

Free | Fall 2019

grassroots

A Quarterly Newsletter from People's Food Co-op



grassroots

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Attend a Board Meeting!

Board of Directors meetings are held the 4th Tuesday of every month from 5:30-8:30pm. Member-Owners are always welcome! There is a free, light vegetarian dinner served from 5:30-6pm that you can enjoy with your Board Directors and discuss your ideas casually. Stick around for the official meeting from 6-8:30pm! This is a great chance to get your message to the Board or just to see what's going on at the Co-op.

Upcoming Meetings

Tuesday, October 22nd, 6-8:30pm

November Meeting TBA

December Meeting TBA

October is Co-op Month, the best time to invest!

For nearly 50 years, People's Food Co-op has thrived in this quiet little pocket of our neighborhood. Back in the 1970's, natural foods was a niche market, and so our Co-op was created by and for folks who wanted healthy, natural foods, and to keep their money in the local economy. These days, every chain grocery store carries organic, local, and natural foods. But our Co-op continues to thrive, thanks to our thousands of Member-Owners who have invested in People's Food Co-op, and in turn, have invested in our community.

To thank you all for investing, supporting, and caring for our Co-op, we've got some special incentives for investing in People's in October:

- **Invest \$15 or more and you'll get an Equal Exchange Chocolate Bar!**
- **Invest \$30 or more and get a chocolate bar and a People's Bandana!**
- **Invest \$60 or more and get a chocolate bar, a bandana, and a bottle of La Rioja Olive Oil!**

If you've already invested the full \$180 (the full cost of a share), don't worry! You can invest up to \$300 in the Co-op and still get all of these great incentives. Those extra dollars mean a lot here!

3 lucky members will find a Golden Ticket!

Three lucky Member-Owners will find a golden ticket with their chocolate, bandana, or olive oil. If you find a golden ticket, you will get one of these amazing prizes:

- **A \$100 Gift Certificate to Naomi's Organic Farm Supply!**
- **A People's Tote filled with our fall favorites!**
- **A \$50 Gift Certificate to Aviv & a \$25 Gift Certificate to Fifty Licks!**



Fall Events

October

Grow Your Own Produce Series: Garlic, Cover Crops, & Compost

Tuesday, October 1st, 7-9pm
\$25, registration required.
20% discount for People's Member-Owners.

October is a time for returning inward and thinking about nourishing the soil for the garden in the year to come. This class will highlight soil building methods including mulches, composting, leaf mold and more. We will discuss types of cover crops for building soil tilth and fixing nitrogen. We will also talk about the different types of garlic and best varieties for our region. As always, this class will highlight what is happening in the garden in October, how to tend to your garden, and prepare for the coming month.

People's All Hallows' Eve Festivities

Saturday, October 12th, 1-5pm
Please RSVP! Free.

Join People's Food Coop for an afternoon of Hallows' Eve festivities, tricks, and treats! Celebrate the season with spooktacular, family-friendly crafts, games, and food. There will also be a costume swap for kids. Please bring clean, intact costumes to trade or contribute.

Community Collage Workshop

Saturday, October 19th, 1-4pm
Registration required. \$5 suggested contribution for materials. No one will be turned away for lack of funds.

Here is your invitation to share an audacious and revolutionary afternoon exploring the intuitive and sometimes ironic world of collage. It's fun, easy, and always surprising! Magazines, old books & other collage materials, as well as materials to make a small book and O-ring journal will be provided. There will be snacks and tea! Please bring along any additional materials and tools if you like.

November

Soil Test Interpretation Workshop

Sunday, November 3rd, 2-4pm
Registration required. Class fee is waived for PACSAC Member farmers. New farmers may join PACSAC & attend the class for free. Others may attend for \$30.

Portland CSA Coalition member farmers are invited to bring their soil tests in to learn how to interpret them, therefore saving money, maximizing profit and efficiency, and protecting the environment.

Grow Your Own Produce Series: Nourishing Soups, Wildlife in the Garden, & Planning for the Coming Year

Tuesday, November 5th, 7-9pm
\$25, registration required.
20% discount for People's Member-Owners.

During this class, we will discuss ways to encourage these allies to spend the winter in your garden. By having active food webs, like these, in the garden, we invite collaboration and enhance fertility cycles on site. This class will provide relevant information to help you begin planning for the 2020 garden season.

Cheesemaking for Beginners

- Vegan Cheesemaking for Beginners – Smoked Gouda & Fondue: November 23rd, 1-2:30pm. \$40, registration required.
- Cheesemaking for Beginners – Paneer & Paneer Crumbles (and Turning them into Meat Substitutes!): November 23rd, 3-4:30pm. \$40, registration required.

Join Claudia Lucero of Urban Cheesecraft to learn to make your own cheeses!

Event Series

From Grief to Growth: Meet & Greet with Romaine Harris

- Monday, October 6th, 3-4:30pm
- Tuesday, October 7th, 5-6:30pm
- Sunday, November 10th, 1:30-3:30pm
- Saturday, December 7th, 12:30-2pm

These Meet & Greets are free to attend, but please RSVP online.

Romaine Harris is a community health worker and a grief coach dedicated to holding space for our community to process grief and heal towards transformation, innovation, and creativity. For those seeking support for processing trauma and grief, please join Romaine Harris at this 90-minute Meet & Greet. Learn more about the community grief workshops and whether they would be a good fit for you and your journey at this free, informational event.

From Grief to Growth Workshops: Unlocking Creativity & Transformation

- Sunday, October 13th, 1:30-4:30pm (BIPOC Only) - Free, registration required
- Sunday, October 20th, 6-9pm (General Public) - \$35-55 sliding scale, registration required.
- Additional dates in November & December can be found on our website.

In this transformative workshop, explore the alchemy of stepping into self-love, self-healing, and practicing positive self-talk to transform your personal reality. In the past, you may have been taught that you need to toil, struggle, or sacrifice something because of unfortunate circumstances you've experienced. Romaine will teach you how to grow from that situation into internal joy and become happier than you ever thought you could be!

Nervous System Class Series with Karin Wagner

- Self Care for the Nervous System: Monday, October 7th, 7-8:30pm
- Learn About Your Nervous System: Monday, October 14th, 7-9pm
- The New Science of Pain: Monday, October 21st, 7-9pm
- Self Care for the Nervous System: Monday, October 28th, 7-8:30pm

All classes are \$15-35 sliding scale, registration required.

These courses will help you understand the basic biological reasons for emotions and stress, and gain compassion for yourself and others. We will practice monitoring and consciously affecting one's own nervous system, as well as how to use mindfulness and other tools to heal trauma. This material is very relevant to yoga, Aikido and other martial arts, spirituality, and every type of personal growth work.

REGISTER ONLINE:
peoplescoop.eventbrite.com

**Wait, there's more!
Make sure you check out
our full events calendar at
peoplescoop/events**

We are committed to making our classes accessible to folks of all income levels and financial situations while ensuring that our instructors get compensated fairly for their time, effort, expertise, and materials. If a class with a cost is interesting or useful to you but you can't swing the fee, please be in touch with us and we'll work something out. You can email communityroom@peoples.coop.

The Community Room is located on the 2nd floor up a flight of stairs. It is also accessible by elevator lift – just let a cashier know you need to use it and they will help you!

Greetings from your Board of Directors!

In this first note to our Member-Owners as a new Board following the May 2019 election, we'd like to share a couple of updates with you: specifically about our recent Board Retreat and some of the priorities we will be focusing on in the rest of 2019 and 2020.

On August 24 and 25, the Board gathered together for two days of getting to know one another, voicing concerns, learning from the Collective Management, and discussions of how to work better together. We walked away feeling like a more cohesive group than when we walked in. We identified some initial priorities for the remainder of 2019, and work we want to accomplish in 2020. Four main themes emerged:

1. **Teaming** – In order to live up to our commitment to you, we need to work effectively and efficiently together. We made great strides in learning about one another, creating more empathy, and better understanding our respective points-of-view at the Retreat. We all walked away feeling optimistic about becoming a great team.
2. **Prioritization of Work** – We have work which needs to be addressed immediately, work which we would like to tackle in the next 3-6 months, and work which has been on the back-burner too long. In order to fulfill our duty to you and the Collective Management, we need to discern the difference between each and create plans moving forward.
3. **Member Engagement** – What makes us unique among other natural foods grocery stores is our co-op structure and values. You are each fundamental to that. We need to

create new and better ways to hear from you and create outlets for your energy and passion. To that end, we will be temporarily pausing the member engagement aspect of the Nominations Committee for two months while we align on our strategy for creating new ways to hear from our Member-Owners.

4. **Anti-Oppression** – In appreciation of, and in solidarity with the Collective Management's work on anti-oppression, the Board commits to do the same. We recognize the need to explore white supremacy, gender diversity, and inclusion/equity, and how these intersect with our roles as Board Members and our co-op's role in our community.

We are pleased to let you know that we've elected new officers! Jenny Owen will be the Board President. Eleanor Escafi will hold the role of Vice President. Brion Oliver will serve as the Treasurer of the Board. We have deep gratitude for the previous Officers, who have provided leadership to the Board in times of great change. Naoki Yonayama (past President), Jenny Owen (past Vice President), and Jay Whitaker (past Secretary): thank you.

And thank you, Member-Owners, for your membership, patronage, and cooperation.

In solidarity for a thriving co-op,

People's Co-op Board of Directors

One Stripe Chai



by Sofie Sherman-Burton

There are a lot of different beverages that one can buy that say “chai” on the package: tea bags, tetra pack boxes, buckets of powder that come with their own plastic scoop, and bottles that say “chai tea latte.” As enjoyable as these can be in their own special ways, they only faintly resemble the chai that Farah Jesani, co-founder of One Stripe Chai, saw her parents drinking two times a day throughout her childhood or the chai her community was drinking at the mosque. These other beverages are often more watery, much sweeter, overly cinnamon-flavored, or a combo of all three of those traits.

“There was no good chai out there,” Farah cited as a motivation for the business she and co-founder Josh Weinburg founded in November 2015.

coffee shop that is really well known, and it was so disappointing. A lot of thoughts went through my mind - is this someone's first foray into chai? It doesn't taste like anything, you can't taste the tea, it's way too sweet, the barista doused it in nutmeg and now I know why - it tastes like nothing and is really watery.”

With that bad chai experience on her mind, Farah asked Josh what TaborSpace was using for chai. That's when he told her about his chai experiments in TaborSpace's basement kitchen. “I was very interested in coffee before that,” said Farah. “But as soon as we started to talk about chai, I was like, no, I don't care about coffee; I have no relation to it from a cultural standpoint. But I do care how chai is represented.”

“In most chai products and recipes available in the United States, despite chai literally meaning tea, the actual tea leaves are often neglected. But with One Stripe Chai, the flavor of the tea manages to come through even amidst the strong spices in the brew, providing a more robust and tasty flavor experience.”

Farah and Josh met at TaborSpace, where Josh was managing the coffee shop and working on a chai concentrate recipe in the community space's basement. “I thought that was going to be that. Then I met Farah.”

Farah had been working as an IT consultant in New York City but was ready to leave the city. “I was getting really into third wave coffee and really interested in why my latte was six dollars,” Farah said. “I left New York and came to Portland to learn about coffee. I happened to find via a Google search (of course) TaborSpace, where Josh was the manager.”

TaborSpace ran a volunteer barista program which meant that Farah could learn more about coffee without the real experience she would need to land a gig at another Portland coffee shop. While working at TaborSpace's cafe, Farah spent a lot of time going to coffee shops around the city. “I once randomly ordered chai at a

With a bevy of customers eager to be their guinea pigs, Farah and Josh spent the next six months perfecting the recipe for a chai with more kick. “While we were going back and forth, it was a lot of middle of the night emails to Josh: ‘Hey, I just had an epiphany: gotta up the cardamom.’” When they landed on a formula they were happy with, they started selling their concentrate to other coffee shops around Portland. Because Josh had trained so many baristas at TaborSpace, he had relationships all over town that helped them get their new business off the ground. “We had an extra little boost because I had trained so many baristas, there were a lot of baristas that knew what I was working on and they would come to me saying, ‘Our chai sucks. Can you get me a sample?’” That helped them get ten accounts right off the bat, and soon customers in those coffee shops were asking where they could buy the chai themselves.

Unlike many other chai products, One Stripe is a concentrate that you mix in a one-to-one ratio with the milky beverage of your choice (I am unsurprisingly partial to Oatly) to make a cup of chai. Concentrates were unfamiliar to Farah. “Even my parents are like, ‘A concentrate? You can just make chai. Why would you make a concentrate?’” Farah says. “Josh explained the need for coffee shops – there’s no space for a stove, you’re not just able to brew up a whole thing of chai.” Having a concentrate means that coffee shops can easily use the steamer on their espresso machines to make a hot, foamy chai. It also means that the perfect fall beverage is just moments away when you’re making chai at home.

There are three major things that make One Stripe’s concentrate stand out. The first is the precise amount of sediment they leave in the bottle; it’s the reason the first step in their instructions to make the chai is the shake the bottle, and why the chai maintains its perfect level of spiciness.

The second is the organic tea that Farah and Josh “went to the ends of the earth to find,” Josh said. The tea is processed using the Cut Tear Curl or CTC method (the same method used to make Lipton or PG Tips), which means that the tea is in a more granulated form that instantly releases color and flavor when it hits water. But finding a CTC tea that had a superior flavor and was certified organic was a challenge. Ultimately, Josh and Farah found Chota Tingrai tea gardens, a medium-sized, family-owned farm that Farah had the opportunity to visit this past winter. “One of the daughters got her masters at Berkeley in sustainability and she wanted to take that back to her family’s gardens. She is doing a lot of really great social efforts to get more women in management at the farm. All tea gardens in India are required to offer free education and housing for all the workers on the farm. She is bringing in her own extra teachers to teach English to all of the kids. They are doing a lot of cool things that we are interested in and want to support. Our customers also care about that.”

And thirdly, there is ten times more tea in the One Stripe formula than any other dry ingredient. In most chai products and recipes available in the

United States, despite chai literally meaning tea, the actual tea leaves are often neglected. But with One Stripe Chai, the flavor of the tea manages to come through even amidst the strong spices in the brew, providing a more robust and tasty flavor experience.

As their business grew, Josh and Farah moved their operation to New Foods Kitchen, an all-vegan commissary kitchen in Ecotrust’s Redd building at SE 7th & Salmon, where many other products sold at People’s are made. You can now find One Stripe in many coffee shops around town, and in the tea section at People’s. One Stripe is shelf-stable and should be refrigerated once opened. You’d be hard pressed to find a more delicious, warming beverage as the weather cools down, but you can also get creative with how you use One Stripe, as evidenced by Farah’s granola recipe below.

Farah’s Granola

- 1 cup rolled oats
- 1/8 cup maple syrup
- 1/8 cup coconut oil
- 1/8 cup slivered almonds
- 1/8 cup Dark chocolate chips
- 1/8 cup sunflower seeds
- 1/8 cup cashews
- 3 ounces One Stripe chai concentrate

Preheat the oven to 250°. Combine oats and nuts in a bowl. Combine oil, maple syrup, and chai concentrate in a separate bowl. Add the wet ingredients to dry ingredients and mix thoroughly. Pour everything in a thin layer onto a cookie sheet and bake in the oven for about an hour. Stir the mixture around the pan every 15 minutes to cook evenly. Add in the raisins and dark chocolate chunks once you remove the granola from the oven and it has a chance to cool.



People's is Going Zero Waste

and we need your help!

by Brita Zeiler, Bulk Herbs & Teas Buyer, Co-Manager

When People's was founded in 1970, one of the driving forces was providing more access to food produced close to home for the community with minimal packaging. Over recent years, the popularity of committing to a sustainable lifestyle with a goal of reducing personal waste in small and large ways has grown, giving rise to the Zero Waste lifestyle and movement. The movement has an emphasis on bulk shopping, home cooking, and DIY body care products and cleaners.

Throughout the years, People's has remained a hub for folks striving to live a more sustainable lifestyle with our unique product selection and buying guidelines. We sell a plethora of items in Bulk, including: bulk dried and perishable foods, spices, herbs, teas, supplements, body care products, cleaning products, and kombucha. The Bulk Team at People's is thrilled to share that we continue to further our work in limiting waste and getting closer to a Zero Waste model in our operations.

What do we mean by going Zero Waste? While there are no magical pipelines that seamlessly transport sprouted organic almonds from the field to our store free of packaging, we are striving to reduce the amount of waste that goes into food production, transportation, and storage as much as possible. We are taking into consideration the waste and inputs required to grow or manufacture a product, its packaging, its delivery, and how it will be disposed of. We understand that we will need to take small steps in order to make a big impact.

Already, many of our bulk products are delivered in reusable containers, that we return to the supplier for refill. We've also begun saving and sharing shipping materials to local businesses, rather than recycling or throwing them out. We have been working with the local Health Department to re-introduce our reusable container program in bulk, so shoppers have access to sanitary no-cost reusable containers. There are many more ideas we'd like to implement, and we would appreciate your input on what changes you'd like to see in store.



“While there are no magical pipelines that seamlessly transport sprouted organic almonds from the field to our store free of packaging, we are striving to reduce the amount of waste that goes into food production, transportation, and storage as much as possible.”

This Fall, People’s will be starting a monthly gathering for Member-Owners, community members, People’s staff, and Board of Directors members to gather in the interest of working toward a Zero Waste operation for People’s. In these meetings, we will decide on priorities and projects to move forward on, with the support of our community. We will also be hosting skill-building workshops so you can learn to make your own zero waste products from the bulk section. We hope you can join us and collaborate with us.

People’s Zero Waste Community Engagement Group

Tuesday, October 15th, 5-6:30pm

Do you have a vision for how People’s can support a Zero Waste future? Do you want to learn more about what you can do to help? As individuals and as a community we need to strategize ways to reduce our dependence on single use plastics and overall reduce our waste. People’s has been a leader in sustainability for 50 years, and we are striving to stay engaged in our commitment to this legacy. In this first meeting, we will be introducing our vision and gauging the priorities of projects and engagements at People’s and the broader community. Join us for this meeting to be a part of the People’s Zero Waste Community Engagement Group! There will be snacks from our bulk and produce departments to enjoy.

Zero Waste 101: People’s Bulk Section Basics

Friday, October 18th, 5-6:30pm

People’s offers an incredible selection of local, artisan, and affordable products in our bulk section. In this class, People’s bulk buyers will

share their strategies for reducing excess packaging in the grocery industry, insight into their selective buying practices, along with sampling some of their favorite items.

There will be a demonstration of bulk shopping strategies that reduce the necessity of single use containers.

DIY Face & Body Moisturizer Workshop

Saturday, November 2nd, 3:30-5pm

Making your own face and body moisturizers is easy, low waste, and cost effective. Customize healing balms to your skin’s needs, whether you are suffering with dry, itchy, eczema, or acne prone skin. Learn to choose the ideal ingredients from our bulk section for your skin type, along with a demonstration of how to make your own face and body cream.

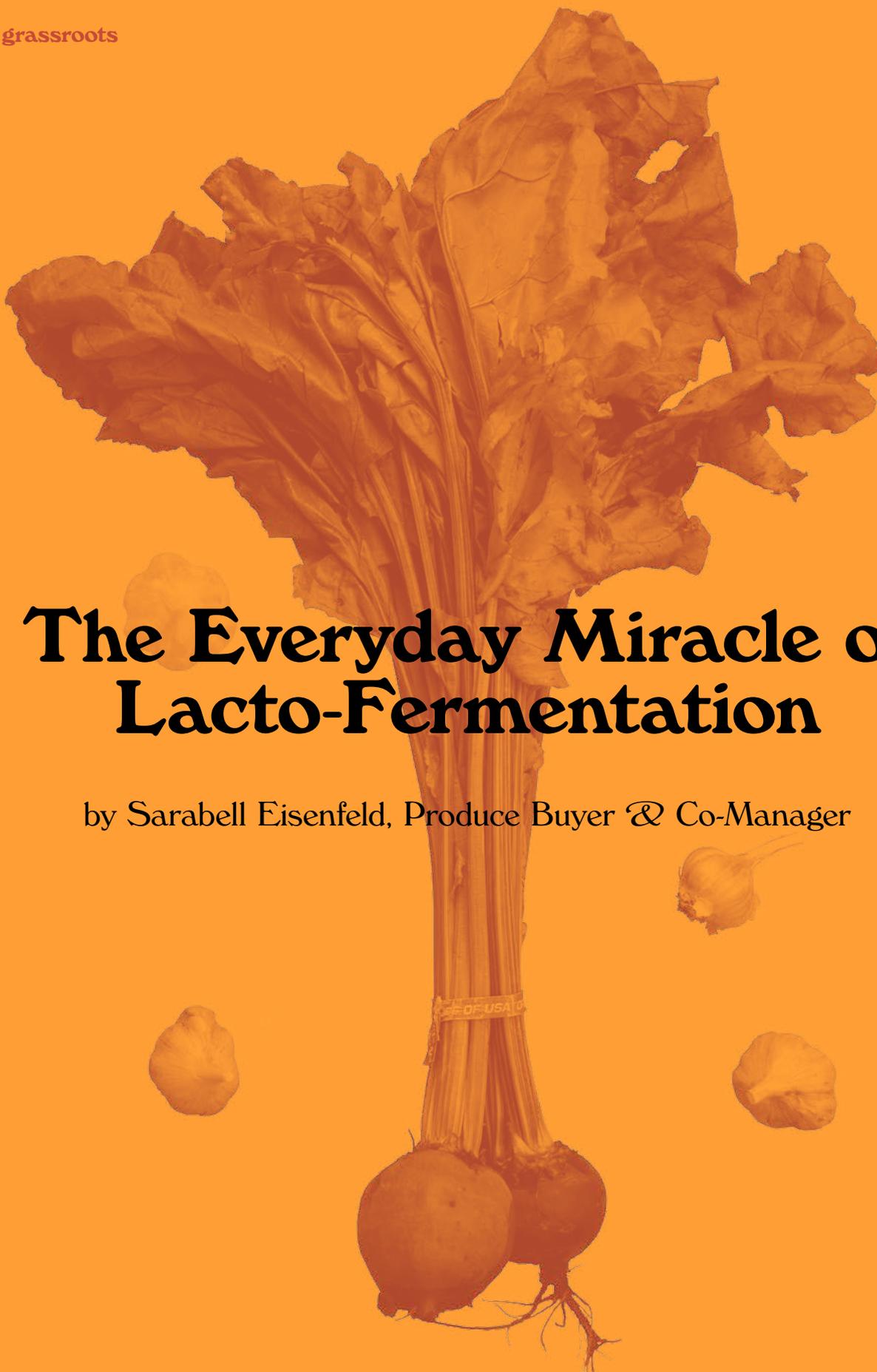
Participants will take home a jar of the face cream we make in class, along with handouts to take home.

Zero Waste Craft Making for Holiday Gifts: Face Masks & Bath Soaks

Sunday, December 8th, 2-3:30pm

Give yourself or a friend the gift of a relaxing home spa experience with sustainability in mind! In this workshop we will be making a wonderfully scented bath soak blend and face mask with ingredients that can be purchased in bulk. Learn tips on how to take care of your skin in Winter, while taking home an awesome homemade spa package. Kiddos welcome!





The Everyday Miracle of Lacto-Fermentation

by Sarabell Eisenfeld, Produce Buyer & Co-Manager

I began fermenting vegetables 15 years ago on a ridgetop farm, and was immediately smitten by this decidedly magical process of bubbling transformation. I was working with city middle schoolers who'd come to the farm for weeklong visits. When they saw my plate loaded with sauerkraut, they first exclaimed that my lunch smelled like feet! Then, when they harvested and shredded cabbage with me later that day, salted it and packed it into juicy jars, and cracked open already-fermented jars to taste, their eyes went wide and they scooped more onto their forks. Fermented foods, in the mainstream, disappeared from diets as food became more industrial, sterilized, and homogenized. Fermentation is, by nature, an artisanal process: variable, creative, and alive.

In order to preserve food, ward off disease, survive, and thrive, resourceful humans all over this planet and through time have transformed their harvests into a vast array of fermented foods. Kimchi, kefir, yogurts, beer, wine, sourdough, tempeh, and miso are all examples of ancient fermented foods that we may enjoy as part of our Portland foodie diets today. Beyond these, there are many fermented roots, fish, and grains that are more site and culture-specific throughout the world.

The particular fermentation process that we're writing and reading about in this essay is lacto-fermentation, which is the fermentation process that makes sauerkrauts, pickles, kimchis, and more.

Contrary to how it sounds, lacto-fermentation has nothing to do with dairy. "Lacto" refers to lactobacilli, which are beneficial bacteria present on the surface of all living things! Under the conditions in which it thrives, lactobacilli convert starches and sugars in vegetables and fruits into lactic acids, the presence of which enhance the digestibility and increase vitamin levels in foods to much greater than the sum of their parts. You may have heard that on long sea-faring trips, in order to prevent scurvy, sailors would bring barrels of sauerkraut. Sauerkraut is very high in vitamin C, though cabbage alone is not. It is the lacto-fermentation process which makes the vitamin C readily available. When we practice and revere the simple,

profound process of lacto-fermentation, we celebrate the power of our invisible allies!

Lacto-fermentation is about relationship, and allows for wide experimentation. The keys to the "simple conditions" for the desired results in this process are salt and time! Too much or too little salt in your jar, and your project may rot or mold. Even then, do not be deterred. Try again! That is what these times call for. When the balance of salt and time are achieved, the magic happens.

I'll share some recipes and tips here so that you can trust yourself to create beneficial relationships with these beneficial bacteria that result in complex flavors and health-giving qualities. As Fall gathers around us and turns towards Winter, try these and variations of these recipes from the colorful fresh produce in People's Food Co-op, and from Farmers Market and your own and neighbors' gardens.

I will be delighted to encounter you in our Produce Department and talk more about lacto-fermentation projects! Stay tuned for an upcoming Lacto-Fermentation class in our Community Room in November!

“Do not be deterred by the ...complexity of transformation. That happens on its own once you create the simple conditions for it.”

**Sandor Ellix Katz,
author of *Wild Fermentation***

Sour Beets

Sour beets are a nutrient-dense living food with which to celebrate the returning chilly rains. The uses for sour beets are diverse. Sure, you can scoop them into a salad, onto a sandwich, or into a soup. I surprise people when I share that my favorite way to eat these is on a waffle with plain yogurt and maple syrup! The juice released by the salted beets is the deepest dark red, and thick. The aroma is earthy and sweet, the texture is crisp and crunchy, and the flavor is complex and sweet and rich and sour. Taste them over time as they ferment at room temperature, and you'll notice the salty flavor give way as the complexity of sweet and sour flavors develop.

The process of lacto-fermentation is anaerobic, so everything needs to be submerged under the liquid, not exposed to the air. Because we are using this method of filling and packing and tightly closing mason jars, exposure to air is minimal. If you were to ferment in a mason jar that's only half full, or an open vessel like a crock, you'd use other methods to weigh it down under the brine. With the quart jar technique, make sure the veggies are packed down under the brine, and when you burp the jars, use a bent fork to press down again if that's needed.

Ingredients

- ~6 beets, shredded and chopped (I suggest using the hand grater. The grater function on the food processor also works, but the result when grated by hand is juicier!) Grate the majority of the beets, but also chop some, to enjoy diversity of texture.
- Salt (1.5 tablespoons per quart of packed shredded and chopped beets).
- Caraway Seed (~2 teaspoons per quart)

In a large mixing bowl, combine the beets and salt. Gently pound the beets and salt with the pounding implement of your choice (a wooden mallet or potato masher will work well). You'll very quickly see the beets release their marvelous juice. This salty beet juice is the brine itself.

Stir in the caraway seed.

Spoon the shiny juicy beets and their brine into quart jars, a little at a time, firmly packing as you go. Leave about 1 inch of space at the top of the jar. Use a bent fork to tightly pack the beet shreds under the surface of the brine, and tighten the lid.

Place jars on a pan or tray and burp every few days! (To burp, gently unscrew the lid to let a bit of built up pressure escape, then tighten the lid again.) Keep them somewhere that is out of direct light, and ferment them for 1-4 weeks. Then move them to cold storage (refrigerator) where they will keep for many months if you don't eat them up sooner!

Variation: Beets & Apples

Substitute chopped and shredded apples for half of the beets. In place of caraway seeds, use 1 tablespoon whole cloves or 1/2 teaspoon ground cloves per quart, and 1/2 teaspoon fennel or mustard seeds per quart.

Variation: Other roots, or other vegetables!

Instead, or in addition to beets, use any combination of turnips, rutabaga, cabbage, and/or carrots! All of these create delightful and nutritious local Fall and Winter ferments!



Out of This World Fermented Roasted Garlic

This recipe rocks my world every Fall and Winter. The garlic cloves are delicious when chopped into whatever else you're eating, a stir-fry or soup (mix in at the very end, or sprinkle on top of your bowl, so that the fermented foods don't cook and stay alive.) The garlic cloves mellow in flavor, the texture is succulent and firm, and the taste, while mellow, is bright. But what's really incredible is the brine itself. This garlicky, herb-y, effervescent sour brine is delicious as a salad dressing or drizzled over whatever else you're having for dinner! Even drizzled on toast! You can get fermented foods into your diet anywhere when you have a jar of this fermented garlic in your fridge. Your friends will be seriously and continuously wowed.

This recipe makes 1 quart and calls for about 12 heads of garlic. The hardest part of the recipe is peeling the garlic, but lightly roasting the cloves makes the peeling much easier.

Ingredients

- 12 heads of garlic
- 2 teaspoons dried oregano (and/or other herbs of your choice)
- Salt

Place the garlic heads (or loose cloves) on a baking pan in a 300 degree oven and roast just until the skins expand and loosen a bit, about 10 minutes. The garlic should still be firm. Peel the garlic and add the cloves to a quart jar. Leave at least 1 inch of space at the top of the jar.

Add oregano or other herbs to the jar.

Prepare a brine by combining one quart of water with two tablespoons sea salt. Pour the brine into the jar to cover the garlic. Leave at least 1 inch of space at the top of the jar.

Close the jar lid tightly and ferment at room temperature out of direct light on your counter, anywhere from 3 days - 4 weeks. (Visit your jars every few days and burp as needed. They will become very bubbly and active!) Then transfer to cold storage. They become more and more delicious as the flavor ripens in cold storage as well.





Biodynamic Wine & Farming at Montinore Estate

By Rudy Marchesi of Montinore Estate

It's a funny thing that most of us are so passionate about the quality and sourcing of our food but, when it comes to wine, we tend to forget that it is an agricultural product subject to the same processes as our other food, along with the winemaking process itself. Most of our decisions on food and drink purchases are based on health and environmental issues, but there are clear reasons why organic and Biodynamic® farming impacts the quality and flavor of our food and drink, especially with wine.

The impact on character and quality wasn't clear to me when I converted Montinore Estate to organic practices in 2001 and Biodynamic in 2003. My initial motivation was to improve the health of our vineyards to ensure consistent yields. What happened over the next few years provided an education I hadn't expected. As we had hoped, we saw improvement in the overall health of the vineyard with better tolerance to weather extremes and more even ripening of the fruit. What took me by surprise, though, was how the character of our wines started to develop. We observed an increase

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in complexity with more subtle aromas and flavors appearing, in addition to the main characteristics we were used to. It was as if we had been listening to a solo performer and suddenly a backup band stepped in to fill out the sound. After a few years we realized that this wasn't just vintage variation, but a new, more complete expression of our vineyard environment, or as they say in France our “terroir.” But how and why did this happen?

Agricultural studies have shown that plants grown in certified organic systems have larger root systems than those that use herbicides, pesticides, and chemical fertilizers. The reason is that the soil biology (the community of bacteria, fungi, earthworms, etc.) is larger, more diverse and more robust in soils free of chemicals that disrupt the life of the soil microbiome. This community of organisms living in the soil and colonizing around the roots of plants, in the course of their life cycles, produces compounds that provide nutrients for plants. There becomes a mutually beneficial relationship between plants (grapevines in our case) and the organisms living in the soil. Encouraging and enhancing this relationship is what we do as organic farmers.

In Biodynamic farming we take this stewardship of ‘whole farm life’ a step further. Not only do we create environments that are hospitable to the life in and above ground, we engage in practices to deliberately enhance the life and vitality of the entire farm, including life above and below ground. Throughout the year we apply specialized

composts either directly to the soil, or as teas or dynamized solutions to the plants and soil. We observe the solar and lunar calendars and work the vineyards when our actions can best impact the life cycles of our vineyards. We do use the modern tools of soil and plant tissue testing to evaluate potential vine health; in addition, we are trained to observe the subtleties of vine growth through observations of color, gesture, and vitality. This work not only increases the health of our vines, it increases the health, vitality, population, and diversity of the microbiome in their root zones, thereby increasing the pool of available nutrients. Studies have shown the plants grown using Biodynamic farming practices have even larger root systems than those farmed otherwise including organic.

How does this affect the character and quality of wine? As a winemaker, I look at it this way: If we farm correctly, the pool of nutrients available to our vines is large and diverse, certainly larger and more diverse than if the vines are fed chemical fertilizers. If you ascribe to the logic “you are what you eat,” our vines get a rich diet of complex nutrients that get turned into flavorful grapes. And through the process of fermentation, this rich pool of flavor compounds provides for greater concentration of flavor, and additional complexity of aromas, flavors and subtle nuances that make a wine more inviting, interesting, and enjoyable. And in great years, we not only get the backup band, but we get the whole orchestra.

So the next time you are selecting a bottle of wine, consider how the grapes were farmed not only for the environmental effect, but be a little selfish and pick a wine created from the ground up with the utmost attention to the health and life of the vines and farm environment. You will most likely be rewarded with a glass of wine that is clean, interesting, engaging, and a pleasure to drink.

Rudy Marchesi is the operating partner at Montinore Estate in Forest Grove, Oregon and has been farming grapes for over 40 years, the last 20+ in the Willamette Valley. He is also the Chairman of Demeter USA, the certifying agency for Biodynamic farms and processors in the US.

Celebrate Co-op Month with Co-op Made Products!



Once Again Nut Butters Sunflower Seed Butter

\$8.29

Founded in 1976, Once Again is a worker co-op offering fair trade, organic nut butters of all varieties. The sunflower seed butter is accessible both in flavor and price – a delicious alternative to peanut or almond butter that just happens to be cheaper, too.



Equal Exchange Dark Chocolate - Lemon Ginger with Black Pepper

\$3.49

Okay, there are so many other Equal Exchange products that could be your favorite. The hot cocoa mix, the bulk dried mango, that delicious Palestinian olive oil. But this particular chocolate bar is a sneaker hit, and no one else is making one like it. Sweet, a little spicy, and delicious, it's all the better for being made with ingredients from farmer co-ops and made by Equal Exchange's worker co-op.



La Riojana Extra Virgin Olive Oil

\$14.99

La Riojana is a farmer cooperative that produces fair trade, organic wines and olive oil in Argentina. People's has carried their wines for years now, and we're excited to finally have a steady stream of their olive oil in stock, too.



Organic Valley Cultured Butter

\$7.99

Organic Valley is a farmer owned co-op, with farmers in different regions across the US pooling their milk to make tasty cheese, milk, sour cream, and lots of other dairy products. The butter is rich, flavorful, and a nice yellow color, making it hard to go back to other butter.



Just Coffee Co-op Solidarity Blend

\$10.99

Just Coffee Co-op is a worker-owned cooperative that started in 2002 in an effort to support radical Zapatista coffee farmers in Mexico when coffee prices were at an all time low. Since then, they've been committed to running their coffee business differently: really getting to know and invest in their farmer partners around the world. Their Solidarity Blend still comes from coffee grown by Zapatistas in Chiapas, and is worth trying for its smooth flavor.

The Seven Cooperative Principles

#1 Voluntary, Open Membership

Open to all without gender, social, racial, political, or religious discrimination.

#2 Democratic Member Control

One member, one vote.

#3 Member Economic Participation

Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.

#4 Autonomy & Independence

Cooperatives are autonomous, self-help organizations controlled by their members.

#5 Education, Training, & Information

Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.

#6 Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national, and international structures.

#7 Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.



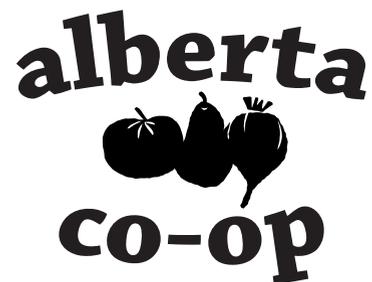
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