



*the*  
**thymes**

First Alternative  
NATURAL FOODS CO-OP

*Summer 2024*

June • July • August  
Volume 8 • Issue 2

**In this issue:** An interview with Little Garden Organic Farm • Owner Spotlight • Fire & Ice: Spicy Recipes and Cool Drinks • Wild Yeast Community Supported Bakery • Electrolyte Drink Mixes • and more...





# the **thymes** Summer 2024

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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](http://firstalt.coop/thymes-quarterly-magazine).

Stories, design & photos . . . Adam Payson  
Illustrations . . . . . Alise Gardner

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## Endless Summer Savings at the Co-op

Adam Payson, *Thymes* Editor

First Alternative Co-op is built on fifty-plus years of teamwork, all of it centered around our community's love for sustainability, equality, and tasty, healthful food.

We understand that there's no better place to come together than around food, be it in the kitchen, at the table, or in the grocery store aisles. That's why everyone is welcome to shop at the Co-op, and why everyone saves with our Co-op Deals, Weekly Sales, and Co-op Basics.

New sales arrive every Wednesday, via our Weekly Sales flyer featuring fresh deals on local and organic produce and highlighting deals around the store, and the twice-monthly Co-op Deals flyer, featuring big savings on beloved grocery brands from down the street and around the globe. And, thanks to our Co-op Basics, it doesn't need to be on sale for you to save. Co-op Basics offer shoppers low prices on staples like breakfast cereals, cooking oils, condiments, crackers, and much more. Look for the purple Co-op Basics tag as you shop.

Co-op Owners have even more opportunities to save, like a monthly Owner Sale Day and exclusive Owner coupons. Learn more at [firstalt.coop/ownership](http://firstalt.coop/ownership) and join our 13,000-plus community of Owners.

### Savings every day for everyone

Bookmark [firstalt.coop/sales](http://firstalt.coop/sales) and never miss an opportunity to save!





# Owner Rendezvous

**Sunday, July 28**  
11am - 3pm  
Willamette Park  
Rotary Shelter

Co-op Owners and their families are invited for a fun afternoon of games, live music, food, and drinks! Registration not required. *Event details available at [firstalt.coop/events](http://firstalt.coop/events).*

## Get Healthy and Ready for **PRIDE** Season and Beyond



**Events and celebrations happen all year long, so take important steps to keep yourself healthy!**

For vaccinations and other health resources, visit [Benton County Health Services](http://Benton County Health Services):



[health.bentoncounty.or.gov/home/services](http://health.bentoncounty.or.gov/home/services)





# Talking with Little Garden Organic Farm

## The small Corvallis farm is growing big things

The name says it all. Over the past four years a crew of just three people, each of them lovers of organic produce, have turned a little Corvallis garden into a thriving organic farm. Beatriz Garcia Sarabia, one of those farmers, took a little time from her busy schedule to tell us all how it's growing.

**Where is your farm?** We're located between Northeast Garden Avenue and Northeast Conifer Boulevard, beside Highway 20 in Corvallis.

**Please tell us your story!** Little Garden first began growing vegetables for personal consumption by renting land near Highway 20 from Tom Denison of Denison Farm (now Riverland Family Farm).

My husband Dionilde worked at Denison Farm for 17 years doing all types of work, including planting in the fields, picking vegetables, seeding, packing, and making deliveries. He had a dream to have his own business, to be able to put all the experience he acquired over so many years, but especially to spend time with his family and for them to be able to come to the farm and learn about growing vegetables.

In 2021 we began the organic certification process, which we were both initially unaware of, but which is necessary to be able to sell our produce. Once we were certified, we began selling to the Co-op, OGC, and Farmers' Markets in Albany and Corvallis. I can't say it has been easy, because as the days and years go by we experience good and bad things.

Little Garden's purpose is to offer fresh and good quality products. Dionilde and I work as a team to be able to move forward with this business and give our best.

**What do you grow on the farm?** We grow different types of kale, rainbow chard, Italian parsley, cilantro, basil, garlic, arugula, nopal, epazote, papalo, eggplant, watercress, green beans, zucchini, Persian cucumber, carrot, poblano, jalapeño, bell peppers, spinach, snap peas, shelling peas, salad mix, cherry tomatoes, beefsteak tomatoes, heirloom tomatoes, strawberries, Roma tomatoes, and onions.

**What do you sell to the Co-op?** It depends on the season, and availability. Most recently

strawberries. We've also sold chard, cilantro, parsley, kale, cilantro, zucchini, Persian cucumber, tomatoes, some dry onion, garlic, and bell pepper.

**Where else can we find you in the community?** We sell produce at the Corvallis-Albany Farmers' Market and Corvallis Indoor Winter Market and to Organically Grown Company (OGC).

**What sustainable practices does you use?** Our sustainable practices include crop rotation, cover crops, conservation tillage, biological pest control, crop diversity, and nutrient management.



**Little Garden Organic**

Beatriz & Dionilde | Corvallis, OR

# Co-op Community Tour a Success

## A look at our tour of Hummingbird Wholesale & WildCraft Cider

The Co-op Community tour to Hummingbird Wholesale and Wildcraft Cider this past April was an incredible success. These two Eugene producers are truly wonderful examples of how businesses can be so much more than a money making effort.

Charlie (pictured top right) and his partner Julie acquired Hummingbird Wholesale 15 years ago. Now they're in the process of converting it to an employee owned entity, similar to our own cooperative model. It was cool to see their mission and values, which sound so much like the Co-op's, posted in their offices: "We offer organic, high quality, nutritious foods grown as locally and sustainably as possible."

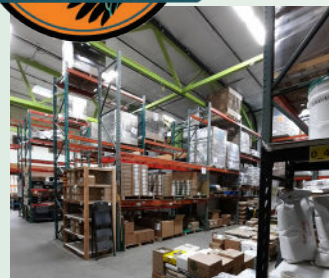
Charlie covered a whole course worth of information in the ninety minutes we were there, from compelling reasons for choosing organic agriculture, packaging challenges they've faced and overcome, recycling efforts, and their community outreach including a commercial kitchen they rent to start up businesses. It truly was exciting to see another successful business with more than profits as their bottom line!

When we got to Wildcraft, we were treated to samples of their many wild fermented ciders and heard the story of how the business sprouted organically from a project by founder Sean, when he was working at a property on Mt. Pisgah.

Stunned by the abundance of apples that went unused each season, Sean found a way to make them into delicious beverages that help recount our history as a nation and a state. Using wild apples collected by the community and donated before being pressed and fermented, there is so much variety each year that you never know what new flavors you might discover.

Wildcraft's model of collecting an untapped resource and making it into something valuable—and also the opportunity for community members to bring their own apples—makes this a truly interesting business that we're glad to have visited!

—Emily Stimac, *First Alternative Board of Directors*



# CO-OP COMMUNITY

Visit [firstalt.coop/ownership](https://firstalt.coop/ownership) or the Customer Service desk at either store to learn more about the benefits of Co-op Ownership, including a monthly Owner Sale Day, where you get 10% off all non-sale items in the store (*some restrictions apply*), Owner-exclusive coupons, tours and events, a vote in Co-op elections, and the opportunity to receive patronage dividends in profitable years. Own it!



# Owner Spotlight: Kaite Waller

## It's always a pleasure to meet one of our 13,000-plus Owners

Co-op Owners own a share of our community-focused grocery store with 13,000-plus like-minded shoppers. It's a great way to support the local community, and all it takes is a one-time purchase. (Get all the details at [firstalt.coop/ownership](http://firstalt.coop/ownership).) Since Owners drive everything we do, we love to learn all about them.

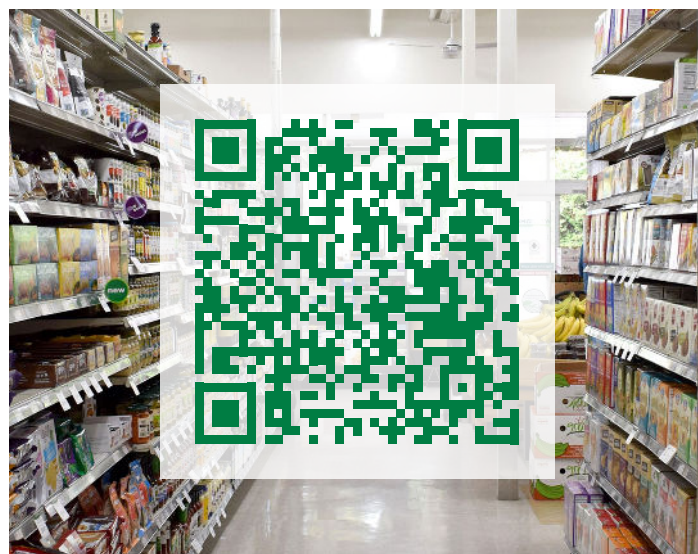
In the latest Owner Spotlight, we're chatting with Kaite Waller. Let's see what she had to say! (edited for clarity.)

### What first brought you to the Co-op:

I've been an Owner here for a few years now. I used to work next door when it was a garden center. This was a convenient place to get a snack. And then I realized, oh, actually, they've got some yummy things, some good quality stuff. So, I decided to become an Owner.

### Tell us about yourself:

I am going back to school for massage therapy. I pretty much make all my food from scratch. I make my own bread, tortilla, pizza crust. Anything baked, I make from scratch, which I'm finding is less and less common as time goes on. Oh, and I do jiu jitsu. I've been doing that for a couple of years now.



Scan the QR code to visit our YouTube page where you can watch video versions of this and other Owner Spotlights.

### What drives your passion for shopping at the Co-op:

Purchases are votes, right? So voting for quality foods, and voting for local produce. The produce section, I think, is definitely the best one in the area.

I live in Albany. It's worth the drive to Corvallis to come get quality food. And they often have exciting things. We tried a red kiwi last year—whenever they were in season—and it was just fun.

It gets my daughter excited about trying new fruits and vegetables and being adventurous and hopefully hooked on produce for her whole life.

### Any products you'd like to recommend?

I really like the Smart Chicken. As far as the varieties of chicken that you can get from a store rather than from a farmer go, I've been really pleased with that one.





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# Donna's Kitchen



Donna Tarasawa  
Outreach Specialist

Best of Budget Bites



## Black Bean Extravaganza

A little bit of preparation goes a long way. This is especially true when it comes to dry beans. With a little extra work in the kitchen, you can save a bunch of money by buying dry beans from the Bulk department (where you can always get as little or as much as you need) instead of using canned beans.

That's where Budget Bites' Black Bean Extravaganza comes in! In this classic edition of the Co-op's affordable in-store and online meal plan series, we tackled prepping and cooking with dry beans.

Rich in antioxidants and loaded with protein and fiber, black beans are a tasty and affordable way to keep your tummy full and your gut healthy. Once you see how versatile they can be—thanks to recipes like **Corn Cakes & Black Bean Salsa**, **Black Bean Patties**, cheesy **Enchilada Casserole**, and a rich **Black Bean Soup**—you'll be sure to make room for these legumes in your pantry.

### Preparing to Cook with Dry Black Beans

Pick over dry beans and remove any debris missed in their initial sorting. Rinse the beans and place in a deep pot. (*Illustrated instructions below.*)

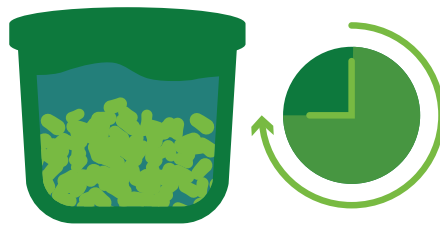
Cover beans with several inches of water then either soak them overnight or, for quicker preparation, bring them to a boil, cook for 2 minutes, covered before you turn the heat off and allow to soak for 2 hours. Drain the beans and discard the cooking water, which contains undigestible carbs.

Put soaked beans back into the pot and add enough water to cover beans by 2 inches. Add 1 Tbsp salt, and cook 2-3 hours or until soft enough to squish between your fingers. Drain beans and discard water.

*3 cups of dry black beans soaked and cooked will make approximately 8-9 cups cooked beans, more than enough to make all four recipes listed here.*



Sort beans to remove debris



Cover & soak overnight



Boil and soak for 2 hours



Grab a free copy of the latest edition of Budget Bites in-store and online (along with years of back issues) at [firstalt.coop/budget-bites](http://firstalt.coop/budget-bites).



Corn Cakes & Black Bean Salsa



Enchilada Casserole



Black Bean Patties



Black Bean Soup





## Enchilada Casserole

<b>Enchilada Sauce</b>	1 Tbsp olive oil
1-15 oz can tomato sauce	½ small onion, chopped
1 ½ tsp chili powder	1 ¼ cup cooked black beans
⅔ cup water	1 cup diced tofu
½ tsp dried oregano leaves	¼ cup sour cream
¼ tsp ground cumin	6 oz shredded cheddar cheese, divided
4 oz mild green chiles, chopped	1 ½ tsp dried parsley
2 small cloves garlic, finely chopped	½ tsp sea salt
<b>Filling</b>	⅛ tsp black pepper
6 corn tortillas	1 lime, cut into wedges

**Sauce:** Heat ingredients in a saucepan. Simmer 10 minutes, uncovered. **Filling:** Heat olive oil in medium skillet and cook onion till translucent. Add black beans and tofu, heat, then stir in sour cream, 4 oz cheese, parsley, salt and pepper. **Prep:** spoon sauce onto the bottom of a casserole. Dip 2 tortillas in sauce and lay side by side on bottom. Divide filling into 4 portions. Spoon one portion onto each tortilla. Dip 2 more tortillas and place on top. Repeat process then spoon remaining sauce onto enchiladas. Sprinkle with cheese. Bake, uncovered, in a 350°F oven until bubbly, about 20 minutes.

## Black Bean Soup

<b>Ingredients:</b>	
1 cup cooked black beans	¼ cup roasted red pepper, diced
3 cups water	
2 tsp olive oil	6 Tbsp orange juice
½ small onion, diced	Cayenne pepper to taste
3 cloves garlic, minced	1 small tomato, diced
½ tsp ground cumin	Sour cream and hot sauce for toppings
½ tsp sea salt	
1 carrot, diced	

Heat olive oil in a medium saucepan. Add onion, garlic, cumin, salt, and carrot. Saute' until carrot is tender-crisp. Add beans, water, bell pepper, orange juice, and tomato. Simmer 10-15 minutes. Add cayenne pepper to taste. Serve with toppings, as desired.

## Corn Cakes & Black Bean Salsa

<b>Salsa</b>	<b>Corn Cakes</b>
1 ¼ cup cooked black beans	6 Tbsp milk (dairy or plant-based)
2 Tbsp green onions, sliced	1 egg
½ can mandarin segments, drained	⅓ cup flour
1 tsp sugar	¼ cup yellow cornmeal
½ tsp lime juice	1 Tbsp sugar
1/8 tsp sea salt	½ tsp baking powder
Hot pepper sauce to taste	⅜ tsp sea salt
	Dash of cayenne pepper
	1 cup frozen corn, thawed and drained

**Salsa:** combine ingredients and mix well. Let stand at room temperature while you prepare corn cakes.

**Corn Cakes:** In a medium bowl, combine milk and eggs; beat well. Add flour, cornmeal, sugar, baking powder, salt, and cayenne. Stir until moistened and large lumps disappear. Stir in corn. Grease and heat a griddle or skillet. For each corn cake, pour ¼ cup batter onto griddle and spread to a 4" diameter. Cook until edges are cooked and bubbles begin breaking on surface. Flip cake over and continue to cook 2-3 minutes more until cooked through. Serve with salsa.

## Black Bean Patties

<b>Ingredients:</b>	
2 cups cooked black beans	¼ tsp sea salt
2 Tbsp roasted red peppers	2 Tbsp flour
2 green onions (¼ cup), thinly sliced	1 egg
	2 Tbsp olive oil

In a medium bowl, coarsely mash beans with a pastry blender or fork; add roasted peppers and salt and mix. Add flour and mix; add egg and mix well. Heat olive oil in a skillet. Shape mixture into 4 patties and cook in oil until both sides are browned and crispy.

Serve on lettuce leaf or bun with mayo, mustard, ketchup, tomatoes, and pickles as desired.





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## JUNE

### 2024 Artist Accelerators

June 4 - June 29, 2024

Reception: Tuesday, June 11, 2024 5:30 - 7PM

## JULY

No Artist Meet-Up this month  
Happy 4th! Please Celebrate Safely!

### The 4th Wall Nathan Danilowicz

July 2 - July 27, 2024

### Summer Arts Adventures

July 8 - August 9, 2024

### Playdemonium Coco Ma & Robin Kerr

July 12 - August 24, 2024

## AUGUST

### Preserve and Persist Jennifer Lommers

July 30 - August 29, 2024

### Then & Now: Art as Foundation Panel Discussion @ Corvallis Museum

August 8, 2024, 5:30pm

## 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](http://theartscenter.net)



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And find our breads at the Co-op.



# Fire & Ice: Spicy Recipes and Cooling Drinks

Try these spicy dishes along with their cooling counterparts

Like jumping from the hot tub to the pool and back, this collection of spicy recipes paired with cool drinks takes wild swings in temperature and turns them into a thrilling time, all without getting wet!

Feel the handheld, habanero-infused heat of our **Jamaican Beef Patties**, then douse that fire with a **Watermelon-Mint Frosé**. Our **Chorizo Cornbread Stuffing** recipe demonstrates that stuffing is more than just a holiday treat, especially when chasing it with a summery **Pineapple-Lime Mocktail**. And finally, the **Sriracha Glazed Turkey Meatballs** are perfect for gobbling up with a chilled glass of **Red Sangria with Strawberries**.

Recipes reprinted by permission from [grocery.coop](http://grocery.coop). Find more recipes and food education at [grocery.coop](http://grocery.coop).

## Jamaican Beef Patties

12 hand pies. Prep time: 50 minutes.

### Dough

2 cups all-purpose flour	1 small onion, finely chopped
¼ tsp baking powder	3 scallions, finely chopped
1 tsp turmeric	2 habaneros, minced
½ teaspoon salt	1 tsp dried thyme
½ cup cold, unsalted butter, thinly sliced	3 cloves garlic, chopped
½ cup ice water	1 Tbsp grated fresh ginger

### Filling

1 Tbsp vegetable oil	1 tsp curry powder
1 pound ground beef	1 tsp salt
	½ cup water



## Watermelon-Mint Frosé

Serves 4. Total time: 10 minutes, plus freezing time

2 cups rosé wine, apple juice, or ginger ale	1 cup frozen strawberries
3 cups cubed seedless watermelon	12 large mint leaves, plus more for garnish

Place the cubed watermelon in a freezer container and freeze. Just before serving, combine frozen watermelon, strawberries, rosé, and mint in a blender. Secure lid and blend until smooth. Serve immediately, garnished with a sprig of mint.



Preheat the oven to 400°F and line two baking sheets with parchment. Reserve. Make the dough by mixing the flour, baking powder, turmeric and salt in a large bowl. Cut in the butter with a pastry cutter or a fork. Drizzle in ice water as you toss the flour mixture with a fork, until all the flour is moistened. Gently press the mixture together to form a dough. Place on a floured surface and form into an 8-inch log, then divide into 12 even, round pieces. Form into disks and cover with a damp towel to keep from drying.

Heat oil in a large skillet on med-high and add the beef, onion, scallion, habaneros, thyme, garlic, and ginger. Mix until well combined. Stir, turning and crumbling beef until browned and no pink remains, about 5 minutes. Stir in breadcrumbs, curry powder and salt and mix well, then add ½ cup water and cover. Simmer 3 minutes, uncover and stir until pan is nearly dry. Let cool.

With a rolling pin, roll dough disks to 6-inch ovals. Spoon ¼ cup filling on half, leaving a ¾-inch border. Moisten the edge of the dough with water, fold the upper half over to enclose the filling and seal with a fork. Place on a baking sheet. Bake at 400°F for 20 minutes, until the pastry is browned along the edges. Serve hot.





## Chorizo Cornbread Stuffing

Serves 4. Prep time: 40 minutes; 20 active.

- ½ cup ground chorizo (or plant-based version)
- 1 large onion, chopped
- 1 rib celery, chopped
- 1 small green pepper, chopped
- 1 large carrot
- 3 cups cubed cornbread
- 1 cup chicken stock
- ½ tsp salt
- ½ tsp pepper

Preheat the oven to 375°F, and lightly oil a small casserole or baking pan.

Place a large skillet over medium heat, then crumble the chorizo into the pan, stirring and breaking into pieces as you cook until browned. Pour off any excess fat. Add onion, celery, green pepper and carrot and cook for 5 minutes, stirring occasionally. Stir in the chicken stock. Turn off heat, add cornbread, salt and pepper, and fold to mix. Spread in prepared pan and bake for 20 minutes. When the top is lightly browned, cool on a rack briefly before serving hot.

## Pineapple-Lime Mocktail

Serves 2. Total time: 10 minutes

- Ice cubes
- 2 Tbsp fresh cilantro leaves, plus 2 sprigs for garnish
- 1 cup pineapple juice
- 1 Tbsp fresh lime juice
- 2 tsp agave syrup
- ½ cup sparkling water
- 2 pineapple wedges for garnish (optional)

In a 2-quart measuring cup or pitcher, place a handful of ice cubes and add the cilantro leaves. Use a muddler or a wooden spoon to vigorously stir the mixture, bruising the leaves to release their flavor.

Stir in the pineapple juice, lime juice and agave and mix well, then stir in the sparkling water. Strain into two highball glasses and serve garnished with a pineapple wedge and a sprig of cilantro.



## Sriracha Glazed Turkey Meatballs

Serves 6 (24 meatballs). Prep: 40 minutes; 15 active.

### Meatballs

- 1 pound ground turkey (or plant-based version)
- 3 green onions, minced
- 2 Tbsp minced garlic
- 1 Tbsp minced ginger
- 1 egg, lightly beaten
- ½ cup panko breadcrumbs
- 2 Tbsp Sriracha

- 1 tsp tamari
- ½ tsp ground white pepper
- 1 tsp sesame oil

### Glaze

- ⅓ cup apricot preserves
- 1-2 Tbsp Sriracha
- 1 ½ Tbsp rice vinegar
- 1 Tbsp tamari
- 1 Tbsp sesame oil

Preheat oven to 375°F. In large bowl, gently combine meatball ingredients until everything is evenly distributed. Form mixture into small balls, about 1 to 1 ½ Tbsp each. Place onto a rimmed baking tray and into the oven. Bake for 10 minutes, turn meatballs, and bake another 10 minutes, until cooked through.

While meatballs bake, combine glaze ingredients in a small pot. Whisk and cook over medium heat for 5 minutes or until mixture is slightly thickened. Toss or brush meatballs with warm glaze and serve.

## Red Sangria with Strawberries

Serves 1. Total time: 3 minutes

- ¼ cup orange juice
- ½ cup apple juice
- ½ cup red wine
- 1 slice orange
- 1 strawberry, sliced
- 1 cinnamon stick and 1 mint sprig, for garnish

In a 12- to 16-ounce juice glass, combine the orange juice, apple juice, red wine, orange and strawberry. Stir with a cinnamon stick and garnish with mint sprigs. Serve cold.

*Entertaining a group? Mix six times the juice and fruit with a bottle of Spanish Rioja or a medium-bodied Pinot Noir.*



# Wild Yeast Community Supported Bakery

## The locally-focused sourdough bakery just keeps on rising

If you're a lover of local loaves, Wild Yeast Bakery's sourdough breads are for you! Their fresh-baked artisan breads are delivered to both Co-op locations daily (see our current delivery schedule, subject to change, on the next page) and available Tuesday through Saturday at their beautiful Corvallis Bakery and Cafe, which opened in 2022.

The Bakery and Cafe, located at 648 SW Second Street, next to the historical Corvallis Soda Works building, is a lovely place to sit and enjoy a cup of fresh-brewed coffee or tea, treat yourself to an exquisite, fresh-made pastry, and chat with friendly locals, including Wild Yeast owners and founders, Craig and April Hall Cutting. You'll often find the pair there, dusted with flour and elbow deep in the process of baking something delicious.

### History in the Baking

Long before the bakery, the operation began in April and Craig's small condominium unit in the CoHo Ecovillage, located in South Corvallis.

It was 2013 and the couple had a feeling that they wanted to try something new career-wise. While exploring their shared interest in artisan bread, they discovered they had a real *can-dough* attitude.

In short order, eight of their neighbors at CoHo were subscribers to their Community Supported Bakery, with the number rising as quick as one of their whole grain sourdough loaves. On any given day in 2014, they would be baking for between 24 and 48 subscribers and the Corvallis and Albany Farmers' Markets, where you can still find them. Then, in 2017, the Co-op reached out to see if we could stock their breads—and we've been proud to offer them ever since.

It was a natural match. As Craig told us in a 2019 interview, they believe food should "be nutritious and flavorful with a strong emphasis on sustainability. We share a lot of values with the Co-op."

### Slicing into Sustainability

Almost all of Wild Yeast's bread is sourced from Oregon-grown grains that are ground at three regional mills. Sourcing like that is serious business, and April and Craig have taken the time to meet these millers and some of the farmers who grow their wheat and other grains to be sure their products are something that can be trusted.

They also seek out regionally-made dairy, fruits, nuts, and other baking ingredients to ensure that their carbon footprint stays as minimal as possible.



Wild Yeast proudly employs around a dozen people. Here's a few of them! From left: Lucas, Syd, Craig, Emily, Josh, and April.



Truly striving to be sustainable from the ground up, Wild Yeast installed 10.4 KW of solar panels on their roof early this year which are expected to cover at least half of their power consumption.

They also avoid plastics whenever possible. Breads delivered to the Co-op are packed in basic brown paper bags with eco-friendly paper-based viewing windows to show off the delightful loaves inside.

### Sourdough it Yourself

If you're interested in sourdough baking, Wild Yeast even offers classes! One taste of Wild Yeast's first-class breads should be all it takes to know that these are the only classes on baking you'll need.

**Visit [wildyeastcorvallis.com](http://wildyeastcorvallis.com) to register for baking classes, see the daily menu & more.**



## WILD YEAST BAKERY

### Delivery Schedule

Artisan bread baked with locally grown organic grains

Corvallis, OR



#### AVAILABLE DAILY

##### Tuesday - Saturday

Oregon Country Sourdough  
Whole Wheat Sourdough  
Wild Yeast Baguette  
Baker's Choice Sourdough\*

#### DAILY SPECIALS

##### Tuesday

Kalamata Olive

##### Wednesday

Toasted Sesame Sourdough  
Cinnamon Raisin Sourdough

##### Thursday

Seedy Sourdough  
Ciabatta Rolls

##### Friday

Toasted Walnut Sourdough  
Cranberry Cardamom Sourdough

##### Saturday

Baker's Choice Sourdough\*

\* Sourdough bread varieties including German style ryes





# Summertime Supplies

For a safe and fashionable season

You've got your beach read in-hand, so what's next? Seasonal protection, for starters! Stay safe in the summer sun with a whole body regimen, starting from the top down with **Attitude's Sunly SPF 30 Tinted Mineral Sunscreen Face Stick**, in recycleable, plastic-free packaging. Next, kiss burnt lips goodbye with **Portland Bee Balm's Solar Eclipse SPF 15 Lip Balm**. Finally, let **Badger Daily Body SPF 30 Mineral Sunscreen** be your bodyguard. It provides broad spectrum protection and water resistance in a lightweight and clear lotion that doubles as a moisturizer.

Pack it all in a biodegradable (and beautiful) **Stardust Sustainability Tote Bag**, available in hot, local-focused designs and built to carry everything you need, like a **Feelgoodz Turkish Towel**. These fair trade-made cotton towels are super absorbent, lightweight, and they'll look great on the beach.

You know what else absorbs a lot of water? You! Keep yourself hydrated this summer by packing along **Liquid IV Hydration Multipliers**. A handful of these tasty electrolyte drink mixes and a reusable water bottle will serve as your portable hydration station for you and your family all summer long. *Take an in-depth look at our electrolyte selection on the next page.*







**Weekdays**  
 4 am - Morning Edition  
 9 am - Here & Now  
 12 pm - Think Out Loud  
 1 pm - Fresh Air  
 2 pm - The World  
 3 pm - The Daily  
 3:30 pm - All Things Considered



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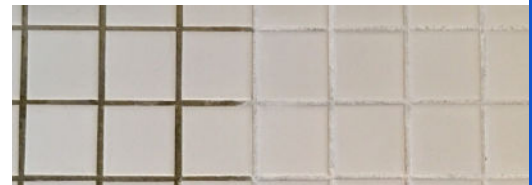
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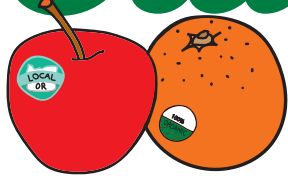
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# Side <sup>by</sup> Side



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



## Shining the light on **Electrolytes**

Several years ago, I was working in the field, it was upwards of 80 degrees and we'd been weeding a particularly nasty patch of weeds in our potatoes for several hours. I started feeling a tiny bit woozy and then a bit disoriented so I went inside.

The combination of exertion and warmer weather over a prolonged period of time had me experiencing some minor heat stress. This happened a few days in a row before I realized I was dehydrated, even though I had been drinking plenty of water.

It turns out staying hydrated is more than just getting enough liquids into your body, it's also about maintaining a proper balance of electrolytes. I've always been a bit of a skeptic and thought for the longest time that electrolyte drinks were just a ploy to sell sugary beverages.

In preparing to sample electrolyte products for this article, I learned that electrolytes are necessary for proper muscle, brain and heart function. The science on this is detailed and readily available online, and since I'm not a health practitioner, I'm going to stick to some basic info and encourage you to do your own deep dive.

Key electrolytes are: sodium, magnesium, potassium, calcium, chloride, phosphate and bicarbonate. The functions that these elements carry out are diverse and range from: turning nutrients into energy, helping cells maintain a proper fluid balance, healthy heart function and rhythm, transmitting nerve signals, muscle control, transporting chemical compounds and molecules, and keeping blood pH levels normal...and that's just the basics! *Phew!*

So now that we know this, we can see why water helps but also why it's not enough when we're highly active on a regular basis. With that in mind, let's take a look at the Co-op's selection of Electrolyte Drink Mixes, available in the Wellness aisle. (*Selections vary by location and availability.*)

### Ultima Replenisher

This brand comes in single-serve packs or in 30 serving jars. The main thing to know about Ultima is that it's flat, there's no viscosity added when you mix it with water and the flavors are reminiscent of kool-aid or melted popsicles, perfect for folks with a sweet tooth.

**Lemonade:** The mildest lemon flavor of all the varieties I tried, so if you're looking for a very lightly flavored electrolyte, this one is for you!

**Grape:** The most reminiscent of Kool-Aid or melted popsicles, goes down very easy and it's bright purple. The color and flavor comes from fruit and vegetable powders but it tastes more like grape candy than actual grapes.

**Raspberry:** Hot pink! While flavored naturally, this one tastes like "raspberry flavor" as opposed to the fruit itself.



Testing takes place at the "Side by Side Laboratory," located at Sunbow Produce





## Nutribiotic

The two products from this company are very straightforward, and both contain Vitamin C. At the time of publishing, they're a South Store exclusive.

**Essential Electrolytes:** comes in capsules! No liquids other than the water to get them down.

This product is great for folks who don't like flavored drinks. I took two after a hard day of labor and my muscles perked right up within a few hours. Provides 100 servings per jar.

**Lemon Electro-C:** Combines electrolytes and 850 mg of Vitamin C per serving. It comes in powder form in a jar which contains 181 servings. Great lemon flavor, not too sweet (uses Stevia) or salty. It doesn't come with a scoop or tell you how much liquid to put it into, so that's up to you! I suggest adding ¼ tsp at a time into a bit of water until you find the mix that's right for you.

## Liquid I.V.

Comes in single serve packets or multi-packs and uses cane sugar (with the exception of the sugar-free varieties). This company combines glucose, sodium, and 5 essential vitamins to deliver hydration. They use non-GMO sugar and mined salt "strictly for function, not flavor." The most notable thing about Liquid I.V. is that the product adds a bit of viscosity to water and has a pleasant salty flavor. None of the flavors have added color.

**Sugar Free White Peach:** Uses allulose (a low-calorie sugar derived from figs and raisins) and stevia and has a very sweet flavor.

**Tangerine:** very light flavor, if you don't mind the salty-sweet element, it goes down very easy.

**Lemon Lime:** Very tasty lime flavor reminds me of popsicles.

**Strawberry:** Very sweet, tastes slightly more medicinal than the other flavors.



## Trace Minerals

This company combines antioxidants, Vitamin C, immune boosting ingredients, ionic trace minerals and essential vitamins. They also use organic cane sugar and color their product with things like beet powder and turmeric root powder. Like Liquid I.V., this brand also ends up adding a slight viscosity to your water. The packets say they are effervescent, but it's very subtle!

**Orange Blast:** Tangy with a pronounced orange flavor (unlike many of the others citrus flavors).

**Pomegranate Blueberry:** a pretty mauve color. I thought I was going to hate this flavor but I didn't! It wasn't too sweet and went down easy.

**Guava Passion Fruit:** a deep orange color with a bright tangy taste that helps override the saltiness. I couldn't really taste the guava but the passion fruit was nice.

## Nuun Hydration

These products come in tablet form and dissolve relatively quickly. They have a slight effervescence. They use dextrose and Stevia as their sweetener and natural coloring agents like beet powder. There's 10 servings per tube.

**Strawberry Lemonade:** a pleasant flavor that doesn't taste too artificial.

**Orange:** mild, and tasty to boot!

## Ener-C Sport

Uses d-glucose and stevia to sweeten and fruit based powders for flavor. Provides Vitamin C along with electrolytes, zinc, selenium and chromium. Available exclusively at North. The Mixed Berry flavor is slightly effervescent and tasted a little like fruit punch with a slightly salty after taste.







# UPCOMING EVENTS

## June

**Knock On Wood**  
*Sunday, June 2 at 4:00pm*

**Matt the Electrician**  
*Friday, June 7 at 7:30pm*

**The Majestic 8**  
*June 14 & 15 at 7:00pm*

**Majestic Aerial Arts**  
presents **Gods & Goddesses**  
*Saturday, June 15 at 7:30pm*

**Majestic Movie**  
**Extravaganza: Ferngully**  
*Friday, June 21 at 7:00pm*

**Majestic Readers' Theatre presents**  
**Exit the Body: A Farce in Three Acts**  
*June 22 at 7:30pm*  
*June 23 at 2:30pm*

**Majestic Chamber Music: Stars of Tomorrow**  
*Friday, June 28 at 6:00pm*

## July

**Majestic Movie**  
**Extravaganza: Sharknado**  
*July 19 at 7:00pm*

**Picnic in the Park**  
*July 20 at 7:00pm*

**Majestic Theatre Youth Productions**  
presents: **Roald Dal's Willy Wonka Jr.**  
*July 25, 26, 27 at 7:00pm*  
*July 27 & 28 at 3:00pm*

## August

**Corvallis Comedy Night**  
presents **Aaron Weber**  
*August 4 at 7:30pm*

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