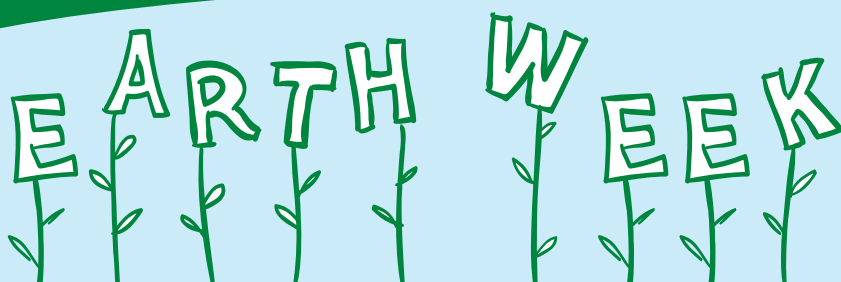


more than food

MARCH/APRIL 2012



Activities Abound!

2012 marks one of the most event-filled Earth Weeks in recent memory. Between ScienceWorks, Rogue Valley Earth Day, and the Ecology Center of the Siskiyou (ECOS), you'll have plenty of opportunity to celebrate the ways we can all pitch in to improve our environment.



Rogue Valley Earth Day at ScienceWorks Museum

WEDNESDAY, APRIL 18, 7-9PM

Winona LaDuke

LaDuke is an Ashland High School graduate, activist and former vice presidential candidate. Her talk is entitled "Climate Change, Green Jobs, and the Future of Our Communities." Suggested donation for this event: \$20.

SATURDAY, APRIL 21

Inside ScienceWorks Museum

Free admission to fun activities all day in the museum. Exciting speakers in the ScienceWorks Auditorium every hour on the half hour from 11:30-3:30.

11:30am: Jeff Allen, "The Future's Electric! – Oregon's Electric Vehicle Industry and Plugging Into Green Jobs."

12:30pm: Kim Zwemer-Margulis, Children's Storyteller and author of *Shadowchaser of the Siskiyou* tells a story about the plants and animals that share our world of the beautiful Siskiyou Forest.

1:30pm: Ventana Wildlife Society, "Bringing Back the Condor – the story of restoring the endangered California Condor back to the wild."

2:30pm: James Stark, "Leading by Listening – Community Leadership and the Natural World"

Outside ScienceWorks Museum

Find interactive exhibits, kids activities and live entertainment at this family friendly event!

Award Winning ScienceWorks Live Shows on the Outdoor Stage

This year's theme for Rogue Valley Earth Day is *Giving Voice, Taking Action*. With over 70 exhibits, discover access to locally grown foods, meet sustainably grown goats and chickens, find out how make choices for clean energy and transportation, and learn about the numerous business and organizations that offer ways to speak up for the environment. Grab a bite from one of the local food vendors offering delicious, eco-friendly food and beverages. In the spirit of zero waste, please bring a reusable beverage container with you.

Check in for more details about this annual event at www.RogueValleyEarthDay.net. You'll find exhibitors, entertainment and much more. Outdoor event admission is free. Visitors are encouraged to carpool, walk or ride your bike to the event.

ECOS Earth Day at SOU



THURSDAY, APRIL 19

Earth Day Celebration

11am-4pm, Student Union Courtyard
Displays from student environmental groups,
art, food and music

Evening ECOS/ Rogue Co-op Celebration

6-8:30pm, Rogue River Room,
Student Union
FREE Admission & Snacks provided by
Ashland Food Cooperative

Join Rogue Valley Cooperatives for an evening of fun, film, food, and a great panel of speakers from Rogue Co-ops. Hear the story of origin from each of the Co-op panelists, and get a sense of why the cooperative model works just about anywhere to help people reach their goals. Stories will be interspersed with entertaining short films about all kinds of co-ops around the world. Enjoy informational displays and receive some parting gifts compliments of the business co-ops at the end of the evening.

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STORE HOURS
Open every day 7am-9pm
237 N. First St. • (541) 482-2237
www.ashlandfood.coop

About This Publication

Publisher:

Ashland Food Cooperative
237 North First Street
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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.

Message from the Board

by Phil Johnson, Staff Director

Have you ever wondered how decisions are made regarding long term planning at the Co-op? Did you know, as a Co-op owner, you have the ability to run for a Board Director position? The Ashland Food Co-op board is made up of 6 elected member-owners and 1 staff-owner whose role it is to make decisions regarding the future of the Co-op. The seven members of the board all have diverse backgrounds, experience and opinions, which is also true of the 7,500+ owners we represent. Somehow, we put all of our ideas together into something we can agree on, and share "with one voice." Does this sound like a big task? Well it can be, but can also be a very rewarding experience serving on the Board of one of the most successful cooperatives in the nation. The key to the Co-op board making decisions is in our method: consensus decision-making.

Consensus decision-making is a group decision making process that seeks the consent of participants and the resolution

"It...can also be a very rewarding experience serving on the Board of one of the most successful Cooperatives in the nation."

of objections. While it may not necessarily be the quickest or easiest way to reach a conclusion, we have found it is the best way to fairly represent of all of our owners. A lot of discussion, emails, and phone calls can go into a discussion before an agreement is reached.

Board members each contribute to proposals and shape them into a decision that meets the concerns of all group members as much as possible. We strive to reach the best possible decision for all of our owners, rather than competing for personal

preferences. The process is not always easy, but the benefits are evident in everything that the Ashland Food Co-op is today. We are nothing without the hard work and input from all our owners!

Interested in consensus decision making or the Ashland Food Co-op Board? Come sit in on one of our meetings on the second Wednesday of each month at 6pm in the Co-op Community Classroom. Maybe you should consider running for the AFC Board. Applications are available at the information desk at the front of the store.

→ Calling All Candidates! ←

**Govern your local consumer-owned food cooperative.
Run for election to our Board of Directors.**

Pick up a Candidate Packet at the Information Desk beginning **Monday, March 5th** and read it over. Attend the **March 14th Board meeting** to see cooperative governance in action. Then bring your questions to a short evening event where you can get information first hand from current board members and talk about what the board service experience is really like.

**→ Prospective Board Candidate Reception
Thursday, March 22 at 6:30 pm
Co-op Community Classroom, 300 N. Pioneer St.**

RSVP by calling Annie Hoy at 541-482-2237 ext. 234 or emailing her at outreach@ashlandfood.coop.

from the General Manager's Desk

By Richard Katz

We know many of you would like an update on the effort of some employees to have UFCW 555 as their exclusive representative at the Co-op. Our workplace is divided on the issue of unionization and this has created some stress among employees. Despite their differences over unionization, employees have done very well remaining professional in their jobs. Some owners and shoppers also have opinions, questions, or perhaps strong feelings about this issue. Our employees are exposed to some of these opinions while at work. I have heard from many of them that they would prefer not to discuss the "union issue" whether they wear a button or not. I would ask that you honor any employee who chooses not to talk about this issue in making that choice.

I want to reiterate that Co-op management firmly supports the right of our employees to make an informed decision about whether or not to have UFCW Local 555 at the Co-op. We look forward to the decision of our employees in a secret



ballot election. You may remember from our last newsletter that Co-op management is responding to the Unfair Labor Practice charges UFCW filed with the NLRB. We have been told that as part of many union

organizing campaigns, the union commonly files charges with the NLRB accusing management of some form of wrong doing. Such charges generally slow down the process and delay the opportunity of employees to have an election. We received the detailed allegations of these charges on Christmas Eve. Immediately, with legal assistance, we began to develop a detailed response addressing each allegation. Our response provides evidence that demonstrates inaccuracies in the charges. We presented it to the NLRB in late January. We are doing our best to resolve these charges quickly to make way for an election. To this end, the Co-op has been actively working with the NLRB on a "settlement of the charges" which would speed things up so employees could get to a vote as soon as possible.

Hopefully we will have learned the

terms of a settlement by the time you read this and will be doing what we can to move the process to an employee vote as soon as possible. Once a settlement is reached, there is generally a waiting period of 60 days before an election can be scheduled, and then another period until the election takes place.

For continued updates, please visit www.ashlandfood.coop/co-op news under the Conversation tab. Within the limits of what is appropriate for Co-op management to do or say, we are happy to answer questions about the position of the Co-op and the union's efforts at the Co-op. You may contact me by email at manager@ashlandfood.coop with your questions or comments.

— Richard Katz,
manager@ashlandfood.coop

Label Genetically Engineered Foods

Ashland Food Co-op is part of a growing movement of concerned citizens – parents, health care workers, small business owners, farmers, and more – who care about what's in the food we eat.

In October 2011, the **Just Label It** campaign was formed when the Center for Food Safety filed a petition with the Food & Drug Administration (FDA) to require the labeling of all foods produced using genetic engineering. Days later, citizens from around the country were asked to join us and tell the FDA to "Just Label It." By our latest count, more than half a million Americans have sent comments to the FDA urging them to label genetically engineered foods. Help us reach one million by asking others to sign on at www.JustLabelIt.org/takeaction.



Help Us Update Our Mailing List

June is just around the corner and we'll soon prepare to send out patronage refund checks, Annual Reports and board election materials by postal mail. As Co-op owners, it's important to keep your contact information current with us. If you can answer "yes" to any of the following questions, please update us as soon as you can so you'll receive the important documents mentioned above.

- Have you moved?
- Changed your name?
- Have a new email address or phone number?
- Have you noticed you're not receiving newsletters?



All of these are vital ways for us to contact you. Check to see if we have your correct and current postal mailing address by calling us or stopping by the Information Desk to take care of changes.

It just takes a minute to let us know about changes to your contact information. And while you're at it, why not "like" us on Facebook or follow the Co-op on Twitter. You'll really be up to date with the latest Co-op news that way.

Local Art Celebrates the COOPERATIVE VISION

by Mary Shaw, Education Coordinator

Ashland Artist Betty LaDuke visually tells the story of the spiritual and land-based values of indigenous peoples around the world. Her voluminous sketch books capture weavers from Peru, women's credit association meetings in Ghana, hen projects in Eastern Europe, and much more. Her most recent sketches are from farms here in the Rogue Valley, richly documenting the field workers and their harvests. The colors, symbolism and human spirit captured in all of her work shows the earth is our common home and that we share many of the same values.

In honor of the International Year of Cooperatives, we wanted to create a book that would illustrate how cooperatives allow local people all over the world to support the development of their own communities. We approached Betty about using some of her images for the book as we felt her work would so perfectly represent the cooperative movement. She liked the project and helped us choose sketches that illustrate the Seven Cooperative Principles which guide all cooperative ventures. The result is a beautiful, bound collection of Betty's sketches and colored prints representing each of the Seven Principles.

The book will be available this spring at the Co-op and other locations around the Valley for \$12.

Profits from book sales will be added to the Ashland Food Co-op Community Fund. Sponsored by the Twin Pines Cooperative Foundation, the fund is a way for co-op owners and shoppers to make donations through an endowment to local non-profit organizations in their own community. Once our Co-op has enough accrued in the fund, interest will be donated to local groups working on issues relating to sustainable agriculture and organic food, hunger and social issues, environmental protection and cooperatives. What a fitting way to honor a visionary artist like Betty LaDuke and the Cooperative Values!



Betty LaDuke - 2012

ROGUE CO-OPS: Formed to Celebrate Year of Cooperatives

by Annie Hoy, Outreach Manager

It was an idea born at the National Cooperative Business Association's Annual Meeting in Minneapolis, MN last October. It gelled when it was discovered that Barry Robino from Grange Co-op was attending the same meeting. Once we met, the vision of collaboration between Rogue Valley cooperative enterprises took shape. On January 19, at the recently opened Medford Food Co-op, our new group, Rogue Co-ops, was introduced.

This unique coalition is made up of Rogue Federal Credit Union, Grange Co-op, Medford Food Co-op and Ashland Food Co-op. We aim to educate our community about how "Cooperative Enterprises Build a Better World," the slogan for the International Year of Cooperatives. In proclaiming the year, the United Nations General Assembly recognizes

"Rogue Co-ops is a special collaborative effort between four high quality organizations making a significant economic impact on the Southern Oregon community."

a financial cooperative formed by a small group of teachers over 50 years ago. "We are celebrating a business model that puts people first, innovates to meet members' needs and provides local service while being part of a global network."

"Rogue Co-ops is a special collaborative effort between four high quality organizations making a significant economic impact on the Southern Oregon community. Together, we provide about 600 jobs for local families," says Barry Robino, Grange Co-op. The Grange has been around over 75 years and was started by a group of farmers pooling their resources to buy fuel for

that cooperatives, in their various forms, promote the fullest possible participation in the economic and social development of all people.

Here in the Rogue Valley, this is the first time cooperatives from different sectors of the economy have joined together to show the impact of our combined efforts for social and economic development.

"Cooperative enterprises really do build a better world, and we are proud to celebrate them over the next year," says Gene Pelham, Rogue Federal Credit Union,

"We are celebrating a business model that puts people first, innovates to meet members' needs and provides local service while being part of a global network."



CEOS Barry Robino of Grange Co-op, Gene Pelham of Rogue Federal Credit Union, Richard Katz, Ashland Food Co-op and Emile Amarotico, Medford Food Co-op.

their equipment.

Emile Amarotico of Medford Food Co-op says, "Co-ops are motivated not by profit, but by service. Our GM Richard Katz adds, "We not only deliver the services and products, we also work to improve the quality of life in our community."

Look for Rogue Co-ops banners, bumper stickers and buttons at all of our locations across the Rogue Valley. At AFC, you can pick up a bumper sticker or button at the Information Desk. Join us in spreading the cooperative message this year and consider being a member of all the Rogue Co-ops!



Co-op VOLUNTEER Corner

If you are interested in teaching children how to cook food they harvest on the farm as a part of the Rogue Valley Farm to School Program, we would love to hear from you. Choose from one of three farm sites, Ashland, Talent, or Medford. All three offer classes spring through fall. To get instructors started, there is a required training Saturday, April 14 from 9am to 12:30pm in the Co-op Classroom. Make a reservation for the training by contacting Mary Shaw at (541) 482-2237 ex 261.

Our Earth Day focus this year is International Year of Cooperatives and we plan to have a table featuring our local Rogue Co-ops. Folks who stop by the booth can play a fast game of Co-op Bingo and learn all sorts of factoids about cooperation! This year Earth Day at Science Works is scheduled for Saturday, April 21 from 11am-4pm. If you would like to join the fun contact Mary.

Pantry Basics Cooking Class

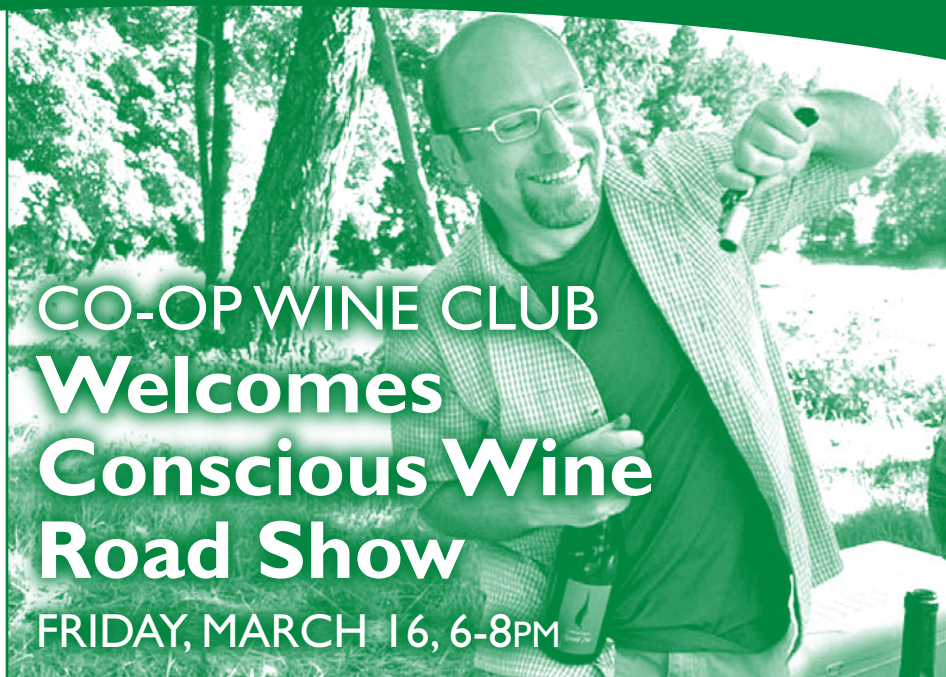
Wed., March 21st, 6:30-8:30pm
Co-op Classroom, 300 N. Pioneer St.
FREE to Co-op Owners

Let us show you how to save money on your food bill and never feel like you're missing out on the good stuff. Our Culinary Educator, Mary Shaw, offers this free class to Co-op owners in order to demonstrate how our Basic Pricing products can become the foundation of your shopping list.



The class begins with a healthy appetizer while Mary presents an overview of the Basic Pricing program and a week's worth of seasonal menus with budget-minded recipes based on what's available and what's in the pantry. She'll also prepare a colorful and deliciously affordable supper.

Pantry Basics is limited to 18 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 Information Desk at 541-482-2237.



CO-OP WINE CLUB Welcomes Conscious Wine Road Show

FRIDAY, MARCH 16, 6-8PM

Join us for the next Wine Club Grand Event on Friday, March 16th from 6-8pm in our Co-op Classroom at 300 N. Pioneer. This will be a Two-Part, Sit-Down Tasting Talk featuring Jeff Weissler, the Conscious Wine Guy. In Part 1, he'll introduce the principles, practices and history of Biodynamic farming while you taste 3 wines from 3 wineries made from 3 varietals. Part 2 will demonstrate how letting wine

breathe can change it dramatically, using 3 versions of Cowhorn Vineyard's 2008 Syrah 74.



CONSCIOUSwine
ROADSHOW

Advance registration and payment are required for this Wine Club event. Cost is \$15 for Wine Club members and \$30 for non-members. Stop by or call the Information Desk to register, or use our on-line registration at www.ashlandfood.coop/wine-club.



Kids in the Kitchen

Cooking Classes for Young Chefs

**A Special Two Day Cooking Class
During SPRING BREAK!**

Sushi & Beyond

Sooney Vianni & Trisha Mullinnix
Ages 8-14

Make your own sushi at home after you take this class! Learn how to cook the rice, cut the veggies and then roll everything up in nori seaweed with your new sushi mat. With two days to chop and cook, you will have plenty of time to make other delicious Japanese foods like Nori Cones, Edamame Tofu Salad, plus Miso Soup, Green Tea Ice Cream and more.

Take this class either: Fri./Sat., March 23/24, 10am-1pm OR Wed./Thurs., March 28/29, 10am-1pm
\$45 Co-op Owners/\$50 General Public

Time to Register for Kids in the Kitchen SUMMER CAMP!

South of the Border

Sooney Vianni & Trisha Mullinnix
Ages 8-14

Each day's menu will include several tasty recipes and always a delicious dessert! You will harvest vegetables from our Co-op garden to chop and cook into delicious Mexican food. Make your own corn tortillas and then use them to make quesadillas, enchiladas and other recipes you can easily make at home. For more details, check our website: www.ashlandfood.coop.

Mon.-Thurs., June 25-28, 9am-1pm
\$130 Co-op Owners/\$135 General Public



Cooking Classes

Community Oven Schedule of Classes • March/April 2012

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

The Preserved Harvest Plate

Charlene Rollins, New Sammy's Cowboy Bistro Chef & Owner

Charlene finds a myriad of ways to preserve summer harvest foods from the restaurant garden. These preserves are often the gems that set off a winter salad, a housemade sausage or a seasonal dessert. Learn how Charlene prepares three of her favorites and then folds them into a seasonal menu: A Pickled Vegetable Salad with Cauliflower, Peppers, and Onions is followed by Salt-Preserved Pork, poached and serving with fresh carrots, potatoes, and turnips. Dessert is Carmelized Apple-filled Crepes with a scoop of New Sammy's ice cream. Wine is optional for an additional \$5 at the door.

Thursday, March 20, 6:30-9pm

Thai Back Home

Benjamin Grunde

People swoon when authentic Thai food is served because of its distinctive and aromatic flavors. Learn to use the special ingredients that create some of the favorite dishes from Thailand: Hot and Sour Prawn Soup, Deep Fried Spring Rolls, Chiang Mai Noodle Curry and Sweet Coconut Sticky Rice.

Tuesday, April 10, 6:30-9pm

Italian Live!

Vrnda Leier Heyden & Maria DiMaggio

Tantalize your tastebuds with satisfying live food versions of traditional Italian fare packed with maximum life force! On the menu tonight: Living Red Wine, Ensalata ala Italiano, Minestrone Soup, Pizza, Pasta Al Dente with Pesto and yes, dessert!

Tuesday, April 12, 6:30-9pm

Brunch from the Four Seasons Kitchen Garden

Michelle & Alan Guerrie

When you have a master gardener and trained chef in the family the eating is good! Alan will review what to do in your own Four Season Garden during the months of April and May. Michelle will take you harvesting winter and micro greens from the Co-op's garden for lunch. She'll then demonstrate how to make a Tuscan Bean, Bitter Greens and Sundried Tomato Jam Appetizer. Her main course is a Homemade Marinara Sauce over Millet Crostina di Polenta plus a tasting of 3 different types of pestos. Dessert is Pear Fuitti di Pizzelle. Sparkling Italian Wine is optional for an additional \$5 at the door.

Saturday, April 21, 10am-12:30pm

Flavors of Morocco

Tiaza Rose

Moroccan food is a unique mix of sweet, salty and earthy spice flavors. Tiaza, a Moroccan Berber, loves to combine these flavors in the creation of traditional recipes like: Fava Bean Dip, Carrot and Orange Salad, Spicy CousCous with Preserved Lemons, Apricots and Nuts, plus Walnut Cookies for dessert!

Tuesday, April 24, 6:30-9pm

Yes, Soup in the Spring!

Saudia Sharkey

Unpredictable as the weather can be, a warming pot of soup is still a good bet. Fresh asparagus and peas take the place of hearty beans and thick grains in recipes for: Wonton Soup with Snow Peas, April Asparagus Soup, and Greek Spring Vegetable with Feta Cheese. A recipe for Roasted Chicken Stock will also be shared.

Thursday, April 26, 6:30am-9pm

Cooking Rogue with Kristen Lyon

This is the first class in an 8 part series series taught by personal chef and caterer, Kristen Lyon. The series is designed for the home cook who appreciates well prepared, delicious, locally raised and processed foods, but wants to save time and money. Kristen will transform forever the way you create meals at home with her practical approach to making food deliciously simple. For a full listing of classes in the series, visit our website: www.ashlandfood.coop.



Eggcellent Eggs

Eggs are a fabulous resource for quick dinners, freezable meals, and of course, desserts. Kristen will demonstrate methods for all three ending up with a selection of Quiches, Mini Spinach Souffles, Spaghetti Pie, Salads, Bread Pudding, Coconut Macaroons and Creme Brulee.

Thursday, April 5, 6:30-9pm



ASHLAND FOOD COOPERATIVE

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march/april 2012 newsletter

Community Oven Programs **FREE Monday Night Lectures**

Lectures take place at the Co-op Classroom at 300 N. Pioneer Street. The opinions expressed by lecture presenters do not necessarily represent the views of Ashland Food Co-op.

Monday, March 12, 7-9pm **Lifestyle & Behavior Choices for Safe Sexuality**

*Howard W. Morningstar, MD &
Rabbi Sue M. Morningstar, WHCNP*

Learn how to express and enjoy your sexuality safely. Howard and Sue combine ancient wisdom, the latest scientific knowledge and their sense of humor in presenting this rapidly evolving topic.

Monday, March 19, 7-9pm **Seven Strategies for Detoxification** *Dr. Bonnie Nedrow, ND*

You can't feel really good without getting the toxins out of your body! Learn simple strategies you can employ to avoid toxic exposure and effectively decrease your body's stored toxins.

Monday, March 26, 7-9pm **The Art of Bio-Physics & Bioresonance Therapy**

Dianne Taudvin, BRT

Inflammation, disturbed digestion and skin problems often share a root cause: allergies, toxins, and pathogens. Bioresonance therapy detects chronic issues, stimulating detoxification and elimination of pathogenic loads.

Monday, April 2, 7-9pm **Sexuality & Well Being**

Shavana Fineberg, Ph.D., Lic. Psychologist; Intimacy & Sexuality Specialist; Tantric Educator

Many have unspoken questions about sexuality. We're insecure, ashamed and disappointed by physical changes that come with age and illness. How do we find our way to a life of ongoing satisfying physical intimacy?

Monday, April 9, 7-9pm **Don't Blow It! Using Compassionate Communication to Handle Reactivity**

*Selene Aitken, M.Ed., certified by the
Center for Nonviolent Communication*

Find out what neuroscience is telling us about our reactivity. Learn what you can do in the moment to skillfully manage heated reactivity. Receive tips for prevention and an opportunity to practice.



Monday, April 16, 7-9pm **Newborn Care**

Dr. Brigid Crowe, ND; Dr. Katie Buidotti, ND & Midwife; Dr. Amanda Hochman, ND & Midwife; Dr. Bonnie Nedrow, ND

Meet four local naturopathic doctors who offer primary care for women and children. Come learn how to best support your newborn's immunity, sleep patterns, and more. Both new and expecting parents welcome.

Monday, April 23, 7-9pm **Choose The Optimism Option!**

Allan Weisbard, LCSW

We have the opportunity to create an Optimistic perspective in retirement. Utilizing recent psychological and sociological research you will learn strategies for developing Healthy Optimism.

Monday, April 30, 7-9pm **The Art of Arguing**

Joy Hosey, Relationship Coach

Long-term loving requires conflict in order for deeper intimacy to occur, but many of us have not been taught how to express our anger and hurt in productive ways. Receive practical tips for how to share your uncomfortable truths with the one you love!



= This lecture is co-sponsored by the Southern Oregon Birth Connections and Ashland Food Co-op.