

## The Leafy Veggie With a Powerful Punch

by David Plechl

The house Tom Zimmerman shares with his family, and a frolicsome gang of farm cats, sits right atop the ten acres of veggies and herbs he has been cultivating organically since the early eighties.

The long triangle of alder-spotted farmland follows a bend on Gray's River, and on this day, salmon could be seen by the dozens, darting upstream, and seeking refuge in the shade of submerged tree trunks.

Zimmerman's father bought the land in the 70's, but the towering Black Walnut trees that sway near the east end of the farm tell of a history that goes back generations. It is said they were planted by Abraham Lincoln's gardener, who at some point, ventured west, and created a homestead where the Zimmerman farm now stands.

As this summer comes to its inevitable end, a forest of greens are growing. A vast sea of celery stands at attention. Green, yellow, and red chard grow crisp and hydrated. Five foot tall dill plants sway in an unusually warm September breeze.

The Zimmerman farm supplies over a



*Fall is the season for green veggies on Tom Zimmerman's organic farm near Gray's River. Leafy veggies especially have an alkalizing effect on the body, and also provide a wealth of vitamins, enzymes, and antioxidants.*

dozen varieties of green veggies to the Astoria Co-op this time of year, including mustards, collards, arugula, kale, and basil.

Zimmerman was one of the first farmers in Washington to be certified organic, but sometime before that he says he tried a few aspects of commercial farming that were so prevalent.

He didn't like the results, and was shocked by the prevailing attitude of the chemical

farmers.

"Their attitude toward the soil was, 'the soil is a medium whose primary function is to hold the plants upright,'" says Zimmerman.

He actually heard that quoted several times, and still shakes his head in disbelief when he thinks about it.

Most of the greens coming up now were planted in mid-June. *Continues on page 4*



*Smalltown performing at the Co-op's Spring Bash*

## 35th Anniversary & Apple Harvest Bash

by Mindy Stokes

The Astoria Co-op will celebrate its 35th year in business and the 2009 apple harvest with a bonus owner recognition day and party for all on October 31st from 12 am to 3 pm in the store parking lot. The day will include apple passing races, face painting, costume contest with prizes, apple cider press, pump-

kin painting contest, wine tasting, and live music. Bring your family and your neighbors. It's sure to be a fun day for the entire community. Wear your best, most creative costume and your dancing shoes. The Astoria Co-op proudly celebrates community through food. See you there! Yee-Haw! ★

# Happy Birthday To Us

by Merianne Myers

As a new Co-op board member a few years ago, I was searching for a way to be useful while I learned more about the job. In a blinding flash of enthusiasm and cluelessness, I offered to go through thirty-some years of papers and organize an archive system. I began to take home one box of papers at a time and sift the no-longer-necessary from the historical and required-by-law-to-keep stuff.

When our move to the new store became reality, it was suddenly necessary to clear all that remained out of the old building. Of course, I volunteered to bring the last batch home and continue the project. Unfortunately, I hadn't seen the basement. Lurking underground at the old store were two pallets tucked into a dank corner and piled high with boxes of papers. Sadly, we lost some of those to moisture, mildew and opportunistic rodents. Dauntingly, most of it was salvageable.

What started as a small project has become a seemingly endless work in progress. But two paper shredders and as many years later, I think I'm closing in on it. Here are a few items from newsletters past.

**1974:** *Issue 1, Vol. 1:* New Community Store Co-Manager Josie Peper writes, "You may be wondering what has been happening at the Community Store lately; and you may have noticed a bit of turmoil associated with the transition. ...Please keep in mind that our transition back to a cooperative store involves many organizational changes, so that more people can be involved." That year also finds us looking for volunteers to build, repair, paint, maintain, provide signage, put out the newsletter, help with office work, cashier, work produce, cut cheeses, bag herbs and much more. Membership fees were \$5 per year.

**1985:** The Community Store held a series of autumn fundraising events. There was a big

rummage sale at the old fairgrounds and a Halloween dance at the Elks Club in which Barb and Gary Boelling won 1st prize in the costume contest dressed as Ronald Reagan and an MX missile. A big band dance, also at the Elks Club, featured Denny Thiel's Big Band Orchestra. JoAnne Halvorson supervised a booth at the KMUN Christmas Faire, offering baked goods and soup. A Christmas potluck honoring volunteers lit up Shively Hall with candles, a crackling fire and hot spiced wine. Income from these events netted \$605.49.

**1995:** Membership fees rose to \$20 a year for a family. Sandwiches were added to the deli case. The Co-op was celebrating its 21st birthday with an open house featuring face painting, food tasting and Champion juicer demonstrations.

**2000:** The Community Store celebrates its 25th birthday by getting a liquor license. Co-Manager Mick Mitchell begins the stocking of beers and wines.

The retrospective of the past three decades of Co-op life could go on and on. There have been running themes:

- Income is up, but what about tomorrow?
- Income is down, what about tomorrow?
- Should we move, or should we stay?
- How do we get more members?
- Is it time to revise the by-laws?

Every single edition of the newsletter has dealt with at least some of the things on this list. The other abiding feature of our history is the prodigious number of people who have volunteered, become employees, done the heavy lifting, organized the parties, shopped and celebrated the Co-op. I would love to list them all. There is no way. Thanks to all who serve and who have come before.

1355 Exchange Street  
 Astoria, OR 97103

ph 503.325.0027  
 fax 503.325.7797  
[www.astoriacoop.org](http://www.astoriacoop.org)  
[store@astoriacoop.org](mailto:store@astoriacoop.org)

## Hours of Operation

Mon-Sat 9-7pm  
 Sunday 11-5pm

## Board of Directors

President: Merianne Myers  
 Vice President: Tom Duncan  
 Ute Swedloff  
 Karin Temple  
 Bennett Garner  
 Mindy Stokes

## Management & Staff

Matthew Stanley, General Manager  
 Armando Calonje  
 Dale Flowers  
 Judith Griffis  
 Nels Olson  
 Mick Mitchell  
 Mary Becksworth  
 David Plechl  
 Bee Eirth  
 Tony Giglio  
 Liz Talley  
 Misty O'Brien  
 Jennifer Rigley  
 Sarah Jaroszewski

## Newsletter Committee

Tony Giglio  
 David Plechl

## *The Seven Cooperative Principles*

1. Voluntary and open membership
2. Democratic governance
3. Economic participation by owners
4. Autonomy and independence
5. Education and training
6. Cooperation among cooperatives
7. Concern for the community

## Want to Help the Co-op?

For volunteer opportunities, call  
 503.325.0027.

## Board Biz

by Merianne Myers, Board Chair

The Board continues to meet on the 4th Thursday of each month at the Co-op at 6:30pm. I extend an invitation for all interested members and shoppers to attend a Board meeting. It is the place where you can voice your appreciation or your concerns, find out a bit about how things work, explore the possibility of serving on the Board, introduce yourself, or just satisfy your curiosity. You are always welcome.

If you have Board-related questions and are unable to attend a meeting you are welcome to contact me. An email to meriannemyers@gmail.com will find me. I will take your thoughts to the next meeting for consideration.

The immediate work of the Board centers around the big 35th anniversary celebration coming October 31. Continuing projects include working with management to nurture our improving financial outlook, long term strategic planning, increased Board participation in community outreach and much more. Join us! ★

## Lets Eat

by Merianne Myers

Bring your shopping lists and your appetites to the Co-op on the 4th Thursday of each month for your 5% member discount and a hearty tasting of hopefully inspirational vittles cooked up using great groceries.

Each month we offer a selection of dishes prepared from the increasingly fabulous selection of products available to us. Have a bite, request a recipe, visit with friends and stay for the Board of Directors meeting if you like.

Tastings from 4 to 6pm, Board meeting at 6:30. ★

# Member Spotlight

## Pam Tillson

*Secretary to Superintendent of Schools (retired)*

member since: 1979



### Why did you become a member?

"I was really aware of wanting to eat more healthfully and organically and really it was the only place in town to buy quality food at that time"

### What is your favorite co-op food item?

"I don't know about my favorite, but one of the things few people know about is the palm sugar

It's low glycemic, and I've been using it to replace sugar for baking, and I'm thrilled that I can get it here."

### How are you involved in the community locally?

"I support local businesses as much as I can. I'm interested in helping older people. I have a lot of hobbies. My gardening, My astrology."

### Has the co-op helped you connect with people in the community?

Yes. I used to volunteer too. It's a good place to connect with people because I always see people I can talk to and connect with. I've met people through the co-op too."

### Any other thoughts just about the co-op in general you want to share?

"I really love the fact that you've moved, and there are now more products. I love the light and the beauty of the space too. And I'm glad you can get soup now. And the free samples. I like the free samples."

## Mark Waren

*Theater instructor/Small business owner*

member since: 2009



### What's your favorite food item at the co-op?

"Organic macadamia nuts! You also have really good pineapples. Virtually everything in your fruit and vegetable section."

### Do you cook a lot with what you buy at the co-op?

"Not a lot, but at least three or four times a week."

### How are you involved in the community?

"I'm really new in the community. I'm just making a lot of friends. My favorite cafe is down the street, the Scorcher."

### Prior to Astoria Co-op, have you ever been a member of a co-op?

"Yeah, the East 4th Street Co-op in Manhattan. That's a really old co-op. I think like 35 or 40 years old. It's a lot smaller than this one."

## 4 Veggies With Punch

*continued from page 1*

As early as July he was plucking spinach out of the fields, and he expects to continue to harvest greens through November, and possibly into December.

Zimmerman says the demand for leafy greens has remained steady through the years, but more farms means competition is a bit more fierce. The types of veggies folks demand hasn't changed much he says, with a few exceptions.

"You got what I like to call trendy vegetables," Zimmerman says with a smile. "I did great with fennel for three or four years. But this year I could barely sell any."

But Zimmerman sells plenty of what he plucks from his Gray's River farm as well as another organic plot near Skamakawe. And he says the greens do very well in this cool, coastal environment.

And through persistence, crop rotation, and careful attention to soil composition and quality, Zimmerman has plenty of faith in what his farms are capable of. Cilantro, onions, parsley, cucumbers. They all like it here.

"This soil is built to the point where I can grow just about anything on it," says Zimmerman.

But it hadn't always been this way. When his father bought the land in the 70's it was mostly bumpy pasture land for a dairy that had replaced an ancient homestead.

"You couldn't do much of anything with it at all," said Zimmerman.

A small creek had to be diverted, trees had to be cleared, unruly ground had to be leveled, and the Zimmermans had to make friends with the rain.

The farm sits behind hills that run the length of the Columbia River, just close enough to hear the fog horns roll over. The Willapa Hills jut up on the north side of the valley, and when the clouds meet the cool

air and bump up against those hills, they let loose on Tom's farm.

"It doesn't know how to rain just a little bit as a rule," says Zimmerman. "Usually you can take whatever you get in Astoria and double it."

### *Greens as Superfood*

Some believe our ancient ancestors ate up to six pounds of leaves per day. I like to imagine them walking along from one place



to another, just picking and eating leaves as they went. Can you imagine eating a grocery bag full of greens each and every day?

These days, few Americans even eat the minimum USDA recommendations of three cups of dark green vegetables per week. And yet, these veggies deliver a bonanza of vitamins, minerals, and phytonutrients.

Dark green leafy vegetables are, calorie for calorie, perhaps the most concentrated source of nutrition of any food. They are a rich source of minerals including iron, calcium, potassium, and magnesium. They are also chock full of vitamins, including vitamins K, C, E, and many of the B

vitamins.

They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other effects.

Dark green leaves even contain small amounts of omega-3 fats.

One of the leafy green heavyweights is undoubtedly kale. One of the healthiest greens for your bones, just one cup of kale contains nearly 1300 percent of the daily requirement of vitamin K.

Research has provided evidence that this vitamin may be even more important than we once thought. The current minimum may not be optimal, and many people do not get enough of it.

Vitamin K helps to support healthy bone formation. Kale also includes manganese, which promotes bone density. Kale is also high in calcium. Perhaps best of all, kale is one of the top leafy green sources of carotenoids, which promote eye health and may help lower the risk of age-related macular degeneration.

Chard is another superstar which may help lower your blood pressure because one cup cooked supplies nearly one-third of your daily potassium requirement. A mineral marvel, chard is the leafy green of choice for iron, and is also an excellent source of vitamin C.

Many green veggies pack a powerful punch of folate, B vitamins, vitamin E, antioxidants, and a range of minerals and phytonutrients that help the body detoxify, and protect against cancer and other degenerative diseases.

### *The Yummy in the Tummy*

But let's face it, most of us like to think of our food as food, and not some glorified vitamin.

Sure, it might get us all healthy, but we want it to taste good too!

5 When prepared creatively, greens can become the most delicious part of any meal.

It can be very simple. Just by throwing together a delicious blend of local salad greens, with some olive oil, balsamic, blended with a little garlic and sunflower seeds, you can make a super satisfying, super delicious snack.

But it can only get infinitely more yummy from there.

It's very easy to find good recipes for greens online with a Google search. Our local book stores also have some good books. The co-op stocks a few too.

But an even better way to come up with recipes is to spy on your friends. See what they're making. Steal their recipes, and adapt them to your own tastes.

Sometimes if you tell them how delicious their cooking is, they'll even make it for you!

This was my approach when I asked our very own esteemed board president Merianne Myers to share one of her favorite "greens" recipes with me.

I knew this experienced "foodie" would have a few tricks up her sleeve, and I was eager to add another recipe to my repertoire.

I appeared opportunistically at the co-op just as she was setting out one of her Fourth Thursday Food Tastings. Even before she plugged in her crock pot of braised greens, I could smell the deliciousness.

Myers has worked in the restaurant business for years, but never as a chef. Yet the thing is, her cooking is so good, folks often think she's a pro, and call her a chef in turn.

"I just like to cook good food," Myers says modestly.

She says she really likes cooking with greens for a variety of reasons.

"They're pretty much an archetypal

comfort food," she says.

Does she have a favorite?

"I think it's really hard to beat rainbow chard," she says. "I also love collards. I love mustard greens. And now we have Italian kale too."

Myers says classic braised greens are often prepared with bacon or pancetta, but for this tasting she "was happy to find a recipe that had no meat in it, but still has a lot of flavor."

For this recipe, she braised collards, rainbow chard, Italian and purple kale, with vegetable stock, onions, mushrooms for richness, garlic, paprika, a dash of apple cider vinegar, a bit of soy sauce, and two chipotle peppers.

I took a heaping bite. Mmmmmmm. Succulent. Rich. Delicious.

How to do it at home?

Saute the onions, mushrooms and garlic until soft, then add the seasonings and greens and veggie stock. Then, turn down and let simmer "for as long as they want."

"The longer the better," says Myers. "I knew people in Texas that just always had a pot of greens simmering on the back burner."

She says greens are forgiving, and they can be used in so many delectable ways.

"They're good with everything, as a side to a bowl of beans, or just by themselves."

Creativity is key. "Throw the centers into a stock pot, and use the stock to cook your rice."

Even a chef-worthy gourmet pasta sauce can be a snap she says. Start out with some chopped bacon or pancetta and saute. Toss in bite-sized chopped greens with shallot, garlic, and onion. Add cream, and squeeze in a bit of fresh lemon.

Voila!

"You can make the whole sauce in the time it takes you to make the pasta," says Myers. ★

## Pure Popsicles at the Co-op

From Organic Spa Magazine

In Portland, Oregon, there's now a more colorful alternative to the traditional ice cream man's wares. On the hottest of days, look out for the home-spun fleet of four tricycle cooler bikes selling Sol Pops frozen fruit bars. "Sol Pops was half epiphany and half 'mutual dare' between my good friend, my wife, and I," explains co-founder Aaron Harmon, a lawyer and Reiki master. "It was Sunday, we were getting ready to get some brunch, talking about how we didn't want to go to work the next day, and gosh wouldn't it just be nice to have a lemonade stand where you could be outside all day? It turns out there's quite a lot more to it than that, however." These frozen fruit bars, known as paletas in their native Mexico, are denser, chewier versions of American popsicles, made with whole fruit. Harmon and his team were lucky enough to train with a Mexican family from Guadalajara to get the authentic recipe down pat, and now Sol Pops can be found throughout Portland farmer's markets ("we loving going there for a sense of community") and a number of local coffee shops and taquerias [and at the Astoria Co-op!]. Not only do Sol Pops use local and organic ingredients whenever possible (which is often, considering their relationship with organic farmers of the Willamette Valley), but since they're mostly fruit and juice, sweetened with agave, cider, or evaporated cane juice, they're around just 50 calories. [www.solpops.com](http://www.solpops.com) ★

# Thinking About Food

By Matthew Stanley

The question of where to buy our food is a recurring theme in our community. Our penchant for discussing how we fuel ourselves through our busy lives demonstrates the centrality of food on the local, national, and international agendas. Certainly, by measuring the safety, availability, and accessibility of healthy food, we can ascertain the health of our social, economic, political, and ecological systems as well. Given the unjust nature of global food and water systems it is hard to speak highly of the state of any world system in general.

It seems to me that our discussion with each other and ourselves as to how we can address daunting issues like poverty, hunger, and environmental degradation gets at the core of our nature as human beings and eaters. I suppose we all sometimes wonder if total collapse of the capitalist system may be the only path to simplifying and re-prioritizing our lives. We'd essentially be forced to depend on each other as a community. Not just by shopping at the local food market instead of the box chain (a good idea of course) but because Tracy is the one who has chickens in her backyard and my family is hungry. In such a situation I cannot say what I'd have to offer Tracy's family in return for some eggs. I'd quickly learn a skill like growing food or making handy man repairs. It is surely humbling to think that the skills associated with bare necessity survival would not be at my disposal.

But we're not there yet and maybe we never will be. Right now we accomplish the majority of our nutritional intake by acting as consumers. We choose between chain stores, local markets, or farmer's markets.

The existence of choice offers a powerful opportunity to effect change. It means that being a consumer is not necessarily a negative approach to solving pressing world issues. Many of us have relatively high expectations about the quality of our food, the price that was paid to the people that grew it, and how far it traveled. We are making value based decisions everyday when we decide what to eat. The same principles that have led to the remarkable growth of the organic food industry and the local food movement can be applied holistically to our method of where we put all of our money.

Let's face it, the new box stores and the existing ones that are expanding in our area do not have much to offer if we seek to make value-based decisions. The majority of what they are selling is destined to be landfill. Used and refurbished versions of so many of the goods available at "the store that sells it all" exist in our community or region. How much more pleasant and interesting an experience it is to seek them out and make contact with an individual in the community. When we do need new things, like a new pair of shoes, we can seek out reputable companies that are conscious of their environmental impact and the conditions of the people making the shoes. We may even need to rethink the ways in which we invest our money. Blindly investing in the stock market may mean that you are still supporting a box store (and who knows what else) even if you don't shop there often.

In the previous newsletter a Wendell Berry article entitled "Think Little" was featured. His call for action did not so much center on how we spend money but rather focused on how we interact with the immediate circle of people and issues in our day-to-day lives. Global problems do not seem so overwhelming if we understand

that we are most effective in addressing them when we center ourselves in the moment, listen to those around us, be slow to react, and quick to smile. "Better minds, better friendships, better marriages, better communities." I am by no means declaring myself the model citizen. This article is just as much a reminder to me as it is to our membership and their friends and families. Maybe food is central to our community discourse because we are already making good choices about how to feed ourselves. We desire those same discerning values to be applied in a larger context. And if we're talking about personal mindset and its power to change the world, then food plays a crucial role here as well. Eating whole foods brings balance to both the mind and the body and so to our world, as small or as large as we perceive it to be. ★

## Whats New at Your Co-op

by Matthew Stanley

### New Bulk Items

We've recently made some changes to the bulk section. Make sure to check them out!

- Sliced almonds are now in the cooler near the other perishable nuts and seeds. Right in time for the holidays.
- Redmond's unrefined sea salt and a wonderfully flavorful Celtic gray sea salt are now in the bulk scoop section. These unrefined options are rich in trace minerals.
- Organic rapadura and demerara sugars are now available in the bulk section. Happy baking!
- Select seaweeds are available too. Located below the bulk beans, choose from wakame, dulse, and kombu(kelp). Kelp helps make beans more digestible when cooked together.
- Dried fruits galore! And they're mostly local too! These hard to find local fruits are packaged up and stocked on the produce

dry rack. Choose from organic sun dried tomatoes (no oil or salt added, just the fruit), and Oregon or Washington grown prunes, blueberries, Bing and Ranier cherries, and honey sweetened cranberries.

- Sprouting seeds are now available too. Learning how to sprout will help you affordably include nutrient dense and tasty additions to salads. These are located above the dried beans.

### New in the Deli

You've probably noticed the new creations showing up in the deli section of the cooler. The fresh green salads are already a hit! In general, the deli staff is working hard to keep the deli items fresh and interesting, and always 99% organic. Guess what, the soup is back on too. We'll be selling quarts of soup in the cooler to go as well. These soups are made from scratch and are a great way to make a quick organic meal. The deli selection has moved to a different cooler door near the back hallway. We'll soon have recipe cards available so we can share the wonderful ways in which we use organic whole foods to make tasty meals. Baked goods are on the way as well! Thanks for supporting our deli!

### Pet Section Expansion

The co-op has received several requests for grain-free pet food and we have responded with a new line made by EVO. If you like the idea of feeding raw pet food, but prefer a gently cooked food that provides benefits that match raw, frozen or home prepared high-meat pet diets, EVO pet food is the answer. EVO is the first grain-free ancestral diet that provides the benefits of modern nutrition in a safe, convenient and cost-effective natural food. Use EVO alone or as a supplement to your raw or home cooked pet food for a complete and balanced natural feeding. Wellness Pet

food is also available. They are free of by-products and have simple ingredient panels. We will be adding some new treats and some supplements to the section as well. Have you tried Health Force Nutritional's Green Mush yet? It is a great way to add a dense serving of organic greens to your pet's diet. People can eat it to! ★



## UMAMI

Excerpted from [umamiinfo.com](http://umamiinfo.com)

Dashi stock made from kombu (kelp) has long been an indispensable part of Japanese cuisine. It has also long been known that the active ingredients contained within kombu hold the key to its

delicious taste. This did not escape the attention of Dr. Kikunae Ikeda of Tokyo Imperial University, and he undertook research to ascertain the true nature of this 'deliciousness.' In 1908, Ikeda succeeded in extracting glutamate from kombu. He discovered that glutamate (or glutamic acid) was the main active ingredient in kombu and coined the term 'umami' to describe its taste. He was sure that this taste was held in common by other foods that have a savory flavor, including those used in Western meals such as tomatoes and meat, and, indeed, upon investigation it was discovered that these foodstuffs also contained umami.

"Those who pay careful attention to their taste buds will discover in the complex flavor of asparagus, tomatoes, cheese and meat, a common and yet absolutely singular taste which cannot be called sweet, or sour, or salty, or bitter..."

Dr. Kikunae Ikeda, Eighth International Congress of Applied Chemistry, Washington 1912

### *Food Acceptability and UMAMI*

When humans eat, they use all of their senses (sight, hearing, smell, touch and taste) to form general judgments about their food, but it is taste that is the most influential in determining how delicious a food is. Conventionally, it has been thought that our sense of taste is comprised of four basic, or 'primary' tastes, which cannot be replicated by mixing together any of the other primaries: sweet, sour, salt and bitter. However, it is now known that there is actually a fifth primary taste: umami. It is present in most foods but is predominant in delectables like seaweed, fermented vegetables, mushrooms, vinegars, sardines, olives, and aged cheeses. ★

# 8 A Message From Matt

## *General Manager Report*

By Matthew Stanley

Since I have been involved with the co-op grocery industry I have visited several co-ops and health food stores similar in size to ours. I cannot help but say that our new store, staff, and members sure seem to give them a run for the money. Almost a year into our expansion and relocation I still find myself marveling at how amazing our transition has been. So many people are making the co-op a part of their regular grocery shopping routine and investing in a local business at the same time.

I thought I'd take this opportunity to discuss some of the extracurricular activities I've undertaken recently and how they relate to the co-op. In early September I visited an organic seed saving farm in British Columbia. I had the chance to spend a day working on the farm and asking plenty of questions about seed saving. I have to admit that I have never seen what lettuce, leeks, carrots, or any other vegetable for that matter, looks like when they are in the seed producing stage. It was truly enlightening. At the same time the experience was indicative of our culture's total disconnect from food growing and the timeless tradition of seed saving that makes it possible year after year. When one considers the ever-increasing global control and manipulation of seed stock by companies like Monsanto, the necessity of seed saving skills seems imperative for small farmers, healthy eaters, and the cooperative movement in general.

A day spent working on the farm also made me realize the incredible amount of work that goes into harvesting, preparing, and delivering produce to market. Picking is tedious, backbreaking work. Furthermore, the vegetables we buy in the produce

department hardly ever come out of the ground that way. They require cleaning, prepping, tying, and packaging. The next time a Zimmerman produce delivery came to the co-op my appreciation for the clean organic produce they were carrying in was hard to contain. It was an honor to put it on display for customers to bring home to their tables. If you haven't visited an organic farm I encourage you to take advantage of the opportunity when it presents itself.

By the time you read this I'll have returned from this year's Provender Alliance conference in Bellingham, Washington. The co-op is a member of the Provender Alliance, an outreach and educational organization for the natural products industry in the Northwest. The conference consisted of three days of intensive educational seminars and networking with like-minded folks in the Northwest natural foods industry. Provender also monitors government regulation of the organic industry. This year's conference included guest speaker Paul Stamets, a mycologist who's campaigning for the use of mushrooms for reforestation, toxic cleanup, and of course, eating. Topics specifically applicable to our work at the co-op included human resources training, cash maximizing in an economic downturn, sustainable business practices, and customer service strategies.

It was a joy bragging about our new store and learning and listening to people in the same business as our co-op.

These experiences demonstrate the breadth of different work and skills that make providing healthy and local foods at the co-op a possibility. There are some truly amazing people out there doing some wonderful things in the name of health and sustainability. Of course, we are all a part of this process when we buy our groceries at the co-op! ★

## Baked Apples

by Merianne Myers

Fall is apple season. Gratefully, we live in a corner of the world that does apples better than the rest of the planet. We also have the corner on geography, seafood, fabulous foraged delicacies, beer, wine, caffeine and Co-ops. For our purposes here, we will focus on the healthy, sensuous, aroma therapeutic, packs-small-plays-big BAKED APPLE.

The filling mix and syrup can be made ahead and kept in the fridge for a couple weeks. The exact proportion for filling the apples depends on the size of the fruit and how much sweet goodness you like to pack into each one.

4 Braeburn or Granny Smith apples

1 1/2 cups water

2 cups brown sugar

1 Tablespoon cinnamon

1 Tablespoon lemon juice

1/2 cup raisins

1/4 cup chopped pecans or walnuts or hazelnuts

2 teaspoons grated lemon zest

2 Tablespoons Brandy or Applejack or Peach Brandy or Calvados

2 Tablespoons butter

1. Bring the water, 2/3 cup of the brown sugar, 1/2 teaspoon of the cinnamon and the lemon juice to a boil and cook for 3 or 4 minutes to reduce. Remove from heat and set aside.

2. Core the apples leaving the peel on.

3. Mix the remaining brown sugar, raisins, nuts, zest and cinnamon. Place in a baking pan and fill the apples, packing the filling fairly tightly and leaving about 1/4 inch on top. Drizzle with the booze of your choice or not and dot with the butter. Pour the syrup over the apples.

4. Bake until tender. Baste them once in a while with the syrup from the bottom of the pan. They take approximately an hour but you'll want to pull them out when they are fork tender.

5. Best served warm with a scoop of ice cream or a dollop of cinnamon whipped cream or a swirl of creme fraiche or au naturelle with a snifter of brandy and a crackling fire.

# Tasty Tidbits from the Co-op Kitchen

By Jennifer Rigley

As the days grow shorter and the nights turn cooler, hopeful thoughts of a glorious Indian summer invade the mind with visions of the harvest bounty of just-picked goodness. The color and texture of our favorite vegetables awaits the creative devices needed to make inspiring and healthy salads and soups. Our kitchen's Pine Nut Delight starts with fresh purple kale, to which is added paper thin slices of sweet red onion, followed by sun dried cranberries sweetened with just a hint of local blackberry honey. It's all topped of with a liberal sprinkle of raw pine nuts. All of these organic ingredients are then drizzled with balsamic vinaigrette and a final touch of Cypress Grove Chevre. Served at room temperature, one can savor all the flavors in each and every bite.

Mediterranean Black Bean Salad is extremely versatile. Combined with a bed of arugula this tangy treat offers an interesting and balanced salad in which the flavors complement each other. Mediterranean Black Bean salad is also wonderful in an omelet or as stuffing for a portabella mushroom. The colorful Italian sweet peppers add zest and sweetness while the goat milk feta warms inside the omelet or mushroom for a heavenly and healthy meal.

Other salads that are being introduced to the deli include our pecan and Washington grown dried bing cherry salad. This gourmet way to eat your greens is made with Oregon Cave blue cheese, a hint of sweet red onion, and mixed kale and baby spinach. A green salad with cucumbers, walnuts, and a mustard shallot vinaigrette will soon be available too. Insalata Capricciosa (which means "salad with whimsy") is another salad to stir the imagination and delight the palette.

It consists of fresh greens and vegetables mixed with chickpeas and/or other beans topped with feta and a garlic based dressing.

We'll be keeping fresh creations in the mix all the time so be sure to check the deli specials blackboard. The store will also be moving the deli outfit to a different cooler door in order to increase selection and make shopping the deli easier. Keep an eye out for soups packaged in the grab and go section too. They'll make an excellent quick dinner selection. Baked goods are on the horizon as well. Thanks for supporting the co-op deli and we hope you enjoy our whole foods creations as much as we enjoy making them! ★



## An Apple a Day...

by Bennett Garner

The apple has a long and sometimes exotic history. Michael Pollan, in *The Botany of Desire*, tells us how the apple came to our shores, and how it developed once here. It seems that the apple originated in the mountains of Kazakhstan and was picked by travelers on the Silk Road. Seeds were dropped along these journeys and hybridized freely with other species. Of course, each of these apples would have produced different trees, because every seed contains genetic instructions for a completely new and different

tree. If it were not for grafting, every apple tree in the world would be its own distinct variety. It would be impossible to keep a good one going beyond the life span of that particular tree. As Pollan says, "In the case of the apple, the fruit nearly always falls far from the tree."

The apple moved from Asia to Europe where it became domesticated. The earliest settlers brought grafted Old World trees with them, but they could not survive the winter. The colonists also planted seeds often saved from apples eaten during their voyage to the New World. These seedlings, or "pippins," prospered. The spread of the apple to the West was encouraged, in part, by the land grant requirement that settlers in the Northwest Territory (Ohio, Indiana, Illinois, Michigan, Wisconsin and part of Minnesota) set out at least fifty apple or pear trees as a condition of the deed. The purpose of this provision was to dampen land speculation. Because it takes ten years for an apple tree to fruit, an orchard was a mark of a lasting settlement.

The major food product coming from the apple in the nineteenth century was apple cider – that being of the hard, not soft, variety. Protestant populations, including the Puritans, accepted this cider, because it did not come from grapes, and there was nothing in the Bible proscribing it. On the other hand, the Bible did warn about the temptations of the grape. Protestants often linked the grape and wine to what they perceived as examples of the corruption of the Catholic Church.

It was not until the twentieth century that the apple became linked with wholesomeness. As the Temperance Movement gained force, apple growers developed the slogan "An apple a day keeps the doctor away" as a marketing slogan to prevent a slump in sales. Not that there wasn't some truth in that advertising. ★



1355 Exchange St. Astoria OR 97103

### Astoria Co-op Calendar of Events

- Thur., 10/22** Owner Recognition Day - Owners receive 5% off all purchases.
- Thur., 10/22** Board of Directors Meeting 6:30 PM
- Sat., 10/31** *\*bonus\** Owner Recognition Day - Owners receive 5% off all purchases.
- Sat., 10/31** Halloween Extravaganza! 12-3PM
- Sat., 11/14** Owner Recognition Day - Owners receive 5% off all purchases.
- Thur., 11/26** Thanksgiving! Co-op is closed.
- Fri., 11/27** Owner Recognition Day - Owners receive 5% off all purchases.
- Sat., 12/12** Owner Recognition Day - Owners receive 5% off all purchases.

## Hear Ye! Hear Ye!

### Food Tasting

Don't miss our food tasting events on the night of the board meeting starting at 4 pm. We will be sampling new products and dishes prepared from ingredients available at the Co-op. The board of directors invites you to stick around and attend board meetings starting at 6:30 pm.

### Owner Recognition Days

Owner Recognition Days are every second Saturday and every fourth Thursday of the Month. Members enjoy an additional percentage off all store purchases these days!

- October 22nd
- October 31st
- November 14th
- November 27th (Friday)

-December 12th