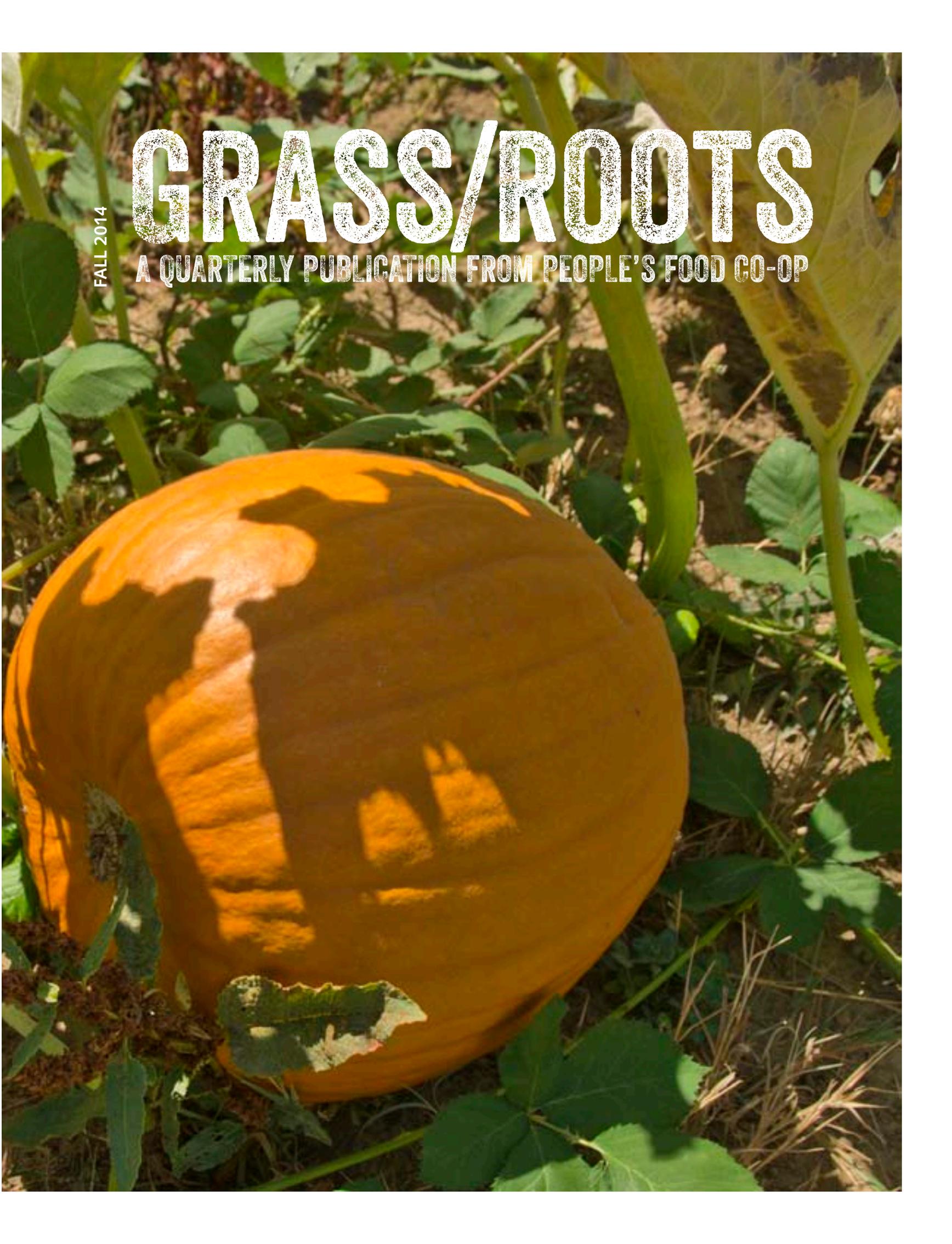


FALL 2014

GRASS/ROOTS

A QUARTERLY PUBLICATION FROM PEOPLE'S FOOD CO-OP



**A PASSIONATE COMMUNITY
WORKING
TOGETHER
FOR SUSTAINABILITY,
PROGRESSIVE LAND AND
ANIMAL STEWARDSHIP,
HUMAN RIGHTS, SOCIAL
AND ECONOMIC JUSTICE.**



Our Ends Statement, Adopted by our Board of Directors in 2008



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GRASS/ROOTS

If you have questions or comments please contact Jenna Chen, Marketing & Membership Coordinator by emailing marketing_membership@peoples.coop or by calling the co-op.



The National Cooperative Grocer's Association, of which People's is a member, hosts the Stronger Together website. Visit the site for informative articles, recipes, and more!
strongertogether.coop

INVEST

OCTOBER IS CO-OP MONTH

YOU OWN IT!

Co-op month is a time to celebrate everything you love and appreciate about your local co-op. This is the time of year when we honor our Member-Owners and the investment they make in our local, community owned grocery store. People's Food Co-op is proud to be 100% community owned and collectively managed!

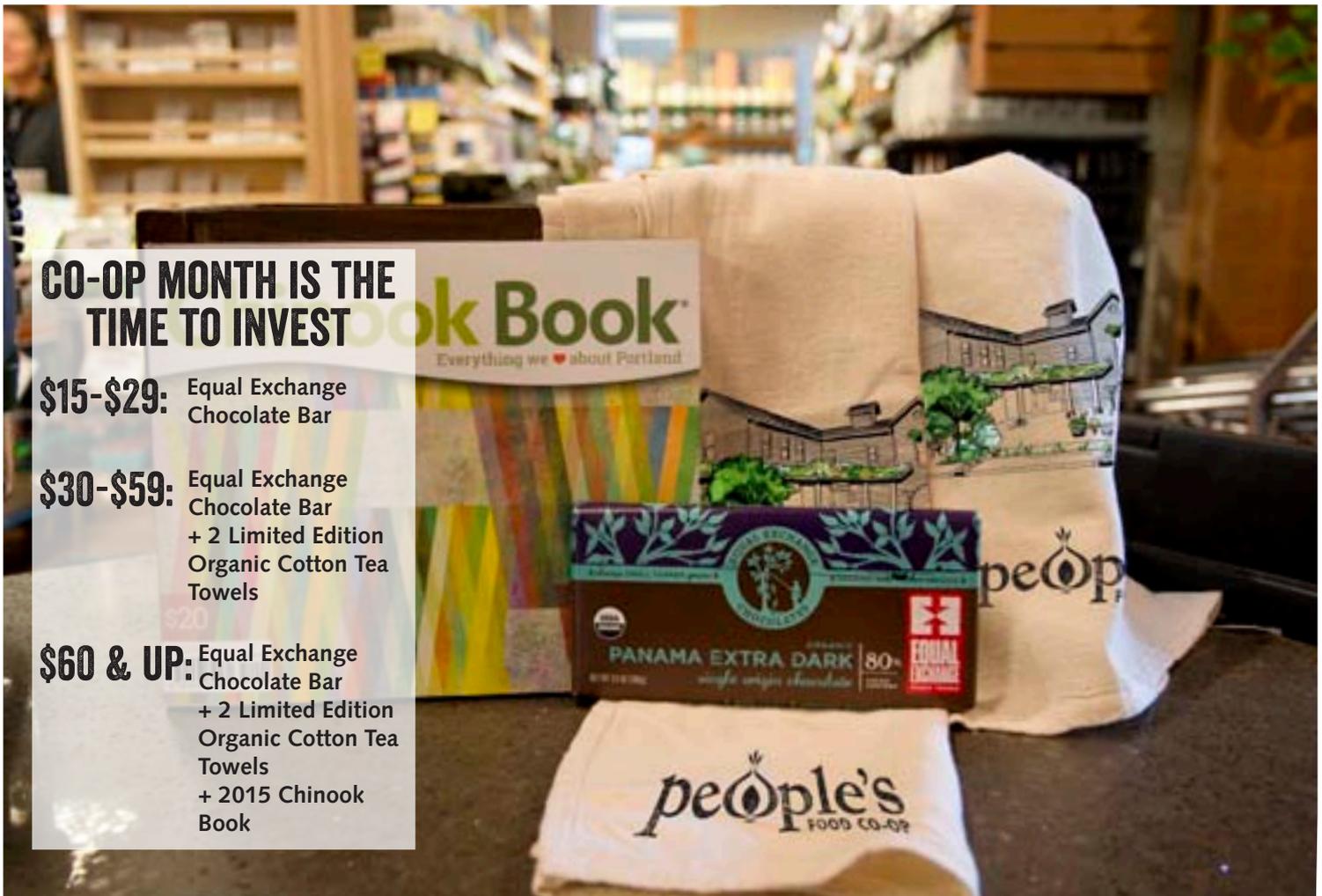
For the entire month of October, when you invest in your share, we will show our appreciation for you with a myriad of goodies.

Invest \$15-\$29 and receive:
an Equal Exchange Chocolate Bar

Invest \$30-\$59 and receive:
an Equal Exchange Chocolate Bar
+ 2 limited organic cotton tea towels

Invest \$60 or more and receive:
an Equal Exchange Chocolate Bar
+ 2 limited organic cotton tea towels
+ a 2015 Chinook Book

Remember: If you are already fully invested in your \$180 PeopleShare, you can still continue to invest up to \$300 per share and additional equity makes your co-op strong!



CO-OP MONTH IS THE TIME TO INVEST

\$15-\$29: Equal Exchange Chocolate Bar

\$30-\$59: Equal Exchange Chocolate Bar
+ 2 Limited Edition Organic Cotton Tea Towels

\$60 & UP: Equal Exchange Chocolate Bar
+ 2 Limited Edition Organic Cotton Tea Towels
+ 2015 Chinook Book

WHY CO-OP?

All The Reasons to Shop Co-operatively

By Bliss Newton
Former Collective Manager

All over the world, cooperatives are celebrating the qualities that make them unique, inspiring, and different from other business models. We here at People's are no exception.

Every co-op is unique, and co-ops come in all shapes and sizes, exist in diverse industries, and can take different forms of governance. In fact, there are many types of cooperatives. Here we've listed some of the most common with their definitions and some examples that you may or may not recognize:

Type of Co-ops	Definition	Examples
Consumer Cooperatives	Provide their members with goods and services for their personal use.	Food, credit unions, housing, insurance co-operatives
Producer Co-ops	Some co-operatives process and market their members' products and services directly while others may also sell the input necessary to their members' economic activities.	Agriculture co-operatives, pooling of equipment, advisory services
Worker-Owned Co-ops	The purpose of these co-operatives is to provide their members with work by operating an enterprise. The co-operatives are owned by their employee members.	Forestry, leisure, production and manufacturing, touring, communication and marketing, etc.
Purchasing Co-ops	Owned by independent businesses or municipalities to improve their purchasing power	Business associations, energy, etc.
Hybrid or Worker-Shareholder Co-ops	These are incorporated co-operatives that hold partial ownership of the business in which the co-op's members are employed. Because of its share capital, the co-operative may participate in the management of the business and the workers may influence work organization	Production and manufacturing, technology, etc.

Despite the diversity of cooperatives, one thing binds most all of them together: the Seven Cooperative Principles. Some cooperatives emphasize certain of the principles more than others, but to some degree the Seven exist in all cooperatives. The International Co-operative Alliance ratified and adopted these in 1995, and they can be traced back to the first modern cooperative founded in Rochdale, England in 1844.

As long as I've been working at People's, when I review the Seven Cooperative Principles, I get inspired first by the simplicity and integrity of principles themselves, and second by how deeply and thoroughly People's embraces all of them in the work we do each day, year in and year out.

Looking at these principles, you can see how People's Ends (see the inside cover) lent heavily upon them for guidance and direction, and yet People's Ends are uniquely our own, and reflective of our communities particular needs and desires. I find it inspiring...don't you? 🙌

THE 7 COOPERATIVE PRINCIPLES

VOLUNTARY, OPEN MEMBERSHIP

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

DEMOCRATIC MEMBER CONTROL

One member, one vote.

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.

AUTONOMY AND INDEPENDENCE

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

EDUCATION, TRAINING AND 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.

COOPERATION AMONG COOPERATIVES

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

CONCERN FOR THE COMMUNITY

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

OUR URBAN FARMSCAPE

A Recap of Farm Tour 2014



**By Jenna Chen, Collective Manager,
Marketing and Membership Manager**

The People's, Food Front, and Alberta Co-ops' Farm Tour this year stayed very close to home travelling no further than 15 miles outside the city of Portland. Our intention was to investigate the farm culture that is happening inside city limits, learn about the challenges that face urban farmers, and speculate on the future of farming in general, as cities continue to grow. What we found after

visiting four very different growing sites is that no matter what population these farms cater to, each one is thriving and essential to the well being of our local food system, economy, and community.

Grow Portland

Behind the strip malls and fast cars, wedged in between two apartment complexes, food is growing. Grow Portland is a non-profit organization that seeks to empower people to grow their

own food in areas of outer East Portland where fresh food is not accessible. Almost 90% of the community gardens at Grow Portland are being tended to by refugee families from Bhutan and Nepal. Grow Portland farms alongside these families, growing large batches of storage crops to supplement what comes out of the families' smaller gardens. In exchange for work, families can take produce home. Grow Portland recently harvested 300 lbs. of potatoes with onions, winter squash and daikon radish on the way.



Community members help tend the farm at Grow Portland

Two acres of land just off of 162nd and Division opened this past April, and are already bursting with food, with no empty garden plots. This signifies a great need for more access to fresh produce and the space to grow it in outer SE Portland. While some parts of Portland enjoy an abundance of grocery stores, markets, and gardens, there are parts of Portland where fresh food is not as accessible. Grow Portland's mission is to convert ten acres of land to community agriculture by 2020, especially in areas where food

access is limited. Grow Portland relies on grants and community funding to make their work possible. Consider subscribing to their seed buying club, volunteering at the garden, or making a direct donation to support their endeavor. For more information visit www.growportland.org.

The Side Yard

Our second stop, The Side Yard, is a ¼ acre farm in North Portland that caters to a different crowd. Owner Stacey Gibbons is a professional chef who, while working at local restaurant Noble Rot, became inspired by their rooftop garden and the proximity to freshly harvested ingredients. She was constantly searching for special herbs and greens that were nearly impossible to find – and so she decided to start growing them herself.

The Side Yard, now five years old, specializes in growing edibles such as lovage, red vein sorrel, micro greens, calendula, red amaranth, and much more. They host dinners, brunches, and host a summer camp. They have developed intimate relationships with restaurants around town, whose chefs now call Stacey at the beginning of the year and request crops for her to grow.

Restaurants include, Cocotte, Grain and Gristle, Natural Selection, Ned Ludd, Tabor Bread and more. While The Side Yard is not addressing hunger and food justice in the same way as Grow Portland, but it does address the need of access to local fresh ingredients for restaurants in a blossoming food economy. The world at large is starting to take notice of Portland's dynamic food culture, and unique endeavors like The Side Yard are part of the reason why. By 2015, The Side Yard will expand into a neighboring one acre lot which will allow them to grow even more of everything.

Our Table Cooperative

At our third stop, Our Table Cooperative Farm in Sherwood, OR, we were greeted by founder Narendra Varma. Over a handful of the farm's gobstopper tomatoes, Narendra eagerly shared with

us Our Table's "Master Plan", which seeks to cultivate their 60 acres of land into a vertically integrated farm, retail store, and community. Narendra told us simply, "There is really no reason we should be eating things from other countries, we can grow everything right here from Mt. Hood to the Coast. Local to me means Oregon." Our Table seeks to cut out the middle man in the food distribution chain and revolutionize the food system as we know it. They are working to be a full service farm where they grow, process, pack, distribute, and sell directly to consumers. By housing all operations under one roof, they can ensure fairness and quality at all parts of the process. They have chosen the cooperative business model for its emphasis on workers' rights and financial transparency.

Our Table was founded in 2011 and they are Certified Organic with Biodynamic Certification on the way. There is a palpable energy of excitement and commitment that permeates the farm. Their dedication to growing and distributing food in the most ethical and sustainable way possible is rare nowadays, and it sparks the question "What if all farms were like this?" Their retail store and commercial kitchen are set to open this November. Look for Our Table's Organic Frozen Blueberries in our frozen section.

Learning Gardens Laboratory

Our final stop of the day was a visit to the Learning Gardens Laboratory, an expansive piece of land harboring 12 acres of garden based education. Learning Gardens Laboratory (LGL) is a collaboration between Portland State University (PSU), Oregon State's Master Gardener Program, Oregon State's Beginning Urban Farmer Apprenticeship (BUFA), and the City of Portland. Here, each program has its own section of land to use as a conduit for learning. PSU graduate students teach 6th graders from Lane Middle School science, math, and language arts using gardening as a medium. OSU's Master Gardeners maintain a pristine demonstration garden where they test and experiment



Our Table Founder Narendra Varma leads a tour at Our Table Cooperative's 60 acre Sherwood Farm



The Side Yard is nestled in the middle of a residential neighborhood in NE.



Tomatoes growing at the Learning Gardens Laboratory

with different techniques. The BUFA program and BUFA graduates are also using the land to teach people how to grow food. The land is owned by the City of Portland.

The Learning Gardens Lab is an impressive space dedicated to experiential learning and forming community around food with a mission of increasing access to fresh food for everyone. They donate 100 lbs of food a week to local organizations. Most of

the workers are students or volunteers and the food they produce is truly a labor of love. LGL operates a farm stand on Wednesday evenings from 3:30-6:30pm at their main location, 6801 SE 60th Ave.



BUY IT IN BULK!

Spotlight on Staff Favorites Available Package-Free

Sprouted Almond and Roasted Hazelnut Milk made by Member-Owner Marco Mura

Silver canteens full of organic, small-batch, homemade nut milks sit inconspicuously behind cooler doors sandwiched between the bovine-derived beverages. It is easy to pass over these containers but your mouth will be glad that you stopped. Long time Member-Owner Marco Mura has been making nut milks since 2012– the hazelnut milk is a recent newborn. He makes batches weekly and immediately drops them off at the co-op for purchase.

The Sprouted Almond Milk is sweet to the taste, almost as sweet as a ripe melon at the height of summer. The hint of dulse, a type of seaweed, adds a salty relief towards the end of the experience, and leaves you with a memory of eating ice cream at the coast. Sprouted almond milk is light and refreshing, a perfect way to end a meal, pair with a light desert, or pour over cereal.

The Lightly Roasted Hazelnut Milk is as rich and full as chocolate without

the heavy, bitterness of the latter. Marco's hazelnut milk has a strong nutty aroma that gives an appetizing first impression. As you take your first sip, the creamy, lightly warming elixir is sure to satisfy. Drizzle the hazelnut milk into your morning oats, or drink at lunch with a PB&J.

Coming soon! Hemp and Flax Seed Milk is expected in October.

Bring your own container to fill up, but first weigh it when empty!

\$3.99/lb



You can find bulk nut milks in the cooler with the other packaged milks.

Betsy's Best Bar None – Cinnamon Cardamom

Local company Betsy's Best Bar None has been making organic, vegan, gluten-free, soy-free, nut-free, and grain-free bars since 2011. People's has been carrying them in their packaged form in our grocery aisle, but we now also have them in bulk, so you can buy more and package free. These little round discs of goodness are cinnamon-sweet with a hint of cardamom spice. They are packed with protein – 5g each! – and loaded with seeds which will keep you going for a while. Their soft, chewy texture mimics your favorite cookie. Substitute a Betsy's Bar for your usual baked good, for a healthier, more nutritious snack.

Find them in the bulk bin above the baked goods cases by the last register.

\$1.45 each



THE EVOLUTION OF FAIR TRADE

Power to the Farmers!

By Phyllis Robinson
Equal Exchange

The Small Producer Symbol (SPP, for its Spanish acronym) is arriving on Equal Exchange coffees in food co-ops and natural food stores across the country. It is the first Fair Trade farmer-owned certification system in existence. Ten years in the making, the SPP certification system represents the small farmers' persistent attempt to ensure a more just trade system for themselves. The colorful SPP logo will initially appear on

Equal Exchange coffee bags and bulk coffee bins, and will soon become more prominent throughout stores. While the SPP itself is just a little logo, in actuality, the real symbolism of this new Fair Trade seal is anything but small. This bold step forward reflects the fact that today the very folks for whom the Fair Trade movement was built are taking a leadership role in shaping their own destiny. The potential impact this new system will have on small farmers, their co-operative organizations, and the entire Fair Trade movement could be quite profound indeed.

The early founders of Fair Trade recognized that small farmer organizations trying to access the market were operating on an unfair playing field. The founders' goal was to create a system that could right the wrongs of hundreds of years of colonialism and unjust trade. This system focused on small scale farmers who owned their own land and organized democratically into co-ops. Once the original fair trade system was underway, pressure to find a faster way to put Fair Trade products on the shelves led to the decision to open up the system to large-scale plantations. The fact that plantations have one



owner (versus being owned collectively by a democratically run, small farmer organization), and generally have more access to resources, it is usually faster

SMALL FARMER ORGANIZATIONS WEREN'T IDLE. [THEY]... MET FOR 10 YEARS TO STRATEGIZE HOW TO KEEP FAIR TRADE FROM BEING STOLEN OUT FROM UNDER THEM. FINALLY, THEY HAD THEIR SOLUTION: THE SMALL PRODUCER SYMBOL.

and easier for them to move products from origin country to market. This means that plantations, with their ease in accessing bank loans, infrastructure, market information, technical assistance, and networks, will almost always carry the same advantage over small farmers that Fair Trade was designed to address.

Small farmer organizations weren't idle. The Coordinating Body of Latin America and the Caribbean (CLAC) met for 10 years to strategize how to keep Fair

Trade from being stolen out from under them. Finally, they had their solution: the Small Producer Symbol (SPP). CLAC has now created its own certification system, run by the non-profit group, the Foundation of Organized Small Producers (FUNDEPPO). The system is impressive, with General Standards incorporating four dozen criteria for small farmer member organizations, including maximum individual farm sizes and a maximum percentage of farm work performed by hired farm workers. Buyers who use the SPP must meet nearly three dozen criteria, including a minimum of five percent annual volume growth in program purchases. Perhaps most impressive, the SPP is run and governed by the farmers themselves. After decades of this movement being essentially managed by offices thousands of miles away from the source, farmers are now in the driver's seat.

Here at People's, you will begin to see the first Equal Exchange coffee products appearing with the SPP symbol on them. Trust that while other Fair Trade products may come from plantations, SPP coffee will never sell out. It will always be authentic. It will always be small farmer sourced the way Fair Trade was founded. ☺

OCTOBER IS FAIR TRADE MONTH

Look for Fair Trade Products at Peoples

Equal Exchange Chocolate Bars



Equal Exchange is a worker-owned co-operative committed to Fair Trade and good food. Equal Exchange works directly with small farmers to source the highest

quality ingredients for their coffee, tea, chocolate and other edible delights. Their mission is to build long-term trade partnerships that are economically just and environmentally sound, and to foster mutually beneficial relationships between farmers and consumers. They work directly with small farms and farmer co-ops overseas, cutting out the middle person, so farmers and consumers can get the best price possible.

As a worker-owned co-op they practice democratic principles: (1) one person/

one vote, (2) open access to information, (3) free speech, and (4) the equitable distribution of resources (ie. income). Their structure allows them to honor all their employees equally with rights and responsibilities and proves that business can be ethically just and financially successful.

At People's, we carry a plethora of Equal Exchange products, from coffee and tea to dried pineapple in bulk. However, a favorite for many staff are the Equal Exchange chocolate bars. These decadent bars are handcrafted in Switzerland, and come in a variety of flavors to please any palette. As you unwrap this special treat, the label tells the story of the chocolate bar from the cacao farm to your hand. Try the Equal Exchange Caramel Crunch bar, a dark chocolate bar with a hint of sea salt for a crunchy bite of sweetness. 🍫

\$4.49 each in the chocolate aisle or FREE when you invest \$15 or more in your Peopleshare during the month of October!



Equal Exchange Chocolate Bars are one of many delicious treats at People's you can feel good about buying.

INVEST ONLINE.

Did you know you can make additional investments to your Peopleshare online?

Go to the following link to reinvest when you get an investment reminder, or any ol' time you feel like it:

<http://bit.ly/11x1MpA>

Remember: A full share in the co-op is \$180, but if you're feeling generous, you can actually invest up to \$300 in one share. Your investments keep your co-op strong. You really do own it.

YOU OWN IT.

people's
FOOD CO-OP

WHY DOES GOOD FOOD COST MORE?

The Price of Real Food and The Hidden Cost of Fake Food

By Bryn Harding
Collective Manager, Design Manager

(The opinions expressed are my own and do not necessarily represent People's Staff, Board of Directors or Member-Owners)

For many years before working at People's, I struggled to be able to afford to eat in line with my values. Organic, G.M.O. free, natural and healthy foods are usually more expensive than their "conventional" counterparts.

Because of this dollars and cents reality, natural grocery stores are seen as more expensive places to shop and out of reach for many people who want to eat better and healthier foods. Co-ops, and People's in particular, has spent a lot of time and energy trying to make healthy foods accessible to all members of our communities. I'm proud of my co-op for the work we do to make healthy food more affordable, but in-affordability of wholesome foods for so many of us is a problem People's staff can't solve on

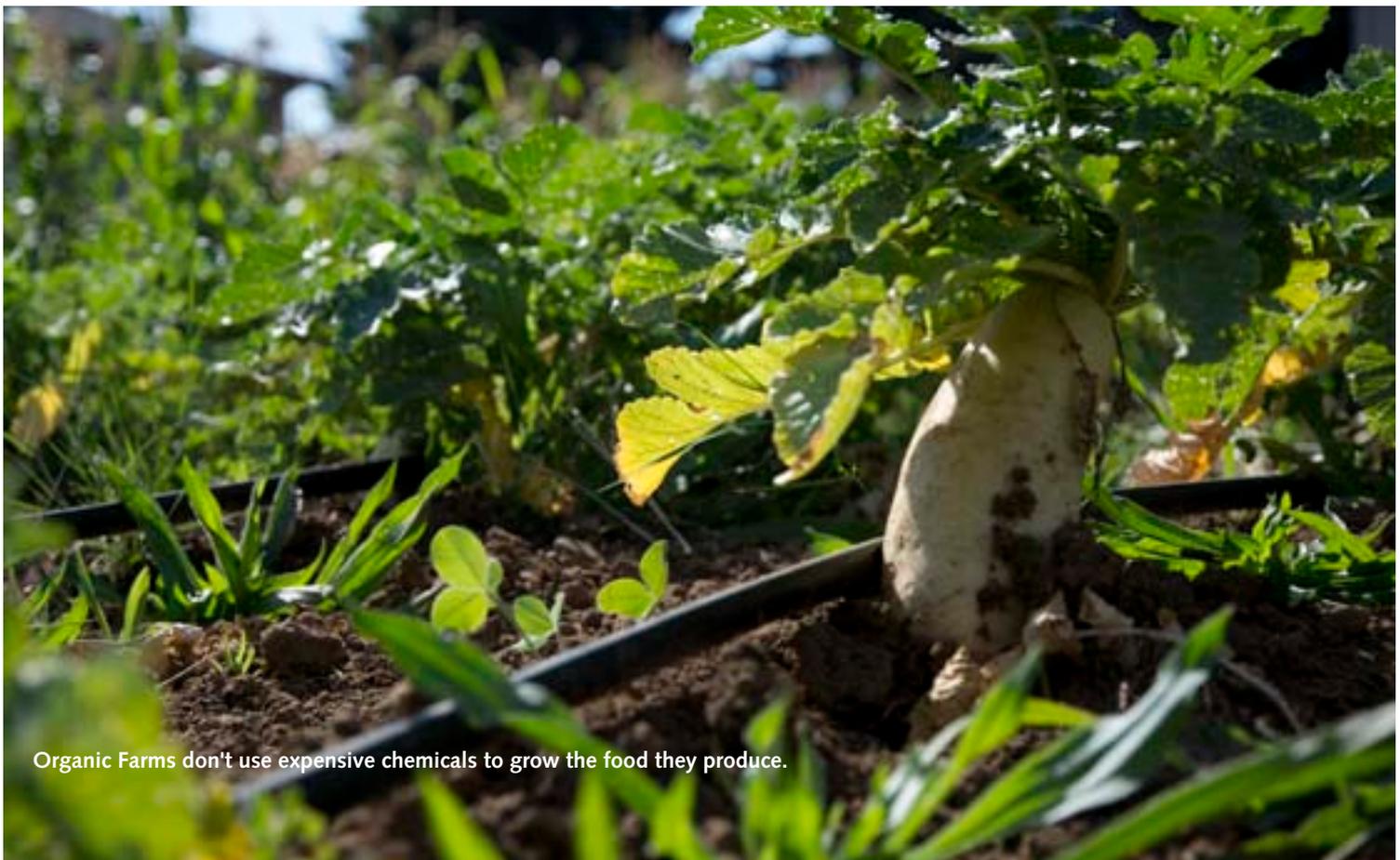
our own. I believe, however, that as a community of 4,000+ Member-Owners, we can do a lot.

The first step we need to take is to shift our thinking. Good, wholesome, organic and non-GMO food is not expensive, unhealthy food is cheap. Raj Patel explains it nicely in his book *The Value of Nothing* it "is abundantly clear...that the market fails to account for all actual costs [of food] in the price we pay at the checkout counter." Cheap food production relies heavily on expensive chemicals and pesticides and costs more to produce than organic foods. The prices of non-organic crops are artificially driven down by government subsidies.

The farm bills passed year after year are heavily influenced by large agriculture companies and are not designed with small or organic farmers in mind, or community health.

Another factor artificially driving down the price of unhealthy food are externalities. Externalities are costs associated with a product that neither the consumer nor producer pay. For example, the ecological damage caused by conventional farming causes billions of dollars of damage to watersheds, forest, oceans fisheries, air quality and public health, but the prices of these disastrous consequences of conventional farming are not paid by the producer or passed

"IF THE TRUE COST OF FOOD WAS REFLECTED IN THE SHELF PRICE, I BELIEVE ORGANICS WOULD BE FAR AND AWAY THE MOST AFFORDABLE OPTION FOR MOST PEOPLE."



Organic Farms don't use expensive chemicals to grow the food they produce.

People's Food For All Discount Program is one of many ways that we try to make healthy food accessible to all of our shoppers.



directly onto the consumer. The earth and society at large are forced to bear them. There are other externalities, as well. Depressed, stagnant wages coupled with expensive health care costs limit the ability of many to get by without assistance of some form, and limits the choices they have in their lives. For many, the choice of what they have on their table is the first to fall. All of us are subject to higher health care costs to compensate for those who do not have insurance. Additionally, there are high health care costs for everyone eating unhealthy food.

If the true cost of food was reflected in the shelf price, I believe organics would be far and away the most affordable option for most people. Unfortunately, even if this were the case, there would still be many of us unable to afford to eat well. A few years ago I got the opportunity to ask Joel Salatin of Polyface Farms

"THE COST OF ORGANIC FOOD ISN'T TOO HIGH, OUR WAGES, STAGNANT FOR DECADES, ARE TOO LOW."

about the affordability of organic food. His answer was that people can afford organic food if they make better choices, i.e., spending more on groceries and less on vacations or cable T.V. It's true that the average American spends more on cable and cell phone bills than they do on groceries every month. But as someone who rarely vacations and doesn't pay for T.V. this answer was deeply unsatisfying. While I don't think Joel meant it in this way, his answer sounded like blaming victims of an economy that leaves far too many of us deeply disempowered.

The reality in this country is that people are poorer than they used to be. The income gap between the rich and the poor has been growing since the 70's and is currently absurdly out of control. The middle class is disappearing. My grandparents, neither of whom went to college, were able to save and buy a farm on a truck-driver and a teaching

assistant's salaries, while raising kids. My parents were able to pay for college books and tuition by working summers. Today, both of those accomplishments are out of reach for most working people. The cost of organic food isn't too high, our wages, stagnant for decades, are too low.

People's is already doing things to address these challenges as best as we can. We pay our staff a living wage and provide good insurance in an industry where these benefits are far from the norm. We offer our "Food for All" program that provides a 5% discount on all groceries to those who need it and enroll. We provide SNAP matching at our weekly farmer's market. These are all important and good steps, but they can't change a broken system on their own. That, Member-Owners, is where you come in.

Learn about the farm bill and contact your representatives. Demand that the Portland City Council follow Seattle's example of creating a \$15.00 minimum wage. Support small farms and authentic local businesses when you are able to do so. Donate to People's Farmers' Market SNAP matching fund. Together, we can make our city and our world a better, more just place. 🌱

FARMERS' MARKET SNAP MATCHING

A Look Back One Year Later

By Ashley Todd
Collective Manager, Farmers' Market
Coordinator

One year ago, thanks to the hard work of several Farmers' Market Coordinators and the Finance Team, People's Food Co-op launched our Farmers' Market Supplemental Nutritional Assistance Program (SNAP) Matching Program. This program provides up to \$5 in

matching funds to customers using Electronic Benefits Transfer (EBT) at the Farmers' Market - and it has been wildly successful. Everyone from People's staff, to co-op community members, to market vendors have seen the benefits of the program.

SNAP Matching Programs, which can be found at many farmers' markets around Portland, provide extra money to shoppers with limited income to spend at farmers' markets. It works like this - shoppers swipe their EBT card at the Farmers' Market Info Booth, and People's gives them up to \$5 more per week to spend at the market.

For many customers who use the SNAP Matching Program, it seems more like SNAP *magic*. Shoppers can swipe their EBT card for \$5 and walk away with \$10. People's has received excellent feedback about the SNAP Matching Program from market vendors, shoppers, and co-op workers all the time. Many shoppers say the SNAP matching makes it easier to feed themselves and their families healthy, nutritious, local foods. Some also appreciate that it allows them to treat themselves once in a while to goat cheese, chanterelles, chocolate, or anything else that strikes their fancy.

Many vendors have also had really

positive experiences with the program. For some, the SNAP Matching Program has resulted in higher sales overall, while others see higher sales at the beginning of the month when people's EBT benefits get re-upped. Either way, vendors agree that it's a great program because it enables people to spend their money locally, which keeps our local food economy thriving.

It is clear from customers' and vendors' experiences that SNAP matching is a very real, tangible way for us to create positive change in our community, five food dollars at a time. And boy, do the \$5 add up -- in the first year of the program, shoppers spent \$15,444 in SNAP matching funds at the farmers' market. Much of that money came from People's, a combination of our operating budget and a bequest from a late member-owner.

While the SNAP Matching Program is fully funded through 2014, we need to secure more sustainable funding for the future. Unlike many farmers' markets, we are not a non-profit organization, and thus are not eligible for many grants and federal funding. Also, we are at a bit of a disadvantage because we are a grocery store. While many local farmers' markets have reached out to Whole Foods and New Seasons for financial assistance, that is not an option we feel is available to us.

That is why, since June 19 of this year, we've started funneling all of our general donations directly into the SNAP Matching Program. This is not a permanent solution, but making a general donation is one way you can support our mission of providing "access to healthful food our customers can trust." In fact, in the six weeks after patronage dividends were issued, our customers donated \$1,208 to the SNAP Matching Program. Thank you! This, along with other general donations and profits from People's branded merchandise, will help us to continue the program in the future. So next time you're at People's, check out our sweet People's merchandise and consider making a donation. It's a great, easy way to support your local food system and make a real difference in our community. 🍌



SNAP Tokens can be purchased at the Farmers' Market info booth.



SNAP Matching Program helps keep the market busy and vibrant.

PARTNERING WITH SARA'S TAMALES:

A Small Business Expansion Project with PSU Students



Tamales are prepared by hand in a commercial kitchen.



You can find Sara and her delicious tamales every Wednesday at the farmers' market.



By Allyson O'Connor, Cody Marcotte and Ryan Burchett

This article was written by students at Portland State University (PSU) as part of a final assignment for the PSU Capstone Class. The Capstone Class is an undergraduate class in partnership with People's Food Co-op. This class provides students with an orientation to the cooperative business model in the natural food industry. Students gain hands on experience working with People's Food Co-op on different projects related to our food system, cooperative economy, and local community.

You might be familiar with Sara's Tamales, one of the vendors who participates in People's weekly Farmer's Market. Sara has been selling her made-from-scratch tamales since 2007 and has fine-tuned her menu to the tastes of People's customers. She currently offers six different flavors of tamales at the market. There are five vegetarian options available, made with fresh organic and locally sourced vegetables, mushrooms, and queso fresco. She also has one meat option made with free-range chicken and homemade mole sauce.

We partnered with Sara to help her with research and communication aids for her growing business. We learned that Sara's first priority is to communicate effectively with customers. She wanted to create a tri-fold pamphlet with a menu and history of the family business that customers could pick up at her stand at the Farmers' Market. Since Sara is not fluent in English she sometimes struggles communicating with her patrons. Sara also wanted help researching labeling requirements and packaging options for her tamales. Sara is currently exploring her options to sell pre-made vegetarian tamales inside People's Food Co-op.

We visited Sara at the commercial kitchen she rents on Tuesday nights from Soup Cycle on NE Sandy Boulevard. There we got to see Sara and her family making all of her tamales from scratch. The entire kitchen smelled delicious with pots of vegetables simmering delightfully. Sara showed us all her fresh ingredients, many of which she grows in her community garden, or purchases directly from People's Food Co-op. We left Sara's kitchen realizing how much care she puts into making sure her tamales are made fresh with the finest organic ingredients available.

With the information we gathered from our visits with Sara at her kitchen and at the Farmers' Market, we were able to put together a pamphlet for Sara. Her customers now have access to detailed information on the ingredients in her tamales as well as some history about Sara and her family's journey from Mexico to Oregon.

We also provided Sara with information on packaging and labeling as well as contacts that can help her expand her business. With any luck, People's customers may soon be able to purchase Sara's Tamales in-store, which they can cook in their own homes. 🍲

PEAR-FECTION!

Spotlight on a Fall Treat

By Johanna Tomesch
Collective Manager, Produce Buyer

Pears are a totally underappreciated and underrepresented fruit! They typically get passed over because pear season coincides with apple season, but they are naturally sweet, local, and full of fiber, vitamin C and copper. People's does not carry pears that are from other countries, largely because out of season pears are shipped mostly from Argentina to the East Coast of the U.S., and then trucked across the country to Oregon. You will occasionally find pears that are out of season and local. However these are typically Green D'Anjou Pears that have been kept in cold storage for many months, a highly energy intensive process. So what I am saying is - get them while they are in season and fresh!

Typically we start seeing the first trickle of local Green Bartlett pears in early August, and Star Krimson Pears in mid-August. Then, as the season progresses, the varieties multiply and there are more pears to choose from, with many different sizes, colors, and textures.

Aside from the common and everyday varieties like Bartlett, D'Anjou, and Bosc, some of my most favorite varieties are the Comice Pear, the Concorde Pear, and Taylors Gold. These three pears are a

delectable treat! The Comice Pear is my absolute favorite; it is creamy, juicy, silky smooth and rich! At People's, we are very fortunate to have relationships with many farm-direct pear growers. Some

"OUT OF SEASON PEARS ARE SHIPPED MOSTLY FROM ARGENTINA TO THE EAST COAST OF THE U.S., AND THEN TRUCKED ACROSS THE COUNTRY TO OREGON...SO WHAT I AM SAYING IS - GET THEM WHILE THEY ARE IN SEASON AND FRESH!"

of our favorite growers are Organic Orchards, Mt. Hood Organic Farms, Indian Creek Ranch, and Hood River Organics. These four farms are all located in the Hood River area, Certified Organic, and all produce wonderful pears. You can also find crisp pear cider pressed by Organic Orchards in the

beverages cooler during the pear season. It is hands down the best cider ever!

Pears need to be kept in cold storage after they are picked, before they make their way to the co-op. The cold storage process enables the fruit to turn their starches into sugar, making them a sweet treat! Some pears only need a few days in a chilled atmosphere, while others need up to 6 weeks before they are ready to be sold. This is why we don't see the Comice Pear and the D'Anjou Pear until later in the season.

Deciphering which pears to buy can be tricky. In general, pears are picked on the farm before they are ripe, but are fully mature. If pears were left to ripen on the tree, they would be mushy inside by the time they looked ripe, because pears ripen from the inside out. So when you see rock hard pears in our produce department, don't worry! They will ripen up. Pears should be stored at home outside of refrigeration unless they are already ripe. To help pears ripen faster, try putting them in a paper bag, or faster yet would be to put in a paper bag with a ripe banana or apple. The ethylene gas that most fruits give off is trapped in the paper bag which speeds up the ripening process. 🍷



Pears growing at Organic Orchards in White Salmon, WA.

A wooden cutting board with a grid pattern. On the board, there are several sliced pears, some showing the core. A whole pear is on the left. A white bowl containing flour is on the right. A knife is visible on the left side. The background is a warm, brown wood grain.

FALL-TIME PEAR COBBLER

Ingredients:

- 1 cup and 2 T. evaporated cane sugar, divided, plus more for sprinkling
- 4 cups sliced pears, divided (NOTE: pears should be thin, but not too thin--about 1/4" thick)
- 2 1/2 cups all-purpose flour
- 1 1/2 t. baking powder
- 3/4 t. baking soda
- 1/2 t. salt
- 1/2 cup (1 stick) Earth Balance, cut into pieces
- 3/4 cup cold water

Preparation:

- Preheat the oven to 350 F. Sprinkle 1/4 cup of the sugar evenly on the bottom of a 9"x13" baking dish. Place just enough pear slices in the dish to cover the bottom in a single layer. Sprinkle an additional 1/4 cup sugar over top of the slices. Set aside for 5 minutes.
- Meanwhile, in a large mixing bowl combine the flour, remaining 1/2 cup and 2 T. sugar, baking powder, baking soda, and salt. Using your fingers or a pastry blender, cut in the Earth Balance until the mixture resembles fine crumbs. Mix in the remaining pear slices until evenly distributed. Gradually add the water, stirring until the mixture comes together to form a thick, lumpy batter. Spread the mixture on top of the sugared pears and sprinkle the top lightly with sugar.
- Bake until golden brown, about 40-50 minutes, and allow the cobbler to cool on a wire cooling rack for at least 20 minutes before serving. Serve warm, at room temperature or cold.

RADIATE KINDNESS, NOT SEAWEED

An In-depth Report on our Seaweed Products and The Results of Their Radiation Tests

By Collective Managers Sarah Barnard, Grocery Buyer & her sidekick Stephanie Buddenbaum, Bulk Buyer

In March of 2011, Japan was hit with a series of tragic events: first, a magnitude 9.0 earthquake, then a tsunami triggered by the earthquake, and finally the meltdown of the Fukushima nuclear plant. Over 15,000 people died, and over 2,500 remain missing. The meltdown of the Fukushima nuclear plant was the largest nuclear incident since the Chernobyl disaster in 1986.

Since this tragedy, People's has gotten many questions from customers concerned about contamination of their seaweed products. Below are the results of our research into this matter.



All of Izumi's nori is harvested from one, 4,000 acre growing site located in the Northern part of the East China Sea. The waters are considered Internationally Certified Organic, meaning that they are tested monthly and must test clean for a minimum of three consecutive years or more. After the earthquake and resulting tsunami, these tests now include a radiation measure as well. Izumi also tests their nori at two independent laboratories in the United States. They test for more than 450 potential contaminants as well as 22 different isotopes of radiation, and always test 100% clean.



All the seaweed for Seasnax is harvested by farmers on the west coast of South Korea. This is in the opposite direction of where the Fukushima radiation is headed (it is headed toward the west coast of the United States). Seasnax tests for radiation at each harvest, and no radiation has been detected to date. The last time they tested was for their September 2013 harvest, which is being used for the products that are currently being shipped to the U.S.



Emerald Cove harvests all of their nori off the coast of China, approximately 1,140 miles from the site of the Fukushima tragedy. At every annual harvest, they test for radioactivity and have always tested clean. They attribute this to the proximity from the site of the meltdown, as well as the fact that the wind currents move mostly towards the east, away from China.



The seaweed in this product is cultivated, harvested, and processed in China by a Japanese company, and it meets USDA and Japanese Organic Standards. Samples are regularly sent out for radiation, microbiological and heavy metal testing, and continue to test clean. The test used is one of the most stringent in the world.

IN OUR BULK DEPARTMENT:



**NORI, SEA PALM, WAKAME,
AND KOMBU**

The nori, sea palm, wakame, kombu, and kelp fronds are hand-harvested by a family of herbalists operating in southern Oregon and northern California, under the company name of Naturespirit Herbs. They work with the University of California Berkeley (UC Berkeley) Nuclear and Engineering Department to ensure quality and safety of their wild-crafted crop. In April 2011, UC Berkeley began testing northern California seaweeds as well as samples of air, rainwater, soil, grasses, milk, salmon, etc. As of March 2014, Fukushima radioactivity has not been detected in any northern California seaweeds.

Naturespirit Herbs is still concerned that ocean currents could carry detectable amounts of Fukushima radionuclides (atoms that can cause radiation poisoning) to the California coast, and they continue to rely on Kelp Watch 2014 for accurate and up-to-date information. Kelp Watch 2014 is a major scientific effort to monitor west coast kelps for Fukushima radionuclides and is a research collaboration between California State University, Long Beach (CSULB) and UC Berkeley. Again, as of March 2014, no Fukushima radionuclides have been observed.



**DULSE FLAKES, KELP
POWDER, IRISH MOSS, AND
SEA LETTUCE**

The other seaweeds in our bulk department – the dulse flakes, kelp powder, Irish moss, and sea lettuce, come from Maine Coast Sea Vegetables, who have maintained a certified organic processing facility for years. They are working with the University of Maine to test radiation levels. In March 2011, Main Coast Sea Vegetables had samples of almost all their products tested for radioactivity. Results showed only natural radioactivity levels, present in seawater and seaweed from the April to October 2011 harvest. In 2012, they tested a selection of sea vegetables of multiple types and from a range of different habitats and the results also only showed natural, background radioactivity for the late 2011 and 2012 harvest. The whole leaf dulse that they supply us with is currently from Canada and they are still waiting to hear the testing information. Moving forward, Main Coast Sea Vegetables will test a selection of sea vegetables annually. 🌱

THANKS AND FAREWELL!

Some of People's best are moving on to new adventures!

Sarah Barnard has been the Grocery Buyer and a Collective Manager at People's Food Co-op for almost 14 years. She enjoys making up songs to get through the every day work tasks and you will often find her eating Beanfield's Chips and cracking jokes to co-workers. Her knowledge, loyalty to the Co-op and wonderful sense of humor will be greatly missed as she goes on to tackle new adventures.

Johanna Tomesch has been a Collective Manager for seven years and has worked in People's produce department as a buyer for six years. She is a master whistler, and can often be heard whistling popular songs from miles away. Her passion for good produce and her deep wealth of knowledge inspire us and are a huge foundation of our sparkling produce department. We wish her well as she moves back to her hometown on the East Coast. We'll miss you!

Bliss Newton served the co-op for three years as Marketing and Membership Coordinator and Collective Manager. She infused deep care, humor and tenacity into her work and impressed everybody with her organizational skills and critical thinking. Her contributions to Peoples' are innumerable. We'll miss her presence as she moves to be near to her family.



THE 2014 MEETING OF MEMBER-OWNERS

Thanks to all of you who came and made the event so wonderful!





SHARE YOUR FAVORITE PEOPLE'S MOMENTS!

People's Food Co-op is now on Instagram!

Share your favorite photos at People's or eating food from People's.



Instagram

Follow and tag us @peoplesfoodcoop

FALL EVENTS & EDUCATION

All events are FREE and open to the public unless otherwise stated. See www.peoples.coop/community, or our in-store calendar for details and in-

SEPT 14 CELEBRATE THE HARVEST



Sunday, September 14; 2-4:00pm:

September in Oregon is a time to enjoy the bountiful harvest while we focus on foods that nourish our sweet cravings and help us begin the transition to the cooler, days of autumn. In this macrobiotic cooking class we'll be cooking with creamy millet, rich chickpeas and all the delicious late summer vegetables we can fit into one class. And we won't forget the apple crisp! Taught by Patty Bauer and Sandee Coggins. Suggested donation \$10, with nobody turned away. Call People's to register.

SEPT 17 HARVEST FESTIVAL!



Wednesday, September 17; 2-9:00pm:

Don't miss out on our biggest party of the year! Join us for an extra special Farmers' Market complete with beer from The Commons Brewery, craft vendors, cooking demos, food carts, live music by DJ Prashant, Madjaleo, School of Rock and much more. There will be plenty of activities for all ages. Free and open to all. No need to register, just come for a good time.

SEPT 24 THE SEASONAL TABLE – LAST ONE OF THE YEAR! – AT THE FARMERS' MARKET



Wednesday, September 24; 4-5:00pm:

Join us for our last Seasonal Table of the year! This class is designed to highlight the produce and products available at the Farmers' Market for that particular Wednesday. Long-time Member-Owner Patty Bauer will be a giving a simple demo class at the Market booth and make a dish with Farmers' Market products. A great way to learn, socialize, and eat the freshest, most local produce. No registration; free!

SEPT 28 HABLA YOGA

Sunday, September 28; 2-3:30pm:

Join us for a community workshop of Habla Yoga. We will flow through a

relaxing bilingual Spanish/English yoga class designed to improve language and health at the same time, and is accessible for all levels of language and fitness. Habla Yoga has been created to cultivate conscious listening, health and understanding by creating a welcoming and nourishing space for expanding awareness, language, and connections within ourselves and communities. To find out more please visit www.hablayoga.com. Class is donation based, no one turned away. Call People's to register.

OCT 1 OREGON GMO RIGHT TO KNOW Q&A



Wednesday, October 1; 6-7:30pm:

A lecture and Q&A session presented by representatives of the Oregon GMO Right to Know Campaign with speaker Rick North. Rick North worked for Measure 27, the 2002 ballot initiative to label GMOs. He served as founder and program director for the Campaign for Safe Food with the Oregon Physicians for Social Responsibility. Come to learn, connect, and converse with fellow community members over this important issue.

OCT 5 101* USES FOR KALE



Sunday, October 5; 2-4:00pm:

Everybody knows kale is good for you, but are you stymied about what you're supposed to do with it? Or maybe you're tired of stir fry and want some new ideas. We'll talk about chips, salads, smoothies, dips, dumplings, tamales, etc. Bring your weird ideas and challenge Sadie: "Can I put kale in that?" You might be surprised. *"101" is a figurative number. Taught by Member-Owner Sadie Bowman. Free and open to all, call People's to register.

OCT 7 GROW YOUR OWN PRODUCE: GARLIC, COVER CROPS, AND COMPOST



Tuesday, October 7; 7-9:00pm:

This class will highlight soil building methods. We will discuss types of cover crops for building soil tilth and fixing

nitrogen. Garlic goes in the ground this month for summer harvest. We will talk about the different types of garlic. This class will highlight what is happening in the garden in October, how to tend to your garden, and prepare for the coming month. Cost is \$100 for the 5 class series or \$25 per class. A 10% discount is available to People's Member-Owners; please email instructor directly to register and receive the discount: queenbee@herbnwisdom.com

OCT 11 SITUATIONAL SELF DEFENSE – PROTECTING YOUR CHILDREN



Saturday October 11; 12-1:00pm:

Explore a variety of situational awareness strategies to better help boost confidence, practical physical tools, and resources for avoiding and managing potential emergency situations (including considering how having a child or infant in tow can and should affect your response). This short class will include very basic low impact physical exercises, and academic content through discussion and resource handouts. Material will be presented in a fun, playful manner, but because exercises and open discussion will touch on everything from everyday emergencies to potentially violent encounters, this workshop is open to adults (age 13+ only). Bring a carrier, baby doll, and sense of humor to class if possible. Lead by Lara Jones: Co-Owner Westside Academy of Kung Fu and CrossFit Hillsdale, and People's Member-Owner. This class is free and open to all, with donations accepted. Call People's to register.

OCT 19 THE ART OF DIGESTION

Sunday October 19; 2-4:00pm:

Digestion & Detox Specialist, Susan Bass, shares knowledge from the ancient system of Ayurveda. In Ayurveda it is said that "A person is as old as their digestive system" and it is true! 70-80% of your immunity is housed in your gut. Come and learn simple, time tested ways to support digestive health. Learn how to support and heal your digestive system with food and daily practices, how

FALL EVENTS & EDUCATION

All events are FREE and open to the public unless otherwise stated. See www.peoples.coop/community, or our in-store calendar for details and information on free weekly yoga classes for Member-Owners. Please register where applicable.



the food choices you make affect your digestive system, and how to use food as medicine. Free and open to all. Call People's to register.

OCT 26 **DAIRY FREE MILKS MADE CHEAPLY AND EASILY** 

Sunday, October 26; 2-4:00pm:
Soy, rice, grain, and nut milks are indispensable in many of our kitchens, but what an expense of money and packaging! Pick up some techniques to make your own with tools ranging from simple (ie, you probably already have them) to fancy (ie, you may consider investing in them!), and some ideas to give your daily milk some extra nutrition and pizzazz. Taught by Member-Owner Sadie Bowman. Free and open to all. Call People's to register.

OCT 21 **FOOD THERAPY FOR PETS**

Tuesday, October 21; 7-9:00pm:
We are what we eat, and the same applies to our pets. According to Traditional Chinese Medicine (TCM) principles, food is considered medicine with special properties to balance Yin and Yang energies within the living body. In this workshop, Dr. Cornelia Wagner of Hawthorne Veterinary Clinic will teach you how to build and maintain your pet's health and prevent seasonal or climatic related problems by feeding your pet according to the principles of TCM food therapy. She will also address how specific foods may be used to help balance the body to aid in healing while a pet is receiving treatment for a specific condition. Free and open to all. Call People's to register.

NOV 4 **GROW YOUR OWN PRODUCE: WILDLIFE IN THE GARDEN, NOURISHING SOUPS, AND PLANNING FOR THE COMING YEAR** 

Tuesday, November 4; 7-9:00pm:
Our final class for 2014 will provide juicy information to help you begin planning

for the 2015 garden season. We will highlight nourishing soup recipes from local herbs, veggies, and stocks. We will discuss ways to encourage animal allies to stick around and talk about what is happening in the garden in November. Cost is \$100 for the 5 class series or \$25 per class. A 10% discount is available to People's Member-Owners; please email instructor directly to register and receive the discount: queenbee@herbnwisdom.com

NOV 8 **FESTIVE HOLIDAY TREATS – VEGAN, GLUTEN FREE, PALEO AND DIABETIC FRIENDLY.** 

Saturday, November 8; 2-4:00pm:
Learn how to whip up quick, simple holiday desserts that are creative, delicious and elegant! In this class we will prepare special treats that are a perfect addition to a holiday potluck. These desserts are all sugar free, gluten free, dairy free, and soy free but bursting with flavor and texture. This class is taught by Teresa Estrada, owner and creator of Enlighten Your Palate. Free and open to all. Call People's to register.

NOV 9 **EASY HOMEMADE BREAD FOR BUSY PEOPLE** 

Sunday, November 9; 2-4:00pm:
Based on techniques from Hertzberg and Francois' "Artisan Bread in 5 Minutes a Day," Sadie will get you excited about rolling in the dough without spending a lot of time! (sorry--this is a gluten-based class without substitutions this time). This is a great class to learn a new skill and prepare for the upcoming holiday season. Free and open to all. Call People's to register.

WHAT THE BOARD DOES

Understanding Your Elected Representatives

By Heidi Olejnik, Board Member and Lisa Bogar, Collective Manager and Storekeeper

Have you ever wondered what exactly the People's Board of Directors does? The answer is likely "yes," since board members are often asked this very valid question. We hope this article will shed some light on our mission!

The People's Food Co-op Member-Ownership has entrusted financial and legal responsibility of the Co-op to our nine person Board of Directors. The Board of Directors then delegates store operations to the Collective Management (CM). Directors meet once a month to analyze the Co-op's financial health and how to meet the needs of our community. We also attend workshops and other trainings, including an annual retreat with our National Co-op Grocer's Association (NCGA) Board Consultant, Mark Goehring.

Our Role & Responsibilities

1) Member-Owner Engagement and Communication:

Board Directors are fellow Member-Owners that you have elected to represent your interests in regards to the Co-op. We are here to represent you! We want to connect with you, know your ideas, concerns, and dreams, so we can work with the Collective Management to address them. Of course, you are encouraged to connect directly with Collective Managers and staff members, but People's staff members don't always have ample amounts of time for in-depth conversation while working on the store sales floor. Board members are available to communicate with you if you wish to talk at greater length. We recognize that there is not always enough time at the checkout counter to talk about Co-op issues. Our email addresses are listed in newsletters and online, and we are happy to connect via phone or in person. We are striving to organize events to engage with Member-Owners, as well as further our collective knowledge and skills!



2) Policy Governance and Fiscal Responsibility:

The Board has a legal responsibility to monitor and safeguard the financial stability of the Co-op. People's has adopted an organizational structure for the Board called policy governance, a model widely used among successful food co-ops. Utilizing and interpreting People's Bylaws and Ends statements, the Board writes policies that express expectations to the Collective Management.

As the CM analyzes the store's operations and performance, they use the policies as benchmarks to evaluate successes and areas for improvement. Policy governance provides boundaries and goals, but does not define how the CM goes about enacting policy. This structure leaves room for the expertise and creativity of the CM to put it all into action.

The CM then provides monitoring reports to the board at each monthly Board meeting to assess, and discuss compliance with the policies and any plans for change. Essentially, the Collective Management is accountable to the Board of Directors, who are elected by and represent the Member-Ownership.

3) Big Picture Visioning:

The Board of Directors looks at the past, present, and future of People's. We investigate cooperative issues, including national and international trends among co-ops, and discuss where we want the co-op to go in the future. We discuss the People's Food Co-op Ends statement, and reflect on the Member-Owners' wants and needs. We explore many creative ideas for inspiration on what our community can achieve together!

What Doesn't the Board do?

It's important to be clear that the Board does not control People's Collective Management, nor do we make the day-to-day decisions related to running the Co-op. The Collective Managers are the experts in running a high quality natural foods store. The Board does not decide what products to buy, how to display them, or set the prices. We simply make sure that the Collective Management's decisions on these issues are in alignment with the will and needs of the Member-Ownership, our Ends, and the greater community. We are the folks to reach out to with your thoughts and concerns, and we want to hear from you! If your

comment brings up a big picture or fundamental issue for discussion, we will take it into account at our meetings!

What are Board Meetings like?

People's Board of Directors meets the 4th Tuesday of every month. At our monthly Board meetings, Directors go over People's Collective Management reports with Shawn Furst (the CM link to the Board) and other appropriate staff. We continually write and re-evaluate policies aimed toward meeting People's Ends. We discuss upcoming events and make commitments to organize and research items outside of meetings. We also spend time at meetings educating ourselves

about issues that affect the co-op. We get to dig deep into People's philosophy and mission (the "big picture stuff"), which is really exciting! Interested?

Please come and check one out for yourself! A healthy and tasty dinner is provided at 5:30pm, by one of our Hands-On-Owners, and the meeting starts at 6:00pm. Member-Owners are invited to address the group at the beginning of each meeting, and you are welcome to stay for as much of the meeting as you like. Hope to see you there!

Thanks from your Board! 🍷

GET IN TOUCH WITH YOUR BOARD OF DIRECTORS

All Directors bod@peoples.coop



Lisa Bogar,
lisab@peoples.coop



Joel Brock, President
joel@peoples.coop



Jacob Engstrom
jacobengstrom@peoples.coop



Kati Falger
kati@peoples.coop



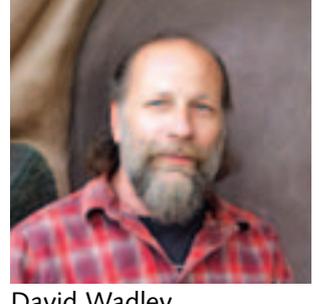
Stasia Honnold
stasia.honnold@peoples.coop



Josh Monifi
josh.monifi@peoples.coop



Heidi Olejnik D.C.
heidi@peoples.coop



David Wadley
david@peoples.coop



Amy Wong
amy.wong@peoples.coop

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 5:30pm to 6pm that you can enjoy with your Board Directors and discuss your ideas casually. Afterwards, stick around for the official meeting from 6pm-8:30pm. This is a great chance to get your message to the Board or to just see what's going on at your co-op.

UPCOMING MEETINGS:

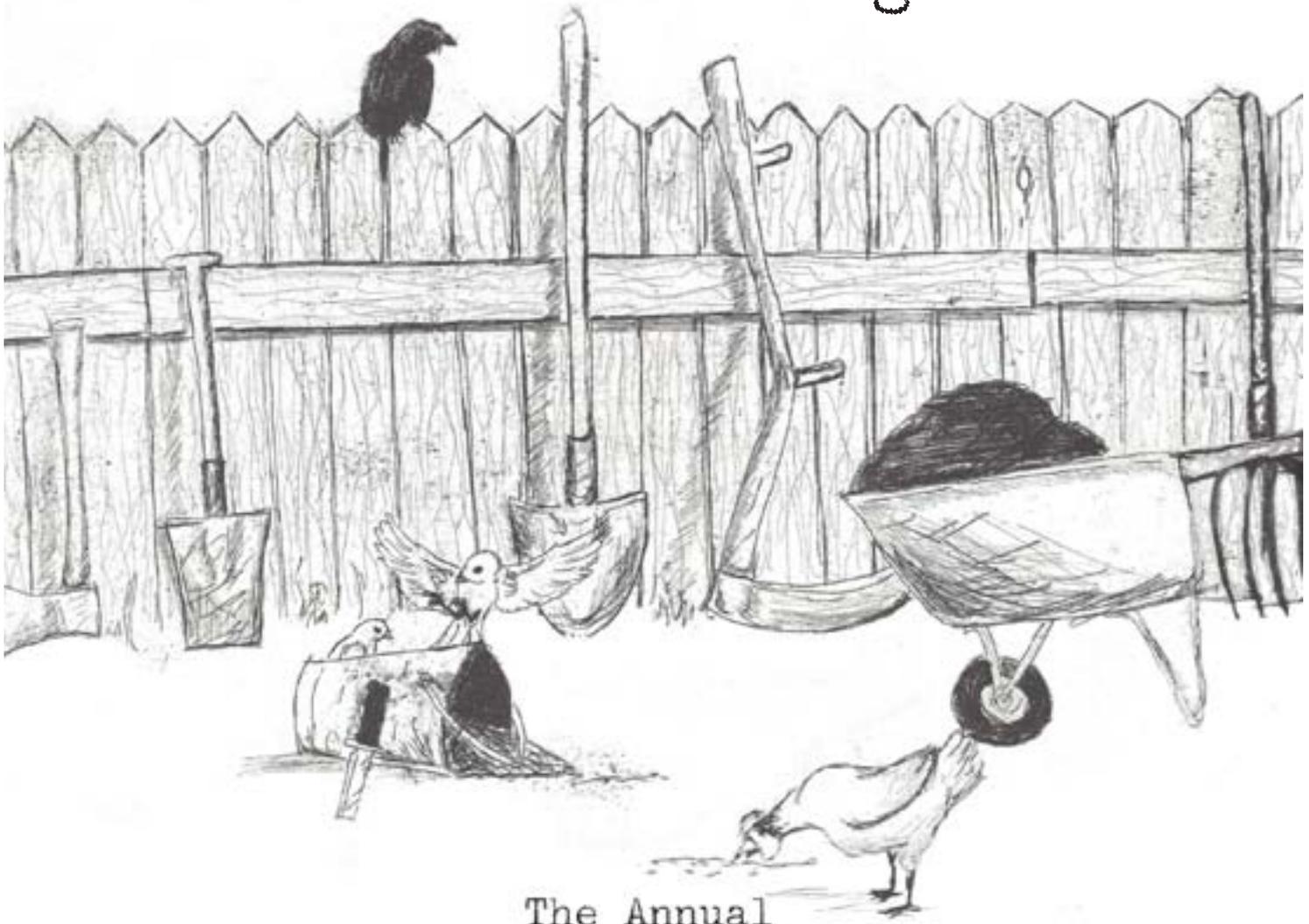
September 23, 6-8:30pm

October 28, 6-8:30pm

November 25, 6-8:30pm

Celebrating 20 years of
People's Year-'round Farmers' Market
1994-2014

Celebrate the harvest,
together.



The Annual
Harvest Festival
& Farmers' Market

2:00 - 9:00pm
Wednesday, September 17th of 2014
3029 SE 21st Avenue Portland 97202

people's
FOOD CO-OP

**THRIVING COOPERATIVE AND
LOCAL ECONOMIES**

**A SAFE, WELCOMING
COMMUNITY WHERE ALL
ARE VALUED**

**DEMOCRATIC WORKPLACE
WHERE ALL WORKERS'
VOICES ARE VALUED**

**ACCESS TO HEALTHFUL
FOODS OUR CUSTOMERS
CAN TRUST**



Our Ends Statement, Adopted by our Board of Directors in 2008



3029 SE 21st Avenue
Portland, OR 97202
(503) ORGANIC (674-2642)
info@peoples.coop
www.peoples.coop

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