



Ashland Food Cooperative

More Than Food

JANUARY/FEBRUARY 2009

VOLUME 10

Ants, Grasshoppers & Community

By Annie Hoy, Outreach Manager

This New Year, I'm reminded of one of the Aesop's Fables, *The Ant and the Grasshopper*. In a field one summer's day a Grasshopper was hopping about, chirping and singing to its heart's content. An Ant passed by, working hard to drag an ear of corn to the nest. "Why not come and chat with me," said the Grasshopper, "instead of toiling that way?"

"I am helping to lay up food for the winter," said the Ant," and recommend you to do the same."

"Why bother about winter?" said the Grasshopper; we've got plenty of food now." But the Ant went on its way and continued its toil. When the winter came the Grasshopper had no food and found itself dying of hunger, while it saw the ants distributing every day corn and grain from the stores they had collected in the summer. Then the Grasshopper knew: It is best to prepare for the days of necessity.

I like the moral of this story and it made a big impression on me as a child. Today, I recognize that the ants were practicing the essence of cooperation. They worked together to accomplish more than they could if they worked individually. I don't get the feeling the grasshopper thought about anything but itself. The story can

pertain to so many aspects of life. With the current economic situation, one could blame the grasshoppers. They've lived to excess while there was plenty with no thought of the future. Now, the ants who saved and conserved have to bail out the grasshoppers this winter.

Those ants really had a "Yes we can" attitude. They stuck together, worked hard, and made their anthill sturdier. This year, like every year, your co-op is dedicated to practicing that "ant wisdom" by helping our 6,000 strong ant co-op be more resilient so that all the ants in our extended anthill community can robustly survive through the tough times as well as joyfully reap the benefits during better times.

Today, I recognize that the ants were practicing the essence of cooperation. They worked together to accomplish more than they could if they worked individually.

We'll build upon our Budget Solutions recipe program to show you ways to save money on your food bill. We'll support local non-profits through our Community Grant program. We'll embark on a new sustainability initiative to lessen our impact on the environ-

ment. We'll begin to build a social network through our newly designed and updated website and blog. And we'll ask for your feedback and advice on a survey in early



spring. Most of all, we'll continue to spread the optimism that is inherent to cooperation. There is much to look forward to.

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STORE HOURS
 Open every day 7:00am-9:00pm
 237 N. First Street • (541) 482-2237
 Visit us online: www.ashlandfood.coop

About This Publication


Publisher:
Ashland Food Cooperative
237 North First Street
Ashland, Oregon 97520

Editor: Annie Hoy

Board meetings are held the **second Wednesday** of each month unless otherwise posted. Co-op owners are encouraged to attend.

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Our Co-op's Vision

Joyfully working together

- Delighting shoppers
- Enhancing health
- Enriching community

Our Co-op's Mission

Ashland Food Co-op exists to serve our owners and our community by:

- Operating a socially responsible business that provides a full selection of natural foods and quality products;
- Emphasizing locally produced, organically grown and ecologically sound products;
- Offering a variety of necessities at basic prices;
- Providing friendly, knowledgeable customer service;
- Promoting awareness about food, nutrition, and health;
- Providing a workplace that fosters opportunities for participation, empowerment and growth in an environment of mutual respect and cooperation.

Report from the Board

by Holly Berquist Wells, Board Member

Happy New Year 2009! What a wonderful year for change. I see the “yes we can” as making personal changes in repairing our world at home and abroad!

Looking back often allows us to move ahead with eyes wide-open. These current times of change and challenge may summarize our American dream gone astray. Having less means relying more on others. Sharing becomes the new currency to exchange for the daily goods and services. Perhaps insights from the past can offer solace as we heed the lessons forged in fortitude and resilience.

Reach Out!

Find more things to *celebrate!* Bring community together; host a work party for someone who needs help spiced cider afterward.

Edu-tainment

Low or no-cost activities abound in regional nature-centric experiences. Stop by the library, SOU, and glance at the local paper for opportunities to meet your community. Get outside for a free dose of vitamin D!

Backyard Chicken Farm

Raising chickens is a fun adventure! We have six in our backyard. Plan your spring

garden and collaborate with your neighbors. What talents or things can you share?

Transport, Stay Put, Eat Local Foods

Walk or take the bus to work, school, or the store. Support local farmers and shop for locally produced foods. Offer to pick up and deliver needed items on your way out to neighbors and friends.

Promote Gross National Happiness (GNH)

Compassion and cooperation are as important to achieving happiness as competition. Being altruistic will make you happy and will be the cheapest insurance policy for the future.

Retooling

Take time to sharpen your skills: enroll in school, finish that degree, pursue an interest or follow leads for learning new ways to become marketable in our current economic times.

These themes give information on the three C's “cooperation,” “collaboration” and “celebration.” Look at the Seven Cooperative Principles and see that the last three are based on education, cooperation and community. These guiding principles will be the bridge to our future collaboration. Let's ring in the New Year with a cup of cheer and a celebration for auld lang syne.

Dine with the Board!

You're invited to the first Dinner with the Directors for 2009. Held once each quarter, these dinners have become increasingly popular. We have room for ten (10) outstanding owners who have not yet attended a dinner. Come and enjoy a charming meal and convivial discussion with several board members, Outreach Manager Annie Hoy and our GM, Richard Katz. The board is always ready to listen to your ideas because it helps them guide the future of the Co-op. Bring your questions, concerns and compliments. At this dinner, we'll also be celebrating someone's birthday.



► Dinner with the Directors

Wednesday, February 18, 6:30-8:30 pm

Co-op Community Classroom, 195 A Street

To attend, please contact Annie Hoy by telephone at 541-482-6431. There are only 10 spots available so call right away!

General Manager's Desk

By Richard Katz, General Manager

I'd like to update you on some happenings here at AFC. As a follow-up to my last article about our sustainability goal, we will provide a two-hour introductory training for all employees on The Natural Step as a framework for sustainability in January. This will prepare us to have broad participation as we plan our focus to improve sustainability at the Co-op. I anticipate lots of energy and ideas to emerge from staff using this process.

On a related issue, our bag program has continued to save loads of bags. Shoppers continue to bring their own reusable bags to support sustainability. In the eight months since its inception, the ten-cent bag charge has reduced the number of bags used at checkout from 17,000 per month before the charge to just over 6,000 per



month since the program began last Earth Day. That's nearly 11,000 bags saved each month, a sure indication of what awareness and intention can do in saving resources, or making any change for that matter.

Since before the Holidays, we have been selling Gift Cards at the information desk. Many shoppers caught on to this and used them for presents. Another great use of gift cards is to buy them regularly to use for shopping instead of cash, checks, or credit cards. They're more convenient (no change, no writing) and when used in place of several smaller credit card purchases, they save the Co-op lots of money in processing fees. Our credit card fees are about 1.5 % of our credit card transactions, which account for about 2/3 of our sales. Annually, credit card fees add up to over \$200,000. You can help save the co-op unnecessary expense by using a check, cash, or

even your credit card to buy a gift card in a larger denomination, perhaps \$100. Fees on small credit card transactions are especially costly, and gift cards are very easy to use – no special numbers or signature required.

At Ashland Food Co-op we like to keep in touch with our owners on a regular basis. This newsletter is one important way to keep you informed. In this cyber age, email is another excellent and inexpensive way to reach you. Many owners currently receive e-bulletins from us, and many customers check our website for class schedules, sales flyers, recipes, and other news and information there. Within a couple of months we will conduct a survey, primarily of our owners, by email. Currently we only have email addresses for about 20% of our owners. Your input through this survey is important so we would love to have your current email address if we don't already. To receive electronic communications from AFC, please come in and update your owner information at the information desk.

Proposals Sought for 2009 Community Grants

Ashland Food Co-op offers small grants to non-profit organizations with projects that might get overlooked by larger grantors or focus on underserved populations.

Projects must align with our vision of enhancing health and enriching community and promote our mission to provide education about food, nutrition and health.

We give priority consideration to organizations and projects that:

- Provide food and/or supportive services for people in need.
- Educate people about environmental, sustainability or health issues and concerns.
- Assist the stewardship of the environment.
- Support educational programs for all ages that focus on food, nutrition and health.

Grants are up to \$1500. Applicants must have documented tax-exempt status. We do not fund regular paid staff or construction costs.

Application packets are at the Information Desk. Application materials must be received by Monday, March 30, 2009. Funds will be distributed at a Grant Award Dinner in May. Questions regarding Co-op Community Grants can be directed to Annie Hoy, 541-482-6431 or outreach@ashlandfood.coop.

Local School Group Maximizes Grant Award

by Maria Katsantones,
Outreach Assistant

Each year Ashland Food Co-op sets aside funds for our Community Grants program. These grants help local and regional tax-exempt organizations fund programs they would not otherwise be able to conduct. There are many wonderful stories about these programs and we'd like to share one with you here.

The Healthy Outcomes program helps 30 students with multiple disabilities reach their potential by taking them out of the classroom and into the community. The project at Sams Valley and Patrick Elementary Schools shows students how to grow, prepare, and shop for healthy foods as part of curriculum focused on life skills, social skills and academics.

These schools used their Co-op Community Grant to improve their classroom kitchen, visit Eagle Mill organic farm, dine at the Co-op's deli for a nutritious lunch, and purchase ingredients at the Co-op to prepare healthy meals in their classroom.

While enjoying their lunch at the Co-op, these students were clearly connected to the purpose of their trip; eager with questions and feedback about their meal and shopping experience. The thank you notes they sent show the appreciation these students had for their natural foods education experience.

Emerald Hills Beef Now Certified Sustainable by Food Alliance



When Kathy Panner began ranching in Douglas County 20 years ago, her cattle went to feed lots to be finished. She had never considered pasture finishing let alone processing the animals herself. It was an Argentinean exchange student who introduced her to the idea of pasture management for better quality meat. Kathy challenged the student to produce and process a grass-fed steer, and then do a taste test with her. She was so impressed with the results and comments from 40 friends who also tried the meat that her ranching practices changed forever. Today she controls the fate of her animals from birth to finishing. They eat only what grows in their carefully managed pastures. Then they are processed at a USDA plant in Springfield, OR.



her own property, Kathy has fenced along the stream that meanders through to keep the cattle away from the banks, preventing erosion and contamination. She and her partners have consulted with irrigation specialists to design systems that deliver just the right amount of water needed for rich pasture growth without water waste.

Because of their sustainable agricultural practices, Emerald Hills Beef has been awarded the Food Alliance Certification. Verified by a third party, the certification confirms healthy and humane treatment of animals, no use of hormones or non-therapeutic antibiotics, GMO-free pastures and livestock, pro-active protection of soil, water, and wildlife habitat, and a promise to continue improvement of management practices.

Kathy will sample her exceptional beef at the Co-op Culinary Kiosk on Saturday, February 21 from 11am-3pm. Stop by and meet one of the owner's of a farm that is carefully managed to protect water quality and soil; a farm where animals are handled calmly and humanely; and, are also very well fed!

Memory Difficulties: Should I Be Worried? Co-op Offers a Class with Some Answers

Sharon Johnson, M.S. Associate Professor at Oregon State Univ. & Mary Shaw, Co-op Culinary Education Specialist

Here's a mini quiz to check your memory function. Is it more difficult to process information? Is your recall of names slower than it used to be? Are you more distracted by intrusions? And are you taking longer to learn new skills? All of the above are possible signs of age-associated memory impairment that may be reversible.

Specific factors that impact memory can be identified. The trick is making changes in our lives to improve function. New research is changing the way we view age-related memory loss, and how we go about making lifestyle changes.

Sharon Johnson, an expert in age-related memory impairment, and the Co-op's Mary Shaw, have teamed up to present the latest findings on ways to



improve memory, including nine wonder foods to eat daily. Mary will prepare a "memorable meal" featuring all of these foods, and provide recipes to keep your brain happy.

For more information about this class, see our Community Oven Classes on page 7.

Yummy Cheese Comes from Happy Cows

When you want a really good grilled cheese sandwich that's all gooey with deliciousness, try some Rumiano cheese in any variety from our cheese case. And when you eat it, think of the girls fondly. The girls? Yes. All those beautiful and content Jersey cows that provide the raw material for that great cheese.

The Rumiano Cheese Company was founded in 1921 by Richard, Fred and John Rumiano, three Italian immigrants who arrived in the United States at the turn of the century. Cheese production takes place in Crescent City, California, located about 10 miles from the Oregon border.

Third-generation family member and company president Baird Rumiano attributes the success of the company to two important



factors. The first is the talented and hard-working staff. Rumiano employs workers with longevity. The majority of their employees have been with the company for over 20 years. Master cheese maker Alfred Mathys has been working his magic for 17 years.

The other factor is simply a high-quality supply of milk. The company receives its milk supply from independent, third and fourth generation dairy farmers in nearby Humboldt and Del Norte counties. These California counties have a mild climate and abundant rainfall that stimulates feed growth and allows for yearlong grazing. Both Humboldt and Del Norte counties are comprised of marine terraces that are ideal for grazing.

The Rumiano plant receives up to 500,000 pounds of milk each day. The



milk is almost exclusively from Jersey cows. All of the milk used by Rumiano cheese is free of added bovine somatotropin (BST), also known as recombinant bovine growth hormone (rBGH).

Rumiano produces several cheese varieties like Medium and Extra Sharp Cheddar, Calico, Pepper Jack and Mediterranean Jack. Rumiano's Dry Monterey Jack is its specialty. The Co-op carries a varied selection of Rumiano cheeses. The Organic Medium Cheddar, Organic Pepper Jack and Organic Monterey Jack are all on our Basic Pricing program, making these exceptional quality cheeses affordable to everyone.

Co-op Named Hometown Hero

By Annie Hoy, Outreach Manager

It feels really nice when the organization you work for is honored for its community service. Like all cooperative businesses, we're called to put community at the heart of our business. One of the seven Cooperative Principles is Concern for Community, and one of the ten Cooperative Values is Caring for Others. So to us, community service just comes with the territory.

To be one of 25 local organizations and individuals nominated to be a Hometown Hero by ACCESS, Inc. out of thousands of local supporters was an honor in itself. To be one of the eleven awarded the top honor as "Hometown Heroes 2008" was even more special.

Last October, 250 community leaders gathered at the Rogue Valley Country Club to pay tribute to organizations that have

gone the extra mile to help the most vulnerable in our region. ACCESS, Inc. is a non-profit Community Action agency that has served the needs of seniors, persons with disabilities, children and people of low income since 1976. Ashland Food Co-op has participated in their Scan Against Hunger program since its inception about 10 years ago. It started out to be a program just around the holidays of Thanksgiving and Christmas. Knowing that the need didn't end once the holidays were over, the Co-op made Scan Against Hunger a year-round promotion. Soon other participants did the same thing.

In accepting the Hometown Hero Award, the credit really goes to our owners and shoppers who generously give all year. I think the best thing about ACCESS is



that its mission is to help people help themselves. That's another Co-op Value, Mutual Self-help. That means that people are interdependent and benefit from joining their individual efforts with others to achieve their aspirations and improve their lives.

You can be a Hometown Hero every time you shop by mentioning to your cashier that you'd like to scan \$1, \$2, or \$5 for Scan Against Hunger. Every dollar helps and comes right back to the many ACCESS food pantries, including the one in Ashland.

Local Produce Served at Ashland School District's Cafeterias

By Mary Shaw, Culinary Educator

Thanks to an anonymous donation, over 1100 pounds of onions, squash, carrots, beets, and rutabagas were purchased for fall Ashland School District lunches. Two certified organic local farms, Whistling Duck and Wolf Gulch, provided most of the produce used in a variety of menu items including: lasagna, pizza, chili, carrot cake, pumpkin spice cake, roasted root vegetables, winter squash soup, and stuffed acorn squash.

Last September, the Oregon Department of Agriculture hired Tracy Harding as a Procurement Specialist to facilitate the purchase of locally grown or produced foods for the District's existing school lunch program. Sodexo is ASD's foodservice provider. In partnership with ASD, Sodexo worked with their suppliers to source more local and regional products. During this school year, Lydia Tolley, Sodexo Food Service Manager, asked her contracted sources to provide regional and local products whenever possible. As a result, Klamath potatoes, Rogue Valley pears, and Oregon grown watermelon, cilantro, and cucumbers were all on fall school menus.

During the months of November and

December, Ashland Food Co-op's deli featured some of the same recipes that were available in school cafeterias. This was a cooperative effort (of course!) with Tracy, Sodexo, and AFC Kitchen manager, Meggan Simpson.

The next challenge for the Farm to School program is to find permanent funding for both produce procurement and Tracy's position, which ended in December 2008, The School Board's Food

Service Overview Committee is applying for grants to continue the program. The likelihood of receiving such a grant is excellent, but unlikely until June 2009. In the meantime, the committee is looking for more community support to keep the program operable through the school year. Ashland is one of at least nine school districts in the state that have a Farm to School program, and the only one in southern Oregon. Your help is needed to raise about \$5,000 to tide the project over until grant funds would be available. Contributions may be made by check payable to Ashland School District with a memo that funds are for the Farm to School Program. Mail to District Board Member, Ruth Alexander, 2645 Butler Creek Rd., Ashland OR 97520.



SPECIAL EVENT Mark Your Calendars Now

**Elizabeth Royte, Author of
*Bottlemania: How Water Went
on Sale and Why We Bought It*
Friday, April 3, at 7:00pm
Rogue River Room
Southern Oregon University**



We want to raise your awareness of the issues around disposable water bottles, including the economic and cultural trends that have

made bottled water a \$60-billion-a-year phenomenon. We encourage you to read this book in the months before Ms. Royte speaks. If our community is serious about becoming more sustainable, the disposable plastic water bottle must be addressed. More information will be in your March/April newsletter.

HAPPY NEW YEAR! 9 for '09:

Sustaining Ideas for the New Year

Try any of these great ideas to stretch your food budget dollar.

- 1 Make a basic shopping list for yourself:** Include your pantry staples so you remember to check your supply before you shop.
- 2 Get Online Inspiration for Leftovers:** Visit the website, Allrecipes.com, for inspiration. You can type in your ingredients and get a recipe(s) match for them. The site also lists rated recipes by topic including budget meals.
- 3 Soup and Stock Are a Grand Solution:** Recycle leftover veggies, pasta, beans, and grains. Use fresh or dried herbs to give new flavor to recycles.
- 4 Make Dinner with Eggs:** Create a frittata or quiche using up small bits of cheese, or meat, and leftover veggies. Serve with homemade biscuits or cornbread which cost a fraction of store-purchased alternatives and are a real treat!
- 5 Buy Bulk, Cook Ethnic:** Beans from the bulk section can become the center of an ethnic plate like curry with greens and coconut milk, refried beans with cornbread and greens, or a Moroccan-spiced stew with lentils and veggies.
- 6 Start a Dinner Club:** Imagine cooking one delicious dinner a week and then having dinner delivered every other night of the week! Join with friends or neighbors who are compatible cooks. For more information about starting a club, read the Delicious Magazine article, How to Start a Dinner Co-op, on line at www.deliciouslivingmag.com/food/1101-dinner-coop/index.html.
- 7 Use Cookware that Saves Time, Energy, and Nutrients:** New generation pressure cookers rate high in all three of the above. Crock pots don't save time, but they do have dinner ready when you get home!
- 8 Visit Our Culinary Demonstrations During January:** All month we will feature three Budget Solution recipes a week using our Basic Pricing foods. Budget Solution Culinary Demonstrations are Tuesday, Thursday, and Saturday afternoons starting at 4pm.
- 9 Take Our Pantry Basics Class Wednesday, January 21:** Gain inspiration for planning and prepping a week's worth of menus in this entertaining and informative class for Co-op Owners only. See below for more information!



Pantry Basics Cooking Class

Wednesday, January 21

6:30-8:30pm

Co-op Community Classroom
195 A Street

Learn how planning and prep make cooking on a budget fun and flavorful! Our Culinary Educator, Mary Shaw, offers this class to Co-op owners at no charge in order to demonstrate how Basic Pricing products can become the foundation of your shopping list and save you money.

Enjoy a healthy appetizer while Mary presents an entertaining overview of Basic Pricing and a week's worth of seasonal menus with recipes based on these foods. She'll also

Budget Solutions at the Culinary Kiosk

Our January Budget Solution Demos feature recipes to save you money. All recipes cost \$10 or less to prepare and make 4 servings. Sampling begins at 4pm.

Tuesday, January 6

Enchilada Style Beans and Grilled Polenta

Thursday, January 8

Sweet and Sour Tofu Stir Fry

Saturday, January 10

Smokey Black Bean Stew

Tuesday, January 13

Savory and Cheesy Bread Pudding

Thursday, January 15

Winter Quinoa Salad

Saturday, January 17

Pantry Basics Oatmeal Cookies

Tuesday, January 20

Red Lentils and Greens in Coconut Broth

Thursday, January 22

Hot n' Dirty Rice and Bean Salad

Saturday, January 24

Lentil Potato Salad with Winter Greens

Tuesday, January 27

Tuna Noodle Salad with
an Asian Vinaigrette

Thursday, January 29

Oh My, Tamale Pie!

Saturday, January 31

Sesame Citrus Pork

prepare several recipes from the menu for a colorful and deliciously affordable supper. Mary will also talk about our new collection of Budget Solution recipes that aim to feed a family of four for less than \$10.

Pantry Basics is limited to 15 Co-op owners who have not yet taken this free class. Please sign up early. We'll call you a few days ahead of the class to confirm your attendance. **To register, call the Info Desk at 482-2237.**



Cooking Classes

Community Oven Schedule of Classes • January/February 2009

All classes are \$30 for owners and \$35 for the general public unless otherwise noted. Register online or at the Info Desk.



= Hands-on class

SMALL BITES

Ashland Food Co-op's Sampling Class Series
\$10/Co-op Owners, \$12/General Public

Unplated Fingerfood

Chef Justin Robeson

No plates, no forks. These creative ideas make delicious, edible plates out of the food they serve! Recipes include bay shrimp, smoked salmon, and crab.

Thursday, January 29, 7-8pm

Amazing Grain

Comet

Journey back in time and learn ways to prepare supergrains from the past: Millet, Kasha, Kamut, Quinoa, Spelt, Teff, and Amaranth. Bring a container or two to take home leftovers.

Tuesday, February 17, 7-8pm

Hands-on Sushi Party

Mary Shaw

Enjoy a bowl of miso soup, while Mary demonstrates vegetarian fillings, pickles, and dipping sauces for sushi. Then it's up to you to get things "rolling." Make traditional nigiri roll and inside out roll. Take home a sushi mat of course! Vegan.

Thursday, January 15, 6:30-9pm

Warming Up to Raw and Living Foods

Vrnda Leier Heyden and Maria DiMaggio

Eating raw doesn't mean only cold food. Warm foods with warming spices and ginger, use a dehydrator or a temperature-controlled crock pot, warm in the Vita-Mix, or pour a "hot" sauce over live food preparations.

Saturday, January 17, 1-3:30pm

Fine Dining from Home

Chef Craig Fleischman

Chef Craig makes beautiful and inexpensive home meals including Butternut Curry Soup with Spiced Pecans, Cucumber Cups with Orange Miso Dressing, Seared Scallops with Coconut Cream Sauce, and Pumpkin Seed-Crusted Snapper with Sweet Potato Hash. Simple plating techniques included.

Tuesday, January 20, 6:30-9pm

Ayurvedic Healing Foods

Kumud Gokani

Learn to make delicious healing curries that are especially good in cold and flu season. Kumud will make both Kichadi and Kadhi, as well as

an Eggplant Curry, all with corn flour chapattis and homemade ghee. Vegetarian.

Tuesday, January 27, 6:30-9pm

Soups Simple and Savory

Saudia Sharkey

Add three great recipes to your soup collection; Greek Vegetable Soup, Yellow Split Pea and Barley, and the World's Fastest Most Delicious Cream Style Soup-without cream! Rich chicken stock recipe included.

Tuesday, February 3, 6:30-9pm

Feed Your Brain with "Memorable" Foods

Sharon Johnson and Mary Shaw

Sharon reviews the latest memory research while Mary creates dinner using nine foods for improved memory. Enjoy Spinach Salad with Sun Dried Tomato Vinaigrette and Turmeric Roasted Walnuts, Ginger-Spiked Carrot Soup, Lentil Walnut Pate with Garlic Cauliflower Puree, and for dessert, Blueberry Polenta Cobbler! Don't forget the date! Vegetarian.

Thursday, February 5, 6:30-9pm

Tea 101

Gretchen Twill of Devi Tea

This class introduces the six main categories of tea: Black, Oolong, Yellow, Green, Pu-Erh, and White. Learn their differences and similarities, growing regions, histories, flavor profiles, health

benefits and different brewing methods. Snacks complimenting the teas included. Vegetarian.

Saturday, February 7, 10am-12:30pm

Dinner for Two: Three Easy, Romantic Recipes!

Chef Justin Robeson and Christine Robeson

A romantic meal with variations of Oysters on the Half Shell. Learn proper storage, preparation and presentation of oysters. Sample Polenta Crusted Salmon with Seasonal Vegetables followed by Creamy Chocolate Mousse for dessert. Bring \$5 to class for wine.

Tuesday, February 10, 6:30-9pm

Healthful Recipes for You and the Ones You LOVE!

Vrnda Leier Heyden

Eat a healthy diet and enjoy guilt-free Valentine's Day treats. Brew up Love Potion #9, Some Like It Hot Soup, and desserts that taste sensational, but are raw and healthful. Vegan.

Thursday, February 12, 6:30-9pm

Braising is the Concept

Chef Justin Robeson

Learn the secret to succulent beef short ribs, rich and savory lamb shanks and Marsala Turkey with Crimini Mushrooms. All dishes come with fresh pasta, perfect for reduced braising sauces.

Thursday, February 26, 6:30-9pm

Flavors of Italy, Spain, & the Yucatan for the Rogue Valley with Caterina Moore

Four evenings of **hands-on cooking** with **Caterina Moore, Italian Culinary Expert!** Caterina begins each class with an antipasto, a taste of wine, and an overview of the evening's recipes. *Caterina's Classes are \$40 each for Co-op Owners and \$45 for the General Public. Bring \$5 to class for wine!*

Paella

Learn to make Spain's Famous Savory Rice made with Sausage, Clams, Mussels, Prawns, Chicken and Peas in a Fragrant Saffron Broth. Tapas start our evening, and salad accompanies the Paella. Wines of Spain will be served.

Friday, January 16, 6-9pm

Northern Italian Strocatto

Succulent Beef Braised in Espresso, Red Wine, Tomatoes and Roasted Garlic. Served over a Creamy Herbed Polenta and Sautéed Italian Kale. Dessert is Winter Fruit Compote with Lavender Mascarpone.

Friday, January 23, 6-9pm

Antipasti

Make a selection of traditional Grilled Bread with Savory Toppings; Grilled Radicchio with Gorgonzola from Veneto; Savory rice balls stuffed with mozzarella/and or ham; and other classics wines of Italy will be served.

Friday, February 6, 6-9pm

Flavors of the Yucatan

Savors the flavors of the Yucatan Peninsula: citrus, chili, cumin, allspice, coriander, and garlic, a mouth watering mixture of European and Mexican flavors. South American wines will be sampled.

Friday, February 20, 6-9pm



ASHLAND FOOD COOPERATIVE

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January/February 2009 Newsletter



Community Oven Programs

**FREE Monday
Night Lectures**

The Community Classroom at 195 A St. is the location for our Free Monday Night Lecture series. You may park in the lot adjacent to the A Street Marketplace. Look for our sign over the door of the classroom.

Monday, January 5, 7-9pm Ayurvedic Herbs for Healing

Noah Volz, LMT, CAS

Discover Ayurvedic Herbology. Examine the Ayurvedic pharmacopeia through the science of the six tastes, a simple approach to understanding the effectiveness of herbs for our individual constitutions. Explore some of the most unique and powerful herbs on the planet, Arjuna, Ashwagandha, Bacopa, Gymnema, Tulsi, Triphala, Bitter Melon, Boswellia, Guggul, Turmeric, and Neem.

Monday, January 12, 7-9pm Practical Intuition, Grounding & Boundaries

Gaea Yudron, MRET, CHT

Join us to learn more about individual modes of processing intuitively. Experience methods for remaining energetically open, aware and grounded in the body. Increase your overall comfort and integration.

Monday, January 19, 7-9pm Pursuing Happiness?

John Kalb, MS, DC

Stuck in a rut? Unhappy, unhealthy or bored? This experiential workshop will explore the paradox of pursuing happiness (new research on what works and doesn't) vs. seeking to engage life through making a unique contribution to others. We will look at: identifying core values, finding meaning and purpose and confronting our psychological shadow!

Monday, January 26, 7-9pm Stress & Your Health: Is Your Body Acting Funny, But You're Not Laughing?

Mark Logan, DC

Do you suffer from headaches, fatigue, tension or pain in the neck, back or shoulders? Are you often irritable? Do you suffer from allergies, sinus or digestive problems, or have trouble sleeping? This class will help you understand why you suffer from these symptoms and offer drug-free solutions.

Monday, February 2, 7-9pm Oxygen Therapies for Better Health

Linda Cotrufello

Learn about oxygen therapies used around the world including the practical application of ozone, hyperbaric oxygen therapy and supplements as support. Explore world renowned, safe and effective treatments, newly emerging in the United States.

Monday, February 9, 7-9pm Shift Your Life Experience

Susanna J. Wood, LCSW, Result-Based Psychotherapist
Wouldn't it be great if life got a little easier? Shift your life experience by clearing the internal "clutter" that gets in the way of your health, wealth and happiness! Enjoy learning EFT — a **fun**, easy, interactive, "hands-on" tool designed to support your **success!**

Monday, February 16, 7-9pm 7 Keys to a Successful College Application & College Financial Planning: An Informational Meeting

John Williams, CPCC and Cori Murphy, CCPS
The application process becomes more competitive each year, and college tuition continues to rise. Learn the keys to creating a successful college application as well as how to best position yourself and family for maximum grant and scholarship money.

Monday, February 23, 7-9pm Anxiety Reduction Techniques: Would You Like to Feel Less Stressed, Anxious, or Overwhelmed?

Allan Weisbard, LCSW

Learn to feel more relaxed and reduce your anxiety by integrating lifestyle changes, self-knowledge and mindfulness. You will get tools to develop your own individualized anxiety reduction techniques.