

more than food

MAY/JUNE 2017



By Stephanie Koerella, Education Coordinator

Being part of a cooperative means being part of something special. All cooperatives and cooperators around the globe are united by seven principles. We are a democracy in action (Principle 2), a giver of local community grants (Principle 7), a

leader in sustainability (Principle 4) AND a grocery store! This summer, we are most thankful for Principle 5 which underscores the importance of Education within our community. There's no better place to start than a summer camp that dives into food production, preparation and exploration, with a mix of farm and kitchen experiences

that delight the senses and inspire the soul. We've teamed up with Rogue Valley Farm to School to focus on cultivating the ability to grow and cook delicious, healthy, seasonal meals for children ages 7 to 10.

We know parents are already making their plans for summer activities. We have three different camps for you to consider sign up for one, two, or all three. Register soon to make sure you get the session that works best for your summer schedule.

Camps will run 9am-1:30pm each day. Monday-Tuesday-Wednesday will be cooking in the Co-op Classroom. Thursday-Friday will be on-farm at the SOU Center for Sustainability.

Camp 1: June 19-23 // Eat Your Way Around the World!

Campers will learn how to prepare healthy, delicious meals from scratch, inspired by foods from cultures around the world. Please send your child with a healthy, non-sugary snack each day. Lunch will be provided, prepared hands-on by the campers. *Ages 7-9*

Camp 2: July 17-21 // Soups, Salads, and Sandwiches!

This week of food fun will focus on learning how to create staple meals from scratch. We will explore different kinds of soups, salads, and sandwiches, and how to put them together for a delicious, balanced meal. Please send your child with a healthy, non-sugary snack each day. Lunch will be provided, prepared hands-on by the campers. *Ages 8-10*

Camp 3: August 7-11 // Food Preservation Experimentation!

From pickles to jam, fruit roll ups to kale chips, this class will experiment with all kinds of ways to preserve the bounty of the summer harvest to create tasty treats you can enjoy throughout the year. Please send your child with a healthy, non-sugary lunch each day. Snacks will be provided, and campers will go home with a variety of homemade goods at the end of the week. *Ages 7-10*

Cost for each camp: \$175 Co-op Owners, \$180 General Public
Scholarships available for Jackson Care Connect members who must register at the Info Desk. Scholarships available for one session. All others may register online.

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STORE HOURS
Open every day 7am-9pm
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About This Publication

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

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recycled paper using soy-based inks.

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.



IMPORTANT BOARD & ELECTION NEWS

New E-Voting Elections Process

This year our Board of Director election will be held online in order to save printing and mailing expenses. We're using Simply Voting, an experienced third-party company, to securely collect votes and tally the election results.

Co-op owners on our email list will receive an email message from "Ashland Food Co-op" <vote@simplyvoting.com>. Please add this email address to your contacts. The email will contain secure login and password instructions, as well as a link to our election site. On the website you will be able to read candidate bios, statements and watch candidates answer questions in a short video.

Be Sure the Co-op Has Your Current Email Address

Have you changed your email address recently? To vote electronically, we need your updated email information **before the election process begins on May 16**. It's easy to update your information at our website. Go to ashlandfood.coop/owner-address-update and enter your new contact information on a handy form and submit the changes electronically.

Paper Election Ballots Also Available

Owners who do not have computer access may still pick up paper ballots and copies of the annual report at the Information Desk.

Attend the Meet the Candidates Event

The Board of Directors elections will begin on May 23 and will end on June 14. This year there are three seats and five candidates. Join our Meet the Candidates event on May 31 at 7 p.m. in the Co-op Classroom, where you can ask questions and mingle with the candidates.

Please vote!

Voting is an important way you can participate in the governance of your Co-op.

2017 Annual Meeting – Coming Online October 25

The AFC Board of Directors will hold a Virtual (online) Annual Meeting on October 25. The Board sees this new platform as a way to provide for more owner input and to accommodate for different schedules. The annual picnic will move to be part of the Co-op's 45th anniversary celebration on September 30. Owners who cannot attend the interactive meeting online will have the option to attend the meeting in the Co-op Classroom in person. More details to come in our September/October newsletter!



donate Your Dividend

In a cooperative enterprise, members contribute equally to, and democratically control, the capital of the co-op. Your share of AFC was that \$100 equity investment you made to become a co-op owner. One of the benefits of ownership is that if we make a profit, your share of it is returned to you in the form of a Patronage Dividend check.

Every year we ask you to consider donating your Dividend check to our Ashland Food Co-op Community Fund. We've now

earned enough interest on our CCF to augment our small grants to local groups working on issues relating to sustainable agriculture and organic food, hunger, social issues, environmental protection and cooperatives. Your steady generosity has made this possible!

To donate this year, bring your Dividend check to the Information Desk, or call us at 541-482-2237. We'll be happy to talk to you about how to make your donation.



Update Your Email

Win a \$100 Gift Card!

In the fall, we will switch from a printed and mailed newsletter to email news and we want to make sure you stay in the loop with all the Co-op happenings. Email will be our primary way of communicating with owners so make sure we've got the correct email address on file for you.

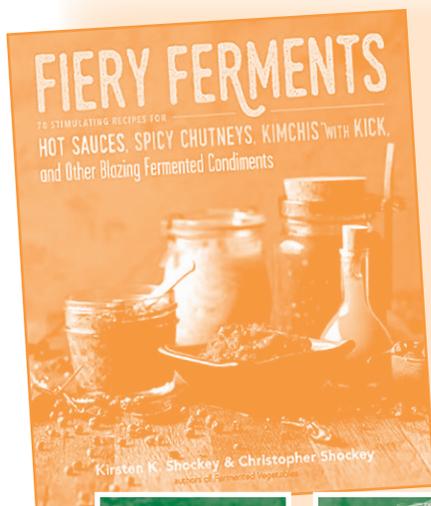
Now through the end of May, visit our website, www.ashlandfood.coop, to update your information and be entered in a drawing to win a \$100 Co-op gift card.

Save the Date! CO-OP FARM TOUR Saturday, August 5th



Join us for a private tour of some of your favorite local farms. Go behind the scenes at Rogue Creamery's dairy farm, explore The Farming Fish's aquaponics system and enjoy a relaxing lunch along the Rogue River.

Registration information will be in the July/August newsletter. Questions? Please contact Stephanie Koerella at education@ashlandfood.coop.



Fermentation Fiesta!

Saturday, July 1st, 2-5pm • Free Event

Workshops, tastings and culture swapping! Local fermentation experts Kirsten and Christopher Shockey are launching their second book, *Fiery Ferments*. They are teaming up with Tara Whitsitt's Fermentation on Wheels, a mobile fermentation lab and workspace, to bring you an afternoon of fermentation focused activities at the Co-op.



FERMENTATION ON WHEELS



Summer Produce Picks

..... The experts in our Produce Department share their favorite summer produce.



Chris Moore

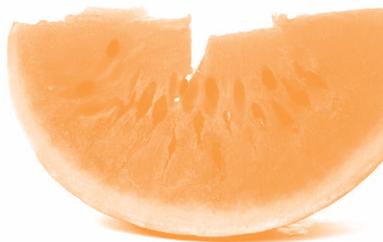


One of my favorite fruits I look forward to in the spring is the **Cotton Candy Grape**. These plump, juicy green grapes are bursting with flavor. Cotton Candy Grapes taste just like the pink spun-sugar treat you enjoyed as a kid. Just look for the bright colored package at the Co-op and try them for yourself.



Lily Von Almen

I look forward to **Hermiston Watermelons** every season. Juicy and full of flavor they are an exceptional treat. I enjoy eating them in big chunks or slightly frozen and blended. Perfect for any summer day.



Hermiston is located in northeast Oregon. Watermelons from this region have earned their reputation thanks to the Columbia Basin's unique combination of climate and soil. Watermelons themselves are desert plants, which take in heat during the day to produce sugar as a source of energy. Not only are the days hot enough for melons around Hermiston, but cooler nights slow down the respiration process which allows the plants to retain all that sugar. The result is a sweet and juicy summertime treat.



Rachel Chastain

Blueberries are finally in season. The sweet, refreshing flavor combined with all the natural antioxidants make them a perfect snack. Eat them by the handful or make a blueberry pie. Berry kabobs make beautiful eye candy and a fun lunch food for kids as well. No matter how you choose to eat them you will love these in season blueberries.



Addison Lavino

Nothing says summer is coming like a fresh green salad. We are fortunate enough to have a huge bounty of **local salad greens** available all summer long from **Blue Fox Farm** and **Whistling Duck**. Pick up some today and enjoy.



Blue Fox Farm is a 67 acre farm in the Applegate Valley. Owners Chris Jagger and Melanie Kuegler grow vegetables on 15 acres at a time, resting and replenishing the land in a series of rotations. The Co-op sources salad greens, baby bok choy, leeks and many other seasonal vegetables from Blue Fox Farm.



Nick Spaeth

In May I look for **Cowhorn Vineyards bio-dynamic asparagus**. The purple asparagus has a sweet and rich flavor spilling with life. Their green asparagus is vibrant and refreshing. I eat it raw to savor the flavor.





Cooking Classes

Community Oven Schedule of Classes • May/June 2017

All classes are \$35 Co-op Owners & \$40 General Public, unless otherwise noted. Sign up at ashlandfood.coop/calendar

The Art of Gardening in the Siskiyou Climate

Kimberley Brown

In our bioregion, it can be a challenge to eat from the garden every month of the year. In May, the focus tends to be on the warm weather crops. However, early summer is the time to plan and prepare for a successful fall and winter harvest. With the right varieties planted at the right time, low tech season extension techniques and some helpful tips, you can start to master the rhythm of year round gardening too. Kimberly Brown has been tending gardens in the Rogue Valley professionally for 25 years. She is also the owner of Morning Dew Gardens consultation and garden coaching.

Tuesday, May 16, 6:30-8:30 pm
\$20 for owners, \$25 for non owners

Kids Night Out (Parent Date Night!)



Rogue Valley Farm to School staff

Back by popular demand: Drop your children off at the Co-op Classroom and enjoy a night out while RVF2S staff lead your kids in food-related fun and hands-on cooking adventures. Kids will

learn basic kitchen cleanliness and food preparation skills, while working together to prepare a Fresh 'n' Fancy Taco Bar from scratch that they will eat for dinner. The evening will also include games, popcorn, and kid-friendly short films about food and agriculture. Ages 7-10 (there is some flexibility for siblings, please contact us).

Friday, May 19, 4:30-8:30pm

\$45 Co-op Owners, \$50 General Public
Jackson Care Connect members may take this class for 1/3 of the price. Please register at the Info Desk.

Campus Cooking 101

Elka Wilder



Is your college-age kid heading off to school soon? Are you wanting to help them become better equipped to take care of some or all of their own meals? In this class, Elka will show everyone how making a few simple meals regularly can transform daily life. Learn how to turn one basic dish of rice, onions and greens into five different, exciting meals that will nourish you deeply, impress your friends, and provide lots of entertainment for your taste-buds. On the menu: transforming a rice dish into Homemade Nori

Rolls, Spanish Rice (vegetarian or not), Miso Soup, Stuffed Skillet Peppers (Dolmas), and Mochi Cakes. And, although this class is geared towards students, non-college age adults are welcome as well—anyone who wants to learn how to cook amazing, delicious food with minimal fuss.

Wednesday, May 24, 6:30-9pm
\$20 for owners, \$25 for non owners

Thai 101

Constance Jesser, The Culinarium

Learn the secrets of Thai cooking with Constance Jesser, owner of The Culinarium in Ashland and a classically trained chef. Constance will share the tips and tricks of Thai cooking she learned while apprenticing in a traditional Thai restaurant. In this class, students will make fresh spring rolls, chicken satay using boneless skinless chicken breasts, create a peanut sauce, and make everybody's favorite Thai soup, Tom Ka Gai. This class is gluten free. Allergens include shrimp and peanuts.

Saturday, June 3, 12-2:30pm

Middle Eastern Street Foods

Tiazza Rose

Street food has come of age and formal dining is increasingly being nudged aside in favor of meze-style spreads. This class pairs the Middle East's most exciting street foods with a variety of homely and simple snack recipes elicited from Tiazza's family cooking in Morocco and her travels. Together we'll create a full course dinner based on tasty Middle Eastern street foods.

Wednesday, June 28, 6:30-9pm

 = Hands-on class

Co+op Basics 101: Big flavor, small price

Thursday, June 15, 6:30-8:30pm • FREE

Shopping on a budget never tasted so good! Learn how to prep and prepare flavorful and fun meals utilizing our **Co+op Basics program**. Never heard of it? Well, then this class is for you.

The Co+op Basics cooking class begins with a healthy appetizer while our Education Coordinator presents an overview of how Co+op Basic pricing works and some handy tips on how to save at least 26% off your shopping trips to the Co-op. Sit back and relax while our Outreach Assistant prepares a budget-friendly starter and shares meal planning tips; and our in-house classically trained chef delights you with a money saving entree and dessert. Come hungry!

This class is limited to 15 people who have not yet taken this class. Please sign up early. The class is free, but requires a \$10 deposit at sign up which is returned to you on the day of the class in the form of a Co-op Gift Card.

REFUND POLICY: Please note that we cannot issue refunds for missed classes or cancellations that are made within 48 hours of the class.



ASHLAND FOOD COOPERATIVE

237 N. First St., Ashland, OR 97520

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May/June 2017

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, May 1, 6-8pm

Create Peaceful Connections Between Parents and Teens

Joanne Lescher, Communication Facilitator

Clear communication between parents and teens can be hard work. Through demonstration and practice we will address your real life issues. You will take home fresh ideas and techniques for resolving conflicts so that both parents and teens get their needs met.

Monday, May 8, 6-8pm

Reduce Pain by Breathing and Walking Correctly

Kelly Martin, PT and Rich Hornish, PTA

Pain changes the way we breath and walk. Reverse these harmful patterns by learning

how to breathe efficiently and walk powerfully. This talk will be lecture and experiential and is based on concepts from Postural Restoration that sees the diaphragm as the core of the core.

Monday, May 15, 6-8pm

The Easy Health Formula: You, Your Health, and Longevity

David Fresilli, Holistic Health Practitioner

There is an easy health formula for health and longevity. David will present each component to provide you with tangible ways to incorporate them into your daily lifestyle.

Monday, May 22, 6-8pm

Photography as a Form of Cathartic Transformation

Sequoia Miller, Photographer

Being able to express human emotions outwardly when deeply personal life events happen is invaluable. Sequoia uses photography to chronicle the grace and grit of people in the midst of deeply personal life events. Learn how photography captures the depth, vulnerability and inner beauty of life transformations.

Monday, June 5, 6-8pm

Stop Unconscious Self-Sabotage

Victoria Leo, Transformational Healer

You have firm intentions that you nurture every day. Yet the change you want doesn't happen. Don't beat yourself up, learn to fix it. Victoria C. Leo has been transforming blocked lives for over 20 years.

Monday, June 12, 6-8pm

Kids Beyond Limits

Patricia Holden, Senior practitioner-Feldenkrais and Anat Baniel Method for children

Learn how the ABM Nine Essentials can radically transform your baby and child's power to learn. These movement and awareness-based tools are rooted in connection versus correction.

Monday, June 26, 6-8pm

Tending Our Grief

Jack Wiens, Author/Illustrator

This talk will help prepare you to deal with grief consciously and with greater understanding. Jack will offer some guidelines for tending grief with compassion and self-care. Learn how to affirm the uniqueness of each person's grieving style and address questions about various types of losses.

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