you prepare the dyes.

Place beets in a pot with 1 $\frac{1}{2}$ cups of water. Bring to a boil, simmer for 20 minutes. Place purple cabbage in a pot with 2 cups of water. Bring to boil, simmer 20 minutes. Put 1 $\frac{1}{2}$ cups of water in a pot and stir in 2 tsp turmeric. Bring to a boil, simmer 10 minutes.

Drain beet water into a bowl. Stir in I Tbsp vinegar and ½ tsp salt. Pour turmeric water into a bowl and stir in I Tbsp vinegar and ½ tsp salt. Drain cabbage water into a bowl. Stir in ¼ tsp baking soda and ½ tsp salt. Cool. Drop egg whites into bowls to dye. The beets will take the least time. When dyed to your liking, remove, rinse, and lay on towels to dry.

Divide yolk mix in half. Mix drops of the beet dye into one of the halves until it reaches a color you like. Fill eggs and serve on a platter!

For standard deviled eggs, simply omit the steps involving cabbage, turmeric, and beets.



What's the Buzz? A Nectar Creek Interview

We're happy to "bee" talking with the honey-loving drink makers

You don't have to worry about getting stung by Nectar Creek Meads. For more than a decade, Nectar Creek has been taking one of the world's oldest types of alcoholic beverages and brewing it up into something fresh, new, and local. We recently caught up with them to talk about their history, and take a look at some of their tasty new fermentation creations.

Tell us how Nectar Creek got started:

Nectar Creek Meadery—in the business of making alcoholic beverages made with fermented honey—started in the space that 2 Towns had started in and outgrown back in 2012.

Brothers Nick and Phil Lorenz started the meadery. After 8 years on their own, Nectar Creek joined forces with 2 Towns. 2 Towns and Nectar Creek owners had all been friends long before either business existed, and those relationships and shared values helped the two brands come together.

Where can people go to visit you? Find us at the 2 Towns Ciderhouse, which is located in Corvallis—out on Airport Road, near the Corvallis airport. We also have a tap room in the Eastgate Business plaza, just past Peoria Road on Highway 34.

Tell us what excites you about Nectar Creek and its meads. Do we have all day? So many things excite us about Nectar Creek meads. They're a super unique beverage category—likely the oldest alcoholic drink in history—and all of our creations are focused on locally sourced honey and fruits. Mead is a flower-to-glass beverage that has a fun story and flavor profile that you won't find anywhere else.

What are some of your sustainability practices? We are excited to source all of our honey from local beekeepers, such as Queen Bee Honey Company.

And anything else you'd like to share with

Co-op Community? That we are grateful for the continued support from our community! It allows us to support local agriculture and teams, and to thrive here in the Willamette Valley.

And you can always check us out at online at @nectarcreek. Thanks!



From the Hive to the Cellar

Introducing Nectar Creek's Cellar Series, a rotating selection of limited-edition meads that combine the storied history of the world's oldest libation with the fresh fruits and honey of the Willamette Valley.

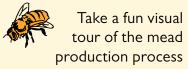
Like Festoon, made with crimson hibiscus flowers, red plums, and aromatic honey. It's tart and delicious. Selections vary by availability and location.



See How the Mead is Made!



nectarcreek.com/education



Scan the QR code to make a beeline there!





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Donna's Kitchen the Best of Donna Tarasawa Outreach Specialist

We're celebrating Earth Day with a look back at a bulk-focused Budget Bites, the Co-op's affordable in-store and online meal plan series, featuring recipes developed by Amanda Blaisdell, Kellie Wall, and Lexie Folkerts of the Corvallis/Albany Zero Waste Group. A project of the Corvallis Sustainability Coalition that encourages and guides those on a journey to reduce the trash they produce.

If you'd like to learn more, scan the QR Code below to join their Facebook group. Meanwhile, enjoy these tasty, low-waste recipes they've cooked up for you!

California Buddha Bowl You'll find most of the ingredients for this flavor-packed bowl in our Bulk and Produce departments. Our bulk spices are stocked frequently, so you get big flavor for little money.

Lentil Bolognese A protein-packed take on the comfort food classic. Buying your ingredients in Bulk Budget Bites
Focus on Bulk

means you only have to get as much as you need, saving you money and pantry space.



Garbanzo Tikka Masala The rich flavors of coconut milk and warm, aromatic blend of spices make a dish that goes best on a bed of rice—which you'll always find a great selection of in Bulk.

Tuscan Pesto Dry pasta and fresh greens come together in this delightful mediterranean salad. Look for pre-grated bulk Parmesan in the cheese section.

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



California Buddha Bowl

Lentil Bolognese





Garbanzo Tikka Masala

Tuscan Pasta





Lentil Bolognese

Ingredients:

I small zucchini.

1/4 cup green lentils 2 ½ cups water, divided I tsp olive oil ½ onion, diced 3 cloves garlic, minced I carrot, grated 3 mushrooms, sliced and cut into thirds

quartered and sliced

½ cup walnuts, finely chopped I tomato, chopped I tsp dried basil I tsp dried oregano ½ tsp sea salt ½ lb dry spaghetti I Tbsp grated Parmesan

Sauce: Place lentils and 2 cups water in a saucepan. Bring to a boil and cook 20-30 minutes, or until lentils are tender. Drain and set aside. Heat oil in a large pot; add onion and sauté until soft. Add garlic, carrots, mushrooms, and zucchini; sauté until zucchini starts to soften. Add walnuts, lentils, tomatoes, basil, oregano, ½ cup water and salt. Simmer, covered, for 15-20 minutes. Serve over pasta, topped with grated Parmesan. Pasta: While sauce is simmering, bring a pot of water to a boil. Add noodles and cook until al dente. Drain and rinse.

Tuscan Pasta

Ingredients:

½ lb dry penne pasta 16 sun-dried tomato halves, chopped I Tbsp olive oil 3/4 red onion, chopped I bunch kale, chopped

1/4 cup nutritional yeast Sea salt and pepper to taste I-I½ cups cooked cannellini beans I Tbsp grated Parmesan

Bring a large pot of water to a boil; add pasta and ½ tsp salt. Boil until pasta is al dente. Add sundried tomatoes to pot when there are about 5 minutes of cook time remaining. Drain, rinse, and set aside. Heat oil in a skillet: add onion and sauté until softened. Add kale, salt and pepper. Sauté until kale is slightly wilted. Add sun-dried tomatoes and nutritional yeast; cook 2-3 minutes. Add beans, then pasta, and stir. Serve topped with grated Parmesan.

California Buddha Bowl

Ingredients:

½ cup quinoa, rinsed I cup water ½ tsp sea salt, divided 1 1/4 cups cooked, drained garbanzo beans 1/4 tsp black pepper

2 tsp ground cumin 2 tsp paprika

½ tsp turmeric

1/4 tsp chili flakes ½ tsp garlic powder 2 cloves garlic

I head cauliflower cut into florets 3 Tbsp olive oil, divided I Tbsp lemon juice

I jar Yumm! Sauce

Place quinoa, water, and ¼ tsp salt in a saucepan. Stir, cover and bring to a boil. Reduce heat and simmer 15-20 minutes until water is absorbed and quinoa is tender. Heat oven to 400°F. Mix pepper, cumin, paprika, ¼ tsp salt, turmeric, chili flakes, and garlic powder in small bowl; set aside. Toss garbanzos with I Tbsp oil and ½ spice mixture. Toss cauliflower with I Tbsp olive oil, lemon juice, and remaining spice mix. Roast 30 minutes on separate baking sheets, stirring occasionally until garbanzos are golden brown and crisp and cauliflower is tender. To serve, layer quinoa, garbanzos, and cauliflower, drizzle with Yumm! Sauce.

Garbanzo Tikka Masala

Ingredients:

I Tbsp olive oil ½ onion, finely chopped 2 garlic cloves, minced 1/4 tsp ground ginger 1½ tsp Garam Masala I tsp ground cumin I tsp ground coriander I tsp paprika

¼ tsp cayenne pepper 2¼ cups cooked garbanzos I-14.5 oz can diced tomatoes ½ can coconut milk

I tsp arrowroot powder 2 Tbsp water Sea salt to taste

½ tsp turmeric

Heat olive oil in a large saucepan. Add onion and sauté until translucent, about 6 minutes, stirring occasionally. Add garlic, ginger, and spices and sauté for I minute. Add garbanzos and tomatoes; bring to a boil: simmer 15 minutes. Stir in coconut milk and simmer 5 minutes.

In a small bowl whisk arrowroot with water. Stir into the garbanzo mixture and cook for 5 minutes or until the gravy has thickened. Adjust seasoning if needed. Remove from heat and serve over cooked rice.

South Corvallis Food Hub Project

Seeking to increase food access for everyone in South Corvallis

A team of local food system and community development specialists recently received approval from the City of Corvallis to conduct a feasibility study for a South Corvallis Food Hub, the first step

in a potential South Corvallis Food Hub, both funded by a grant from the American Rescue Plan Act.

What's a Food Hub?

A Food Hub is a bridge between local food producers and consumers. Food

Hubs make food systems stronger, increase economic opportunities for farmers, and give communities better access to fresh, local foods. In particular, the South Corvallis Food Hub seeks to increase food access by strengthening local food producers' connections to businesses and consumers.



Getting the Hub Up and Running

Work is being done quickly but carefully. The feasibility study will be complete in the next few months and all federal grant funds supporting this project need to be used by December of this year. The feasibility study team, which includes Rebecca Weinsteiger, Kirsten Miller, and Aliza Tuttle, immediately began seeking volunteers to help study previous attempts at addressing inadequate food access in Southtown—of which there have been many.

They also conducted a public survey, which received nearly 800 responses, spoke with over 50 people involved in the local food system, and most

importantly, have sought direct input from Asian, Black, Hispanic, and Latinx communities in Southtown. The South Corvallis Food Hub Team has been met with excitement from every group they've spoken with.

FOOD HUB PROJECT
SOUTH CORVALLIS
FOOD MATTERS TO EVERYONE

As stated in one of their recent emails (scan the QR code below to join the mailing list), 83% of survey respondents in the Southtownencompassing 97333 area code said they would benefit at least moderately from a South Corvallis

Food Hub. Moreso, 88% of Hispanic respondents had the same response. From the results, it's clear that both the need for and desire to build a better food access system in South Corvallis. It's going to take the community's help.

Passionate Volunteers Needed

Interested in helping build the South Corvallis Food Hub? Visit their website or scan the QR code to join their mailing list to stay up-to-date, track project progress, and learn about volunteer opportunities that might be perfect for you. Food matters to everyone, so let's make sure everyone has access to it.



Feed Your Pet Like You Feed Yourself

Portland Pet Food Company makes pet food you can trust

It all goes back to a good dog, a poodle named Rosie. At fourteen years old, Rosie had started to have such trouble eating that the veterinarian told her owners, the McCarrons, that she only had six month to live.

Mother of the family, Katie McCarron, decided to take matters into her own hands. She started by taking a look at the supposedly premium dog foods Rosie *wouldn't* eat. Finding their ingredients lacking, she tried cooking Rosie food with the same wholesome ingredients she used for the rest of her family's meals. Rosie loved it! She resumed eating and lived three more years.

The homemade meal that gave Rosie (pictured to the right) extra years with her family became *Rosie's Beef N' Rice*, the first product from Portland Pet Food.

The McCarrons were determined to share what they'd learned with other pet owners. They rented kitchen space and began crafting recipes with the help of a veterinary nutritionist and the Oregon State University Food Innovation Center (shown to the right of Rosie).

By 2014, they were selling at local farmers' markets. In 2015, they hit retail shelves with innovative new shelf-stable packaging that allowed them to bring gently-cooked wet dog food—made with ingredients sourced completely in the USA— to our grocery shelves, and your pets! (They even added cat foods and cat treats to the menagerie in 2022.)

Treat your dog or cat to locally made Portland Pet Food, available at both Co-op locations. (Selections vary

by location and availability.)











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MARCH

Heavenly and Earthly Paradise: Nathaniel Praska

March 14 - April 27, 2024

Vivarium:

Erin Robinson Grant

February 27 - April 30, 2024

Accelerator Residency

March 21, 2024 (Featured during CAW)

APRIL

Youth Poetry Celebration

Exhibition: April 16 - May 4, 2024

Performance: April 27, 2024 - Majestic Theater

MAY

Gluten-free

Glint, Glimmer, Glow: Kathryn Cellerini Moore

May 16 - June 29, 2024

Confluence

OSU Art & Science Students

May 7 - June 1, 2024

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











Co-op Cooking: Yes, Peas!

Spring is the best time for peas, here's some great ways to enjoy them

Peas are one of humanity's oldest domesticated crops. Fossilized evidence shows they were cultivated in the Middle East and the Mediterranean as far back as the neolithic period. Proof that some things are truly timeless, like the joy of watching peas fatten in the spring and then enjoying the sweet, juicy harvest.

Peas, in the pod or shelled, are a tasty source of protein and dietary fiber, hearty doses of vitamins A and C, minerals like zinc, and beneficial antioxidants.

Fresh peas like snow peas and sugar snap peas are most commonly available in produce in early spring while canned and frozen shell peas are available all year in the grocery and bulk sections. Check out our quick reference guide below for some general information and then try this trio of pea-focused recipes that go together like, well, peas in a pod.

Chicken & Pea Salad features a delicious double team of fresh snap peas and frozen shell peas in a zesty mediterranean-inspired salad. Honey Teriyaki Chicken Stir-Fry is the slender and tender snow pea's time to shine. This sweet and (optionally) spicy stir fry offers up a true taste of spring. Then, for a colorful finish, try some Carrot-Pea Fritters topped with cool, yogurty raita. Their flavor-packed crunch will have you saying, yes, peas!

Chicken & Pea Salad

Serves 4. Total time: 40 minutes; 15 minutes active

½ pound snap peas
3 cups cooked chicken, roughly chopped
½ cup frozen peas, thawed
2 scallions, chopped
¼ cup parsley, chopped

½ cup Greek yogurt, nonfat2 Tbsp extra virgin olive oil2 tsp fresh lemon zestI tsp dried tarragonSalt to taste

Trim the snap peas, chop into ½-inch pieces and place in a bowl with the chicken. Add the thawed peas, scallions and parsley.

In a cup, stir the yogurt, olive oil, lemon zest and tarragon. Pour over the chicken mixture and stir to mix.



Snow Peas

Recommended Use: Stir-frys

The tender, flat pods of snow peas are a result of being harvested young, before their peas are fully developed. A quick saute in olive oil with minced garlic, salt, pepper and a squeeze of fresh lemon and they're delicious.



Snap Peas

Recommended Use: Snacking

Crisp and sweet, snap peas (or sugar snap peas) are a cross between snow peas and shell peas. Eaten right off the vine (or soon after) they're a refreshing treat. Consider planting some for snacking on while you garden!



Shell Peas

Recommended Use: Anything!

AKA garden peas, English peas, or sweet peas. Shell pea pods are tough and need to be removed to enjoy the sweet peas inside. Canned or frozen peas save work and make easy ingredients in salads, curries, pot pies, and more.



Honey Teriyaki Chicken Stir-Fry

serves 2. Total time: 20 minutes

- I large boneless, skinless chicken breast
- 2 large carrots, halved and sliced on a diagonal
- 2 cups snow peas, fresh or frozen, stems removed

¹/₃ cup teriyaki sauce 2 Tbsp honey

I Tbsp canola oil

Red pepper flakes, optional

Slice the chicken breast across the grain in thin slices, then cut them into $\frac{3}{4}$ inch strips. Set aside.

Prep the vegetables and reserve. In a cup, mix the teriyaki sauce and honey.

Place a large wok or skillet over high heat for a minute, until the pan is very hot. Add the oil and swirl to coat the pan, then add the chicken. If using red pepper flakes, add a generous pinch now. Stir frequently for about 3 minutes, until the chicken is no longer pink and has some browned spots.

Add the carrots and snow peas and keep stirring for about I minute. When the chicken is cooked through and the vegetables are crisp-tender, stir the teriyaki sauce mixture again and pour it over the chicken and vegetables. Stir to coat and thicken the sauce for 1-2 minutes, and serve hot.



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

Carrot-Pea Fritters

Serves 3. Total time: 30 minutes

Fritters

3 cups finely shredded carrots

I cup frozen peas, thawed ½ cup onion, finely

I Tbsp minced fresh ginger I cup chickpea flour

½ tsp turmeric

chopped

½ tsp ground cumin

1/4 tsp cayenne ½ tsp salt

I Tbsp vegetable oil

Raita

I cup plain yogurt I Tbsp honey or agave 1/4 cup fresh mint, chopped 2 large scallions, chopped

1/4 tsp salt

1/8 tsp ground black pepper

For the raita, place the yogurt in a medium bowl and stir in the honey or agave, mint, scallions, salt and pepper. Refrigerate. Meanwhile, heat the oven to 200° and line a large, heat-safe plate with paper towels. In a large bowl, combine the carrots, peas, onion, and ginger and toss to mix. In a small bowl, combine chickpea flour, turmeric, cumin, cayenne and salt. Stir to mix, then add to carrot mixture, mixing until a thick dough forms. Use a ¼ cup measure to scoop the carrot mixture and flatten each portion to a ½ inch thick patty.

Place a large skillet over medium-high heat for about a minute, then drizzle in the oil, tilting the pan to cover the bottom. Place several portions of the carrot-pea mixture in the pan, leaving an inch of space between them. As they start to sizzle, reduce the heat to medium-low. Cook for about 2 minutes, and use a thin metal spatula to carefully turn the fritters. Cook for 2 minutes on the second side, then turn and cook on the first side again for 2 minutes more, until the fritters are brown and crisp on the outside. Place on the prepared plate in the oven to keep them warm as you finish the remaining fritters. Serve warm with raita.





Oregon's Wild Harvest is a supplement company on a mission to heal the planet and the human body with the power of herbs grown organically and biodynamically right here in Oregon.

Randy and Pam Buresh (pictured below) started Oregon's Wild Harvest in 1994 in central Oregon. It was the perfect melding of Randy's background in farming, learned from his uncle's farm, and compassionate caregiving, learned as a registered nurse, with Pam's business acumen. Leveraging her skills, she created, from the ground up, a company that always priotitizes integrity in their business and the highest level of purity possible in their products.

As stress builds and seasonal allergies awaken, you can turn to Oregon's Wild Harvest to keep yourself breathing easy. Here are some recommendations, courtsey of our Wellness team.





Muscle Relax

You can't recover without relaxing. But what do you do when aches and pains keep you from getting a good night's rest? Try reaching for Muscle Relax.

This blend of organic,
Oregon-grown herbs,
including valerian, skullcap,
and hops, will help your
mind and body chill out.
Are you ready to relax!?

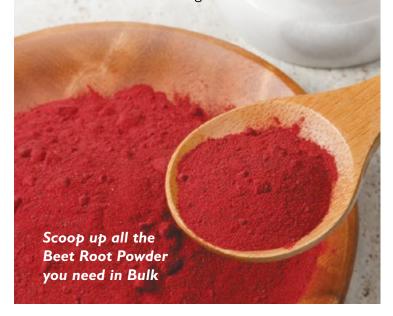
Aller-aid

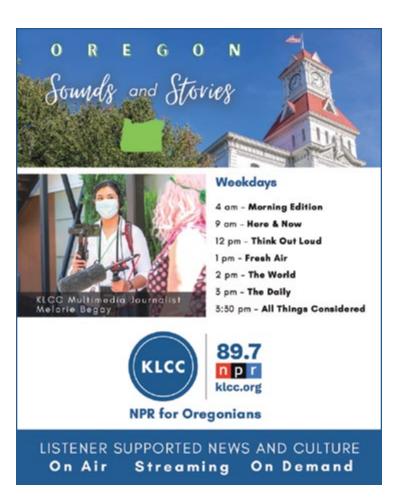
It often takes everything our immune systems have to protect us from springtime allergens. With Aller-Aid, your immune system has more to give. Packed with vitamin C, quercertin, and nettles, Aller-aid boosts your body's normal histamine-producing response.



Beet Root Powder

You can get as little or as much of this Beet Root Powder as you'd like from our Wellness aisle's bulk section, but all you need is ½ teaspoon each day—try mixing it into your favorite smoothie or sprinkling it on your dinner—for a nutritional boost. This gluten free, vegan powder is made from 100% organic beets and never contains sugar beets.







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- chronic pain & weaknessauto-immunity
- allergies & sensitivities
- fatigue & stress
- digestive imbalancessleep & mood

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Oregon-made Cheeses



I can't think of many places more verdant than Oregon in the spring and late fall. The ample rains and (mostly) mild climate create lush carpets of grass across the valley. Clever Oregon farmers use nature's lawn mowers—cows, sheep, and goats—to keep pastures well managed, and the most enterprising among them keep dairy-producing breeds that turn their green spring and fall feasts into fresh, sweet milk and dairy.

My friends, terroir is absolutely a thing in the cheese world. If you've never treated yourself to Chevre from pastured goats in May or June, for example, you're missing out. Whether we're talking meat or dairy, food products are affected by what the animal consumes. In the case of cheese, spring and fall pasturing result in sweet, fresh, clean flavors. But not all cheese makers focus on the "fresh" cheeses, some take that fresh milk and age it, creating additional textures and flavors.

This spring, we're taking a tour of Oregon via the cheeses produced here. Cheeses featured here come from animals grazing on pastures near where the cheese is made. In addition to the basic ingredients in cheese making, some have special ingredients like paprika, ash, ground pepper, dehydrated hot peppers, garlic, and herbs to name just a few.



Super Approachable (Mild) Cheese

with Yadira Ruiz

Don Froylan Queso Oaxaca Made in Salem

Texture: Springy but gets creamy as you chew.

Flavor: Salty, mild. • **Usage:** Quesadillas, lasagna, maccaroni and cheese, and pizza.

Notes: Use in place of mozzarella

for an extra flavorful result.

Don Froylan Queso Fresco Made in Salem

Texture: Crumbly with a slight spring to it. When

it gets warmed, it gets a little more springy.

Flavor: Salty with a slight tang. • **Usage:** Excellent chili topper, enchilada or chile relleno stuffing, or inside a warmed corn tortilla for a quick, satisfying snack.

Beaver Classic Cheddar Made in Corvallis

Texture: Firm but creamy. • **Usage:** Grilled cheese, on a cheese plate, maccaroni and cheese, cheddar and broccoli soup.

Flavor: Mildly tangy.

Crumbly Cheese

Don Froylan Queso Cotija Made in Salem

Texture: Firm, dry texture with a nice spring. **Flavor:** Very mild. • **Usage:** Grate on top of refried beans, on top of Chilaquiles, grate onto a salad, sprinkle on steamed corn on the cob (with mayo and lime juice!)

Notes: This is the mildest cotija I've ever tasted, very approachable.





Cheese With Chilies

Huizache Creamery

Chupacabra Made in Ashland

Texture: Creamy. • **Flavor:** Tangy, salty, with the perfect amount of garlic and chilis that compliment the mild goat milk flavor perfectly. Not spicy! **Usage:** Crumble on top of salad greens, as a garnish for succatash, or as a fresh snack with water crackers or sourdough crackers.

Notes: Made with goat's milk.

Beaver Classic

Gochu Cheddar Made in Corvallis

Texture: Creamy but firm. • **Flavor:** Tangy with the perfect amount of (not spicy) chili flavor.

Usage: Nachos, enchiladas, on a taco salad, or on a cheese plate. • **Notes:** This one is made with Korean Red Chile which has a sweet flavor and was my favorite of all the cheeses! It was originally developed with the help of First Alternative Co-op in 2020 to celebrate our 50th anniversary.

Cheese with Herbs

Chubut with herbs Made in Albany

Texture: Soft yet firm. • Flavor: Buttery and herb forward, but not overpowering.

Usage: Mix into an antipasto salad, grate into pasta with butter and freshly ground black pepper, or serve at room temp on a cheese plate.

Notes: Chubut is an Argentinian cheese

made in the style of Welsh cheeses.

Beaver Classic Dill Garlic Cheddar Made in Corvallis

Texture: Firm and creamy. • **Flavor:** Salty, garlicky, perfect amount of dill.

Usage: On a sandwich or a cheese plate, grated on top of potato soup, grated on top of steamed broccoli or roasted raab, baked potato topper.

Aged Cheese With Crunchy Crystals

Rogue Creamery Rogue River Blue Made in Grants Pass

Texture: Rich and extra creamy with crunchy crystals that form during the aging process. **Flavor:** Very strong "blue" flavor, not for the faint of heart. • **Usage:** Perfect on a cheese plate with fruit or on a salad. **Notes:** Certified Organic! This cheese was awarded a World Champion at the 2019-2020 World Cheese Awards.

Rogue Creamery Oregon Blue Cheese Made in Grants Pass

Texture: Creamy with crunchy crystals that form during the aging process.

Flavor: Fruity, sweet and mild (for a blue cheese). **Usage:** Crispy roasted potatoes, in a frittata with bacon and sauteed greens, tossed into a radicchio and pear salad with candied nuts, or with roasted leeks and butternut squash. **Notes:** This is a very approachable and

versatile blue cheese that won't break the bank. It's also Certified Organic!

Face Rock Creamery Extra Aged Cheddar Made in Bandon

Texture: Firm and creamy with crunchy crystals that form during the aging process.

Flavor: Tangy and super tasty!

Usage: A perfect snack all on its own, or served with some apple slices.

Smoked Cheese

Beaver Classic

Smoked Cheddar Made in Corvallis

Texture: Firm and creamy. • **Flavor:** Salty, smokey.

Usage: Potato gratin, grown up maccaroni and cheese, gougeres, or on a sandwich.



MAJESTIC THEATRE

March

The Revolutionists
March 8, 9, 15,16 at 7:30pm

March 10, 17 at 2:30pm

Majestic Readers' Theatre Company presents The Mousetrap

March 16 at 2:30 PM March 17 at 7:30 PM

April

Terpsichore

April 6 at 3:00pm & 7:00pm

Improv Comedy Night

April 12 at 7:30pm

Corvallis Comedy Night with Tom Thakkar

April 13 at 7:30pm

Kalos

April 19 at 7:30pm

May

Monty Python's Spamalot

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

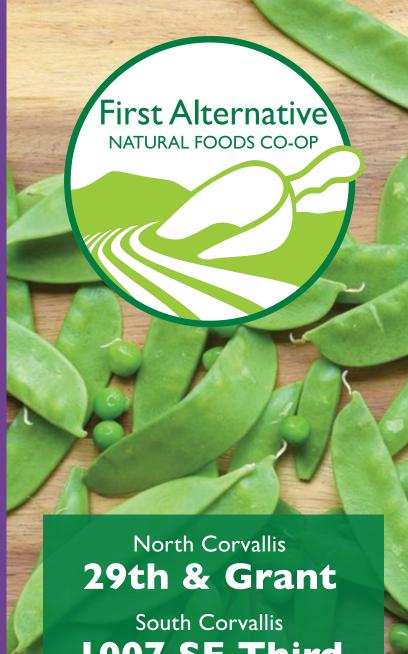
Majestic Lab presents Love and Information

May 18 at 2:30pm May 19 at 7:30pm

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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